



HEANOR

Running Club

Newsletter - Summer 2005

Committee contact numbers:

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North Midlands Cross Country League

This year the Heanor event will be held on Saturday 5th November and the races will commence at 1pm. Everyone who was involved with last years races be it the planning or helping on the day, your help would be most welcome again for this event, because without your involvement there would not be a race.

2005-2006 NORTH MIDLANDS CROSS COUNTRY FIXTURES

Date	Event	Venue
15/10/05, 1pm	Markeaton Park	Derby
05/11/05, 1pm	Shiple Park	Heanor, Derbyshire
03/12/05, 1pm	Berry Hill Park	Mansfield, Notts
07/01/06, 1pm	Ashfield School	Sutton-In- Ashfield,

Please note that a new timetable applies.

- 1.00pm U15 Girls
- 1.05pm U13 Boys
- 1.10pm U17, Junior, Senior and Vet Ladies
- 1.30pm U15 Boys
- 1.45pm Junior, Senior and Vet men
- 2.35pm U13 Girls
- 2.45pm U17 men

Membership 2006

Oh dear it's time to dust off the old wallets and purse's because the annual subs are due on October 1st, don't forget if you renew before the end of November you will get a substantial reduction on your ticket to the awards night.

Members News

If you wish to share any experiences or ideas you have had recently please contact Lee or Rob for inclusion in the next issue.

AGM

Heanor Running Clubs Annual General Meeting will this year be held at Heanor Miners Welfare on Tuesday 20th September 9pm.

This is your chance to elect officers or even get involved yourself. All nominations should be made in writing and given to Rob or Lee before the meeting.

Heanor 5 mile road race

Despite some heavy rain earlier in the week which caused some concern, the day of the Heanor 5 was dry with some good conditions for running
This was reflected in the record number of 192 finishers out of 217 entrants for this event.

The Men's race was won by Mark Powell of OWLS AC in a new course record of 25:55 with Heanor's own Adam Grice second (26:49) and Darren Ridout (27:03)

Claire Woolis from Sutton Harriers was the first lady home in 28:10 with Mansfield's Liz Lilley (31:51) and Jenny Reed from Chesterfield AC (33:46) second and third respectively.

The Heanor Men's team of Adam Grice, Darren Ridout, Colin Hawkins and Chris Rainsford won the men's team prize, and the Heanor Ladies: Glenda Alton, Jayne Lynas and Michelle Taylor took the Ladies team prize.

Thanks also to: Peter Young at Shipley Hall Cricket Club for the superb venue, Louis Booth for his continued sponsorship; Red Cross, John and Sue for the Barbecue, Ian and Judith for the excellent results service, Gary and his team of marshals and anyone who helped to make the night a success in any way.

Club Awards night

The Heanor awards night is to be held on **Friday 9th December** in Heanor Miners Welfare starting at 7pm. Entertainment for the night is not yet finalised, but there will be a disco and buffet.

Ticket details will be made available as soon as possible.

Please mark this date on your calendar, the more people in the room the better the atmosphere.

New Time Trial Records

The 3-mile 'TT' records of 16.00 and 16.02 were both obliterated recently and not surprisingly by the same runners. Adam Grice now has the senior record of 15.05 and Chris Rainsford the U17 record of 15.35.

Juniors

The small but active junior section in the club has been competing in the Derbyshire Mini-League over the summer months at Moorways track in Derby.

Josh Naylor, Joe Rainsford, Laura Mason and Deb Haslam have regularly turned out albeit outnumbered by the other clubs, they have got amongst them and certainly held their own.

This competition is open for all members children from age 9 – 16 and is an ideal chance for the youngsters to whet their appetite for future races, with only 1 meeting left it would be good if we could get a few more youngsters involved at the end of August.

Leisure Centre

Unfortunately with the dark evenings returning we shall revert back to Heanor Leisure Centre for club training nights from Tuesday 27th September, same times as now.

Club Tent

We now have a more suitable club tent for use at races; you probably saw it at the Heanor 5 race. The tent should prove a very useful acquisition over the coming winter at the numerous cross-country meetings.

Grub up

The annual club meal will be on Friday 7th October, everyone is welcome, but I will need a deposit of £10 per person on or before the 20th September. More details to follow.

The Matthew Walker 10k Pudding Run

The nineteenth running of this popular race is on **Sunday November 20th**, will you all please make a note of this date and be prepared to help out, the race limit this year has been increased to 600 so we will need more people to help out than in previous years, hence please let me know ASAP if you can help out or want to run.

Coaching

As part of the requirements of his University course in Sports Development and Coaching, Colin Hawkins has asked if he could set up 15 training sessions at the club. We have had discussions on the needs of our members and agreed for Colin to have Thursdays as a day for him to set out his training programme and Sundays as an extra session for those that want it. These sessions will start on the 4th August and run for seven weeks until mid September.

Where appropriate there will be another option on a Thursday depending on the intensity of the planned session, I hope you will give Colin the support that he needs on these days, one session will be assessed by a tutor from his college and all the sessions will have been monitored by ourselves.

New Members

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

All 1st claim

Dan Barnes

Chris Titchmarsh

Colin Hawkins

Ashley Paver

Kelly Hill

Nicky Godridge

Alison Johnston

Luke James

Ben Radbourne

ECCA

The English Cross Country Association will be staging the annual relays in Mansfield on the 12th November, let me know if you want to be involved ASAP

NoEAA Men's 6 stage and Women's 4 stage Road Relays

The Northern Road Relays are in Blackpool on Saturday October 1st, I hope to put in as many entries as possible for this event, once again please let me know of your availability ASAP certainly before the AGM.

If there is enough interest then we shall look at organising transport.

CLUB KIT

If you require any kit then see Rob on a club night or call 07963037991 to check availability.

Heanor RC vests are on sale at £12

Long sleeve training tops £15

All weather jackets £25

Ladies Crop Top £12

Club Standards

The Heanor club standards are intended to be targets rather than a minimum ability level, the following list shows the times for varying distances and all age category's and the standard times for you the runner to try to achieve. Its up to you to let me know if you have attained the standard and produce official results from the race, before the end of October.

Club Standards

Senior Men	GOLD	SILVER	BRONZE	MERIT
1 Mile	4.22	4.46	5.12	5.41
10 K	31.15	34.08	37.14	40.43
10 Miles	52.10	57.00	62.10	68.00
1/2 Marathon	1hr 10min	76.17	1hr 25min	1hr 32min
Full Marathon	2hrs 30min	2hrs 45min	3hrs	3hrs 15min
MV40	GOLD	SILVER	BRONZE	MERIT
1 Mile	4.46	5.12	5.41	6.03
10 K	34.08	37.14	40.43	43.20
10 Miles	57.00	62.10	68.00	72.20
1/2 Marathon	76.30	85.00	92.00	1hr 38min
Full Marathon	2hrs 45min	3hrs	3hrs 15min	3hrs 30min
MV50	GOLD	SILVER	BRONZE	MERIT
1 Mile	5.12	5.41	6.03	6.30
10 K	37.14	40.43	43.20	46.40
10 Miles	62.10	68.00	72.20	77.53
1/2 Marathon	1hr 25min	1hr 32min	1hr 38min	1hr 45min
Full Marathon	3hrs	3hrs 15min	3hrs 30min	3hrs 45min
Boys (1 Mile only)				
U-17	4.40	5.10	5.45	6.25
U-15	5.10	5.45	6.25	7.10
U-13	5.45	6.25	7.10	7.55
U-11	6.25	7.10	7.55	8.40
Senior Ladies	GOLD	SILVER	BRONZE	MERIT
1 Mile	5.12	5.41	6.03	6.30
10 K	37.14	40.43	43.20	46.40
10 Miles	62.10	68.00	72.20	77.53
1/2 Marathon	1hr 25min	1hr 32min	1hr 38min	1hr 45min
Full Marathon	3hrs	3hrs 15mn	3hrs 30min	3hrs 45min
LV35	GOLD	SILVER	BRONZE	MERIT
1 Mile	5.41	6.03	6.30	7.06
10 K	40.43	43.20	46.40	50.54
10 Miles	68.00	72.20	77.53	84.58
1/2 Marathon	1hr 32min	1hr 38min	1hr 45min	1hr 54min
Full Marathon	3hr 20min	3hr 30min	3hr 45min	4hr 05min
LV45	GOLD	SILVER	BRONZE	MERIT
1 Mile	6.03	6.30	7.06	7.35
10 K	43.20	46.40	50.54	54.05
10 Miles	72.20	77.53	1hr 25min	1hr 30min
1/2 Marathon	1hr 38min	1hr 45min	1hr 54min	2hr 01min
Full Marathon	3hr 30min	3hr 45min	4hr 05min	4hr 20min
Girls (1 Mile only)				
U-17	5.10	5.45	6.25	7.10
U-15	5.45	6.25	7.10	7.55
U-13	6.25	7.10	7.55	8.40
U-11	7.10	7.55	8.40	9.25

Heanor Club Championship Table

NEXT EVENT: 26th August - Newstead Abbey Dash

Table up to and including the 4th Booths League Race and the Pride Park Relays

Pos	Senior Men		Senior Women		Vet Men			Vet Women		
	Name	Points	Name	Points	Cat	Name	Points	Cat	Name	Points
1	Steve Bonnington	134	Kerry Belfield	164	V40	Rob Rainsford	87	V45	Glenda Alton	174
2	Pete Edwards	131	Michelle Taylor	160	V60	Eric Singleton	72	V40	Kathryn Spendlove	20
3	Tony Weatherson	131	Jayne Lynas	140	V45	Russ Wilkinson	70	V40	Jan Rainsford	18
4	Lee Perkins	129	Katie Bell	106	V50	Sam North	58	V40	Heather Maceanruig	0
5	Ryan Blake	127	Deborah Haslam	83	V50	Eddie Baynes	57			
6	Adam Grice	125	Jane Edwards	41	V40	Chris Mountford	26			
7	Chris Rainsford	120	Liz Radbourne	25	V50	Danny Palmer	19			
8	Steve Ashmore	105	Stephanie Walker	18	V50	Andy Nelson	19		Junior	
9	Steve Capewell	73	Jo Parker	0	V50	Gary Antcliffe	12	Cat	Name	Points
10	Darren Ridout	49	Esther Moors	0	V45	Russ Buxton	0	U13	Joe Rainsford	125
11	Kieran Davis	39	Lucy Healy	0	V40	Louis Booth	0	U15	Laura Mason	97
12	Chris Titchmarsh	36	Katrina Grice	0	V40	John Grice	0	U13	Josh Naylor	0
13	Dean Watson	29			V45	Brian Manning	0	U13	Danny Buxton	0
14	Dominic Beresford	23			V40	Chris Riley	0	U13	Sol Hutchinson	0
15	Dave Jordan	22						U13	Jason West	0
16	Jon Wainwright	22								
17	Dale Brailsford	20								
18	Dave Guyer	16								
19	Adrian Ball	10								
20	Dan Barnes	9								

Washlands Relays

The sending of three teams (2 men's and 1 ladies) to Burton produced more success for Heanor.

The Men's A team of Darren Ridout, Chris Rainsford, Pete Edwards and Lee Perkins managed a fine win, covering the 4 x 2.1 mile course in 45 minutes and 15 seconds. Men's B Team (Eddie Baynes, Ryan Blake, Chris Riley and Russ Wilkinson) managed a fine 8th place (out of 22 complete teams), finishing in 51 minutes and 18 seconds.

For the Ladies, Glenda Alton, Michelle Taylor and Jane Edwards came home in fourth place, just six seconds behind Ilkeston, finishing in 44 minutes and 21 seconds.

Well done to Darren, Chris, Pete and Lee on winning another team prize for Heanor and for everyone else for making the trek out to Burton on a Friday night

An article from Sam North

For a few metres more!

Leeds South Stadium. Saturday 9th July. The sun burnt down. And there, by a lonely stretch of highway, nine mean looking hombres were crouching in the gutter (and, no, it wasn't synchronised "Paula Radcliffe" that they were involved in either).

In fact, minutes earlier, two young lads who just happened to be palely loitering in the vicinity had asked the obvious question. "What yer doin' mister." To which our leader Alan Ritchie, fresh from the mean streets of Carlisle, had growled "measuring kid" in a manner more befitting to Clint Eastwood than to a fully paid up official of the Amateur Athletic Association.

So yeh. That was it. We were *measuring* - that is, being taught the rudiments of course measurement to international standards. The principal is, of course, quite simple. Your common or garden grade-2 course measurer (that's me folks) is required to set up a measured "calibration course" of, perhaps, two to four hundred metres and check it thoroughly for accuracy. This involves all sorts of specific requirements from the necessity of using a 30 metre *steel* tape measure (tensioned to 10 lb using a spring balance) to invoking the contents of a table in which the coefficient of linear expansion of steel is shown versus temperature!

So that's the calibration course (or "CC" as we grade-2 measurers are apt to refer to it).

Next requirement (apart from a bike) is.... wait for it ... a "Jones Counter". This is a simple, but quite expensive device (.... 'Ere, that reminds me, I haven't received that AAA grant yet) that counts the rotations of the front wheel and is accurate to 1/20th of a rotation. Believe it or not, *all* measured courses (even Olympic marathons) are measured using a JC (that's a bit more grade-2 parlance by the way).

I'll spare you the details, but the essence of measuring courses is based on experience and the more you have the better you are likely to become. The underlying principle, you'll be glad to discover, is never to measure a course *short*! This means that measurers risk

life and limb to ride the shortest viable route between any two points on a course. It is a fairly safe bet, therefore, that if you are racing in a group you will not have a chance of tracing this line and, consequently, you are very likely to run in excess of the advertised distance! That's comforting isn't it?

In closing, and just to put you in the picture, don't go thinking that the course measurer's life ends at a mere "grade-2". Oh my word no. With experience and further evaluation, your grade-2 CM can climb the Greasy Pole!! Paul, the other guy assisting with the course, had recently returned from Dubai where he had been helping set up the Dubai marathon. That must have been quite interesting. Apparently, the traffic there is so dense that the only opportunity to measure the route was well after midnight and, even then, a police escort was required. Two squad cars and a motorbike were provided!

Anyway, next time you want to know how far it is from, say, Shipley Park to the Leadmill Brewery - I'm the chap to consult. In fact, I can tell you the answer now. It's about 60 minutes!

“Hungary for a half?”



Following on from two successful (or so the feedback has led me to believe) Heanor Running Club tours to Prague, it's been decided to tackle another half (marathon/litre* - delete as applicable) in a different country.

Having somehow been appointed as Heanor Running Club's Travel Agent/Rep/Tour Guide (which is strange, as Jane will tell you, because my sense of direction isn't the best), I was tasked with exploring possibilities for the Heanor Running Club European Adventure 2006.

First job was to find out what races were available and when. Luckily there's a website run by the Association of International Marathons (AIMS) at <http://www.aims-association.org> which helped me draw up a shortlist, though there are pros and cons to each

1. Return to Prague in April. Well after two visits it feels like we've been there and done that, got two T-Shirts (and a pair of socks!).
2. Lisbon in March. Portugal in early spring would have been nice but it's not easy to get there at a good price – and I have looked everywhere!!!
3. Berlin in April. Was tempted and it was a very close second but in the end we decided on...
4. Budapest in September.

It was felt that Budapest would be the best bet offering us the best chance of finding cheap flights (they're not on sale yet) and a chance to visit somewhere a little bit different. Plus this time we've got the added bonus of Kerry and Jayne doing some reconnaissance for us.

And as the Budapest Half Marathon website

<http://www.budapestmarathon.com/eng/half/wel/greet.php4> says:

“Like you were running in six different cities, though it's only one!

That's what offers you Hungary's capital: **BUDAPEST!**

Budapest, the 'daughter of the Danube' makes you think of the quays of Paris, of Prague's old cobble stone streets, and multi-coloured houses, of Vienna's imperial and art nouveau architecture, of Barcelona's alleys, of London's Parliament and of Lisbon's hills, small winding roads and yellow tramways.



Budapest, the seven bridges and three hills have already won the hearts of the foreign runners. In 2002 more than 2000 foreigners of 41 countries came to discover this charming and mysterious capital.

After the contest, the competing can relax their numbed feet in one of the 22 pools of the Széchenyi thermal bath, the most famous spa in Budapest.

The companions can visit the whirling fair next to the start, where they will find 'sports and lifestyle' information, showmen, concerts and other various programs. In the evening, a fascinating firework closes the running festival.”

And so for the small print, the tiny matter of cost, deposits and what's going to happen about flights, transfers and hotels etc.

1. When is it? The current date for the race is down as Sunday 2nd September 2006, though if anything changes I'd let you know. With the race being on the Sunday, I'm now trying to get a feel for whether people would prefer to go Friday to Monday or Saturday to Tuesday.
2. Flights. What I'd like to happen is: Would those who are able to please book their own flights. It can be cheaper to book smaller numbers of seats and makes it easier for me. If you do need me to book your flight for you, let me know but I will be limiting the numbers for this to no more than 20 to ease the shock to my credit card and to avoid the risk of going over my limit. The flights should be going on sale in early to mid November, and are from Luton with EasyJet. Both the outward and return flights will be on sale at the same time and my best guess is that they will be between £60 and £100. Flight times are to be confirmed. If you do want me to book your flight for you, then I'll require a £100 deposit before the first North Midlands Cross Country Race on October 15th 2006. Any money left over from the flight price will go towards the hotel cost.
3. Hotel. This I am more than happy to book for everyone. I'm planning to use the same company that I used for the two Prague trips, as they seemed to offer good value and the standard seems to be good. They can also organise the airport transfer for us too. I'll ask for the money for this in February, once I know who is going and how much it's likely to be. I'm expecting it to be between £30 and £50 per person per night.
4. The race. Everyone for themselves. I'll print some forms off when they are available, or you can use the on-line entry system. All the remaining race details are on the Budapest website.

So to sum up:

- £100 deposit by October 15th (date of first North Mids Race)
- Hotel money in so I can book it by the end of February
- Race entry is down to the individual

If you need more info, then just ask. The previous two trips have been a great experience and all who've been have seemed to enjoy themselves. So, are you Hungary for a half?

Chunder Mile

After the 5-mile race at the end of July we held our first Chunder mile race around the cricket pitch, 10 members took part, most had pints but a few lightweights did it on 1/2s and someone (Lee) joined the infamous DNF girlie club. Adam was the quickest to finish with Kerry scooping the Ladies honours, but the true champion was 'Dangerous Brian Manning' who sank the four pints and was the only one to keep it down. Apparently the boundary was quite slippery the next day for the cricket match, I can't think why can you Darren?

Christmas Walk

The Christmas walk will be on Tuesday 27th December, times and route to be confirmed nearer the day.

New Year XC team race

The New Year cross-country mixed team race will go ahead on Monday 2nd January 2pm start to a well known local hostelry, details to follow.