



Newsletter

November 2015 to January 2016



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Christmas meal

It seems a while ago now but our Christmas meal on the 22nd December 2015 was a very enjoyable event, spiced up with Elena as Santa handing out gifts, which everyone had purchased for a fiver and started with the letter M (yes that M for Marlborough, this years will be the letter R)

There was the business of the London Marathon draw for just the one place we were allocated. Congratulations to Graham whose name came out of the hat last (as it usually does) but with a twist it was the last name out that got the place.

As a consolation Dan (whose name was out the hat first for the London Marathon draw) got the free MK marathon place.

Phil won the rather fetching ARC hoodie. (He is not allowed into sweet shops on his own now!)

Then it was the Club championship results. Congratulations and well done to Ali & Stuart the two clear winners.

Finally it was the Hall of Fame. The doors stayed open long enough to let two very committed females, Jane W and Kirsty N. Well done and thanks to them for the contributions to the running of the club over many years.

Secret Santa presents:





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Hall of Fame ladies



Club Champions for 2015





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MDC

Organisation of the MDC is well under way. The event is on the 15th May if by some chance you have not put your name forward for helping, and would like to please let Phil or Sarah know ASAP.

Ridgeway Relay

Hot on the heels of the MDC will be the Ridgeway Relay. The date for this year is 19th June. Please put in your diary. The one MRC event that you can help marshal and take part in.

AGM

Looking a bit further ahead, another date for your diary. Our AGM and awards evening on the 24th June 2016, at the usual place The Horseshoe Inn Mildenhall.

MDC Survey

Hopefully you have seen the mail from Phil that the committee has been thinking about the way forward for Marlborough Running Club. To get the opinions of members we are asking you to complete a survey. There is a questionnaire at this link

<https://www.surveymonkey.co.uk/r/DCBG5J2>

If you haven't already completed please take 10 minutes to give us your views.

Club Championship 2016

After a successful 2015 club championship, 2016 is up & running, thanks to Jane taking on the mantle of organising it again. Catch up with the mails from Jane if you want to be part of it.



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Latest race results

A lot of members have been taking part in events with a scattering of PBs. Here are the results that have been reported.

Date	Event	Name	Time	Position
30 January	Swindon Park Run 5K	Jane Watkins	25:18	128 out of 435
17 January	Riverbank Rollick 9 Miles	Sarah Hardwick	1:43:57	299 out of 408
16 January	Andover Park Run	Neil Wheeler	26:26 PB	58 out of 197
10 January	Rough 'n' Tumble 10.1 Miles	Nick Wilkinson John Blunden Abbie Holmes	1:41:29 1:42:18 2:22:50	141 out of 544 148 432
2 January	Andover Park Run	Neil Wheeler	29:05	54 out of 134
1 January	Andover Park Run	Stuart Gregory	21:09	10 out of 188
28-30 December	Great Barrow Triple Tipple Christmas Challenge (3 Marathons)	Neil Wheeler	5:57:23, 6:30:41, 5:55:53	23 out of 33
26 December	Kennet & Avon Canal Boxing Day Relay	Paul Coles Teshar Fitzpatrick Guy Mavor Bryan Elliott		2 out of 8 teams
12 December	Swindon Park Run 5K	Nick Wilkinson	22:08	37 out of 275
5 December	Endurancelife Coastal Trail Series Dorset Half Marathon (16.3 miles)	Stuart Gregory	2:47:53 1st MV50	37 out of 431
5 December	Stockport 10 Miles	Simon Boast Dan Dinsey	1:17:45 1:24:50	393 out of 1116 619
5 December	Bromham Pudding Run 10K	Fiona Chinneck	56:50	266 out of 415
29 November	AVR Wilts Half	Bryan Elliott	1:44:09	93 out of 321
21 November	Swindon Park Run 5K	Stuart Gregory Hen Mackinnon Simon Boast Elena Veprauskaite	21:05 21:13 1st Lady & PB 22:25 24:12	19 out of 345 23 48 76
15 November	Valencia Marathon	Simon Boast	3:29:00	3780 out of 14074
15 November	Drogo XC 10 Miles	John Blunden	1:30:19	161 out of 477
14 November	Endurancelife Coastal Trail Series Gower Marathon	Nick Wilkinson	6:21:44	57 out of 127
8 November	Nice-Cannes Marathon	Stuart Gregory	3:20:10	631 out of 6661
7 November	Newbury Park Run 5K	Hen Mackinnon	21:50 (5th Lady)	25 out of 283
1 November	Over the Hills Multi Terrain Race 12K (7.46 miles)	Alison Meredith Ted Townsend John Meredith Jo Bindloss Gibb Jay Scroggins	1:03:43 (1st FV55) 1:05:30 1:07:22 1:14:20 (1st FV60) 1:15:40	93 out of 279 113 128 191 203

When you've done the race, send the result to: resultsfella@marlboroughrunningclub.co.uk and it will get loaded on the website for posterity.

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



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The committee is:

- Chair lady: Sarah Hardwick: sarah.hardwick@inbox.com
- Secretary: Paul Coles: paulcoles10@gmail.com
- Treasurer: Richard Sharland: richard@iansharland.co.uk
- Committee member: Phil Griffiths: email@phil-griffiths.com
- Committee member Simon Boast: simon.boast@gmail.com
- Committee member: Neil Wheeler: neil.wheeler7@hotmail.co.uk

If you have any issues or suggestions on the running of the club please contact any of the committee members.

Supporting the committee in other roles:

- Membership secretary: Alan Joslin: alan.joslin@gmail.com
- Kit monitor: Henry Fry: henryfry@ymail.com
- Club championship organiser: Jane Watkins: jane.a.watkins@gmail.com

Social media links:

- Our website is: <http://www.marlboroughrunningclub.co.uk/index.shtm>
- Facebook: <https://www.facebook.com/groups/205404446257322/>

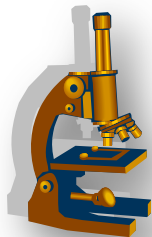


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Runner under the Microscope



Each newsletter we put a member under the Microscope to see what makes them tick. This time it is our Secret Santa, Elena Veprauskaite



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

I have only participated in two organised running events – Ridgeway Relay and Swindon Park Run. I was scared to get lost before the Ridgeway Relay race so Stuart ran my route with me the day before. I was a bit nervous before the race but I really enjoyed it.

MRC: Where were you born?

I was born in Kaunas, second largest city of Lithuania.

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

As I have only ran in two events, I haven't had time to develop any strange habits or superstitions yet.

MRC: Where did you go to school?

I finished my secondary school in Kaunas. I also have BSc degree in Economics from Lithuania, MSc degree in Economics with Finance from Swansea University and PhD in Risk Management and Insurance for the University of Bath.

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

As I have only participated in two running events, it has to be the Ridgeway Relay run. It was very cold and windy on the day of Swindon Park Run but I still thought that it was absolutely appropriate to be running in shorts and vest, hence I didn't feel half of my body during my run and couldn't push myself properly (I know, "Excuses, excuses."). The Ridgeway Relay run was much more enjoyable weather wise (I got a bit of sunshine and rain during my 8 mile run). I also enjoyed having some hills and descents, which made my run more interesting.

MRC: What is your favourite cartoon character?

As I am from the former Soviet Union, I was mainly watching Russian cartoons when I was growing up. My favourite cartoon character was crocodile, Gena. As he was a crocodile he didn't have any friends, as people were scared of him. One day, he met this toy, called Cheburashka, who was rejected from the toy factory for being too ugly, and they became best friends. Together they went on all sorts of adventure always traveling on the roof of the train in order to save buying train tickets. Crocodile Gena had accordion and sang many beautiful songs. I still like his songs to this day.



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

If I run on my own I usually listen to the audiobooks. I like history books. Right now I am listening to biography of J.D. Rockefeller. At the end of long runs I always think about what kind of food I will eat.



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MRC: What is your running shoe of choice?

Nike free 4.0 – they are very light and give me the least blisters

MRC: Have you ever run in a costume?

No, but I like wearing bright clothes when I run on my own. I sometimes receive comments from passing people.

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

I would probably go mad. It's one of my favourite activities when I can be on my own and think about anything I want uninterrupted. On a serious note, I would probably start cycling instead. The problem with cycling is that it's not very easy to pack your bike while traveling.

MRC: What can't you run without?

I can't run without my phone, as I like taking photos of the countryside while I am running. If I am running on my own my running times are usually pretty bad as I keep stopping to take photos.

MRC: Have you ever DNF?

Never! :)