

Archive Race Reports 2016

2nd January - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Shaun Louth 33:49, Rachel Pledge 36:39 & Simon Lunn 48:40.

Thanks to Alistair Whitaker for submitting the result.

9th Jan - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Declan Crace 22.34 (17th), Lou McCauley 29.01 & Rachel Pledge 35.43.

Thanks to Alistair Whitaker for submitting the result.

16th Jan - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Declan Crace 21.47, Bruce Pettit 24.10, Shaun Louth 32.29 & Rachel Pledge 34.16.

16th Jan - Boston Parkrun Witham Way Country Park, Lincolnshire, Tarmac paths.

1st lady and 1st overall Katja Eravisto 20.30.

Thanks to Alistair Whitaker for submitting the results.

23rd Jan - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Bruce Pettit 25.20, Lou McCauley 36.19 & Rachel Pledge 36.28.

Thanks to Alistair Whitaker for submitting the result.

24th Jan - Dymchurch Marathon Kent, Road.

Sarah Whatton and Shaun Louth headed to the Kent coast for their first marathon of the year. The Dymchurch marathon is a low key marathon with 100 runners. The marathon route is 5 x 5.24 mile laps of the sea wall at Dymchurch with a 6 hour cut off. Both runners were happy with their race and glad to get the first marathon of the year under their belts. Sarah Whatton set a good marker for the year with a finishing time of 5 hours 02 minutes and Shaun finished in 5 hours 58 minutes.

Thanks to Shaun Louth for his Report.

24th Jan - Folksworth 15 Peterborough, Cambridgeshire, 15 miles, Road.

Host Club - Yaxley Runners & Joggers

Two Sleaford Town Runners travelled down the A1 to the Folksworth 15. Emily Foran finished in a time of 1.39.16 as 3rd lady overall and 1st Lady in the V35 category. Ingrid Williams also had a great run and finished in a time of 2.15.32.

Thanks to Shaun Louth for his Report.

30th Jan - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Rachel Pledge 35.29 & Mike Folland 39.35.

Thanks to Alistair Whitaker for submitting the result.

7th February - Caythorpe Dash Caythorpe, Lincolnshire, Multi-Terrain.

This was my first attempt at the Caythorpe Dash and I wasn't really sure what the course would have in store. 154 runners started the half marathon on a bright, cold day. The course was mostly off road, across fields with a number of styles to tackle along the way. At some points it felt like a mud bath and some stretches were pretty hairy to run over. The marshals were

fantastic, shouting encouragement throughout the event. There were 147 finishers crossing the finish line who were then treated to hot soup, coffee and selection of 3 desserts (I highly recommend the apple crumble and custard!). There were two representatives of Sleaford Town Runners and their finish times were Michael Baxter 1.45.22 and Tracy Parr 2.22.26. Brilliantly organised event and one to recommend.

Thanks to Tracy Parr for her Report.

13th Feb - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Mike Folland 30:48.

Thanks to Alistair Whitaker for submitting the result.

13th Feb - The Dukeries 10 Trail run

Hosted by Hobo Pace running

The Dukeries series are beginner friendly trail runs of varying distances all located around the Sherwood Forest and Clumber Park area. This was one of the 10 mile runs that Hobo Pace hold. Helen Barker and Shaun Louth travelled to the village of Walesby which is where the Start/Finish was. The run is limited to 200 runners and it was sold out. The 10.8 mile loop is very scenic and as advertised very beginner friendly.

Finishing times: Shaun Louth 2 hours 13 minutes and Helen Barker 2 Hours 21 Mins.

Thanks to Shaun Louth for his Report.

14th Feb - St Valentine's Day 30k Stamford, Lincolnshire, Road.

Host Club - Stamford Striders

Ingrid Williams and Jayne MacArthur both travelled to Stamford for the very popular Stamford 30km. Yet again this race was sold out. Both ladies had extremely good runs with Ingrid running a new PB of 2 hours 50 minutes and Jayne finishing in 3 hours 08 minutes.

Thanks to Shaun Louth for submitting the result.

20th Feb - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Shaun Louth ran the park run in a time of 34.24.

Thanks to Shaun Louth for submitting the result.

20th Feb - Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

Michael Baxter 19:58.

20th Feb - Rutland Water Parkrun Leicestershire, Oakham, Tarmac paths.

Mike Folland 30:33.

Thanks to Alistair Whitaker for submitting the results.

21st Feb - Sleaford Half Marathon RAF Cranwell, Lincolnshire, Mainly Road / Multi-Terrain.

Host Club - Sleaford Striders AC

Sunday was a great weather day for running. It must have been one of the mildest Sleaford Half Marathons for years. Yes there was the usual strong wind but it didn't have the chill factor in it of previous years. This is a great half marathon, if running Cardiac Hill twice isn't enough there is also a nice muddy and slippery miles worth of track to contend with and the Cliff road in between Wellingore and Leadenham to contend with too. Yet again this sell out race was very well organised and marshalled.

9 Sleaford Town Runners took on the challenge and the finishing times were: Declan Crace 1.44.35, Mark Ellis 2.04.30, Tracy Parr 2.04.40, Jayne MacArthur 2.09.05, Audrey Russell 2.09.07, Helen Barker 2.45.40, Jo Calver 2.45.47, Shaun Louth 2.45.48 & Rachel Pledge 3.04.00.

Thanks to Shaun Louth for his Report.

****Shaun runs back to back marathons!! 2 marathons in 2 days.****

26th Feb - Marathon Day Marathon

What's Marathon Day I hear you ask? 26th February! 26.2, ah, what a great idea to run the distance on the day specially made for it! Shaun Louth travelled to the Kent coast to run 26.2 miles on 26/02 this is why it is called the marathon day marathon. The course is a 5 lap route that goes past Deal Castle and Walmer Castle along a typical English sea front in Deal, there's a pier, chip shops, life boats, fishing boats, a shingle beach (which you'll only be on if you're somehow lost!) maybe even a family braving the beach with a windbreak!

This was the first of 2 marathons in 2 days for Shaun and so he took full advantage of the 6 hour time limit finishing bang on the 6 hour mark.

27th Feb - Abbey Marathon & Ultra Marathon

Shaun Louth attempting his second marathon in 2 days and Sarah Whatton running the Ultra Marathon of 33 miles hit the road to Bolton Abbey. The Abbey is in Wharfedale in the Yorkshire Dales. This is a very scenic area and lovely to run in. The marathon was a 3 loop course and the Ultra was the marathon route plus a 6.5 loop as well. The course is very hilly and undulating and is one of the toughest routes we have ever run.

Shaun managed to complete the second of his 2 marathons in 2 days by crossing the line in 7 hours 17 minutes Sarah conquered the 33 mile Ultra in 7 hours 45 minutes.

Thanks to Shaun Louth for his Report.

27th Feb - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Lisa Harmon ran the Parkrun in a time of 36.24.

Thanks to Shaun Louth for submitting the result.

5th March - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Lou McCauley 30.22, Emma Winter 35.18, Shaun Louth 35.29 & Louise Short 36.22.

Thanks to Alistair Whitaker for submitting the result.

6th Mar - The Longhorn Half Marathon Thoresby Hall, Notts, Multi-Terrain.

Hosted by SBR Events

The Longhorn running festival is a great event that caters for all running abilities. There are 5km, 10km, Half Marathon, Marathon and 60km Ultra Marathon races all on the same day starting at staggered times. Libby Ward Fincham and Shaun Louth opted for the Half Marathon. The Half Marathon was two laps of a 6.5 mile loop around the Thoresby Hall estate. The loop is a scenic one which runs through woodland areas on tracks, trails and some old roads. Also on every lap there are two water and feed stations with toilets as well.

Libby finished her first ever Half marathon in 2.50.45 and Shaun followed up in 2.51.54.

Thanks to Shaun Louth for his Report.

12th Mar - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Alan Hewitt 29.17, Jo Calver 35.19 & Shaun Louth 35.22.

Thanks to Alistair Whitaker for submitting the result.

13th Mar - Newton's Fraction Half Marathon Grantham, Lincolnshire, Road.

Host Club - Grantham AC

A 7 strong team headed to Grantham for the half marathon and the majority of us were using this event as part of marathon training. This was one of the one of the warmest Grantham Half Marathons I could ever remember, which was a nice change from the Baltic winds and snow of previous years. Emily Foran showed her marathon training is going very well by being the 1st Lady finisher, winning the Ladies race in 1:26:10. The other finishing times were Tracy Parr 2.00.09, Lee Walters 2.01.32, Jayne MacArthur 2.06.38 Alistair Whitaker 2.06.39, Shaun Louth 2.38.41 & Helen Barker 2.48.04.

Thanks to Shaun Louth for his Report.

13th Mar - Retford Half Marathon Retford, Nottinghamshire, Road.

Host Club - Retford Athletic Club

Angie Freemantle and I set off for Retford just north of Lincoln in thick fog which was still present at the start of the race bringing with it a chill to the air, therefore the wardrobe dilemma was whether to wear long sleeve or short sleeve tops under our Club vest with the agreed solution wearing a short sleeve top with gloves! We've run this Half Marathon many times before however the start location was different from the last time we ran it leading us to believe those hills in the second half of the race were a thing of the past, sadly no and after an uneventful seven miles the inclines kicked in with a testing 1½ mile gradual hill climb at mile 10 through to 11½ miles, nice! At least by then the fog had cleared allowing the sun to come out with the last ½ mile dropping away from you making for a nice run in to the finish. Plenty of training distance in our legs sadly not enough speed, though we were both pleased with our times of 1.47.07 and Angie 1.49.33 with the added bonus of Angie winning her Vet category. If you've not done this Half Marathon before then make a note in your running diary for 2017.

Report by Paul Freemantle.

19th Mar - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Bruce Pettit 24.32, Emma Winter 31.35, Shaun Louth 31.42 & Jo Calver 32.53.

Thanks to Alistair Whitaker for submitting the result.

2nd April - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Katja Eravisto 20.22 (1st Lady), Lou McCauley 29.42, Jo Calver 33.39, Shaun Louth 35.01 & Rachel Pledge 37.38.

Thanks to Alistair Whitaker for submitting the result.

9th Apr - Boston Parkrun Witham Way Country Park, Lincolnshire, Tarmac paths.

Mike Folland 31.25.

Thanks to Alistair Whitaker for submitting the result.

9th Apr - Caythorpe Canter Caythorpe, Lincolnshire, Multi-Terrain.

Sarah Whatton and Shaun Louth took a short trip down the road to Caythorpe on a drizzly and chilly Saturday morning. The long course is a tough but scenic route across bridle ways, public footpaths and fields. The going was really heavy as it had rained the evening before. This is a great local event though, the route is pretty well marked out plus you get a map and a written route description. All finishers receive a medal, woven badge, certificate and as much cake and sandwiches as you can eat. Not bad for £15.

Sarah finished in 6.09.33 and Shaun wasn't too far back in 6.23.00.

Thanks to Shaun Louth for his Report.

10th Apr - Belvoir Half Marathon Hose, Leicestershire, Road.

Now in its 34th Year this well-established Half Marathon takes you through the beautiful Vale of Belvoir. Starting from the Village Hall the race has a capacity of up to 700 runners. (497 ran this year). Just 50 mins from Sleaford, it's very easy to find, great parking and has good facilities at the Village Hall.

Good Marshalling, Chip Timing and Photographer. Disappointing with no goody bag, just a rather cheap runners 'Buff' Head Band and a Special K bar. I was missing from the final result page which I had to complain about. There were no road closures in place and quite dangerous in places on the country roads. Saying that I would do it again, its local, well priced and on a sunny day a lovely run.

Tracy Parr 2.00.31, Helen Barker 2.40.59.

Thanks to Helen Barker for her Report.

16th Apr - Boston Parkrun Witham Way Country Park, Lincolnshire, Tarmac paths.

Mike Folland 30.58.

Thanks to Alistair Whitaker for submitting the result.

17th Apr - Boston Half & Full Marathon Lincolnshire, Road.

12 of the club travelled to Boston to run either The Boston Half or Full Marathon. The conditions were perfect for this run which was exceptionally organised. The Half Marathon finishers and times were Declan Crace 01:46:33, Angela Freemantle 01:49:18, Tracy Parr 01:58:59 and Debbie Sutton 02:00:10. The Marathon finishers and times were Gary Hendrickson 03:53:59, Ana Hendrickson 3:53:58, Paul Freemantle 04:15:28, Sarah Whatton 04:44:04, Jayne MacArthur 05:27:49, Alistair Whitaker 05:27:49, Helen Barker 05:58:02 and Shaun Louth 05:58:03.

This is a brilliant and well Marshalled event.

17th Apr - Lincoln 10k Lincoln, Lincolnshire, Road.

Libby Fincham was in Lincoln for the Lincoln City 10km. Libby ran a personal best and finished in a time of 1:04:53.

17th Apr - Tulip 10k Spalding, Lincolnshire Road.

Gary Britnell and Emma Winter ran in Spalding at The Tulip 10km. They ran together and finished in a time of 59:27 which was a personal best for Emma.

Thanks to Shaun Louth for submitting the Reports above.

23rd Apr - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Jo Calver 33.54 & Lisa Harmon 36.25.

23rd Apr - Kingston Parkrun Kingston upon Thames, Surrey, Tow-path.

Mike Folland 29.57.

Thanks to Alistair Whitaker for submitting the results.

24th Apr - Virgin London Marathon London, Road.

3 members of the club headed down to London to run the marathon along with 40,000 other runners. Emily Foran lead them home in 3:03:10 followed by Audrey Hayden Russell 4:38:40 and the finally Ingrid Williams 6:11:46.

24th Apr - Shakespeare Marathon Stratford-upon-Avon, Warwickshire, Road.

Sarah Whatton and Shaun Louth travelled to Stratford for the Shakespeare Marathon. This is a 2 lap course which is very scenic and quite a fast route for the quicker runners. Despite this being her 3rd marathon in as many weeks Sarah raced home with a new PB of 4:27:29 taking 10 minutes off her previous PB. Shaun also running his 3rd marathons in 3 weekends finished 5:57:26 just sneaking in before the 6 hour cut off.

30th Apr - Boston Parkrun Witham Way Country Park, Lincolnshire, Tarmac paths.

Mike Folland 29.49.

30th Apr - Newark Parkrun Newark, Nottinghamshire, Tarmac paths.

Alistair Whitaker 27.07.

Thanks to Alistair Whitaker for submitting the results.

2nd May - Milton Keynes Half & Full Marathon Buckinghamshire, Road.

Paul Freemantle, Angie Freemantle, Helen Barker, Jayne MacArthur, Sarah Whatton and Shaun Louth travelled South to Milton Keynes on Bank Holiday Monday. This is an extremely well organised event and one worth doing if you like the larger attended running events. The first part of the marathon is closed roads and great for running on where as the second half takes you through some parks as well up and down a few motorway underpasses before heading to the finish which is a lap of the pitch at the MK Dons Football Stadium.

Angie Freemantle ran the Half marathon and finished in a time of 1.52.56 . The rest of the runners all ran the Marathon and the finishing times were Paul Freemantle 4.29.45, Sarah Wharton 4.55.16, Jayne MacArthur 5.10.42, Helen Barker 6.32.06 & Shaun Louth 6.32.07.

7th May - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Alistair Whitaker 26.49, Louise McCauley 28.29 & Jo Calver 34.25.

7th May - Coventry Parkrun Warwickshire, Tarmac paths.

Mike Folland 30.11.

Thanks to Alistair Whitaker for submitting the results.

14th May - Boston Parkrun Witham Way Country Park, Lincolnshire, Tarmac paths.

Mark Ellis 30.35 & Mike Folland 30.35.

Thanks to Alistair Whitaker for submitting the result.

14th May - The Dukeries 40 Mile Ultra Newark, Nottinghamshire, Multi-Terrain.

Hosted by Hobo Pace running

The Dukeries series are beginner friendly trail runs of varying distances all located around the Sherwood Forest and Clumber Park area. This was the 40 mile run that Hobo Pace host. Sarah Whatton and Shaun Louth travelled to the village of Walesby which is where the Start/Finish was. The 40.8 mile route is very scenic and passes through Sherwood Forest, Cresswell Craggs and Clumber Park before heading back towards Walesby to the finish. The finishing times were Sarah Whatton 9:32:30 and Shaun Louth 10:12:22 both runners took a massive 2 hours off their 40 mile PB's.

Thanks to Shaun Louth for his Report.

15th May - North Lincolnshire Half Marathon Scunthorpe, Road.

Advertised as fast, flat and friendly. It's a large race with over 2,000 places, attracting a massive range of club and charity runners. Really well marshalled, with local support, water stations, jelly baby stations and wet sponges. Lovely stadium finish with ice creams and stalls and free cakes.

Now in its 5th year, it seems to be getting bigger and more well established. It's a good run if it's your first half or like Jo and I a favourite with us returning for our third year. Cost £28, Goody Bag with Medal and T Shirt.

Lee Walters 2.09.42, Jo Calver 2.37.16 & Helen Barker 2.45.20.

Thanks to Helen Barker for her Report.

21st May - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Lou McCauley 28.52, Jo Calver 31.41, Shaun Louth 34.59 & Clare Bergner 38.20.

21st May - Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

Declan Crace 20.43.

Thanks to Alistair Whitaker for submitting the results.

28th May - Chelmsford Parkrun Central Park, Essex, Multi-terrain.

Declan Crace 28.56.

Thanks to Alistair Whitaker for submitting the result.

28th May - TrailBlazer Half Marathon Clumber Park, Nottinghamshire, Multi-terrain.

It was well organised if extremely expensive. If you entered months early it was merely very expensive. The route was well marked and marshalled over a wide range of terrain, going backwards and forwards and crisis-crossing in the south of the park.

Mark and guide Adrian did fantastically well to cope with lots of awkward stretches including an extreme 200 metres of fallen branches and tree trunks. Libby enjoyed her first trail half marathon. Results Mark Ellis 2.10.41, Libby Ward Fincham 2.33.24, Mike Folland 2.34.56.

Thanks to Mike Folland for his Report.

29th May - Edinburgh Marathon Scotland, Road.

Emily Foran, Sarah Whatton and Shaun Louth all travelled up to Edinburgh for the marathon weekend. This scenic marathon route really looked at its best this year as the day was perfect if not almost too hot for marathon running. Luckily the sea breeze on the coastal road did its job of cooling the runners down.

The finishing times were Emily Foran 3.09.22, Sarah Whatton 4.48.26 and Shaun Louth 6.02.15.

Thanks to Shaun Louth for his Report.

4th June - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Mike Folland 30.42, Jo Calver 37.36 & Rachel Pledge 37.39.

Thanks to Alistair Whitaker for submitting the result.

5th Jun - Ramathon Derby, Road.

The Ramathon is a great half marathon that starts and finishes at the Ipro Stadium in Derby. It is really well organised and attracts over 4000 runners. 5 Sleaford Town Runners went over to Derby to run this event and even though the conditions were a little too hot for running everyone enjoyed the day and finished happy with their times. Al Whitaker 2.01.50, Jayne MacArthur 2.04.29, Lou McCauley 2.11.58, Shaun Louth 2.48.53 and Helen Barker 2.50.25.

5th Jun - Woodhall Spa 10k Lincolnshire, Road.

10 club members travelled to Woodhall Spa for the popular 10km race. The finishing times were Gary Hendrickson 39.16, Carl Winwood 42.36, Ana Hendrickson 48.58, Ingrid Williams 49.22, Emma Winter 1.01.01, Stanley Thornton 1.02.49, Libby Fincham 1.03.58, Joanne Calver 1.06.38, Louise Short 1.08.30, Rachel Pledge 1.19.00.

Thanks to Shaun Louth for his Reports.

11th Jun - Bedford Parkrun Bedford Park, Bedfordshire, Tarmac paths.

Mike Folland 30.34.

11th Jun - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Jo Calver 32.08.

11th Jun - Rutland Water Parkrun Leicestershire, Oakham, Multi-Terrain.

Mark Ellis 24:10.

Thanks to Alistair Whitaker for submitting the results.

18th Jun - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Paul Freemantle 24.27, Angie Freemantle 25.17, Alistair Whitaker 26.37, Rachel Pledge 38.06 & Jo Calver 43.45.

18th Jun - Rat Race's The Wall Ultramarathon Carlisle, Cumbria, Multi-Terrain.

Sarah Whatton and Shaun Louth Travelled up to Carlisle to Conquer The Wall. This is a test of stamina over 69 miles of the Hadrian's Wall. For almost 2,000 years this vast Roman construction has stretched across the wild beauty of Northern England, and Hadrian's Wall is now part of a UNESCO World Heritage site. It is bound evocatively together by the stunning countryside of Cumbria and Northumberland, rising from the lowlands of the West into the rugged hill country of Northumberland National Park before descending gently to the banks of the River Tyne. The run take took us from Carlisle Castle to the Gateshead Millennium Bridge over a mixed-terrain route that incorporates both on and off-road sections. There are roughly 69 miles to be conquered in a 24 Hours time limit.

Sarah Whatton smashed last years time by nearly 4 hours in a time of 18 hours 20 minutes and 44 and Shaun Louth in a time of 23 hours 17 minutes and 39 seconds.

Thanks to Shaun Louth for his Report.

18th Jun - Three Lakes Classic 15 Rother Valley Country Park, Killamarsh, Sheffield, Multi-Terrain.

Host Club - Killamarsh Kestrels Running Club.

The recent heavy rain made this a true classic. The narrow, very muddy paths steep up and down hill in the big wood offered numerous skating and falling over opportunities. How Mark and his guide Keith managed to survive only they can know. But it's not only mud, lots of lovely trails and two big road hills in an ever-changing environment. It is a fantastic, friendly but well organised race for £6, even a small goodie bag. The best race of the year except perhaps the London Marathon.

Results: Mike Folland 3.00.06, Mark Ellis 3.12.22.

Thanks to Mike Folland for his Report.

26th Jun - Humber Bridge Half Marathon Hull, East Yorkshire and the Humber, Road.

With a race start time of 9am, it meant an early start for the 2 Sleaford Town Runners. Luckily we were there early, as due to changes the organisers could not use one location for parking. Both Tracy Parr and I had done the race before so knew about 'Cardiac Hill' and the long drag back over the Humber Bridge. After a week of unsettled weather, the weather was thankfully dry, a bit humid in parts but reasonable for a late June race. The race had a slightly delayed start, maybe due to parking issues, but with plenty of support around the course and iconic Humber Bridge the race is a good race.

Tracy Parr finished with a time of 2.02.33 with myself, Alistair Whitaker 2.03.36. Both pleased with the finish times. A great finishing area with a nice medal and technical top was well received and after a nice cup of tea, the traffic was not as bad as we thought it might be getting out of the car park.

Thanks to Alistair Whitaker for his Report.

2nd July - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Shaun Louth 33.57 & Rachel Pledge 38.47.

2nd July - Boston Parkrun Witham Way Country Park, Lincolnshire, Tarmac paths.

Mike Folland 31.04.

Thanks to Alistair Whitaker for submitting the results.

9th Jul - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Jo Calver 34.22 & Shaun Louth 35.54.

9th Jul - Boston Parkrun Witham Way Country Park, Lincolnshire, Tarmac paths.

Mike Folland 30.31.

9th Jul - Rutland Water Parkrun Leicestershire, Oakham, Multi-Terrain.

Mark Ellis 23.12.

10th Jul - The Wheatley 10 Trail Run Nottinghamshire, Multi-Terrain.

Hosted by Hobo Pace running

The Dukeries/Wheatley series are beginner friendly trail runs of varying distances all located around the Sherwood Forest and Clumber Park area. This was one of the 10 mile runs that Hobo Pace hold. Jayne MacArthur, Libby Fincham and Shaun Louth travelled to the village of South Wheatley which is where the Start/Finish was. The run is limited to 200 runners and just over 100 runners turned up on the day. The 10.5 mile loop is very scenic and as advertised very beginner friendly. Unfortunately due to a marshalling error with some runners which sent them off on an extra tour of the local area there are no official results. Jayne MacArthur, Libby Fincham and Shaun Louth all finished having said they loved the run and would do it again.

Thanks to Shaun Louth for his Report.

16th Jul - The Samphire 100/24 Hour Samphire Challenge Dover, Kent, Multi-Terrain.

Hosted by Saxons, Normans and Vikings Running

Sarah Whatton and Shaun Louth yet again hit the road and travelled south all the way down to Dover for their latest challenge. Race organisers were very fortunate to have been granted permission to hold a 100 mile ultra event at Samphire Hoe. A nature reserve created from 4.9 million cubic metres of chalk marl from the Channel Tunnel excavations on the coast of Kent near Dover. The main event was a 100 mile endurance run of 27 times 3.71 mile loops. In addition there was a 24 hour timed challenge to complete as many 3.71 mile loops as possible in the 24 hour time limit. The course is a mix of very high quality gently rolling trail, bike paths and a nice dead flat sea wall, quite literally all within the shadow of the famous White Cliffs of Dover, there was plenty of wild life to keep an eye out for, you can also see what's going on at both Dover and Folkestone Harbours, there was plenty of ships to see and some trains to spot too for good measure! Allegedly if its clear you can even see France!

Both runners started off strong but on what was one of the hottest days of the year the heat took its toll on all the runners taking part. Both Shaun and Sarah ended up dropping down to the 24 Hour Challenge with Shaun completing 14 laps which was 52 miles and Sarah running an amazing 23 laps which is a staggering 85.3 miles.

Thanks to Shaun Louth for his Report.

23rd Jul - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Gary Britnell 25.41.

23rd Jul - Cambridge Parkrun Milton Country Park, Cambridgeshire, Gravel Paths.

Mike Folland 34.39.

Thanks to Alistair Whitaker for submitting the results.

30th Jul 6pm - 6am 31st Jul - Manvers Dusk Till Dawn Waterfront Boat Club, Wath-Upon-Deerne, West Riding of Yorkshire, Multi-Terrain.

This is a 12 Hour lap based event - the course being a 3.21 mile loop anti-clockwise around the lake - mostly pathways with some Tarmac - mostly flat. At the end of each lap at race HQ runners are given a coloured wristband and are required to tick the lap counter sheet next to their name - all runners are responsible for ensuring their own laps are properly recorded. Each lap passes the Clubhouse which is used as race HQ. The Club has toilets, showers, rest facilities, food and drink. There is also

the facility for a bag drop for items which may be needed during the night - although each lap passes the car park so you could just leave items in your car.

Overall I would say this is an excellent event - well organised, plenty of food and drink (I barely touched any of my own supplies) free parking and free camping should it be required and all for £10. I managed to do 14 laps totalling 44.94 miles and will certainly be back next year to hopefully do a few more laps. Finally a good head torch is needed as most of the course is unlit.

Thanks to Jayne MacArthur for her Report.

6th August - Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Lou McCauley 29.11 & Shaun Louth 30.43.

Thanks to Alistair Whitaker for submitting the result.

14th Aug - Newark Half Marathon Newark, Nottinghamshire, Road.

Alistair Whitaker 2.01.23, Jayne MacArthur 2.14.41, Louise McCauley 2.14.41, Emma Winter 2.18.40, Stanley Thornton 2.25.33, Helen Barker 2.48.40 & Louise Short 2.49.00.

20th Aug - Hell On The Humber Endurance Race Hull, East Yorkshire and the Humber, Road.

Sarah Whatton and Shaun Louth travelled up to the Humber Bridge for Hell On The Humber. This is an endurance event series like no other, and each year on the third weekend in August, otherwise known as HOTH weekend (to the initiated), hundreds of runners and walkers from across the country descend on the world famous Humber Bridge, to test themselves in running, walking, shuffling, and crawling over it. HOTH sees the many competitors taking on the tough and demanding Hell On The Humber route, on the World famous Humber Bridge, for 6, 12, or 24 hours, as they try to complete as many 4 mile laps as possible in that time. All they ask is that participants complete a minimum of one 4 mile lap every 3 hours. How hard could it be???

Both runners Entered the 12 hour event which starts at 7pm on the Saturday evening and finishes at 7am on the Sunday morning. After battling the 40-60mph gales on the bridge through the night both runners completed the full 12 hours. Sarah Completed 11.5 laps which was 46 miles and Shaun 9 laps which was 36 miles.

Thanks to Shaun Louth for his Report.

17/18 September - Equinox 24 Belvoir Castle/Estate, Leicestershire, Multi-Terrain.

This race is now in its 4th year and has gone from strength to strength - 2016 being a sell out. The race is held in the grounds of Belvoir Castle and has a fantastic atmosphere and very good facilities for both runners and supporters and their families. There are a number of food/drink outlets most of which are open for the duration of the race. There are a number of showers and plenty of loos -no queuing required. Camping is free from 12noon on the Friday through until Sunday.

The route consists of a 6.2 mile loop - mixed terrain with a couple of 'killer' hills thrown in for good measure. There are marshalling points and loos around the course - one of which has a water stop. Entrants can either be Solo, Pairs or there are a number of team options. I cannot recommend this event highly enough and feel very privileged to have been a part of it since the start. This year for the first time I took part as one half of a Pair with Tania Addlesee we managed a very respectable 13 laps - although my last lap won't count towards the official total as Tania and I did the final lap together.

If you are not busy in September 2017 - give it a go - you won't be disappointed.

Thanks to Jayne MacArthur for her Report.

25th Sept - Robin Hood Half/Marathon Nottingham, Road.

This is a well attended event and on the whole is well organised - although the number of loos this year seemed totally inadequate for the number of runners. There was also a problem getting into the pens at the start resulting in runners having to climb over the barriers. The route has changed several times over the years. The start of this years route was very hilly for the first few miles - much different to that of two years ago. The second half of the route for marathon distance is unchanged around Holme Pierrepont. There are plenty of marshalling points and water stops with a couple offering Gels and sports drinks. Overall this is a good local event with a great Medal, OK goody bag and T-shirts can be purchased separately if required.

Mark Ellis and Guide ran the full Marathon coming in at 4.58.02 whilst Tracy Parr and myself ran the Half Marathon coming in at 2.05.48 and 2.09.58 respectively.

Thanks to Jayne MacArthur for her Report.

9th October - Yorkshire Marathon York, Road.

First time at this event which usually sells out pretty quickly. Very well organised - I used the park and run which you book in advance and works extremely well - plenty of buses going back and forth to the event village. Very nice undulating course passing through some very scenic villages - marshalling was excellent as were the water stops and loos. A number of water stops had several different Gels and Sports drinks. Plenty of crowd support which you definitely need at the end as that lovely hill you ran down right at the start you now have to run up right at the end. The weather was near perfect conditions and the three total downpours were very welcome.

Great medal and T-shirt together with well stocked goody bag. There was a facility to have free engraving on your medal at the end but the queue was too long - nice thought though. I would definitely recommend this event but you need to enter quickly and I would suggest using the Park and Run.

Myself and Stan Thornton took part in this event - Stan Thornton 5.53.59 Jayne MacArthur 4.57.45.

Thanks to Jayne MacArthur for her Report.

16th Oct - Spires & Steeples Lincolnshire, Multi-Terrain.

Weather conditions were horrendous for running as Helen Barker, Sarah Whatton, Libby Fincham and Shaun Louth all lined up at in Lincoln for the start of the 26 mile route. Libby was embarking on her first marathon whilst the other 3 new exactly what was ahead of us. This year Shaun was helping out the organisers by running as the Sweeper and was accompanied by Helen for the full route. I would say there were 100 or so runners doing the full route. The run went very well for everyone, the weather was awful all day pretty much and the fields were as bad as I have ever seen for running. Yet again this event was very well organised and marshalled. This year there were medals as a race mementos. Everyone loves a bit of bling. Everyone finished safely. Emma Winter also ran this event. Emma ran the Half which started in Metheringham. This is a definite for the race calendar again next year.

Thanks to Shaun Louth for his Report.

29th Oct - Helloween on the Humber Endurance Race Hull, East Yorkshire and the Humber, Road.

Sarah Whatton and Shaun Louth travelled up to the Humber Bridge for Helloween On The Humber. This is a 6 hour event where a hundred or so runners and walkers from across the country descend on the world famous Humber Bridge, to test themselves in running, walking, shuffling, and crawling over it. HOTH sees the many competitors taking on the tough and demanding Hell On The Humber route on the World famous Humber Bridge. For this 6 hours they try to complete as many 4 mile laps as possible in that time. All they ask is that participants complete a minimum of one 4 mile lap every 3 hours. How hard could it be??

The run started at 6pm on the Saturday evening and finishes at 12 midnight . Conditions on the bridge were absolutely perfect for running, we had never witnessed the weather being so calm up there. Sarah Completed 7 laps which was 46 miles and Shaun completed 2 laps which was 8 miles before stopping his run to assist with an incident on the bridge.

Thanks to Shaun Louth for his Report.

30th Oct - Worksop Half Marathon Worksop, Nottinghamshire, Road.

Host Club - Worksop Harriers AC.

A slightly altered route from previous years complete with an increased entry with over 2400 finishers. Despite the changes this still remains an undulating course though competitors were blessed with some unusually warm temperatures for this annual autumn event. Three Club members made the journey to Worksop to compete, Angie Freemantle 1.47.33, Simon Lunn 1.49.17 & Jayne MacArthur 2.03.08.

Report by Paul Freemantle

6th November - Rockingham 10 Rockingham, Corby, Northamptonshire, Tarmac.

Hosted by SBR Events.

A race I entered in January at a bargain price of £10 (£22 normal price, £30 on the day), hosted at the Rockingham Motor Speedway. The venue meant great signage, plenty of parking and toilets. In the morning SBR organise a duathlon with 5km/10km and 10 mile race in afternoon. Weather was wet and windy, but lucky the heavy rain seemed to fall while in the pit lane garage prior to the start. The 10 miles involved an out and back of approximately 1 mile, then 3 laps of 3 miles. Lovely running on a traffic free, even surface and a couple of undulations made it interesting. After the first lap soon learnt how the wind effected the course. Absolutely delighted with a personal best of 1:28:02. Nearly 600 runners took part over the 3 distances all receiving a bespoke medal for each distance, banana and water. Great organisation and marshall support around the course.

Thanks to Alistair Whitaker for his Reports.

6th Nov - The Three Rivers Challenge South Kyme, Lincolnshire, Multi-Terrain.

This is a lovely low key 15 mile event. Nearly all of this route is along the riverbanks of The Slea, The Witham and The Skirth as you pass through North Kyme, Billingham, Tattershall Bridge, Chapel Hill and back to South Kyme. Leading the way for the club was Jayne MacArthur and Louise McCauley followed by Paul Freemantle and Libby Fincham and finally Shaun Louth. This is a great local run which will hopefully grow over the years.

Thanks to Shaun Louth for his Report.

20th Nov - St Neots Half Marathon St Neots, Cambridgeshire, Road.

Hosted by NiceTri Events

Cold, Wet and Windy, well what did we expect for November. 4 Sleaford Town Runner made the journey to St Neots, to a popular Half Marathon that sells out within hours. Prior to the start, tried to keep warm and sheltered either in the toilet queue or anywhere else possible. A well organised event, with an undulating course which boasts of a nice downhill finish for the last 3 miles, unfortunately that doesn't factor in a headwind for most of it! All 4 runners were happy with their finishing times.

Ingrid Williams 1:56:27

Alistair Whitaker 1:58:06 (Personal Best)

Jayne MacArthur 2:03:05

Mike Folland 2:14:50

All received a long sleeve technical top, which came in Xtra small that pleased one of the members and a medal. It is the 6th time I have done this race and have always enjoyed it, with great organisation, marshalls and plenty of support through the villages around St Neots. Little touches, like having your name on your number, makes for a great event. If you like Half Marathons, definitely one to do, but be quick it does fill up fast!

3rd December - Ho Ho Ho Hoth on the Humber Endurance Race Hull, East Yorkshire & the Humber, Road.

Jayne MacArthur and Shaun Louth travelled up to the Humber Bridge for Ho Ho Ho Hoth On The Humber. This is a 6 hour event where a hundred or so runners and walkers from across the country descend on the world famous Humber Bridge, to test themselves in running, walking, shuffling, and crawling over it. HOTH (Hell On The Humber) sees the many competitors taking on the tough and demanding Hell On The Humber route on the World famous Humber Bridge. For this 6 hours they try to complete as many 4 mile laps as possible in that time. All they ask is that participants complete a minimum of one 4 mile lap every 2 hours. How hard could it be??

The run started at 12pm on the Saturday afternoon and finishes at 6pm Saturday evening . Conditions on the bridge were absolutely perfect for running, we had never witnessed the weather being so calm up there. Jayne Completed 7 laps which was 28 miles and Shaun completed 4 laps which was 16 miles by only walking. These events are fantastic, they are well attended, well organised and there is always a good medal and a finishers T Shirt too.

Thanks to Shaun Louth for his Report.