



HEANOR Running Club

Newsletter winter 2004/05

Committee contact numbers:

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Christmas Yomping

This year's walk will be on December 27th and planned/led by Brian Manning, the walk will take approximately 3 to 4 hours in duration with a brief pub stop at the halfway point. Please ensure you wear suitable clothing, good waterproofs and sturdy footwear as at this time of the year the weather can be unpredictable. A flask with a warm drink will be welcome as will a mobile phone.

The details:

The meeting point is on Heanor market place at 9.30am prompt, then a short drive of about 40 minutes to the start, I am told its somewhere near Chatsworth and we aim to be back at the cars for 3pm before it gets dark.

Obviously if the weather is poor an alternative route (plan B) will swing into action, but if the weather is wet then a trip to the pub (plan C) is also an option.



Christmas Training Times

Our final club night of 2004 from Heanor Leisure Centre will be on Thursday 23rd December at the normal time, due to the shortened opening hours at the centre over the holiday the club will meet on Shipley Park on Tuesday 28th Dec and Thursday 30th Dec both sessions will start at 9.30am.

We will resume training at the Leisure centre on Tuesday 4th January 2005 normal times.

On behalf of the committee at Heanor Running Club may I wish you all a very merry Christmas and a prosperous New Year.

Cross Country pub run

A winter pub run over the fields is on for Sunday 2nd January 1.30pm start from Shipley Park car park. To make it a bit more interesting it will be run as a three-person team event if enough people wish to take part, juniors are welcome to take part and be included in the teams. Two men and one Lady are to make up the team with the names to be drawn from a hat, each runners time will be added together to determine the winning team with the quickest total time the winners.

The course will be approximately 5 mile long and predominantly cross-country so you could need spikes! Don't forget your money for the pub afterwards, which incidentally is that mighty fine watering hole 'The Old Oak' in Horsley Woodhouse



Club Standards

There seems to be some confusion over the club standards especially amongst our newer members, the standards are times to achieve and NOT the standard you need to be to join the club.

If you achieve the time standard for your age in whichever distance you choose then all you need do is provide evidence (results) to Rob or Lee to enable you to claim a club standard be it gold, silver, bronze or merit award. The standards are then presented at the annual awards night in December.

Be aware that you may only claim a standard once in the appropriate age band.

A full list of club standard times are on our website, the notice board in the leisure centre or failing that ask Rob for a copy.

2005 Membership Subscriptions

The annual subscriptions became due on October 1st and the vast majority of members have already renewed, enabling them to take advantage of the cheaper ticket prices for the awards night. However one or two people have yet to renew and should be aware that membership of Heanor Running Club will cease on January 1st 2005 if subscriptions are not brought up to date, this means you will not be able to represent Heanor in races, score club championship points or claim entry to races as an attached runner. We are duty bound to inform the North of England AA of termination of membership, please be aware that you will not be able to compete for another club until we have received an official resignation letter and the appropriate ban has been served.

Northern Cross Country Championships



The 'Northerns' will take place on Saturday 29th January 2005 in Consett, Co Durham. Everyone who put their name on the list for the coach should now pay £5 deposit to Rob before xmas please with the total cost being £8, the club will then pay the entry fees for the race.

The closing date for race entries was December 10th so the club has already paid your entry, if you change your mind about going you will be expected to pay the club the entry fee.

The coach will be leaving from Heanor Miners Welfare at 7am PROMPT, which should ensure that we arrive in good time for the first race at 11am, we aim to be back at the welfare for 7.30pm. As usual with these kind of trips it will be advisable to take some warm clothes for after running and some food and drink as these can be expensive at the site.

Quiz Time ??????????????????????

Which aspiring Heanor runner once said and I quote 'I wish I was a woman' and also likened himself to a 'White Kenyon' but was well beaten in a sprint finish in the pud run by a V55 female?

I suppose it's better than registering another DNF though! Or is it?

Mini League, Cross Country

This year, for the first time our juniors took part in the Derbyshire Cross Country Mini League. This comprised of three venues; Charles Hill playing fields, Loscoe; Kirk Hallam Community School and Moorways, Derby. We fielded competitors in the under 13 boys, under 15 boys and under 15 girls throughout the League with all finishing in very respectable positions. Congratulations to the under 13 boys team comprising Sol Hutchinson, Joe Rainsford, Thomas Dalby and Daniel Buxton after finishing second, and especially Sol who finished third overall in the individual category.

Hewitt Plumbing XC League 2004/05

Just thought I'd include the current positions in the HP XC League For those who haven't seen them yet. As you can see it can't get much closer at the top, so we urge all those available to turn out to the remaining races so we stay at the top.

See the Race Diary on the website for the full line up.

AFTER 2 RACES

<u>MEN</u>	<u>POINTS</u>	<u>SCORE</u>	<u>LADIES</u>	<u>POINTS</u>	<u>SCORE</u>	<u>COMBINED</u>	<u>POINTS</u>	<u>SCORE</u>
HEANOR	18	196	N. DERBYSHIRE	17	385	HEANOR	17	676
RIPLEY	16	240	RIPLEY	16	444	RIPLEY	17	684
MANSFIELD	13	369	HEANOR	15	480	N. DERBYSHIRE	14	819
N. DERBYSHIRE	11	434	ILKESTON	12	552	MANSFIELD	12	1002

SUTTON	10	543	SUTTON	9	573	SUTTON	9	1116
ILKESTON	10	626	CHESAPEAKE	9	578	ILKESTON	9	1178
BELPER	6	829	MANSFIELD	6	633	BELPER	6	1569
CHESAPEAKE	4	1116	KIMBERLEY	4	697	CHESAPEAKE	4	1694
KIMBERLEY	2	1433	BELPER	2	740	KIMBERLEY	2	2130

Summer Pub Runs

Next year we have reduced the number of pubs on the Beerhunters Tour from 6 down to 4 to avoid the race pile up in July and the early part of August, something had to give, so its four cracking little hostelryes for us to sample.

The return of a couple of old favourites, a completely new one to try and If there are enough requests for the legendary pub run Tee shirts then we will place an order, tell Rob if you want one ASAP end of Feb at the latest.

I am going to keep you in suspense and not tell you the venues until the next newsletter. So keep asking Lee to get his act together and get the next newsletter out early!

North Mids X/C

Remember the mud bath in October? Well we have got another chance to put our fellow runners through the pain barrier next year with a home fixture on November 5th 2005.

A point to bear in mind is that next year we will be expected to marshal the car park entrance to help with any overspill that may arise (mountains and molehills). The park rangers seem to panic when dealing with motorists, any early volunteers?

PRAGUE – IT’S NOT ALL ABOUT BEER!!!

Fellow intrepid travellers,

I thought it long overdue to update you all on where we are at with the planning/paying for the Heanor Running Club trip to run the Prague Half Marathon.

As you may (or may not) know there are 25 of us venturing into Eastern Europe on April 1st next year.

All the flights are now booked (and paid for – thank you very much for prompt payment), so that’s one thing less for me (and you) to worry about.

All that’s left now is to pay the balance on the Hotel and to arrange (and pay for) the transfer to and from the airport.

Money wise, what I’ll want from you all is approx £10 by the end of January. I’ll let you all know how much (in good time – promise) when I’ve got a final quote from Hotel Connect. Then, by the end of February, I’ll let you know individually what is left to pay to settle up the balance on the Hotel (Everybody’s will be slightly different as some of you have paid more by rounding the figures up!!!). I’ll be in touch personally when I next require money, so try not to worry about it!

That’s the money side sorted, now what about the weekend itself??

Flight wise, like last time, I’ll let you have a copy of the booking confirmations.

This will have your two booking references and important do’s and don’ts about flying with BMI Baby (flying to Prague) and EasyJet (flying back home). And (perhaps most importantly) it will also have the flight times. I’ll double-check these just before we fly to make sure there are no changes.

The Hotel? Well we couldn't get in the same one as last time (the price had nearly doubled due to it being after Easter). So I've booked us into the Hotel Belvedere. It's a little further out of the centre of Prague, but hopefully not too far and looks to be of a reasonable standard. A bit more information about the Hotel Belvedere can be found by searching any search engine (Google, Jeeves, Etc). Or you can go to:

<http://www.hotelconnect.co.uk/destinations/hotelpic.asp?hotelcode=277&citycode=PRA&lang=en&whoc=unknown>

(If you are reading this online then you should be able to click the link, if not type carefully!!!)

As for the race, if you want to run and haven't yet entered don't forget about the three for two deals on entries. This is only available on-line and the deal runs out at the end of the year. You could save 35 euros (between the three of you!).

More details can be found at www.pim.cz, including a map of the course map.

Hope that brings you up to speed with things. If you have got any questions then please ask. All that remains for now is to wish the runners amongst you good training and to all of you travelling, see you in Prague!

Interesting thoughts over Pudding

Here is some of the feedback I have had since the pudding race

You can't please everyone

To: rob@rainsford61.freemove.co.uk

Sent: Sunday, November 21, 2004 7:37 PM

Subject: Annual Pudding Run

Dear Sir

I am writing to complain about the lack of consideration shown by the officials who organise the annual Heanor Pudding Run towards residents on Burnthouse Road. Every year we are expected to put up with having our houses taped off with no prior warning and being unable to get my vehicle out of the driveway. I am not complaining about the actual race, but the fact that your organisation takes it for granted that no prior warning is necessary to the affected residents. For future events it would be appreciated if warning could be given before hand so as I can move my vehicle beforehand if necessary.

Yours sincerely

Mrs A Miles Burnthouse Road Heanor Derbys.

And in reply

Dear Mrs Miles,

I am very sorry you were inconvenienced yesterday and I will mention your concerns at our post race meeting, but I have to say that Burnthouse Road is not part of the course and therefore no 'taping off' of houses was necessary along there. Due to the route of the race it would be impractical to door knock every house to give notice of the race, but in our defence we did have notice posters put up a few days before and a sizeable article in the Ripley and Heanor news informing the public of the direction of the course and time it was happening. I do hope you accept my apology for the inconvenience and trust it will not affect you next year and hopefully not spoil the good relations we have enjoyed with all the residents over the past 18 years.

Rob Rainsford
Chairman
Heanor Running Club

Here is part two

To: rob@rainsford61.freemove.co.uk

Sent: Monday, November 22, 2004 11:49 PM

Subject: Re: Annual Pudding Run

Dear Sir

Sorry to inform you, but 'taping off' was employed yesterday on the corner of Thorpes Road/Burnthouse Road and adjoining neighbours - and has been for the past three years - all without prior notification it was going to happen. In fact, I had to ask the Police if they could get the tape moved last year in order to get my car out and go to work. Sorry, never saw a poster in our vicinity.

Mrs Anne Miles

Dear Mrs Miles,

After visiting the area in question and not being able to find a street sign at the junction I assumed (wrongly) that where you live was Lockton Avenue. So yes it was a critical point on the course and does require a lot of attention from the marshals, but I am sure that if you approached any of our marshals you would receive a positive response. I will make sure that you are aware of the arrangements for next year's event which is 20th November 2005 nearer the day.

Feedback (good and bad) is always welcome, it shows us where we can improve to make the day pass off without upsetting our neighbours.

Thank you

Rob Rainsford
Heanor Running Club

At least this one likes us

Rob

My first Pud today. Excellent blend of roads and tracks. Liked the pud as a prize. Your marshals were excellent, even finding car parking spaces on arrival. Please thank them all for me. I will be back next year.

Please advise as to when the results will be published on the web site.

Regards

Christopher J Day
Managing Partner
Christopher J Day & Co.

And this one

Date/Time = 21/11/2004 17:34:07

First Name = Melanie

Surname = Rimmer

Town = Poynton

County = Cheshire

Details = Thanks for the Pud race today. I had a great time and will be back again next year. The pud was yummy, too.

Conclusion

Only one whinger out 525 entries and all the residents of Heanor, shame she was the wife of the Ripley and Heanor news sports editor!

New Members

We would like to welcome on board the following new members: -

Lucy Healy
Kerry Belfield
Daniel Buxton
Richard Bonnington
Peter Barke
Ryan Blake
Billy Atkin

2004 Awards Night

A magical night, we hope, was enjoyed by all who attended this years Awards Night. Whilst we watched the performances of Steve Evans we celebrated the magical performances of some of our athletes both on and off the track (OK, some may say miracles, but I will challenge anyone to a balloon Butterfly making competition!). An excellent buffet was provided by Kris from the welfare and we were treated to one of the better discos than of recent years. The only improvement for next year could be a better microphone.

For those of you who were not present (why?) or were too drunk by this point, here is a reminder of those who picked up an award:

The Stuart Manning 3 Mile Time Trial Trophy:

Senior Champion	Stephen Ashmore
Junior Champion	Chris Rainsford
Most Improved	Adam Grice
Senior Men Champion	Tony Weatherson
Senior Men R/Up	Lee Perkins
Male Vet Champion	Rob Rainsford
Male Vet R/Up	Eric Singleton
Senior Lady Champion	Jayne Goodlass
Senior Lady R/Up	Michelle Taylor
Lady Vet Champion	Glenda Alton
Junior Champion	Chris Rainsford
Runners Runner	Rob Rainsford

A special mention to Dale Brailsford for his 'Ring of Steel'

== Race Diary ==

CLUB CHAMPIONSHIP EVENTS 2005

Hewitt Plumbing X/C League and Booth Decorators Road Race League

There are 5 races in each league, a runner must complete 4 races in each league to score points towards his/her club championship points.

Each league season is equal to one event. Runners will need to complete 7 out of 12 events to be eligible for category awards.

These date are correct as far as we know.

Date	Event	Venue
15th January	<u>Cross Country County Championships</u>	Berry Hill, Mansfield
22nd May	<u>Derby 10K</u>	Pride Park, Derby
5th June 5.30pm	Buxton 1/2 Marathon	Buxton, Derbys
13th June	<u>Long Eaton 5 miler</u>	Long Eaton, Derbys
June	The Burton 10 mile and fun run	Burton on Trent
25th July 7pm	Pride Park 2m Relays	Pride Park, Derby
27th August	<u>Newstead Abbey Dash</u>	Newstead Abbey, Notts
September	1500m Track Race	Loughborough University
3rd October	Merrill 10k	Shelton Lock, Derby
Any time	Any Marathon	Any place

2004/5 HEWITT PLUMBING CROSS COUNTRY RACE LEAGUE

Date	Event	Venue
7th November, 2004, 11.05am	Ripley	Shipley Park
5th December 2004, 11am	Chesapeake	Chaddesden Park, Derby
23rd Jan 2005, 11am	Belper Harriers	Alfreton Park, Derbys
6th Feb 2005, 11am	Heanor Running Club	Shipley Country Park
27th Feb 2005, 11am	Ilkeston Running Club	Nutbrook Cricket Club

2005 BOOTH DECORATORS SUMMER ROAD RACE FIXTURES

Date	Event	Venue
26/04/05, 7.15pm	Chesapeake	Chaddesden Park, Derby
24/05/05, 7.30pm	Belper & Ripley	Denby Pottery
07/06/05, 7.30pm	Ilkeston & Mansfield	Shipley Park
12/07/05, 7.30pm	North Derbyshire RC	Grassmore Country Park
09/08/05, 7.30pm	Heanor	Shipley Hall Cricket Club

2005 DERBYSHIRE GRAND PRIX ROAD RACE FIXTURES

Date	Event	Venue
18/05/05, 7.15pm	TBA	TBA
15/06/05, 7.30pm	TBA	TBA
20/07/05, 7.15pm	TBA	TBA

2004/5 NORTH MIDLANDS CROSS COUNTRY FIXTURES

Date	Event	Venue
09/10/04, 1pm	Markeaton Park	Derby
30/10/04, 1pm	Shipley Park	Heanor, Derbyshire
27/11/04, 1pm	Ashfield School	Sutton in Ashfield, Notts
08/01/05, 1pm	Berry Hill Park	Mansfield, Notts