



Striding Out



THE OFFICIAL NEWS-SHEET OF SHELTON STRIDERS RUNNING CLUB, FOUNDED 1984. NUMBER 116. MAY, 2009.

HAVE YOU LOGGED ON TO THE NEW WEBSITE YET? TRY WWW.SHELTONSTRIDERS.CO.UK

STRIDERS ROUND UP

APRIL SAW THE CLUB'S USUAL 20K RUN STEP UP A DISTANCE TO INCORPORATE A 25K AS PART OF OUR SILVER JUBILEE CELEBRATIONS. THERE WERE STILL A NUMBER OF OTHER DISTANCES TO TACKLE SO THAT EVERYONE WAS CATERED FOR, WHETHER IN TRAINING FOR LONDON OR TRYING TO BREAK A 5K PERSONAL BEST. WINNERS OF THE 25K OBVIOUSLY SET A NEW COURSE RECORD, SO WELL DONE TO **JAMES WALKER** AND **ALEX BRADLEY** AS WELL AS **IAN BELL** WHO BEAT THE 10K BEST (**GRAHAM PICKERING** WAS ONLY SEVEN MINUTES BEHIND IAN, THOUGH HE DID RUN THE 5K...), AND THEN TO **SAM BARKER** FOR HIS NEW JUNIOR RECORD IN THE 5K. 49 RUNNERS TURNED OUT ON THE DAY – CONGRATULATIONS TO ALL AND THANKS TO **DAVE NUNN** FOR ORGANISING THE EVENT.

'T WAS THE WEEK BEFORE LONDON, AND **JAMES** AGAIN RAN WELL AT THE DERBY 10K, WITH **STEVE HAWKINS** ONLY JUST BEHIND. **LIZZIE HILL** WAS OUR FIRST LADY HOME, IMPROVING ON LAST YEAR'S TIME TO COME IN WELL PLACED AMONG THE WOMEN. ONCE AGAIN, WELL DONE TO ALL OUR RUNNERS IN THE 10K AND FUN RUN AS WELL AS **THE VOICE** FOR HIS WORK IN ORGANISING THE EVENT AND THEN ON THE DAY. STRIDERS HAD THE BIGGEST ENTRY (OO-ER, MISSIS!) OF ANY CLUB, ALSO PROVIDING MANY OFFICIALS: CONGRATULATIONS TO YOU ALL.

THERE WERE A NUMBER OF STRIDERS RUNNING AT LONDON LAST MONTH WITH MANY GOOD TIMES RECORDED AS WELL AS GOOD TIMES HAD. FASTEST ON THE DAY FOR THE CLUB WAS **STEVE HAWKINS** IN A TREMENDOUS 2:53, FOLLOWED BY **ROGER BOOTH**, TWO SECONDS UNDER THE THREE HOUR MARK AFTER A FRANTIC DASH DOWN THE MALL! **NEIL HANCOCK & KEVIN MILWAIN** RAN EXCELLENT PBS, WHILE **CATHY CLIFFORD & TRACEY HEPBURN** BOTH RAN COMFORTABLY BELOW FOUR HOURS, AND FIRST-TIME MARATHONERS **CLAIRE HIRONS, MANDY LEWIS** AND **ALISON NUNN** (SEEN ON TV WAVING TO THE CAMERA ON TOWER BRIDGE, LOOKING FAR TOO HAPPY TO BE HALF WAY ROUND A MARATHON!) HAD BRILLIANT EXPERIENCES.

THANKS FROM ALL WHO WENT TO **PAUL WEBSTER** FOR ALL HIS EFFORTS IN COORDINATING THE TRIP.

*ON THE SAME DAY AS LONDON, MANY OF THE BLUE-AND-WHITES VENTURED AS FAR AS MELBOURNE FOR THE 6K AND 12K RUNS THERE: AMONG THEM WAS **THE GREAT DK** WHO SENT THIS REPORT...*

THE DAY TURNED OUT SUNNY AND WARM FOR THIS SECOND OF THESE MELBOURNE EVENTS. 60 RUNNERS SET OFF AT 11:00AM FROM THE OAP HQ NEXT TO THE BLUE BELL PUB. THE COURSE PASSED THE POOL BEFORE HEADING OFF OVER FIELDS TO WILSON, THEN BACK TOWARDS MELBOURNE, UP ROBINSON'S HILL, LEFT TO TICKNALL THEN LEFT AGAIN ALONG A TRAIL TO MELBOURNE AND STAUNTON HAROLD RESERVOIR BACK TO HQ. THERE WERE A FEW HILLS, BUT OVERALL THE COURSE IS VERY GOOD, WELL MARSHALLED WITH TWO DRINKS STATIONS – PERHAPS ONE FOR THE NON-MARATHON RUNNERS NEXT YEAR! THIRD OVERALL WAS EX-STRIDER **NICK (GARY) COOPER**, **SIMON DURSTON-SMITH** WAS 7TH, **ROY HOBSON** 12TH, **GAVIN FLETCHER** 14TH, ME 21ST AND **DON ROBEY** 52ND, WHILE FOR THE LADIES, **ANGIE**

LJUBOJEVIC WAS 44TH AND EX-STRIDER **KAREN COOPER** 48TH. IN THE 6K, **LOUISE FLETCHER** CAME AN EXCELLENT 13TH OUT OF 60 STARTERS. WELL DONE TO ALL WHO RAN, AND THANKS TO **BRIAN AND PAM BUDD** FOR THE TIME-KEEPING, AND **DEAN AND SARAH ROBINSON** FOR THE COMMENTARY AND PHOTOS.

INTO MAY, AND ANOTHER GLORIOUS STRIDER VICTORY, AS, ONCE AGAIN, DAVE 'HE RUNS EVERYWHERE' KEEGAN TELLS THE STORY...

THE INAUGURAL WOODHOUSE EAVES MAY DAY CHALLENGE OVER 13.5 MILES ON SUNDAY 4TH MAY WAS STARTED BY A TOWN CRIER AT 9:30AM IN COLD, DRIZZLY WEATHER. SEVEN STERLING STRIDERS SET OFF AMONG 100 OR SO OTHER RUNNERS ON THE FIRST TWO HILLY MILES UP TO THE FIRST CHECKPOINT AT BEACON HILL, THANKFULLY FOLLOWED BY A DOWNHILL TO THE FIRST REFRESHMENT POINT AT 4 MILES, WHERE WE ENJOYED CAKES, FLAPJACKS, BANANAS, ETC. THEN IT WAS ON TOWARDS THE GOLF COURSE AND HUNTS HILL CAR PARK, DOWNHILL TO THE ROAD THROUGH BRADGATE PARK, WHICH WAS QUITE FLAT WITH A SECOND CHECKPOINT AT NEWTON LINFORD. THROUGH BRADGATE, ON THE ROAD TO THE REFRESHMENTS AT HALL GATE CAR PARK – MORE CAKES! ON THEN TO SWITHLAND AND THE FINAL CHECKPOINT AT WOODHOUSE WITH A COUPLE OF MILES ONLY NOW TO THE FINISH AT WOODHOUSE EAVES. FIRST OVERALL IN THE RACE WAS **SHAUN COOPER** IN AN EXCELLENT TIME OF 1:29 – ANOTHER COURSE RECORD! WILL IT BE BROKEN NEXT YEAR? SHAUN, YOU WILL HAVE TO DEFEND

YOUR TITLE IN 2010. SECOND FOR STRIDERS WAS **CAROLINE SUTTON** IN A TIME OF 1:50 AFTER A GOOD RACE IN THE PARIS MARATHON THE PREVIOUS MONTH: CAROLINE WAS FOLLOWED IN BY MYSELF, **CAROLYN LEE**, **PASCAL HOLDEN**, **CHRIS HOPKINSON** AND **SANDRA BUTCHER**. THANKS ALSO TO MY LONG-SUFFERING WIFE **JUNE** FOR HER SUPPORT AROUND THE COURSE, WHICH WAS WELL MARSHALLED AND TAPED SO YOU COULDN'T GO WRONG. AT THE FINISH, THE RUNNERS WERE SUPPLIED WITH PLENTY OF SANDWICHES, CAKES AND DRINKS, ETC, PROVIDED BY THE LOCAL WOMEN'S INSTITUTE. I WILL CERTAINLY BE BACK NEXT YEAR!! IF YOU CAN DO A HALF MARATHON, THIS IS A VERY GOOD COURSE: THERE IS ALSO A WALKERS' 13.5 WHICH STARTS AT 8:30AM AND A 3.5 MILE FUN RUN. A BIG THANK YOU TO **CHRIS HOPKINSON** AND **CAROLYN LEE** FOR PUTTING THIS RACE IN THE HEADBANGER SERIES.

THE FOLLOWING WEEKEND, ANOTHER HEADBANGER TOOK PLACE, THIS BEING THE POPULAR **BROOKSY'S** BASHES FROM TICKNALL, WHERE **STEVE HAWKINS** CONTINUED HIS FINE FORM TO WIN THE LONGER RUN OF 13.7 MILES IN A NEW RECORD TIME, AND **LIZZIE HILL** POSTED A NEW BEST FOR LADIES. IN THE 8-MILER, **ALLAN BARBER'S** NEIGHBOUR CAME IN FIRST, **ALLAN BARBER'S** DOG SECOND, AND **ALLAN BARBER** WAS THIRD... WELL DONE TO ALL WHO RAN, AND THANKS AGAIN TO **CHRIS** AND **CAROLYN** FOR PUTTING ON THE EVENT.

CONTINUING THE RECENT *STRIDING OUT* THEME OF FOREIGN MARATHON REPORTS, CONGRATULATIONS TO **CAROLINE SUTTON** WHO ADDED A CERTAIN 'JE NE SAIS QUOI' WITH HER EXCELLENT 3:51 IN THE PARIS MARATHON LAST MONTH, AND A HUGE WELL DONE TO **DAVE NUNN** WHO FULFILLED AN AMBITION AT THE GENEVA MARATHON ON 10TH MAY WHEN HE WAS FIRST STRIDER OVER THE LINE, 215TH OVERALL AND 21ST BRIT OUT OF 93 FINISHERS, IN A TIME OF 4:08'58" IT WAS, HE TELLS US, AN EXCELLENT EVENT, RUN WITH TYPICALLY SWISS PRECISION!

A BIG STRIDER THANK YOU TO ALL WHO WERE INVOLVED WITH THE ORGANISATION AND RUNNING (!) OF THE ASTON EVENT LAST SUNDAY, 17TH MAY. MANY OF THE BLUE AND WHITES WERE OUT ON THE COURSE, GETTING WET, EITHER COMPETING IN THE FUN RUN AND 10K OR MARSHALLING/TIME KEEPING: TRUST **GRAHAM 'IL VOCE'** TO BE SHELTERED UNDER A GAZEBO FOR HIS COMMENTARY!! THE FUN RUNNERS INCLUDED A MULTITUDE OF **MURDENS** WITH **MARRIOTT** AND **MOORE** – YOUNG **HOLLIE** RUNNING HER FIRST RACE IN A STRIDER VEST -, AND AMONG OUR FIRST BACK IN THE 10K WERE **ROB DONALD**, **NEIL 'CHIEF' HANCOCK**, **LIZZIE HILL** (FOURTH LADY), **CHRIS KEEGAN** AND **ALISON PICKERING**. THESE WERE WELL SUPPORTED BY **ANN ADAMS**, **MARGARET COWLING**,

SILKE KREIGER-FORD, NINA PATEL AND THE DON 'SOON -TO-BE-60' ROBEY. WELL DONE TO ALL WHO RAN OR HELPED ON THE DAY.

NB: IF YOU WERE THERE, **DAVE GRISTOCK** PROBABLY HAS A PHOTO OF YOU! IF YOU WOULD LIKE TO SEE IT, IF THERE IS ONE, GIVE/TELL/SEND DAVE YOUR EMAIL ADDRESS FOR HIM TO PASS IT ON TO YOU.

ON THE SAME DAY AT EYAM, A NUMBER OF STRIDERS BRAVED THE ELEMENTS IN A TOUGH HALF MARATHON COURSE MADE MORE DEMANDING BY THE BLUSTERY, WET WEATHER... BUT THERE WERE STUNNING VIEWS!!

FIRST BACK FOR CLUB IN 13TH PLACE OVERALL WAS **JAMES WALKER** IN A TIME OF 1.25.46, FOLLOWED IN BY **STEVE PEZZUTTI, IAN CROMPTON & ALEX BUCKLEY.** **CAROLINE SUTTON** WAS FIRST LADY BACK FOR THE CLUB & 5TH IN HER CATEGORY IN A TIME OF 1.42.53, AND CLOSE BEHIND WERE **SHAUN WATSON, CATHY CLIFFORD, CAROLYN LEE & PASCALE HOLDEN,** ALL COMFORTABLY UNDER THE TWO-HOUR MARK. AGAIN, WELL DONE, ALL.

SHELTON STRIDERS HANDICAP COMPETITION 2009

AS YOU WILL NOW BE AWARE, THE SERIES FOR THIS YEAR HAS STARTED: WITH THANKS TO ALLAN BARBER, BRIAN & PAM BUDD AND ALL WHO ORGANISE AN EVENT.

DATE	VENUE	MEET
FRI 15 TH MAY	BOULTON LANE COMMUNITY CENTRE	NORMAL CLUB NIGHT
TUES 16 TH JUNE	INGLEBY	JOHN THOMPSON INN CP
TUES 30 TH JUNE	POPPY WOOD, BREACH LANE, MELBOURNE	TBC
WEDS 22 JULY	DARLEY PARK	TBC
TUES 4 TH AUGUST	WESTON-ON-TRENT	VILLAGE HALL CP OFF MAIN ST.
THURS 10 TH SEPT	OCKBROOK	ROYAL OAK CP

THE MORE RACES YOU ENTER THE MORE YOUR CHANCES OF WINNING. YOUR BEST FIVE RACES WILL COUNT.

YOU CAN CHOOSE EITHER THE 4 MILE COMPETITION OR THE 2 MILE COMPETITION

UNLESS OTHERWISE STATED, THE REGISTRATION WILL BE AT 6.45 FOR A 7PM START.

PLEASE TRY AND CAR SHARE FOR THE POPPY WOOD EVENT AS CAR PARKING IS VERY LIMITED.

ALL COURSES ARE DESIGNED TO BE MODERATELY CHALLENGING BUT, ABOVE ALL, PLEASANT OFF-ROAD RUNS, IDEAL FOR A SUMMER EVENING.

UP-DATED INFORMATION WILL BE AVAILABLE ON THE CLUB WEBSITE

WWW.SHELTONSTRIDERS.CO.UK OR YOU CAN CONTACT **ALLAN BARBER ON 01332 705300.** IF YOU WOULD LIKE TO HELP MARSHAL AT ANY EVENT WE WOULD BE PLEASED TO HEAR FROM YOU.

AND FINALLY...

THERE IS, AS YOU CAN SEE, LOTS GOING ON AT THE MOMENT. IF YOU'VE NOT BEEN MENTIONED IN THIS ISSUE, REMEMBER THAT A GREAT RACE OR A FAST TIME IS ACHIEVEABLE – LIKE RETIREMENT (GOOD LUCK TO **DAVE K & JOHN R**), MARRIAGE (CONGRATULATIONS, **TRISHA!**) AND EXPECTING A BABY (BEST WISHES, **AMY**), GOOD THINGS COME TO THOSE WHO WAIT!! [WHICH REMINDS ME: REPORT OF *ANNIVERSARY STUMBLE* NEXT MONTH...]