



# HEANOR Running Club

## Newsletter Spring 2005

### Committee contact numbers:

Chairman – Rob Rainsford	01332 881611
Secretary – Lee Perkins	01773 531283
Treasurer – Pete Edwards	0115 8419234
Memberships – Russ Wilkinson	01773 763416
Team Captain – Rob Rainsford	07963037991

### **Back on the Park**

Thank goodness for the clock's changing to British summer time, it's now time to revert club training nights to Shipley Park from Tuesday 5<sup>th</sup> April, the usual nights and times but a different place to train.

### **Club Championship Alteration**

Due to the organisers moving the date of their race and then it clashing with another one of our club championship race's we have dropped the Buxton ½ marathon from our events, but don't despair we have replaced it with the equally flat Mansfield 'Stars and Stripes' ½ marathon on July 3<sup>rd</sup>, all it means is you have an extra month to train. See website or notice board for the latest Championship tables.

### **Derbyshire Mini League**

The juniors get their first taste of action in the mini league on Saturday **23<sup>rd</sup> April** at Moorways 10.30am. The mini League is for juniors from u11s, u13s, u15s and u17s can run as guest runners, it's a great competition and we want as many of the juniors to take part as possible. There's no entry fee all you need to do is turn up with club kit, run and enjoy yourselves. There are only four mini league dates, all at Moorways in Derby

**23<sup>rd</sup> April, 18<sup>th</sup> June, 23<sup>rd</sup> July and 27<sup>th</sup> August**

### **Track Dates**

County Championship Track and Field weekend is on 14/15<sup>th</sup> May, you must choose which events you want to do and send the entry in yourself. See Rob for entry forms.

Friday 15<sup>th</sup> April at Berry Hill, Mansfield 6pm onwards, see Rob for entry details.

# Almost There!



## **Prague 2005 is just around the corner...**

After months of careful, meticulous planning, and many weeks of hard, cold wet winter training, the Heanor Running Club trip to the Prague Half Marathon is only days away.

Twenty Four of (mostly) Heanor Running Club members are making the short trip over to the Czech Republic to sample some culture, see some sights, take in a race and maybe, if a thirst has been worked up, sample some fine Czech Pilsen in the what is arguably Europe's beer capital. It's the Club's second trip to the Czech capital, and whilst some of last year's party declined the opportunity to sample cabbage and dumplings for a second year, there were plenty of volunteers to take their places.

Eleven of the party (Tony, Pete, Rob, Russ, Sam, Dean, Brian, Glenda, Jayne, Michelle and Jane) are planning to tackle the half marathon on the Saturday, with several hoping to emulate last year's successes and set personal bests. Dominic has a tried and tested carbo-loading programme that he is willing to pass on to anyone willing to really test themselves (it worked for him – 1 hour and 25 minutes for a PB.). On what is one of the flattest courses around there's every chance of a good race time although a glance at the website's course map suggests there may well be a small climb around the Castle with a couple of kilometres to go! This may also mean that the tortuous run past the brewery (admittedly past the outside of the brewery) might not be there to torment tired runners.

After the medals have been handed out to the finishers, there should be plenty of time to seek further refreshment before returning home a couple of days later.

If you want to follow the progress of the eleven, log onto [www.pim.cz](http://www.pim.cz) and check out the results and photos. A report will also appear on [www.heanorrunningclub.co.uk](http://www.heanorrunningclub.co.uk) after our return.

Then it's just a question of where to go next year. Maybe it could be to Berlin in April? Maybe it could be Budapest in October? So get those thinking caps on and watch this space...

## **London Accomodation**

Kings College in London are offering special discounted rates on stopover accommodation for members of UKA affiliated clubs.

The prices range from £23 room only for an apartment near London Bridge, £41 for a twin room with breakfast near to Lords Cricket ground.

The available dates are from 29 June to 13 September.

For more detailed information telephone 020 7848 1700, or visit [www.Kcl.ac.uk/kcvb](http://www.Kcl.ac.uk/kcvb) and quote ref AAA 2005

## **Roll up, Roll up it's the pub run season**

The lighter evenings will be upon us very soon and with it brings the start of the 5<sup>th</sup> Beerhunters tour. This year we have cut the number of pubs from six down to four, due to the ever-increasing number of races in July and the early part of August.

Never mind though the 'Four on the Tour' are well worth the effort starting with a run to the Hollybush in May, the Nags Head in Hulland Ward, Leadmill Brewery and rounding off with a visit to Dixie's in early September.

The trip to Prague in April will also serve as a warm up session for the die hards amongst you!

**Tee Shirts** for the Beerhunter's ale trail 2005 programme are now available from Rob

The full list is:

<b>DATE</b>	<b>PUB</b>	<b>START TIME/PLACE</b>
-------------	------------	-------------------------

13 <sup>th</sup> May	Hollybush, Makeney.	Start from Shipley Park 6.45pm and 7pm
----------------------	---------------------	----------------------------------------

24 <sup>th</sup> June	Nags Head, Hulland Ward.	Start from Middleton Top car park 7.15pm
-----------------------	--------------------------	------------------------------------------

5 <sup>th</sup> August	Leadmill Brewery, Denby.	Start from Shipley Park 6.45pm and 7pm
------------------------	--------------------------	----------------------------------------

2 <sup>nd</sup> September	Dixie's, Bagthorpe.	Start from Shipley Park 6.45pm and 7pm
---------------------------	---------------------	----------------------------------------

Happy hunting!

## **Volunteers wanted**

**Is anyone interested in increasing their contributions to the Club, furthering their athletic development and personal qualifications?**

Rob and Lee have recently attended meetings of the County Athletic Association and one topic that keeps cropping up is the lack of qualified officials in our sport locally. In the not too distant future all new rules and regulations are to be introduced which will virtually make it impossible for a club with no qualified officials to host an event. This will have an enormous effect on our club, we would have to pay for a race referee, timekeepers etc therefore pushing up the total cost of hosting a race to a ridiculous amount.

In the last couple of years the amount of paperwork involved in getting an event off the ground has more than doubled, we have to supply the permit secretary with a course map detailing first aid positions and marshals including how many, means of communication (radios, mobiles etc), a risk assessment has to be undertaken and be available for inspection if requested, the Police must be notified as do the local authority, and if they raise any concerns we must act upon them before we can obtain the permit.

This is already being done, what we now need is a race Referee and a Timekeeper both these roles are a one day course which is usually on a Saturday.

All we are asking is for a couple of volunteers to attend the course at no cost to you (grants are available) we will sort out all the details and paperwork involved.

Thanks to Sam North for expressing an interest in the Course Measurer's position for Derbyshire which was recently advertised on the DCAA website.

If you would like to know more about what's involved or be considered for one of the posts please speak to Rob or Lee ASAP.

## **Time Trials**

The race for the Stuart Manning 3 mile Time Trial trophy gets underway on Tuesday 3<sup>rd</sup> May followed up on 28<sup>th</sup> June, 2<sup>nd</sup> August and 30<sup>th</sup> August.

To be in with a chance you must complete at least 3 out of the 4 trials.

Lets give Steve Ashmore and Chris Rainsford a run for their money this year.

A list of TT records are on the website along with all the club standards to aim for.

## **Loughborough Track**

Charnwood AC have organised a series of open track events and Heanor shall hopefully be taking part in these well-organised enjoyable race nights!

### **CHARNWOOD AC PROPOSED OPEN MEETINGS**

#### **2005**

WARM UP MEETING	SUNDAY 17th APRIL
OPEN GRADED MEETING	THURSDAY 19th MAY
OPEN GRADED MEETING	THURSDAY 16th JUNE
OPEN GRADED MEETING	WEDNESDAY 13th JULY
OPEN GRADED MEETING	WEDNESDAY 17th AUGUST
U20'S TROPHY MEETING	SUNDAY 11th SEPTEMBER

## **Booth Decorators Summer League fixtures 2005**

<b><u>Date</u></b>	<b><u>Club</u></b>	<b><u>Venue</u></b>	<b><u>Time</u></b>
26 <sup>th</sup> April	Chesapeake	Darley Park	7.15pm
24 <sup>th</sup> May	Belper/Ripley	Denby Pottery	7.30pm
7 <sup>th</sup> June	Ilkeston/Mansfield	Nutbrook Cricket club	7.30pm
12 <sup>th</sup> July	North Derbyshire	Grassmore Country Park	7.30pm
9 <sup>th</sup> August	Heanor	Shipley Hall Cricket Club	7.30pm

## **Camping in Norfolk?**

The Breckland 10k is to be run on May Bank Holiday Sunday May 1<sup>st</sup> and a few of the travellers amongst us are planning a pre 'Race the Train' session by camping in or near the Thetford Forest on the Friday and Saturday, returning after the race on Sunday and so avoiding the Bank Holiday traffic jams, anyone interested? See Rob.

For more info and entry on line for the race log onto the Runners World site via our links page or search for Thetford AC.

The camp site is called Oak Tree Caravan Park in Attleborough Tel 01953 45 55 65 or look at [www.oaktree-caravan-park.co.uk](http://www.oaktree-caravan-park.co.uk) but get in quick as of 23/3/05 they only had 3 or 4 pitch's available.

## **Fancy a night out?**

If you cast your mind back a couple of years when we were celebrating Heanor Running Club's 20<sup>th</sup> year in existence, we went for a meal to the Durham Ox in Denby.

It is planned to do the same kind of thing this June, for those who may be interested a small deposit of £5 per person is required, the date we have in mind is Saturday 18<sup>th</sup> June, a menu will be circulated as soon as numbers and the full cost is known.

Put your names down ASAP.

## **Derby Grand Prix**

The Derby Grand Prix may not be running this year due to apathy from clubs willing to host a race, at the present time only North Derbyshire are prepared to host a race. We feel that Heanor do more than enough of our share of organising events already, so the committee has decided to decline hosting a race in this particular series. The deadline for clubs to volunteer their services is the end of March, if no more clubs come forward then the Grand Prix will be no more.

## **Website**

Just a reminder for you that all the latest news, reports, race details and anything else you can think of is available on our site, visit [www.heanorrunningclub.co.uk](http://www.heanorrunningclub.co.uk). It's regularly updated and full of useful information.

## **Heanor 5 Mile Road Race**

Please keep Friday 29<sup>th</sup> July free in you diary, this is our 5-mile race, which once again is being sponsored by Booths Professional Decorators.

Entry forms are available for distribution at races, so if your going to do some runs take a bundle with you.

## **North Of England Cross Country Championships Consett, Co. Durham – Jan 05**

Out of a coach load of twenty, Heanor Running Club were represented by 15 runners at the annual North of England Cross Country Championships.

On arrival we immediately began to stand out from the rest by taking an age to erect a tent. 'What fools' I thought, until we turned to see Ripley struggling to get their tent out its bag, and then eventually, and to our satisfaction, gave up.

Chris and Danny were in the Under 17 men's race; Liz and Glenda the Senior Ladies race; Steve, Lee, Dominic, Dale, Eddie, Tony, Pete, Ryan, Eric and Dean in the Senior Men's race and Adam and Bonno in the U20 men's race. Ben Radbourne and Sam Robinson hitched a lift with us representing the large A.C clubs, (Derby A.C and Kirk Hallam A.C).

First out on to the surprisingly mud free and flat (apart from on steep climb) was Chris and Danny. Running two large laps over 6km, Chris was first back in 54th place with Danny in 106<sup>th</sup>.

Next up were the Senior Ladies, Liz and Glenda. They had to do 4 laps, 2 small and 2 large over 8km but with the quality in the field, this meant that some runners got lapped after only 7 minutes - not our ladies though. Liz ran in in 49th place with Glenda in 75th.

Then it was the turn of the Senior Men, who only had 4 large laps and 12km to race. In a field of 556, Steve was first back in 117th followed by Lee in 183rd, Dom in 268th, Dale in 271st, Eddie in 275th, Tony in 307th, Pete in 387th, Ryan in 442nd and Eric in 544th. Dean made his entry into the DNF league, when a back injury forced him to pull out. Ben finished in a respectable 85<sup>th</sup> place.

The Heanor Men's team finished a highly respectable 22nd, the second Derbyshire team back.

Last into the fray were the U20 men, Adam and Bonno. Doing the same course as the Senior Ladies (???) Adam finished strongly in 36th and Bonno in 60<sup>th</sup>, who narrowly avoided joining Dean in the DNF pen, because of a 'shoe stopping on your foot' problem.

### **FOR SALE**

**1 PAIR OF WORK BOOTS, STEEL TOE CAP AND MID-SOLE  
NOWHERE NEAR NEW.**

**FREE TO THOSE WILLING TO COLLECT**

**TEL: The Whippet on 01207 007007**

**Ed Prickett Memorial Relays**  
**(Nottingham University Relays)**  
**12<sup>th</sup> March 2005**

Once again Heanor R.C showed its capability of mixing with the large track and university clubs. Bettering last year, we sent 12 men and 3 women to compete. Despite much apprehensiveness everyone had solid performances.

Below are the men's results. 47 teams started on leg 1!!

**17 Heanor Running Club 'A' 1:29:33**

Ste Bonnington	(19)	14:30
Steve Capewell	(18)	14:15
D Brailsford	(21)	15:29
Eddie Baynes	(20)	16:03
Dom Beresford	(19)	15:20
Lee Perkins	(17)	13:56

**31 Heanor Running Club 'B' 1:46:27**

Steven Ashmore	(31)	16:08
Peter Edwards	(30)	16:16
Ryan Blake	(31)	16:22
Sam North	(33)	18:51
Russ Wilkinson	(33)	19:24
Eric Singleton	(31)	19:26

The ladies team also did themselves proud, finishing 19<sup>th</sup> out of 26 teams.

**19 Heanor Rc Ladies 59:57**

Laura Mason	(21)	20:20
Jayne Goodlass	(20)	20:05
Kerry Belfield	(19)	19:32

**National Final for Heanor**

Heanor Running Club competed in the National Cross Country final at Bramcote Park, Nottingham last Sunday. In a quality field Heanor managed 5<sup>th</sup> place overall on a dry and extremely hilly 6.2 mile 2 lap course, the runaway winners were Bury St Edmunds, 2<sup>nd</sup> Reading Road Runners, 3<sup>rd</sup> Liverpool, 4<sup>th</sup> Ampthill and Flitwick, 5<sup>th</sup> Heanor, 6<sup>th</sup> Ripley, 7<sup>th</sup> Liss, 8<sup>th</sup> Hinckley, 9<sup>th</sup> Castle Point, 10<sup>th</sup> Wooton Road Runners and 11<sup>th</sup> Shelton Striders.

The Individual positions for Heanor Runners were 4 Adam Grice, 12 Steven Capewell, 22 Chris Rainsford, 30 Darren Ridout, 37 Lee Perkins, 54 Dale Brailsford, 63 Eddie Baynes, 64 Steve Ashmore, 66 Danny Price, 70 Russ Buxton, 101 Sam North, 102 Russ Wilkinson, 106 Dean Watson, 114 Ryan Blake, 119 Rob Rainsford, 129 Eric Singleton.

Heanor Ladies were 21 Glenda Alton, 37 Jayne Goodlass and 48 Kathryn Spendlove.

## New Members

Each quarter it's a pleasure to welcome new members, as this indicates that the sport of running is growing and the Club prospering. In this edition we would like to welcome on board the following new members: -

Tom Barton  
Jason West  
Deborah Haslam  
Joshua Naylor  
Darren Ridout  
Heather Maceanruig

## 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.

Date	Event	Venue
15th January	<u>Cross Country County Championships</u>	Berry Hill, Mansfield
22nd May	<u>Derby 10K</u>	Pride Park, Derby
29 <sup>th</sup> May	The Burton 10 mile and fun run	Burton-on-Trent
12th June	<u>Long Eaton 5 miler</u>	Long Eaton, Derbys
3 <sup>rd</sup> July	Mansfield ½ Marathon	Mansfield
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
2nd October	Merrill 10k	Shelton Lock, Derby
Any time	Any Marathon	Any place

## 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	Shiple Park
12/07/05, 7.30pm	North Derbyshire RC	Grassmore Country Park
09/08/05, 7.30pm	Heanor	Shiple Hall Cricket Club

## 2005 DERBYSHIRE MINI LEAGUE FIXTURES

Date	Event	Venue
23/04/05 10:30am	Event No.1	Moorways
18/06/05, 10:30am	Event No.2	Moorways
23/07/05 10:30am	Event No.3	Moorways
27/08/05 10:30am	Event No.4	Moorways

## 2005 LOCAL RUNS

Date	Event	Venue
20th Feb	<u>Tamworth 10K</u>	Tamworth
13th March	<u>Ashby 20</u>	Ashby de la Zouch, Leicestershire
10 <sup>th</sup> April	The Weston Run – 5 Mile Road Race	Weston-on-Trent
23rd April,	Don Valley Open	The Don Valley Stadium
8th May	<u>Hinckley 1/2 Marathon</u>	Hinckley, Leicestershire
15th May	<u>Eyam 1/2 Marathon</u>	Eyam village Derbyshire
22nd May	<u>Derby 10K</u>	Pride Park, Derby
29th May	<u>The Burton 10 mile and fun run</u>	Burton on Trent
29th May, 10.30am	Buxton 1/2 Marathon	Buxton Opera House, Derbyshire
5th June	Sinfin Classic 10k	Elvaston Park, Derby
3rd July	<u>Mansfield 1/2 Marathon</u>	Mansfield, Notts
6th July, 7.00pm	Rolls Royce 10 miler	Darley fields, Derby
8th July, 7.00pm	Tara Kinder 10k	Elvaston Castle, Derby
25th July, 7.00pm	Pride Park 2 mile Relays	Pride Park Stadium
22nd July, 7.00pm	Washland Relays	Burton on Trent
29th July, 7.30pm	<u>Heanor 5 mile Road Race</u>	Shiple Hall Cricket Club
12th August	<u>Formula 1's Jagermeister 10k</u>	Nottingham University
20th August	<u>Race the Train</u> (okay I know Wales isn't local but there'll be a good Heanor contingent there!!!)	Tywyn Wales
27th August	<u>Newstead Abbey Dash</u>	Newstead Abbey, Notts
5th September	Spire 10k	Chesterfield
11th September	<u>Robin Hood Marathon</u>	Nottingham

19th September	Ashbourne 1/2 marathon	Ashbourne, Derbyshire
2nd October	<u>Merrill 10k</u>	Merrill College, Shelton Lock, Derby
10th October	<u>Bestwood 10k &amp; fun run</u>	Bestwood Country Park
31st October	Worksop 1/2 Marathon & fun run	Worksop, Notts
6th November (tbc)	ECCA Relays	Berry Hill Park, Mansfield
20th November, 10.30am	<u>Matthew Walker 10k Pudding Run</u>	Heanor, Derbyshire
28th November	<u>Clowne 1/2 Marathon</u>	Clowne, Derbyshire
26th December 11am	Charity 3 mile run	Furnace Inn, Darley Park, Derby