



Newsletter

May 2014 to July 2014



In this newsletter:

- AGM and annual awards
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- Race results
- Events coming up.
- Club Championship.
- Race diary.
- Sarah Hardwick goes under the microscope.
- Member's space. - Nothing this month

AGM and awards

On the 25th June our AGM was held at the The Horseshoe in Mildenhall. Many thanks to those who made the effort to attend.

The minutes have been issued by Phil, and all reports are available for those who may have missed them.

The new committee that was voted in was:

- Chairman: Simon Boast: simon.boast@gmail.com
- Treasurer: Richard Sharland: richard@iansharland.co.uk
- Secretary: Phil Griffiths*: email@phil-griffiths.com
- Committee member continuing from last year Henry Fry: henryfry@ymail.com
- Committee member continuing from last year Angus Taylor: anguswtaylor@hotmail.com
- Committee member continuing from last year Mark Sturgess: mark080371@hotmail.com
- New committee member Sarah Hardwick: sarah.hardwick@inbox.com

* Phil has been co-opted back on to the committee to continue in the secretary role

Although not on the committee, Alan Joslin has kindly offered to continue to manage membership records. [Alan Joslin: alan.joslin@gmail.com](mailto:alan.joslin@gmail.com)

Graham has stepped down from the committee. Many thanks to him for his help during the last year.

Our website is: <http://www.marlboroughrunningclub.co.uk/index.shtm>

Facebook: <https://www.facebook.com/groups/205404446257322/>

Once the formalities were dealt with, it was time for food and drink and the awards.

For the serious awards:

congratulations to:

Male runner of the year Alan Joslin





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Female runner of the year Ali Meredith.



Most improved male runner of the year (again) Nick Thomas



Most improved Female runner of the year Jane Watkins

For the 'not so serious awards'



Maisie and Sarah, winners of the special award for runners who have put in so much effort they reached PP .



Stuart was awarded the most imaginative torture award for his track sessions



Nicola having a whale of a time. Her award, which she promised to share with Tim , for hosting the wettest ever Saturday run.



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Ridgeway Relay

On the 15th June not only did we organise and host the Ridgeway Relay challenge, we had two teams participating. Well done to the A team who managed a respectable 11th position. Also to the B team who put in a sterling performance to come 34th out of a record number of teams, 47.

A lot of superb feedback was given by the participants. Thanks to all the participants and helpers, some who marshalled two check points, so contributed several hours of their time.



Graham seriously preparing before the start of his leg.



Although he won't be pushing Paul's car very far like that



Maisie handing over to an eager Stuart.



Richard looking a bit dazed after completing his leg. The on lookers also seem quite perplexed by the whole thing.



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Latest race results

Here is a list of the race results that members have achieved over the last few months. Some impressive results and PBs

Date	Event	Name	Time	Position
19th/20th July	Race to the Stones 100K	Henrietta Mackinnon	15:21:01	239 out of 590
10 June	Heddington 5K	Jane Watkins	22:55	33 out of 58
9 June	Westonbirt 10K	Sarah Hardwick Andy Richardson	47:36 47:37	154 out of 711 155
7 June	Welsh 1000 Peaks Race	Andy Dunn	6:44:13	63 out of 101
31 May	Park Run 5K	Jane Watkins	22:42 (PB)	61 out of 392
27 May	Lacock 2.6 Mile	Jane Watkins	18:28	21 out of 64
25 May	Edinburgh Marathon	Hannah Bowdler	3:59:00	3,249 out of 8,620
18 May	Wessex Ridgeway 100K	Marlborough A Marlborough B	18:30:22 19:27	3rd out of 20 8th out of 20
18 May	Ramsbury Run 5 Mile	Andy Dunn Henrietta Mackinnon	33:20 (3rd Man) 36:05 (2nd Lady)	4 out of 70 10
10 May	Bratton Hilly 11K	Nick Thomas	52:12	10 out of 96
4 May	Neolithic Marathon	Nick Thomas Henrietta Mackinnon Mark Stroud Simon Boast Andy Dunn Stuart Gregory Alan Joslin (100th Marathon)	3:41:37 3:47:44 3:54:21 3:56:13 3:56:15 4:10:29 5:40:01	33 out of 218 40 (3rd Lady) 50 54 55 88 210

When your run is done let Stuart G know and he will upload your results onto the website
Contact Stuart at: s.v.gregory@btinternet.com

To see all the race results visit the website
<http://www.marlboroughrunningclub.co.uk/results2013.shtm>



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Events coming up

Club race

Sarah H is organising a club day out to Bath for the two tunnels race organised by Relish Running. Let her know ASAP if you want to come along. sarah.hardwick@inbox.com

Avebury 8

It will soon be November and that means the Avebury 8 will be upon us. Please keep the 16th free so you help out and make the event a success.

Club Championship 2014

The CC is up and running. Please email your race results INCLUDING THE WINNER'S TIME OF THAT RACE to Henry Fry who will process them accordingly.

Contact Henry Fry Henryfry@ymail.com if you would like to enter the CC, and supply your age on the 1st January 2014.

Races for this year are:

<u>5 k</u> Any Park Run, nationwide FYI the nearest is Lydiard Park, Swindon – (Every Saturday, 9am) http://www.parkrun.org.uk/swindon/home	<u>5 m</u> Any 5m nationwide.
<u>10 k</u> Any MRC timed 10k run – various staged throughout the year. Keep your eye on the MRC website's 'Wednesday Run' timetable.	<u>10 m</u> Any 10m nationwide.
<u>Half Marathon</u> Any H-M nationwide. Selected Races: Cricklade (Sunday 5 th October 2014 TBC) http://www.crickladefunrun.co.uk/ Swindon (Sunday 12 th October 2014 TBC) http://www.swindonhalfmarathon.co.uk/ Devizes (Sunday 19 th October 2014) http://www.eventslogicuk.com/	The 'Other' category Selected Races only: http://www.wiltshirewildlife.org/ Over the Hills (Sunday 2nd November 2014 TBC) http://www.avonvalleyrunners.org.uk/index.php?page=over-the-hills Sodbury Slog (Sunday 9 th November 2014 TBC) http://www.sodburyslog.co.uk/index.php
<u>Full Marathon</u> Any official marathon	



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Race Diary

On the website, under the 'Diary' tab is the race diary spread sheet. If you have updates or are planning to run an event let me know so it can be updated.

Here are some races coming up.

Month	Day	Event	Venue	Type	Distance	MRC members running	Comments
August	20th	Crook Peak Cake Race	Cross, Axbridge, Somerset	Fell	3 Miles		
August	24th	Foxtrot 5	Broughton Gifford	Road	5 Miles		
August	26th	Laycock relay series	Lacock	Road	2.6 miles	Jane Watkins	Part of Laycock relay series
August	31st	Pewsey Vale Half Marathon	Pewsey	Road	Half Marathon	Nick Thomas	
September	7th	Chippenham Half Marathon	Chippenham	Road	Half Marathon		
September	21st	Bristol Half Marathon	Bristol	Road	Half Marathon		
September	21st	King Alfred's Torment	Stourton	MT	7 miles		
October	4th	Bournemouth Marathon Festival 1.5Km - 10K	Bournemouth	Road	10 Km		
October	5th	Cardiff Half Marathon	Cardiff	Road	Half Marathon		
October	5th	Lisbon Marathon	Lisbon, Portugal	Road	Marathon	Simon Boast	
October	5th	Bournemouth Marathon Festival Half Marathon - Marathon	Bournemouth	Road	Half Marathon		
October	5th	Clarendon way marathon and half	Salisbury to Winchester	MT	Marathon Half Marathon	Nick Thomas	
October	5th	Chester Marathon	Chester	Road	Marathon		
October	5th	Cricklade half marathon and 10K	Cricklade	Road	10K Half Marathon		
October	12th	Eden Half / Marathon	St. Austell, Cornwall	MT	Marathon		
October	12th	Castle Cary 10k	Castle Cary	Road	10 Km		
October	19th	Swindon half marathon	Swindon	Road	Half Marathon		
October	19th	Devizes half marathon	Devizes	Road	Half Marathon		
October	19th	Tadley 10 mile	Tadley, Hampshire	Road	10 miles	Jane Watkins	
October	19th	The Salisbury Half Marathon	Salisbury	Road	Half Marathon		
October	26th	Bupa Great South Run	Portsmouth	Road	10 miles		



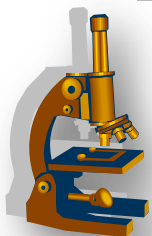
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Runner under the Microscope

Each newsletter we put a member under the Microscope to see what makes them tick. This month it is our new committee member Sarah Hardwick.



MRC: What can you remember about your first running event / experience?

I come from a family of runners and I remember watching my Dad racing when I was younger. My first running experiences were running for the school cross country team. Races would be held at each of the schools with a (usually very muddy) final at Blaise Castle in Bristol.

MRC: Where were you born? Bristol



MRC: Do you have any pre run / race superstitions? If so what?

I don't have any pre run/race superstitions, I do however like to listen to Muse to get myself in the zone before racing.

MRC: Where did you go to school?

The Castle School and Sixth Form, Thornbury.

MRC: What is your favourite / best event you have taken part in?

It's hard to pick a favourite; I've done many that I've enjoyed immensely. One race I do every year is the Westonbirt 10k. Running through the Arboretum on an early summers evening is heaven.

MRC: What is your favourite cartoon character?

Tom (Tom and Jerry).

MRC: What do you think about on a long run?

The usual things people think about on longer runs: future races, splits, work etc. When I was training for my first marathon I'd often think about crossing the finish line to keep me motivated during longer runs.

MRC: What is your running shoe of choice?

Asics Gel Cumulus

MRC: If I didn't run I would.....

.....do something else active, cycling, hiking, gym etc. I'm a very active person and can't sit still very long.

MRC: What can't you run without?

Having something to eat before. I'm not one of those runners able to jump out of bed in the morning and run without having breakfast first!

MRC: Have you ever DNF?

Not yet!

MRC: Have you ever run in a costume?

Not yet!