



HEANOR Running Club

Newsletter winter 2007

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The YB and the KB

In my long experience, running with the Club is a *good* idea; a sound investment, so to speak. However, from time to time, obviously, this entails running with Rob Rainsford. Now Rob's not a *bad* lad, this we know but, perhaps more so than most of us and due in no small part to his vital role as chief honcho, he has to maintain the good name of the Club. I'll just repeat that. The phrase was "maintain the good name of the Club". It, therefore, came as some surprise to me when, only the other day, Rob suggested that I might like to assume a significant editorial role in the production of the Club Newsletter.

Well, you know how it is. Someone, even a *valued* friend such as Rob, asks you to do something and the natural human response is to seek some snake-like way of slithering out from under without causing actual offence. So, instinctively, having correctly concluded that this was not a bad dream, my mind raced through all the usual possibilities. For instance:

- Foot in imaginary pothole, followed by much rolling on the ground, wailing in agony and, finally,
- Hobbling back to Leisure Centre this was a possible but the landing has to be carefully managed
- Faint in mid-stride... Again, the landing can be (and usually is) painful
- Suddenly remember an appointment at "the Clinic" Generally speaking, this is only a useful ploy during the daytime.

Within a nano-second, therefore, my razor sharp mental filtering process determined that none of the above was appropriate. I acquiesced.

"Ok" I said. "F***" I thought.

Now, it is not my intention to be to the Yellow and Blue what, say, Gordon Ramsay is to "Cooks and Cooking" magazine but, knowing my writing style and general print

and be damned attitude, I think Rob may find that he has an additional role to fulfil. Namely, that of censor.

So, there you have it. From this day forth, I shall be signing myself as "(ed)" and, at this point, I want to stress that the sheet can only function if we have some *writers*. Of course, I am expecting all the usual contributors to maintain their uninterrupted flow and the Y&B will always contain information regarding

- How fantastically well the Club is doing
- Vital statistics regarding all the new members we welcome to our ranks
- Precisely when and where to go for purposes of losing a lung or two.

But *we want more!* So come on out and let's all hear your views on matters relevant to the Club.

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Speaking of ways "to slither out from under", things have, unfortunately, (until now anyway) gone a bit quiet on the KB front. Yes, I'm still banging on about the "Keswick to Barrow" weekend in May. But all is far from lost you'll be delighted to hear. So, to kick things off on a slightly more formal footing, I've arranged a meeting for **Tuesday 20th November to be held at the Con Club and starting at 8.30 pm** (*put it in your diary*). This will provide me with the opportunity to convince you, once and for all, that ultra-marathons are, like all aspects of running, only as much torture as you want to make them and that, without actually *killing* ourselves, we can produce a surprise in the northwest. A rough *agenda* for the meeting is as follows:

- (1) Get some beer in
- (2) Poke fun at individuals who have failed to show - call them "wimps" etc
- (3) Rabbit on about the event and what a great weekend away the whole thing is
- (4) Maybe arrange a couple of training sessions (*genuine* team building exercises) for this side of Xmas (don't worry, nothing drastic)
- (5) Slope off home (though I'll probably stay on for a while and cry into my beer).

So let's be positive about this. Those of you who have been on the Club trips abroad or to Race the Train know that a Heanor Running Club weekend away is great fun. This will be no different except that, this time, the destination is the Lake District and you won't be required to run nearly so fast.

You can check the website (www.keswick2barrow.co.uk) in advance for more information and, if you are one of the select band that I have earmarked as potential team members, you should receive a personal invitation. If, on the other hand, you are just that little bit *curious* (or indeed, *thirsty*) then please come along anyway.

X/C County Championships

These will take place on **Saturday 5th January** at Markeaton Park, entry forms are on dcaa website and be aware the closing date is 10th December.

Christmas Training Times

Our final club night of 2007 from Heanor Leisure Centre will be on Thursday 20th December at the normal time.

We will resume training at the Leisure centre on Thursday 3rd January 2008 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.



Christmas/New Year Walk

This year's Christmas walk will be on **Tuesday 1st January** and planned/led by Brian Manning, the walk will take approximately 2 to 3 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 11am prompt.

Christmas pub run

The winter pub team run is on for **Thursday 27th December** 2pm start from Shipley Park car park. As usual 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 miles long and on road! 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 (when it works), on the notice board in the leisure centre or failing that ask Rob for a copy.

2008 Membership Subscriptions

The annual subscriptions became due on October 1st and the vast majority of members have already renewed. However one or two people have yet to renew and should be aware that membership of Heanor Running Club will cease on January 1st 2008 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 Northern Athletics Association of termination of membership.

Northern Cross Country Championships

The 'Northern's' will take place on **Saturday 26th January 2008** at Roundhay Park, Leeds. If we get sufficient interest then we will book a coach. Anyone who wishes to travel please put your name on the list for the coach, pay £5 deposit to Pete or Rob before Xmas please.

The closing date for race entries is December 17th which, if you are travelling on the coach will be paid by the club.

Booth Decorators XC League 2007/08

Just thought I'd include the current positions in the 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 ladies to turn out for 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	20	105	SUTTON	19	560	HEANOR	20	692
RIPLEY	18	249	HEANOR	16	587	RIPLEY	17	944
BELPER	15	354	N. DERBYSHIRE	16	591	BELPER	17	949
N. DERBYSHIRE	15	462	BELPER	16	595	N. DERBYSHIRE	13	1053
SUTTON	12	530	RIPLEY	10	695	SUTTON	13	1090
KIMBERLEY	9	711	MANSFIELD	10	698	KIMBERLEY	9	1419
ILKESTON	9	716	KIMBERLEY	10	708	ILKESTON	9	1508
MANSFIELD	6	1069	CHESAPEAKE	6	785	MANSFIELD	6	1767
CHESAPEAKE	3	1577	ILKESTON	4	792	CHESAPEAKE	3	2362
WIRKSWORTH	3	1751	WIRKSWORTH	3	835	WIRKSWORTH	3	2586

New Recruits

We welcome to our asylum of running;

Lisa Palmer, Jill Burke, Teresa Brown, Sam Shipley, Stephen Wardle, Alan Seamer, Luke Seamer, Graham Whitt, Pete Ivens, Jackie Hancock, Garry Mountford, Chris Mellors.

Awards Night

The annual presentation night will be on **Friday 7th December** starting at 7pm in Heanor Conservative Club. Tickets are now on sale priced £5 adults and £3 juniors.

We will be entertained by '**The Score**' who played at the 5 mile race in July, disco and buffet are all included in the price.

Tickets are selling fast, so to avoid disappointment get yours now.

— Race Diary —

CLUB CHAMPIONSHIP EVENTS 2008

Booth Decorators 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 dates are correct as far as we know.

2007/2008 CLUB CHAMPIONSHIP

Date	Event	Venue
16th December	Bolsover 10k	Bolsover School
tbc	Derby 10K	Pride Park, Derby
8th June	Long Eaton 5 miler	Long Eaton, Derbys
21 st July	Pride Park Relays	Pride Park, Derby
Tbc	Belper Relays	Belper Meadows
August	Sam's Mile	tbc
September	Northern 6+4 stage Relays	tbc
26 th October	Worksop ½ Marathon	Worksop
5th October	Merrill 10k	Shelton Lock, Derby
Any time	Any Marathon	Any place

2007/2008 BOOTH DECORATORS CROSS COUNTRY LEAGUE

Date	Event	Venue
14/10/07 11am	Ripley	Shipley Park
11/11/07 11.05am	Chesapeake	Chaddesden Park, Derby
09/12/07 11am	Belper Harriers	Alfreton Park, Derbys
20/01/08 11am	Ilkeston/Kimberley	Bramcote Park
10/02/08 11am	Heanor RC	Shipley Hall CC

2007/2008 NORTH MIDLANDS CROSS COUNTRY FIXTURES

Date	Event	Venue13
09/10/07 – 1pm	Wicksted Park	Kettering
10/11/07 – 1pm	Markeaton Park	Derby
01/12/07 – 1pm	Berryhill Park	Mansfield
12/01/08 – 1pm	Sutton School	Sutton in Ashfield

2008 BOOTH DECORATORS SUMMER ROAD FIXTURES

Date	Event	Venue
22/04/08, 7.15pm	Chesapeake	Derby Rugby Club
20/05/08, 7.30pm	Sutton Harriers	Teversal Grange
10/06/08, 7.30pm	North Derbyshire	Grassmore Country Park
15/07/08, 7.30pm	Ilkeston	Nutbrook CC
15/08/08, 7.30pm	Heanor	Shipleigh Hall Cricket Club



I thought with this newsletter coming out that this would be a good opportunity to bring all next years' travellers up to speed with what happens next.

Firstly, we are booked into the Docklands Hotel (see right). The booking was made through Hotel Connect and, according to them, the Docklands Hotel is

"a trendy little hotel that sits in the funky docklands area of Kempisch Dok Westkey, sandwiched between the docks and the thriving city centre with its numerous array of shops, bars and restaurants. The modern uplifting interiors offer a fresh and relaxed feel for both leisure and business traveller. The rooms are well appointed and nice 'n cosy, many of which have been furnished with Philip Stark furniture to give a contemporary feel. A good little base for discovering Antwerp and its trendy side".

Thanks for paying your deposits. I don't need any more money off you until a couple of months before we travel. You can relax safe in the knowledge that sometime early in the New Year I'll be giving each of you an invoice for the amount due!

The only other thing now is the race itself! All the information can be found at:

<http://www.sport.be/runningtour/antwerpmarathon/2008/eng/>

Registrations are now open (I've done mine!) and if you enter before April 7th 2008 then the cost is:

Antwerp Marathon

38 € (SportFit functional T-shirt & hire ChampionChip included)

3 € discount if you run with your own ChampionChip

Antwerp Relay Marathon

75 € per team (without T-shirts, hire 6 ChampionChips included)

135 € per team (6 SportFit T-shirts & hire 6 ChampionChips included)

Antwerp 10 Miles

14 € (hire ChampionChip included / without T-shirt) 24 € (hire ChampionChip AND SportFit T-shirt included)

3 € discount if you run with your own ChampionChip

Antwerp Short Run 5 km

10 € (without T-shirt) 20 € (SportFit T-shirt included)

ASICS Ladies Run 5 km

10 € (without T-shirt) 20 € (SportFit T-shirt included)

You get a medal for this too!

There should be a race for everyone there.

If it helps you decide, the Marathon is at 10am and the 10 mile race at 3pm.

I'll be in touch with you all individually in the New Year, but if you need to know anything else, please get in touch!

