



# HEANOR Running Club

## Newsletter Spring 2006

### Committee contact numbers:

Chairman – Rob Rainsford	01332 881611
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Treasurer – Pete Edwards	0115 8419234
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Club Captain – Rob Rainsford	07963 037991

### IMPORTANT

#### Extraordinary meeting

An extraordinary members meeting has been called by the committee to discuss ways to stop the club losing money by entering individuals in team competition's and then runners not turning out. The meeting will be held at Heanor Conservative Club on Thursday 16<sup>th</sup> March, 8.45pm prompt.

#### Club Training

With the lighter nights now approaching, we shall switch training from Heanor Leisure Centre onto Shipley Park from Tuesday 4<sup>th</sup> April, usual times.

#### Booths Summer Road Race league

The summer league will kick off with a visit to Derby Rugby Club on Tuesday 25<sup>th</sup> April; all members should try and get to this race to give ourselves the best possible start to the 5-race season.

#### Full fixture list

25 <sup>th</sup> April	Chesapeake	Darley Park	7.15pm
23 <sup>rd</sup> May	Kimberley	Hucknall Town FC	7.30pm
13 <sup>th</sup> June	Ilkeston	Nutbrook CC	7.30pm
11 <sup>th</sup> July	North Derbys	Grassmore Park	7.30pm
8 <sup>th</sup> August	Heanor	Shipley Hall CC	7.30pm

### **A Chairman's Lot**

In response to recent correspondence, regarding my position in the club as Chairman/Captain/Coach for Individuals and of course the whole group. What is the role of Chairman? Well it's my understanding that the role of Chairman is to help with the smooth running of the club, be a figurehead for others to contact, and work with the other committee members, to attend meetings and pass information back to the membership and to also relay the opinions of the members to any governing bodies that we are answerable to. To serve the club in the best way possible by being approachable, helpful, honest and open.

This is only done by having a united committee and with the help of Lee and Pete I think the club has some stability and is in safe hands.

A Chairman's role should really be the easiest job, but as you know I am one who likes to get involved and not sit back, sometimes probably taking too much on.

Away from the Chairman's position I am also taking coaching badges so hopefully improving the general standard of ability in the club, in setting out general training sessions for the group and certain individuals who put in the time and effort, makes it worthwhile for me to see their improvement. The sessions have been quite varied and interesting judging by the feedback from the runners that take part.

The best way to see if it's working is to look at results over the past 18 months for the club as well as individuals, being club captain is not part of the Chairman or coach's remit but if anyone wants to take over any of the jobs then please step forward.

### **Pride Park 10k**

The Derby 10k (Club Championship race) is on May 14<sup>th</sup> to enable a block entry I am taking filled in forms and cheques (pay Sporting Futures) up to Easter Tuesday after that I'm afraid you will have to sort out your own entries.

## **Beerhunters 2006**

The Ale Trail Tour starts on Friday 19<sup>th</sup> May with a visit to the Royal Oak at Ockbrook.

This year we see a return to some of the original venues, to order your special Beerhunters Tee shirt see Rob to place your order, last orders are Easter Tuesday!

To avoid any confusion, which saw some runners become detached from their groups we are asking for at least two people in each group to carry a mobile phone with them on these runs.

## **Full Tour Guide**

19 <sup>th</sup> May	Royal Oak	Ockbrook
16 <sup>th</sup> June	Nags Head	Hulland Ward
4 <sup>th</sup> August	The Abbey	Darley Abbey
1 <sup>st</sup> September	Dead Poets	Holbrook

## **Heanor 5 Mile Road Race**

This year we will also be putting on a fun run before the main race, fun run 7pm and main race 7.30pm the race has been arranged for Friday 28<sup>th</sup> July from Shipley Hall Cricket Club. As always it's all hands on deck to ensure everything goes smoothly and as professionally as possible, as we go to print we are still trying to attract a new sponsor for the race!

## **The Ramblings of a 'Measurinman'**

**An article from Sam North**

## **Expletive expletive**

Sunday 29th January 2006. It's cold, very cold but at least, dry. And I'm on my bike in the immediate vicinity of my calibration course on the walkway by the side of Mapperley reservoir. It's cold here too. Yes - very cold. But, looking on the bright side, no parked cars to cock up my calibration rides and no anglers with 39-foot poles extending over two fields. However, being a Sunday, there are (seemingly) hordes of mindless pedestrians, duck-feeders and dog-walkers. I plough through some of them with a cheery "hello". For others I reserve a

courteous "excuse me" and "thank you". (Well, they might have been black belts. Can't be too careful.) Eventually, as the numbers of obstacles become too great for my Jones Counter to make much sense, I am driven to use that portion of the road frequented by the cars as opposed to the walking brain-dead. Bloody cars everywhere. Like the bloody M1. "Ger aht o' me way will yer b\*\*t\*\*d" I think I'm muttering to myself. Who gave you the right to drive on my calibration course?

On the course proper now and measuring from a start to Lamp-post (LP) No 80 outside 10 Stainsby Avenue. "Afternoon missus" - probably thinks I'm barmy as, with shaking hand's I scribble figures on the back of an envelope. Bloody parked cars everywhere and the configuration is bound to differ on race day. Anyway, do the best I can and pile on down the middle of the road. Now let me tell you something. The neon lights do NOT shine brighter on Broadway and, already, I'm feeling plenty cold. On down to Hanson's and Walkers where the counter reads 92507 at LP 72933. This represents 1.12 km.

Dig in. Left on Delves .... Round the bloody "mobile" snackery and guess what? A bloody 4 WD passes me and pulls in to stop. Can you credit it?? B\*st\*\*d. Still, it's a woman driver - probably not a black-belt then. I'm so bloody annoyed that I pull up one inch off her back bumper. Lock the front brake (FB). Get off. Traverse right. Roll on past the driver's side. Lock FB. Traverse left. Remount and release FB. Daft isn't it - but orders is orders I'm afraid darlin'. She looks a bit confused. Tough baby. I'm measurin'.

Now onto Adams Close and following the rules of the road. Heading for the Visitor Centre car park. Rob had said "directly across the car park to the time trial barrier". Are you kiddin'? Parking in this area is variable and, today, the

park is busy. So I elect to make the crossing without invading any parking bays. Now down, through the mud (cheers mate, I look forward to cleaning my cyclo-cross bike) to Osborne's Pond ... more bloody dogs and kids feeding friggin' ducks now. Look granddad - this is bloody important. Why can't you feed the ducks somewhere else?

Right at the road and up to the Lodge where left and..... thanks mate, more bloody mud.... Dog Kennel ... quick right and left onto tarmac and descend to the sculpture. Halfway point approaching and I'm friggin' well freezin'. Cricket Club, Counter Solutions and right and more friggin' mud. In fact, just through the gate and into the mud when I have to dismount to write down details of the halfway point. Squelch bloody squelch. But.... starting to feel better now. Psychological point. Homeward bound. Blimey, this is worse than bloody racing.

Now round the Sam North Memorial Mile circuit in reverse (against the oncoming traffic - b\*st\*\*ds - "I'm bloody well measuring"). Now peel off right onto minor road and past the Mile start. Here I ignore all the remaining rules of the road by hugging the right hand bend as I peel out. Head for the main road and left, riding the carriageway. Next left and down past Michael House School to Counter Solutions again where right along the road and eventually under the bridge at Osborne's Pond. Can't feel hands - or feet - any more. Still, not far now. Take minimum route to Country Park Tavern where left to rejoin the cycle path and right to emerge at Hanson's again. The counter looks good and the route, as Rob had predicted, would be close to ten kilometers. Up Thorpe's, Burnt House, 2nd left and 1st right. Left onto Wilmot. Run out of metres at No 29 Wilmot. ("Mrs Penks? You've won the Heanor Running Club "Guess the distance" Car Competition. Would you like a Triumph Spitfire or £3000 in cash?" I smiled.)

I'm clearly delirious, frozen to the marrow, hungry as a wolf and, at this moment in time, a very dangerous person. Still job done - for now - and I can report my preliminary findings at Tuesday's meeting. In a pub. Thank god.

PS Dear Diary: No running today. Frostbite now looks terminal. But honoured to measure Pud Run course on behalf of best mates at HRC. However, all pedestrians, dogs, kids, ducks, parked cars, mud, rotting leaves and those little stones that tend to litter paths in the countryside (you know the sort I mean) - are all b\*\*t\*\*ds. 10 miles or so on the bike. 3 pints at Red Lion. Goodbye cruel world.

### **English Cross Country Relays**

November saw Heanor enter the high quality relays competing against runners from all over England. As well as the men's and women's senior teams, Heanor had the under 13 boys running in this event for the first time and they finished a credible 22nd./ The team were led by Joe Rainsford on 1st leg, Marcus McKensie on 2nd leg and Josh Naylor playing the anchor man on the 3rd leg. The under 17 men's team were up against some top quality opposition in the 3k race. The team of Luke James, Dan Barnes and Phillip Baynes found the going tough but will benefit from the experience considering this is their first season together. The highlight for Heanor was the performance of the under 20 men's team. Steven Bonnington ran a solid 1st leg and was well supported by Chris Rainsford who handed over to Adam Grice. The team really worked hard for each other and can be proud of finishing in 15th place out of 71 teams to become the top team in the midlands area, taking some notable scalps in the process.

### **North Of England XC - Blackburn**

## **Who is this Heanor Running Club?**

Heanor Running club made the trip along the M6 to Blackburn's Witton Country Park in January for the North of England Cross Country finals.

On a cold sunny morning the Heanor runners set about racing against some of the best cross-country runners from the Northern region.

First race of the day was the under 17 men's over 6k and taking in two laps of a classic cross country course which had a bit of everything you could imagine, uphill, downhill, flat sections, ankle deep mud plus a few twists and turns for good measure.

Heanor's hopefuls in this race were Chris Rainsford and Luke James.

Although finishing in 16th place Chris was disappointed with his run, lacking the usual strength when it came to the hills, slipping from a high of 5th down to 16.

Luke on the other hand can be pleased with his efforts on his biggest test to date, he quietly worked his way up the order to come in 86th.

Next up were the senior Ladies comprising Liz Radbourne, Glenda Alton, Kerry Belfield and Jayne Lynas.

Unfortunately Liz injured her hamstring in the warm up and could not race leaving the three others to battle on.

Glenda was the first one back in 81st place with Kerry and Jayne having a real tussle coming in 154 and 155

respectively. The under 13 boys were Josh Naylor and Marcus McKensie who despite pre race nerves gave it their best shot with Josh running in 30th despite feeling a little under the weather and Marcus ending in 121st.

Deborah Haslam was also tackling the biggest race of her brief running career to date and had a very good run looking comfortable all the way round the 4.5k course. Deb finished in a very respectable 104th place.

As the senior men took their turn, a depleted squad due to several reasons - gave it a spirited go with Lee Perkins, Ben Radbourne, Stephen Ashmore, Tony Weatherson, Rob Rainsford, Ryan Blake and Pete Edwards.

Over the four-lap 12k testing course Lee was the first Heanor runner back in 213th place, Stephen and Tony having a personal race for the line came in 278 and 279 with one second separating them. Next was Rob in 404 closely followed by Ryan 415 and making up the team score Pete 492.

Heanor's team finished 33rd out of 47 teams with Ben recording a (dnf)!

**But the club saved the best until last...** The highlight of the day for Heanor was in the under 20s men's race over 8k where big expectations were weighing down on the shoulders of young Adam Grice.

Adam certainly did not show any nerves as he went about the race with sheer concentration and a look of immense determination on his face.

Taking an early lead Adam forced the pace and gradually wore down his rivals who obviously were not banking on running as fast so early in the race.

At the start of the second lap Adam found himself with just one serious contender who pushed Adam all the way before making his move, on the long climb, to take the race on and leave Adam chasing.

Adam himself cruised in to claim second place and with it the North of England Silver medal.

All his Heanor club mates gave Adam a huge cheer when he went up to claim his medal and people were suddenly asking **Who's this Heanor Running club?**

### Relays

Don't forget the Nott's University relays on Sat 18<sup>th</sup> March and the Livingston Relays on 16<sup>th</sup> April Easter Sunday at Loughborough University.

All interested runners please get your name down along with 3 quid to Rob ASAP

Both these events are really good races and are a good test after the winter training.

### National X/C League Final

The final of the Sunday X/C league will go ahead on Sunday 26<sup>th</sup> March at wonderful Bramcote Park 2pm, all runners who intend to run this race please see Rob ASAP

### The Stuart Manning Time Trial Series

## **English National Cross-Country- Parliament Hill**

On a cold sunny and extremely windy day out in our capital city, Heanor runners competed on one of the toughest courses the organisers could find.

In the u17 men's race over 6k we had Chris and Luke representing us, Chris was struggling to shake off a heavy cold and Luke was still feeling a hip injury, both completed the race, Chris 119th and Luke 234th. The u13 boys race over 3k our sole runner was Joe who had a splendid run to come in 126th out of over 330, despite losing a shoe in the mud.

Senior ladies race over 8k saw Glenda dig deep to finish 145th.

Adam was doing his stuff in the u20 men's race over 10k and had a fantastic run to come 12th, showing what can be achieved if you put the work in, well done Adam. The senior men had a good result with Ben 132, Dave 305, Chris 531, Ashmore 568, Tony 600 and Ryan 827 all scoring towards the team result of 48th out of 99 teams. Pete came in at 1039 out of 1290 finishers and Rob struck up a DNF to join some very exclusive company from recent races.

Deb withdrew from the u17 women's race with a recurrence of a leg muscle injury.

The tent took a hit in the high wind, the bus was without heating and Rob lost his digital camera.

Thanks to Eric for his support and to Esther, Mark and Ali for coming to watch with new baby Archie, much appreciated.

The 3 mile Time Trials will commence on Tuesday  
2<sup>nd</sup> May at 7pm.  
6<sup>th</sup> June, 4<sup>th</sup> July and 1<sup>st</sup> August make up the rest.

## **THE BERLIN HALF - AN UPDATE**

If you were wondering why my hair has been cut so short recently, it's because I've been trying to cut out all the grey bits that have started to appear whilst organising this years Club trip abroad!

I'm still not quite sure what the right word would be to describe organising a couple of flights and then a hotel for between 43 and 28 people but it's certainly not dull!

First there were the flights from East Midlands being cancelled and having to change to Stansted at relatively short notice. Then, through no fault of their own (because there's a bit of a difference between East Mids and Stansted!), 18 people dropped out and 3 others took their place. I've certainly been kept on my toes.

A quick note to those who've had to drop out: Unfortunately the Hotel charged a cancellation fee for the rooms. But the (slightly) good news is I've worked out that some of you have paid too much deposit and so the difference will soon be on its way back to you.

Anyway, the dust is beginning to settle and my blood pressure is getting back to nearly normal. The flights are now sorted, the balance has been paid to the hotel, and (most of) our race entries are in, now what else could possibly go wrong. Apart from the fact that I've not done anything like enough training, my sciatic nerve keeps reminding me that I'll be a vet in little over a year and there's less than a month to get some/any training in for the race. I'm sure I'll relax properly when we're all checked in at the Airport and into the Hotel.

When I last checked there were 28 of us flying out to Berlin staying in 13 rooms. And of those 28 now travelling, 19 Heanor runners will be joining the 18000+ in tackling the 13.1-mile course around Germany's capital. Rumour has it that it's a flat course, taking in such sights as the Brandenburg Gate on the way to the finish by the Berliner Dom - see the course map below.

## 26. Vattenfall Berliner Halbmarathon



If you want to find out more about the event then go to

[http://www.scc-events.com/events/berliner\\_halfmarathon/2006/index.en.php](http://www.scc-events.com/events/berliner_halfmarathon/2006/index.en.php)

Fortunately it won't be all running, as we should all have plenty of spare time to explore the sights of this historic city - not to mention the infamous German beer halls. After all we must replace all the fluids lost during the race!!!



So all in all it looks like it should be a trip to remember. And if my nerves can stand it, I might even think about where we can go in 2007!