

Archive Race Reports 2015

18th January ~ Folksworth 15 Peterborough, Cambridgeshire, 15 miles, Road.

Host Club ~ Yaxley Runners & Joggers

Folksworth is a village on the other side of the A1 to Peterborough and with a 11am start time, there was plenty of time for the sun to melt the frosty patches on the road. The race is a 2 lap race along quiet country roads, with 3 hills on each lap. A couple of icy patches which were nicely highlighted by the marshals, but thankfully no wind! 2 Sleaford Town Runners were amongst the 440 finishers with Ingrid Williams chip time 2:07:54 and Alistair Whitaker getting a new personal best 2:32:21.

A short sleeve technical top was given to each finisher. A well organised race, with the only negatives being water in plastic cups and no food at the end.

Thanks to Alistair Whitaker for his Report.

7th February ~ The Rauceby Ripper Rauceby, Lincolnshire, 9 miles, Multi-Terrain.

Host Club ~ Sleaford Town Runners

Rauceby is a small village just outside of Sleaford, Lincolnshire and is divided into North and South Rauceby. The race started at 10.30a.m. which meant that there was plenty of time to get parked and collect race numbers and chips before walking down to the start line. The race provided an opportunity to run through some private estates and enjoy the grounds of Rauceby Hall. The marshals were fantastic offering cheers of support and advice about very muddy sections. The day was fantastic with no wind, milder weather and even some sunshine! This was my first attempt at the Ripper and I thoroughly enjoyed the whole day.

The race was well organised and the goodie bags and medals were brilliant. A fantastic event and very well supported. Two Sleaford Town Runners who completed the course were:

Rachel Pledge 1:57:29 and Tracy Parr 1:26:09.

Thanks to Tracy Parr for her Report.

15th Feb ~ St Valentine's Day 30k Stamford, Lincolnshire; Road.

Host Club ~ Stamford Striders

Sleaford Town Runners were fairly well represented at this event. Although the day started quite foggy and cold it developed into a bright and warm morning. As expected, it was an undulating course but the beautiful countryside and amusing kilometer markers served as good distractions. Friendly and cheerful marshals were to be found at the road junctions. There was a good quality technical T-shirt and, as ever, a packet of love hearts for all finishers. A challenging but enjoyable race.

Thanks again Stamford Striders. Results: Emily Foran 2:08:20, Ingrid Williams 2:49:06, Mark Ellis 3:04:10, Cathy Taylor (guiding) 3:04:11, Jayne MacArthur 3:21:58 and Mike Folland 3:21:57.

Thanks to Ingrid Williams for her Report.

22nd Feb ~ Sleaford Half Marathon RAF Cranwell, Lincolnshire, Mainly Road / Multi-Terrain.

Host Club ~ Sleaford Striders AC

Eleven Runners represented Sleaford Town Runners at the 2015 Sleaford Half Marathon. Keeping up the tradition of being cold, wet and windy it was a tough run for all. The simple route which starts and finishes at RAF Cranwell is made much harder by early sections of muddy tracks and unexpected cheeky inclines.

A very friendly well organised event, marshals providing encouragement and support all the way around. Chip times and great photos were all up on the website all within 24 hours of the race. All finishers received a lovely technical T Shirt and Goody Bag for their efforts. In poor running conditions the team achieved some outstanding results well done to all !!!

Chris Limmer 1.22.47, Chris Balfé 1:34.02, Simon Lunn 1:48.19, Hannah Wheway 1:48.40, Lee Walters 1:50.10, Tracy Parr 2:01.21 – PB, Ryan Johnson 2:03.39, Barry Douce 2:37.04, Rachel Pledge 2:45.50 – PB, Jo Calver 2.50.13 & Helen Barker 2.58.47.

Thanks to Helen Barker for her Report.

22nd Feb ~ The Heart Breaker Marathon The New Forest, Hampshire, Multi-Terrain.

Why not start the year's marathons with probably the toughest one we were going to run all year. There is a reason why this marathon is called The Heartbreaker and we were to find out. The run starts at Sandy Balls Holiday Park near Fordingbridge in the New Forest. The first 1.5 miles took us along a road before turning into the New Forest. Straight away we were faced a very steep downhill followed straight away by an uphill to equal it. This we realised was pretty much going to be the pattern of the route. At 3.5 miles you end up on a ridge within the Forest, this is where there is a 3 mile stretch of trail which we had to do 3 laps of. One half of the trail is sheltered amongst trees but very hilly whereas the other half is completely open to the elements with no shelter whatsoever with one very testing incline. The weather was absolutely awful so on the open areas we really got the full force of the gales and sleet. After your 3 laps we turned back off the ridge and made our way back towards the main road we first ran along at the start of the race and back to the holiday park to the finish.

This is a great marathon despite the weather and will definitely be running it again. It is a very tough course and the hills are brutal if not prepared. Also there is a half marathon on the same day for people who don't want to run a full marathon.

The finishing times were Sarah Whatton 5:00:07 and Shaun Louth 5:12:06. Which both runners were really happy with especially on such a horrible day.

Thanks to Shaun Louth for his Report.

28th Feb ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

In a slight altered route due to a bridge closure, Sleaford Town Runners results were 4th overall & 1st Lady Katja Eravisto 18:06, 5th overall Andy Taylor 18:33 & Shaun Louth 26:32, taking almost 6 minutes off his previous best time.

Thanks to Alistair Whitaker for submitting the result.

8th March ~ Wrexham Marathon Wrexham, North Wales, Road.

Sarah Whatton and Shaun Louth Travelled to North Wales for the first ever Wrexham Marathon. This event is part of the Run Wales series of runs. The Marathon starts and finishes in Wrexham town centre and is very easy to find.

It was a mild morning so we decided to ditch the winter running gear and opted for short sleeves and legs out. The course is mostly flat or downhill for the first 15-16 miles with only one or two inclines. From there onwards the course was more undulating which really tested our tired legs. 3 hours into the run the weather changed from a nice mild day to torrential rain and a biting South Westerly wind. This really took its toll on all the runners and by the end of the run we were frozen to the core. The route is a mixture of country roads, parks and a really large industrial estate all on the outskirts of Wrexham. The route is well signed and marshalled so there is no danger of going off course. Shaun Louth finished with a time of 4 hours 38 minutes 15 seconds and Sarah Whatton finished with a new marathon PB of 4 hours 49 minutes and 55 Seconds.

Thanks to Shaun Louth for his Report.

14th Mar ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

Shaun Louth attended Lincoln Parkrun and ran another 5km PB at Lincoln finishing in a time of 26 minutes 2 seconds.

Thanks to Shaun Louth for his Report. 15th Mar ~

Newton's Fraction Half Marathon Grantham, Lincolnshire, Road.

Host Club ~ Grantham AC

Sleaford Town runners were well represented at this event. Ian Bailey was the race winner closely followed by Greg Southern in third place also in the prizes Emily Foran was second home in the ladies race.

The finishing times from all the club members were: Ian Bailey 1:14:46 (Race Winner), Greg Southern 1:16:28 (3rd place overall), Emily Foran 1:26:02 (2nd Lady overall), Lee Walters 1:46:46 (New PB), Karl Brown 1:52:53, Paul Freemantle 1:53:34, Tracy Parr 1:57:49 (New PB), Christopher Limmer 2:01:31, Shaun Louth 2:03:15, Louise McCauley 2:05:52, Alistair Whitaker 2:12:14, Jayne MacArthur 2:12:14, Claire Brown 2:28:08, Helen Barker 2:55:03 & Clare Bergner 2:55:05.

Thanks to Shaun Louth for his Report.

21st Mar ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

The following club member participated Michael Baxter finishing 11th with a time of 19:29.

Thanks to Alistair Whitaker for submitting the result.

22nd Mar ~ East Hull 20 Hull, Yorkshire and the Humber, Road.

Host Club ~ East Hull Harriers & AC

Just 3 STRs made the early start for the long drive over the Humber. We were blessed with a bright if cool day and almost no breeze to start with. As ever, all is very low key and relaxed but still efficient and well-organised. We all had good steady runs. Ingrid achieved an 11 minute PB, which sets her up well for the Brighton Marathon. Mark and Mike extended their long run experience. As not unusual they were last at the first mile but slowly picked up places thereafter. Most of the race was excellent for guided running with quiet straight country roads and miles of tarmac cycle path. But not so the last mile and a half with narrow footpaths, a vast number of kerbs down and up and a most unwelcome fence chicane - hard to manage when tired at the end of a long race.

But the friendly reception at the end with free food made up for it all.

Thanks again East Hull Harriers. Results: Ingrid Williams 2:58:46, Mark Ellis and Mike Folland 3:34:17.

Thanks to Mike Folland for his Report.

28th Mar ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

I was the only club member at the Lincoln Parkrun along with 270 other runners. I was pleased with my time of 27 minutes 31 seconds.

Thanks to Shaun Louth for his Report.

4th April ~ Easter Around The Reservoir Brickmills Reservoir, Northampton, Road.

Organised by Madeyarun

This is a low key marathon at Brickmills Reservoir on the outskirts of Northampton. The route is six 4.4 mile laps of the reservoir. It is a very friendly run and ideal for any first time marathon runners although there is a 6 hour time limit on this race. I loved this run and will be going back for the summer event in July.

The finishing times were, Jayne MacArthur 4 hours 39 mins and Shaun Louth 4 hours 46 mins.

Thanks to Shaun Louth for his Report.

4th Apr ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

The following club members participated, 2nd Greg Southern 16:42 (Parkrun PB), 4th Iain Bailey 17:20 & 9th (1st Lady) Katja Eravisto 18:03.

Thanks to Alistair Whitaker for submitting the result.

11th Apr ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

The following club member participated, Iain Bailey on pacing duty finished in a time of 25:18.

Thanks to Alistair Whitaker for submitting the result.

12th April ~ Brighton Marathon Brighton, Sussex; Road.

Sleaford Town Runners were represented by Ingrid Williams and Helen Barker at this event. It is quite an expensive marathon but there are a number of opportunities to get early bird entry discounts which are more reasonable. They also market it as a 'marathon weekend' experience with the expo opening on the Friday, children's races taking place on the Saturday as well as a 10k race and the marathon on the Sunday. At the marathon finish, on the promenade, there is a large race village with food, drink and deckchairs. The organisation of the race was very good and there was lots of support on the marathon course. The first half of the marathon was slightly undulating but the last half was run along the seafront and so fairly flat and fast. The weather was warm and so the sea breeze in the second half was welcomed. A brilliant atmosphere and I would highly recommend it.

Results: Ingrid Williams 3:48:44, Helen Barker 6:13:44.

Thanks to Ingrid Williams for her Report.

12th Apr ~ Friskney Half Marathon Friskney, Boston, Lincolnshire, Road.

Host Club ~ Boston & District AC.

Louise McCauley and Shaun Louth travelled out to Friskney for the Friskney Half Marathon. The course is very open with hardly any shelter or cover anywhere on the route. On the right day a seriously good time would be possible on this course. Sadly Sunday wasn't one of these days. The wind was absolutely awful, it was relentless and it didn't seem to matter which way you turned it was always head on. By the end of the race I felt like I had run nearer 20 miles not 13.1. Never the less we both finished the race safely and glad that it was over. The finishing times were Shaun Louth 2 hours 4 mins and Louise McCauley 2 hours 9 mins.

Thanks to Shaun Louth for his Report.

19th Apr ~ Asics Greater Manchester Marathon Manchester, Road.

Shaun Louth travelled to Manchester to run with 8,000 runners at The Greater Manchester Marathon. This is a superb marathon, well organised on a flat and well supported route. Shaun finished with a time of 4 hours 45 minutes.

Thanks to Shaun Louth for his Report.

19th Apr ~ Bourne Woods 10k Bourne, Lincolnshire, Multi-Terrain.

Organised by Rotary Club of Bourne

2 Sleaford Town Runners made the short journey to the picturesque Bourne Woods. 226 runners started the 10km, which is a loop of 3km then a bigger loop of 7km. The route is all trail, but has quite a few hills especially in the second half.

Alistair Whitaker finished with a time of 57:42 and Stanley Thornton 61:41.

Thanks to Alistair Whitaker for his Report.

26th Apr ~ Shakespeare Marathon Stratford-upon-Avon, Warwickshire, Road.

Sarah Whatton and Shaun Louth travelled to Stratford Upon Avon for the Shakespeare Marathon. It was an overcast morning with perfect conditions for running. This is a scenic 2 lap event with some really nice undulations. Sarah perfectly paced her race and smashed her previous marathon personal best by 9 minutes. Sarah finished in a time of 4 hours 40 minutes whilst Shaun followed not too far back in 4 hours 49 minutes.

Thanks to Shaun Louth for his Report.

26th Apr ~ Virgin London Marathon London, Road.

5 Sleaford Town Runners joined the 38,000 starters at The London Marathon. All runners enjoyed their day. The finishing times were: Greg Southern 02:48:19, Emily Foran 03:04:01, Chris Balfe 03:30:53, Jayne MacArthur 04:46:40 and Mike Folland 04:58:35.

Thanks to Shaun Louth for his Report.

2nd May ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

Shaun Louth joined over 300 runners for the Lincoln Parkrun and finished comfortably in a time of 28:18.

Thanks to Shaun Louth for his Report.

2nd May ~ Southsea Parkrun Southsea Esplande, Hampshire, Tarmac paths.

Michael Baxter 19:50.

Thanks to Alistair Whitaker for submitting the result.

4th May ~ North Lincolnshire Half Marathon Scunthorpe, Road.

Well what can I say this was certainly was an experience. Getting there was a bit stressfull. Left Brigg in plenty of time but got stuck on motorway long que of traffic. Traffic wasn't moving fast at all and the start time was fast approaching. The start is actually

3/4 of a mile walk from the car park you are asked to park in at the finish. The weather was awful pouring with rain !!!!!!! Had to take emergency wee stop at roundabout which was full of nettles ouch !!!!!!!!

So after getting parked very late there were still lots of runners making their way to the start so we followed them but it was muddy and wet so didn't run to start which resulted in me getting there late. They had delayed the start 5 mins but obviously couldn't wait too long as runners were getting very wet and very cold. Still pouring with rain !!!! I made my way to the start everyone else had set off. I actually in my head really wanted the start marshal to say sorry love your too late as really was not feeling it now !!!!! However no he said of course I can run but I wouldn't get a chip time just take my garmin time. So I thought get it done get to the end get the bling. 3 more runners past me as they were also late. So didn't feel so bad being late but I was soon on my own felt a bit like a personal race ha ha. Marshals had all stayed and were fantastic lots of encouragement. Then at mile 3 the sweep cyclist came back as he didn't realise there were runners behind and he had to be at the back.

So for the next 10.1 miles John was my buddy we got quite acquainted on our way round. He was fab very supportive keeping me going as from mile 9 I was finding it tough as had upset tummy the night before so did feel like I had no extra resources to call on. Must say we did have a good giggle despite the awful weather and I was actually warmer than he was as his feet were numb and cold there are positives to running as I did ask him at one point to swap just for a mile or 2 !!!!!!! I also had the sweep car and the clear up lorry behind !!!!!!! in the last 2 miles the ladies in the sweep care were fab too so much encouragement. We were then joined by the head marshal also on his bike who told John my new best friend that he was to go into the stadium with me and do the final lap and cross the line with me (they are not usually allowed to do this).

So as I turned into the stadium John by my side we did the hand in hand thing as we crossed the line me running him on his bike. Yes this run was awful in terms of performance and time for me personally BUT !!!!!!! I had an awesome time so much support from all the marshals' jelly babies water sponges cheers and oodles of encouragement. Despite the weather late start and not the best time (Last time I ran this half marathon I got my PB here) it was fantastic.

Would I do it again OF COURSE I WOULD. Its a flat very well supported well organised well marshalled great goody bag Family to cheer you in, Lovely medal and Cake as you cross the line !!!! What more could you ask for. My Garmin time was 3.05.08 which I have submitted to the race official as my chip time says 3.24 which wasn't correct.

Other club members times were: Lee Walters 1:44:30, Karl Brown 1:50:35, Tracy Parr 2:02:47, Audrey Russell 2:05:53, Jo Calver 2:29:34.

Report by Clare Bergner aka Fluffy.

5th May ~ Milton Keynes Marathon Road.

Sarah Whatton and Shaun Louth travelled South to Milton Keynes on Bank Holiday Monday. This is an extremely well organised marathon and one we both said we would do again. 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. Fresh from a marathon PB the week before at Stratford Sarah yet again paced herself perfectly and for the second Marathon in consecutive weekends ran a PB. Shaun on the other hand went the opposite way. This was his 4th Marathon in 5 weeks and at the half way point had to slow right down as the previous weeks marathons started to take their toll and Shaun ended up over an hour slower than his previous 3 marathons but happy with his race. Sarah's time and new PB was 4:38 and Shaun's time was 5:53.

Thanks to Shaun Louth for his Report.

9th May ~ Lincoln Parkrun Boutham Park Lincoln, Lincolnshire, Tarmac paths.

Greg Southern finished 1st overall in 17:15.

Thanks to Alistair Whitaker for submitting the result.

10th May ~ Leeds Half Marathon Road.

A well organised City Half Marathon, with around 9000 participants around closed road course. To ease congestion at the start, there was 3 different start times depending on the colour of your race number. I was in the last zone, which meant starting 25 minutes later, but was taken to the start line about 10 minutes before our start time, so wasn't stood waiting for too long. First couple of miles were downhill or flat, but then start the first of 2 rather long hills. I could feel the sun on my back as the temperature hit 17 C. First hill is 2 miles long, then a nice downhill section before the final climb of about a 1 mile. This is all in the first half of the race before a nice long downhill stretch which included going through the village of Horsforth Woodside which had amazing support. The last 4.5 miles is on Abbey/Kirstall Road one of the main roads leading back into Leeds. This is mainly a long straight road into a bit of a headwind. Plenty of support along this road, but also a few runners had fallen foul to either the heat or the distance and medical support was trying to get along the partially closed road. As you enter the last mile, there is a climb up a

fly over and then into the main street in Leeds which again had great crowd support. The last climb had finished my legs off, so a very tired run to the finish trying to spot my supporting family members in the crowd.

A very nice medal and short sleeve technical top was included in the goodie bag. I finished in 2:14, with Lee Walters finishing in 1:51.

Thanks to Alistair Whitaker for his Report.

16th May ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

Greg Southern finished 1st overall in 17:11.

Thanks to Alistair Whitaker for submitting the result.

19th May ~ LWAC 5k Race Series Race 1 Yarborough Leisure Centre, Lincoln, Road.

Host Club ~ Lincoln Wellington AC.

Greg Southern finished in 12th position overall in a time of 16.31, Michael Baxter 19.17 and Paul Freemantle 22.24 completed our Club members in finishing.

Results submitted by Paul Freemantle.

30th May ~ Kent Roadrunner Marathon Kent, Cyclopark, Tarmac paths.

Mark and Mike were kindly driven down to Kent by Linda, the mother of Mark's partner Kay. Linda was also pit crew, supporter and guide for Kay, who was also supporting. Well done Linda, you made a huge difference. It's an interesting course. Your heart might sink at the thought of 17 laps of 1 1/2 miles but it all works out very well. It's great for supporters and runners are encouraged to have their own drinks table serviced by their crew. The track is 10 metres wide, really smooth - bump, kerb, pothole, traffic, bike and dog free. The organisation was perfect. We used a Garmin set to "auto lap by position" to count the laps. The laps themselves are varied and interesting with no long depressing straights, full of curves and undulations. There's no real hill but those undulations add up. Overall there is about 1000 feet of climbing and descending, more than the whole of the Stamford 30k race.

The camaraderie between the runners was quite different from most races and most encouraging for all. Also Mark received wonderful support from officials, spectators and fellow athletes.

Mark had a wonderful day and achieved his first marathon in a time of 5:12:05. Well done indeed! After a good steady start, some strategic walking was needed after lap 11. This allowed more consumption of the refreshments at the official feed station. Renewed by this, the walking became steadily less and Mark had a strong final lap at almost the pace of the early ones.

A fantastic achievement rewarded by the largest finisher's medal in Europe.

Thanks to Mike Folland for his Report.

31st May ~ Edinburgh Marathon Scotland, Road.

Louise McCauley, Karl Brown, Sarah Whatton and Shaun Louth all travelled up to Edinburgh for the marathon weekend. Despite a wet start to the race and 40MPH winds on route all the runners managed to run the marathon safely.

The finishing times were Karl Brown 4:32, Sarah Whatton 4:43, Louise McCauley 4:53 and Shaun Louth 5:49.

Thanks to Shaun Louth for his Report.

7th June ~ Ramathon Derby, Road.

Up early to Drive myself and Helen Barker to Derby for this years Ramathon. Easy drive easy to find however due to our chatting I missed the exit to Pride park where the start of the race was !!!!! lol. It only took 90 mins to get there. Parking was easy not far to walk to number collection and to the start. Number collection was well organised Helen and I met Shaun and Louise after we had collected our numbers. We were there quite early as we had not done this half marathon before so wasn't sure what to expect. The sun was shining but was a bit chilly in the shade.

Race started at 9.30 start was well organised broken down into expected finish times so Me and Helen left Shaun and Lou at their area wished them luck and we went off to the rear of the start line. think there were around 3-4000 starters. Good atmosphere. Off we set. The sun was shining but a bit of a breeze. We had a great pace Helen and I and even after first 3/4 miles were actually overtaking other runners which made us laugh a lot !!!!! Us actually overtaking really !!!! the first 5 miles were done in under an hour we were going great. Miles were well marked marshals were great supportive and very friendly. Course was well marked

roads closed. Drink stations with Lucozade were plentiful. my only criticism was all the tops off the water bottles that were on the roads could have caused a slip! Helen and I parted company after 6/7 miles Helen was doing great but I needed to slow down.

The route was lovely ran down towards Shardlow and then headed to Ambaston and onto Elvaston where the route takes you through the country park which is through woods paths were good well marked. Past the cricket ground. Very pretty. The final part of the route took you along the side of the river Derwent. Again very pretty then finally back to the finish at Pride Park.

2772 FINISHERS X

Great Run

Great Fun

Great results

Great Weather (bit to warm)

GREAT COMPANY !!!!!

Best of all I wasn't last !!!!!!!!!!!

Report by Clare Bergner aka Fluffy.

14th June ~ Rock n Roll Liverpool Half Marathon Liverpool, Road.

Well after a little mishap with the start time !!!!!!! I thought the race started at 10.45am but after checking on the Friday realised that no it started at 9.00am!!!!!!!!!! Thank goodness i checked phew !!!!! Wouldn't have been a problem if we were staying over but bright spark Fluffy thought oh 10.45 start we could just drive up in a day !!!!!!! But no much to my hubby Dean aka chauffeur and teenager son Dan's disgust this now meant a 4am start time for departure at 5am to get to Liverpool for a 9.00am start!!! Note to self in future check check and double check. So porridge eaten we set off at 5am to Liverpool nice easy journey. Arrived at 8.00am parking great lots of it about 10min walk to start which was in the Albert Dock area. Great atmosphere music lots of runners and supporters around. lots of toilets (very important for the pre start nervous wee's. Start is in corals which you are assigned to re time numbered 1-14 there were pacemakers too. Great atmosphere at start. Race started promptly at 9.00am each coral was staggered with about a minute in between.

The first 3 miles were through the city centre past the Liver building and into to city. Even running past the famous Cavern Club. There were some uphill bits to the city centre. Then out of the city centre which was a mile uphill drag towards Princes park. (Not quite as flat as they made out). Princes Park was very nice scenic and undulating. Mile 6 took you through Sefton Park again scenic and undulating. At mile 9 we made our way to side of the River Mersey lovely view nice and flat but quite a long straight run to the finish. Head wind it was quite a drag but very nice to run by the side of the river. Unlike Ramathon 7 days before when I had gone to fast at the start, id started this one steady as instructed so the last mile we much more comfortable and faster then last week. I headed for the finish line and found an extra push in my tired legs to try to be faster than last week even if was by a little bit. I even managed a sprint at the end. The finish was very near the start line in the Albert Dock area of the city at the waterfront. The Finish was fantastic a great atmosphere lots of supporters to cheer you in. I was then presented with a fabulous medal as medal go one of the best. T-shirt and goodybag but best of all a free pint of cold beer it was like nectar !!!!!!! To sum it up its a great event it runs the whole weekend live music events all weekend (hence Rock n Roll) There were bands/music on the route possibly every mile if i remember rightly. There was even Marc Almond performing Sunday night. Well organised well marshalled who gave fantastic support on route. Lots of water Lucozade and gel stations. I would do this run again but stay and make a weekend of it. Great City lovely people great event.

One thing I do have to add which was a first one the way home i was so hungry we stopped at KFC. Sometimes only unhealthy grease will do after running 13.1 miles. We entered the food establishment not far out of the city centre and the counters were behind what looked like bullet proof screens !!!!! bit like the bank and they past us our bucket of chicken under a small gap in the screen !!! Never had chicken served behind a bullet proof screen before . That's what living in Lincolnshire does for you. PS Chicken tasted amazing though. My official chip time was 2.53.40 which was 12 seconds faster than last week and it was hilly in places so very happy with my time.

Report by Clare Bergner aka Fluffy.

20th June ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

Chris Balfe finished 25th in a time of 20:57.

Thanks to Alistair Whitaker for submitting the result.

20th June ~ 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.

Both runners completed this Ultra event in 22 hours and 12 minutes.

Thanks to Shaun Louth for his Report.

23rd June ~ LWAC 5k Race Series Race 2 Yarborough Leisure Centre, Lincoln, Road.
Host Club ~ Lincoln Wellington AC

Greg Southern finished 10th overall, 1st in his Vet Category in a time of 16.58, Simon England 19.12, Michael Baxter 19.31, Chris Balfe 20.01 & Paul Freemantle 22.03.

28th June ~ Humber Bridge Half Marathon Hull, East Yorkshire and the Humber, Road.

With an early start of 9am, we were up and ready very early - car sharing really helped with the travelling plans. With just under 2,000 runners it's a fair size event. Running over the iconic Humber Bridge is just an amazing experience, you cross over twice needless to say mile 3 is far more enjoyable than the return at mile 12 when the legs are given a real work out on the steep return. Not an easy run due to the hills and the side wind over the bridge, but well worth it just for the view and experience.

Everything you would expect from a well organised half, including the all-important Finishers 'T shirt and Medal' fantastic to be up there with the girls...and Jo's brilliant husband who I have to thank for some amazing photos - see you all same time next year!

Tracy Parr 2:00:24, Jo Calver 2:39:35, Helen Barker 2:47:10 (PB)

Thanks to Helen Barker for her Report.

11th July ~ Newark Parkrun Newark, Nottinghamshire, Tarmac paths.

Mike Folland finished in a time of 29:34.

Thanks to Alistair Whitaker for submitting the result.

12th July ~ Delta Simons Notfast 10k Newark, Nottinghamshire, Road.
Host Club ~ Notfast Running Club.

Both Stan and I took part in the 28th Notfast 10K road race. Over 200 runners finished the course which is made up of rural roads around the River Trent. An enjoyable route to run with a steep hill at 5K, followed by a wonderful downhill section which just feels it goes on forever. Well supported by many local clubs and The Lincolnshire Runner who had a stall there. Plenty of Marshals on hand, well-spaced out drinks station and refreshing sponge station at the top of the hill. Finishers were presented with a lovely Sky Blue Technical T Shirt and bottle of Sports Drinks. Let down by the Great British Weather with plenty short heavy downpours throughout however Stan and I both made it round and finished with very pleasing times and lovely smiles !

Stan Thornton - 1:03:17 & Helen Barker 1:11:47.

Thanks to Helen Barker for her Report.

18th July ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

Greg Southern finished 1st in a time of 16:45.

Thanks to Alistair Whitaker for submitting the result.

25th July ~ Heckington 10 Heckington, Lincolnshire, Road.

Well, it was fine day, ideal conditions for running. The temperature was about 18 degrees or so, needless to say, not as hot as last year's race, which was a bit of a killer however. This year's race saw a very good representation of the club. The results for the club were as follows: First male to cross the line was Greg Southern with a time of 56.44 very well done! First lady with a time of

1.03.36 was Emily Foran, again well done! Second lady over the line with a time of 1.25.40 was Ingrid Williams. Well done! Second male over the line was a team effort Mark Ellis with Mike Folland as guide with times of 1.35.40 and 1.35.42 respectively, strangely 2 seconds different as they ran together, great going! Stan Thornton finished with a time of 1.43.21, well done!

A good day was had by all and a good run.

Thanks to Mark Ellis for his Report.

25th July ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

Chris Balfe finished in a time of 19:58.

Thanks to Alistair Whitaker for submitting the result.

25th July ~ Summer Run Around The Reservoir Brickmills Reservoir, Northampton, Road.
Organised by Madeyarun

This is a low key marathon at Brickmills Reservoir on the outskirts of Northampton. The route is six 4.4 mile laps of the reservoir. It is a very friendly run and ideal for any first time marathon runners although there is a 6 hour time limit on this race.

The finishing times were, Sarah Whatton 4 hours 53 mins, Louise McCauley 5 hours 22 mins and Shaun Louth 5 hours 45 mins.

Thanks to Shaun Louth for his Report.

28th July ~LWAC 5k Race Series Race 3 Yarborough Leisure Centre, Lincoln, Road.
Host Club ~ Lincoln Wellington AC

My first ever appearance in the Lincoln 5km series, after watching the weather all day thanks goodness it stayed dry but with a strong breeze. The course is 1 small loop and 3 large loops and with my speed I knew I was going to be lapped, but also managed to lap someone. This was not an issue as the course is nice and wide.

Greg finished 6th in 16:36, Chris Balfe 20:11, Mark Ellis 24:37, Simon Lunn 24:37, Alistair Whitaker 25:22 and Mike Folland 28:34.

Thanks to Alistair Whitaker for his Report.

31st July ~ The Grim Reaper Ultra Marathon Grimsthorpe Castle Estate, Bourne, Lincolnshire, Multi-Terrain.
Hosted by Fat Feet Events

Ingrid Williams Jayne MacArthur, Sarah Whatton and Shaun Louth took the short trip to Grimsthorpe Castle to run the Grim Reaper Ultra Marathon this was also Ingrid's first ever Ultra marathon. The Grim Reaper is 40,70 or 100 mile Ultra Marathon which takes place around a 10 mile loop through the grounds of Grimsthorpe Castle. Jayne, Sarah and Shaun were running the 70 miles and Ingrid the 40 miles event. The challenging route is 50% tarmac, 35% limestone and bridal way and 15% field. As always with Ultras we started off at a very cautious pace. The first lap seemed to fly by but by the second lap the sun was up in the sky and there seemed nowhere to hide from it and any shaded parts of the route were gratefully received we didn't stop at the end of lap 1 and went straight into the second lap. At the end of the second lap we stopped to refuel, loaded up our hydration packs with ice cold drink, changed socks and running kit and got ready for the third lap. The third lap was just as hot as the second, the sun was relentless. We got to the 40 mile point in a much quicker time than our 40 mile finishing time of last year. As night kicked in a full moon lit the sky and the castle was floodlit in the distance, it was a lovely evening. Laps 5 and 6 were completed in the dark by now blisters, fatigue and a little bit of madness had set in. As we started the 7th and final lap we just wanted the run to end and it was a case of heads up and lets do this!

Ingrid had a fantastic run for her first ever Ultra and completed the 40 miles 8 hours 32 minutes.

Jayne, Sarah and Shaun all finished the 70 miles, the time were Sarah 22 hours 59 mins, Jayne 23 hours 2 mins and Shaun 23 hours 2mins.

This is a value for money Ultra and very achievable and friendly for any first timers. See you next year Grimsthorpe.

Thanks to Shaun Louth for his Report.

1st August ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

Mark Ellis & Mike Folland finished in a time of 29:57.

Thanks to Alistair Whitaker for submitting the result.

7th Aug ~ Bassingham Bash 5 Mile Bassingham, Lincolnshire, Road.
Organised by Witham Runners

A pleasant, flat race on quiet country lanes, which is part of the Bassingham Village Gala. The entry nearly doubled this year to nearly 200. It was as hot as Heckington usually is, which caused some major slowing down as the race progressed. STR results Greg Southern 30:37, Mike Folland 49:21.

Thanks to Mike Folland for his Report.

14th Aug ~ Sleaford 10k Scredington, Lincolnshire, Road.
Host Club ~ Sleaford Striders AC

A feeling of déjà vu as for the second year on the trot, we were sheltering in the cars from the rain, the usual British Summer weather! Luckily, the rain seemed to know the start time and nicely stopped raining as we made our way to the start. A 10 minute delay to the start due to traffic issues then we were off. Sleaford Striders did well with the marshalling as a crash on the A17 had meant that a lot more vehicles were on the route. Again, I had forgotten that the route is not flat. Ok, no serious hills, but when trying to go flat out those inclines can hurt. A good turnout from Sleaford Town for the local race and despite wearing timing chips, unfortunately they did not work. Gun times were: Greg Southern 34:49 3rd Overall, Michael Baxter 41:53, Simon Lunn 48:38 Tracy Parr 53:37, Alistair Whitaker 54:06, Stanley Thornton 1:00:46, Helen Barker 1:11:18 & Rachel Pledge 1:11:19.

The post-race tea and cake was appreciated by all. Thanks again to Sleaford Striders for a well organised race.

Thanks to Alistair Whitaker for his Report.

15th Aug ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths

Katja Eravisto and Shaun Louth were both at this weekend Parkrun. Katja finishing in a time of 18:44 and Shaun 28:45.

Thanks to Shaun Louth for his Report.

16th Aug ~ Kimbolton Half Marathon Cambridgeshire, Road.
Road Race by Nice-Tri Events

Sunday 16th August saw my 2nd year of running of the half marathon in and around the beautiful historic village of Kimbolton. The route was exactly the same as 2014 which was lovely. The route is a one-lap course on country roads which are undulating, a very scenic road route, that passes through Tilbrook, Upper Dean, Risley and Swinshead before heading back to Kimbolton. The Course was fully marshalled with good signage and water stations. Not a PB route due to lots of hills and the hot weather. In its 3rd year it remains a very friendly low key event with around 700 runners, finishers received a T Shirt and Medal. Time was irrelevant – company and miles were important.

Fluffy and Helen (3:03 hrs)

Thanks to Helen Barker for her Report.

22nd Aug ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

Katja Eravisto and Shaun Louth were both at this weekend's Parkrun. Katja finished in a time of 19:43 and Shaun 28:06.

Thanks to Shaun Louth for his Report.

30th Aug ~ Halifax Half Marathon West Yorkshire, Road ~ Team OA

My first Team OA event who run Marathons/Half Marathon in Wakefield and Huddersfield also, plus more fun events like Pieathlon, Chocoathlon and Wineathlon. A low key event with 125 running the Half and 82 braving the 2 lap Marathon. After a bit of confusion on where to park, a slight lack of signage arrive at an Old Mill car park that had been converted into businesses and a bar, which was race HQ. For a low key race they had got the local radio station to cover the race, so a bit of music for the pre-race preparations. Been brought up near Halifax, I knew this race was going to be hilly but nothing quite prepares you for trying to run up the hills. As soon as you came out of the car park, the first hill hit you and it wasn't until the water station at mile 3 that you hit a small decline. Which lasted for a mile before more hills which at mile 6 was the steepest hill which lasted a mile. Prior to the race I

have looked at the profile map and thought that after 7.25 miles it was downhill, which it mostly was but every so often the road kicked up, which broke your rhythm and really hurt your legs. As we got closer to the finish, the downhill got a lot steeper which meant more hurting for the legs and then they threw in a cobbled road and some stone steps to climb. So when I finally returned to the car park was grateful of the nice bit of flat and the finish.

I finished 108th out of 125 half marathon finishers in a time of 2:29:59, for someone who lives in the flat lands of Sleaford and who does not run hills very well, I was pleased with the experience, even though my calf muscles disagree with me. My Garmin told me that I had done 432 metres of ascending, comparing to what I thought was hilly half marathon, Humber Bridge which was 190 metres.

Thanks to Alistair Whitaker for his Report.

13th September ~ Great North Run Newcastle, Tyneside, Road.

Well after the terrible weather up North on Saturday wind and torrential rain I was hoping Sunday would be different. I was beautiful blue skies but very warm. Well organised start as always. Took 40 minutes to get through the start I met fellow STR runner Jo Calver who was taking part for the first time. It was a very hot tough 13.1 miles via roads to South Shields. Amazing support as always from the Geordies so many people line the route. Music and cheers a plenty and plenty of drink stations. The feeling you get once you reach the sea front is awesome. There were still many, many supporters lining the last mile fantastic atmosphere. The finish line was better this year you were actually presented with your medal once you crossed the finish line. Previously it was put in the goodie bag. Meeting areas are clearly marked too.

This was my 7th GNR it never gets any easier but I love it its addictive. Here's to 2016 maybe I will get to do 10 !!!!! (That's my aim) One negative is the time it takes to leave car parks in South Shields. However after 7 runs me and hubby and family have it down to a fine art. 2 pints in the Pub at the sea front then leave and drive straight out.

Times Jo Calver 2.45 Clare aka Fluffy 3.05.

Thanks to Clare Bergner for her Report.

13th Sept ~ Grunty Fen Half Marathon Grunty Fen, East Cambridgeshire, Road.

Host Club ~ Ely Runners

What a contrast on the day of the Great North Run. No tens of thousands of runners and far more supporters. Just a quiet little race on country lanes and maybe a few dozen spectators round the pub at the end of lap 1. It's a fast course and conditions were perfect for PBs but neither of us were up for that. Just two very modest times but a pleasant enough run. Results Ingrid Williams 2:01:15, Mike Folland 2:10:06.

Thanks to Mike Folland for his Report.

13th Sept ~ Ponton Plod Lincolnshire, Multi-Terrain.

Local friendly race with all proceeds going to charity - very low key with the option of 12, 17 or 27 miles. The route is marked but you do need to navigate through the directions - it would be quite easy to go the wrong way! There are good refreshment stops en route with a selection of water, juice, cakes and other yummy items. The route is mostly trail which pleased Al Whitaker (not) who opted for the 12 mile option whilst Louise Mccauley and myself opted for the 17 mile route and we DID thoroughly enjoy it and will definitely do again. At the end of the run there is a certificate, choice of soup and puddings - all of which were very yummy.

Thanks to Jayne MacArthur for her Report.

13th Sept ~ RB Hull Marathon Yorkshire and the Humber, Road.

Paul Freemantle, Sarah Whatton and Shaun Louth headed to Hull to run the marathon along with 800 other runners. Weather conditions were almost perfect for this event. The route is great and takes you around the city and then out over the Humber Bridge before heading back into the city for the finish. All three were happy with their times Paul Freemantle 3 hours 55 mins 18 seconds, Sarah Whatton 4 hours 37 mins 33 secs and Shaun Louth 5 hours 56 mins 25 secs. Also a big thank you to Angie Freemantle for supporting us and taking official race photos.

Thanks to Shaun Louth for his Report.

19th & 20th Sept ~ Equinox24 Belvoir Castle/Estate, Leicestershire, Multi-Terrain.

Equinox24 is a 24 hour race set in the beautiful grounds of Belvoir Castle/Estate. The event is in its third year and goes from strength to strength. It has the most amazing atmosphere and is one of the most organised I have ever attended. The race is in a beautiful setting with a number of food/drink outlets and the organisers are always open to suggestions regarding improvements. The course this year was slightly longer coming in at just under 6.3 mile laps - mostly trail with one big tarmac hill and one very big grass hill. The support from Marshals and other runners is amazing - even at 3am! Runners can either enter as a Team, Large Team, Pairs or Solo. The race starts with a children's race which is enjoyed by all. The main start includes the 10k Race.

Helen Barker and myself pitched up on Friday afternoon to get a good spot for the tents and returned on race morning when the atmosphere was buzzing. This was Helen's first Ultra and one she had wanted to do for a while - I had previously entered as part of a Team and this was my second year as a Solo Runner. We were very lucky with the weather albeit a bit too warm for a couple of laps so Helen and I were very pleased when it cooled down a little. We had amazing support along the way and Helen was delighted she had completed her 7 laps totalling just over 44 miles. I managed 13 laps (one more than last year) totalling just over 81 miles.

This is an amazing event and one I would highly recommend - check out the FB comments. I for one will enter this every year for as long as I can - maybe next year as a Team or Pair so I can try out some of the fab food on offer. Well done Helen - amazing achievement for your first ultra.

Thanks to Jayne MacArthur for her Report.

27th September ~ Rutland Water Marathon and Half Marathon Leicestershire, Oakham, Multi-Terrain.

The run was well represented by STR. Shaun Louth and Sarah Whatton taking part in the Marathon and myself and Alistair Whitaker taking part in the Half Marathon. The weather was perfect light breeze plenty of sunshine. We all met at the start as the Marathon started first with the half marathon starting 5 minutes later. If I'm being honest the start was a little disorganised with a big red start area you would think that was the start !!!!! no it was in the middle of the car park. But we all got away fine. It was an out and back route running over the dam and headed towards Normanton past the sunken church past the cycle shop then turning round at just over 4 miles. Then back over the dam towards Whitwell then up to just over 11 miles then once again turning round running back to the finish line.

There are steep inclines on track and tarmac. This is not an easy route but very scenic route. This was a very well marshalled run fantastic support from the marshalls who gave encouragement to all runners. Especially at the finish. Really enjoyed the run. Would definitely do this again. It was my 7th half marathon this year.

Results: Clare Bergner 3:02 & Al Whitaker 2:16. Marathon: Sarah Whatton 5:11 & Shaun Louth 6:14.

Thanks to Clare Bergner for her Report.

5th October ~ Bournemouth Marathon Road.

Just over 2000 runners lined up at the start of the Bournemouth Marathon. This is a very friendly marathon with great support nearly all the way round. The promenade parts of the route are especially well supported. I also don't think I have ever seen so many Marshalls at a Marathon that isn't a big city marathon. There are Marshalls on route every 800 meters or so. The route itself is very undulating and the hills are short but very sharp. On the whole I really enjoyed this marathon and will be returning next year. One thing to bare in mind is that there is a 6 hours 30 mins cut off to this race. Two Sleaford Town Runners ran this marathon Sarah Whatton 4 hours 56 mins, and Shaun Louth 6 hours 20 mins.

Thanks to Shaun Louth for his Report.

11th Oct ~ Royal Parks Half Marathon London, Road.

This is the first time I have done this half marathon. Well organised start. The start was in Green Park a 5 minute walk from Knightsbridge tube station near Harrods. Loads of toilets great marshalls to direct you. The start was staggered by colours which set off at 7 minute intervals each wave had pacemakers.

The race started at 9.00am. The route takes you at first down constitutional hill past the Victoria monument then along birdcage walk. Horseguards parade and onto the Mall through into central London under admiralty arch past Trafalgar square and down into Whitehall. Past Downing street where I got a cheeky wave from the armed guards (must have been our tutu's). U turn just past the cenotaph then back along Whitehall Trafalgar square and down the strand. Loop around then back down the Strand past Nelson's column another loop round past Charing cross and then under admiralty arch again but this time ran the full length of the Mall past Buckingham Palace and into Green then Hyde park along the Serpentine and into Kensington gardens. Beautiful parks fountains squirrels swans wildlife. Past the Albert Hall and the finish line was at the same place as the start. Great support at the finish straight too even for slow runners like myself.

This is a fantastic half marathon. Amazing crowd support very well supported by public and charities cheering you on. The marshals were excellent. Running through London past famous landmarks was awesome. For route organisation and support this has got to be the best half marathon event i have taken part in. Today wasn't about speed or time I did it with my daughter as a starting point for her London Marathon training. She loved it too. Great goodie bag fab wooden medal, I will be back next year.

Thanks to Clare 'Fluffy' Bergner for her Report.

11th Oct ~ Perkins Great Eastern Run Peterborough, Road.

Greg Southern 1.15.28, Emily Foran 1.24.38, Ingrid Williams 1.59.09, Stan Thornton 2.21.12, Mike Folland 2.21.34 & Rachel Pledge 2.49.00.

Thanks to Mike Folland for submitting the Results.

18th Oct ~ Spires & Steeples Lincolnshire, Multi-Terrain.

Weather conditions were perfect for running as Helen Barker, Tracy Parr, Jayne MacArthur and Shaun Louth all lined up at The lawns in Lincoln for the start of the 26 mile route. Tracy was embarking on her first marathon whilst the other 3 new exactly what was ahead of us. This year Helen was helping out the organisers by running as the Sweeper so she was in for a longer day than the rest of us. I would say there were 100 or so runners doing the full route. The run went very well for everyone, the weather stayed fine and the fields were a little sticky but firm enough to run over unlike previous years. 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, Tracey just sneaked in under 5 hours, Jayne was about 5 hours too, Shaun was just under 6 hours and Helen came in just under 7 hours with the last runner.

Rachel Pledge also ran this event. She ran the Half which started in Metheringham.

Thanks to Shaun Louth for his Report.

24th Oct ~ Boston Parkrun Witham Way Country Park, Lincolnshire, Tarmac paths.

Inaugural Boston parkrun in the lovely Witham Way Country Park. The 5km comprises of 1 small loop and 2 larger loops, mostly on tarmac with a little bit on 2nd and 3rd lap on grass. Lovely and flat course and chance of cup at tea afterwards at Boston United FC. I had a steady run in a time of 29:17.

24th Oct ~ Newark Parkrun Sconce and Devon Park, Nottinghamshire, Tarmac paths.

Rachel Pledge guided Mark Ellis in a time of 35:29.

Thanks to Alistair Whitaker for submitting the results.

25th Oct ~ Worksop Half Marathon Worksop, Nottinghamshire, Road.

Host Club ~ Worksop Harriers AC

I've ran this Half Marathon more times than I can remember such is the appeal of this well organised scenic event with much of the route taking you through Clumber Park. The course is simply up hill for the first mile and then what can best be described as undulating with mile eleven to twelve about the only flat part of any note, but what you lose time wise going up you generally get back going down! Sub 1.45 was my pre-race target and therefore delighted to cross the line in 1.43.28, Angie Freemantle suffering from a cold all week was non-the-less pleased with her time of 1.49.08. Alistair Whitaker who had also set a pre-race target of sub 2.10 was equally pleased with his time of 2.07.53, and Jo Calver running Worksop for the first time ran well on this most challenging of courses and breezed across the finish line in 2.39.29. A great atmosphere as always at this event, well marshaled with perfect weather for a Half Marathon, what more could you wish for on a Sunday morning, aside a lay in and full English breakfast to follow!

Report by Paul Freemantle.

31st Oct ~ Boston Parkrun Witham Way Country Park, Lincolnshire, Tarmac paths.

Mark Ellis 32:08 & Mike Folland 32:10.

Thanks to Alistair Whitaker for submitting the result.

31st Oct ~ The Norfolk Coastal Marathon Multi-Terrain.

Organised by Positive Steps

This was a rare solo marathon trip for me. The marathon is a point to point run from Weybourne to Sea Palling. The Organisers put transport on from the finish to the start at 7am. The cost of this was £10 but without a race support crew you have no other option. Once at the start at Weybourne we all piled off the bus and into the village hall to register and pick our numbers up. Then after a very thorough race briefing of we went outside to the start. At 8:30am off we ran towards the coastal path. The rule of thumb for this race is keep the sea on your left and follow the acorns on the coastal path signs unless directed otherwise by race direction signs. So along the coastal path and the Cliffside we went. This is a very scenic route which helps at times as it is also very tough going in places. The coastal path is very undulating and there are some very short but steep climbs. It also takes you across some beaches which was tough as the sand was very soft. I would think there must have been 7-8 miles of beach in total. I really loved this run which is also a walking event, It is well organised and the route is second to none. There is a 10 hour cut off which is generous for runners but not so for walkers. It is a good mixture of coastal trail, a little tarmac and beach. I will definitely be back next year. In fact I am doing another coastal marathon in Norfolk next week.

Thanks to Shaun Louth for his Report.

1st November ~ Derwentwater Ten Keswick, The Lake District, Road.

Host Club ~ Keswick AC

For the third consecutive year Louise McCauley travelled up to Keswick supported by fellow Club members Claire Brown and Clare 'Fluffy' Bergner who both were unable to run this weekend. The is 10 miles of beautiful scenery, very undulating (!!!!) but when you get to the top you feel a huge accomplishment of what you have just run plus the amazing views. The downhills are steep and slippery but a slight reprieve from the uphill..... and Keswick has a number of lovely pubs after for you to recover in!! Louise had a fantastic run and finished with a new personal course best time of 1 hour 36 mins.

1st Nov ~ The Three Rivers Challenge South Kyme, Lincolnshire, Multi-Terrain.

Jayne MacArthur travelled just down the road to South Kyme for the Three River Challenge - Riverbank Run. This is a great local race and it is very reasonably priced - you do not get a medal or a t-shirt - but you do get a great run, excellent marshalling, soup, cake, tea and coffee afterwards. I would say the 15 miles is probably 80% grass 20% Tarmac with lots of swans on the way - finished in 2:36 according to Garmin. Finally whilst talking to a couple of runners after the race we were discussing good local races and both runners were praising The Ripper.

Thanks to Jayne MacArthur for her Report.

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

Inaugural Parkrun at Belton House, saw 209 runners participate. Emily Foran 20.36 (10th overall and 1st Lady), Mike Folland 32.19.

7th Nov ~ Lincoln Parkrun Boultham Park Lincoln, Lincolnshire, Tarmac paths.

Katja Eravisto 20.07 (10th overall and 1st Lady).

Thanks to Alistair Whitaker for submitting the results.

7th Nov ~ Norfolk Coastal Marathon Kelling Heath Holiday Park, Multi-Terrain.

Organised by Challenge Running Ltd

For the second week running off I went down the A17 to Norfolk for a marathon this time accompanied by Sarah Whatton. This marathon had different organisers and used a different part of the Norfolk Coastal Path. This is an out and back marathon with a cut off of 3 hours 30 mins to the half way point, as long as you make this they are happy for you to complete the run regardless of time. This marathon started from the edge of Sheringham Park Forest at Kelling Heath Holiday Park. It was a horrible day for running. There was driving rain and it really was blowing gale too. The first 3 miles take you through Sheringham Forest towards the coastal path. Once on the coastal path we turned north and headed for the halfway turn around at Blakeney Point. Miles 4 to 8 were across the dunes which were covered in shingle. This was extremely difficult to run on and really tired your legs. After the 4 miles of shingle you come off the beach and down the road toward Cley On Sea. The tarmac was a great relief but once through Cley it was back onto the coastal path for the final stretch to Blakeney Point. The path on this stretch was so wet and muddy it was like a skating rink. Even in trail shoes we were struggling for grip. Finally we reached the turnaround point, took on some refreshments and turned for the return journey. The second half was so much tougher with tired legs and being absolutely drenched from the persistent rain. Back down the muddy path we went to Cley and then headed for the 4 miles of shingle. After the shingle the coastal

path felt great to our feet. Before we knew it we were back in the forest and heading for home. We finished just as daylight was going. The full distance was just under 28 miles and both Shaun Louth and Sarah Whatton finished in 6 hours 50 mins. It was a long tough day but we loved the challenge we had conquered.

It is a tough route and the weather was horrendous but I would do this one again.

Thanks to Shaun Louth for his Report.

14th Nov ~ Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Parkrun No.2 at Belton House, saw 170 runners turn up on a blustery morning. Louise McCauley finished in 28:41 and Shaun Louth in 30:58. Also a thank you to Mike Folland for Marshalling at this event and supporting all the runners.

Thanks to Shaun Louth for his Report.

15th Nov ~ Rockingham 10 Rockingham, Corby, Northamptonshire, Tarmac.
Hosted by SBR Events.

Shaun Louth took the 1 hour drive to Rockingham Motor Speedway Circuit for this 10 mile race. There was about 160 starters on what was an incredibly windy day. This race is 3 laps of the race circuit. Not the most scenic of events but a nice friendly atmosphere. There is also a 10km race held at the same time which was also well attended. Shaun had a strong run in the conditions and finished in 1:41:00 exactly.

Thanks to Shaun Louth for his Report.

15th Nov ~ St. Neots Half Marathon St. Neots, Cambridgeshire, Road.
Hosted by NiceTri Events.

A bit of a nightmare wind for St Neots this year. That half mile uphill, straight into the gale with no shelter, done twice, was the real horror. Of course, there was tail wind at times and being blown along up the second big hill was lovely. And it didn't rain.

Results Jayne 2.05.25, Ingrid 2.11.37, Mike 2.16.36

Thanks to Mike Folland for his Report.

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

Emily Foran 20.18 (6th overall, 1st Lady) & Louise McCauley 32.17.

21st Nov ~ Cuerden Valley Parkrun Preston, Lancashire, Multi-Terrain.

Shaun Louth 33.37.

Thanks to Alistair Whitaker for submitting the results.

28th Nov ~ Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Emily Foran 19.48 (5th overall and 1st Lady), Louise McCauley 28.54, Mike Folland 31.18, Mark Ellis 31.18 & Shaun Louth 32.10.

28th Nov ~ Newark Castle Festival of Running Newark, Nottinghamshire, Trail.
Organised by How Hard Can It Be Events

New local event on the calendar offered races over 11km, Half Marathon and Marathon. The course offered probably about 20% road and 80% off road, starting from Newark Castle and mainly running along the river Trent (and hopefully not in it!) After a 15 minute delay, the 11km started with Helen Barker deciding to try the short distance after recovering from injury. Unfortunately with a new event there was one or two teething problems and the marshals forgetting to turn the runners around, so they covered 8.1 miles. Helen was delighted with a time of 1.45.17 and wish she had opted for the longer distance 15 minutes after the "11km" start the Half Marathon and Marathon runners set off. The weather was dry but a strong cold wind battered the runners.

Half Marathon finishers were Alistair Whitaker 2.26.42 and Rachel Pledge 2.57.35. Marathon finisher Jayne MacArthur 5.19.17. Despite a few issues with this new event and the weather, everyone seemed happy with the race and the medal was amazing. Hopefully this will become regular on the race calendar offering 3 challenging distances.

Thanks to Alistair Whitaker for submitting the results.

6th December ~ Bedford Half Marathon Wootton, Bedfordshire, Road.

Host Club ~ Bedford Harriers AC.

Jayne MacArthur and Shaun Louth travelled to Bedford for the half marathon. It was a very windy but mild day. This is a rural route which is very undulating. Most of the route is open and exposed to the elements which at times was tough in the high winds. Both runners stayed together for the whole run as it was a day to just get round and enjoy the race rather than go for any kind of records.

Jayne MacArthur finished in 2.27.12 and Shaun Louth 2.27.14.

Thanks to Shaun Louth for his Report.

12th Dec ~ Sherwood Pines Parkrun Sherwood Pines Forest Park, Mansfield, Nottinghamshire, Multi-Terrain.

Mike Folland 29.52.

Thanks to Alistair Whitaker for submitting the result.

13th Dec ~ Milton Keynes Winter Half Marathon Buckinghamshire, Tarmac paths.

Congratulations Ingrid Williams on a new half marathon PB 1.49.37. On a right miserable cold, damp winter's day.

Thanks to Mike Folland submitting the result.

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

Mike Folland 30.14.

Thanks to Alistair Whitaker for submitting the result.

19th Dec ~ Newark Showground Christmas Challenge Newark, Nottinghamshire, Mixed Terrain.

Organised by MaraMiles

A new local event to the calendar at the Newark Showground, a race offering a multiple lap course either over the Half Marathon distance (3.5 laps) or the Marathon distance (7 laps) and limited to just 100 runners. 4 Sleaford Town Runners turned out in what was an unusual mild December day, but a noticeable wind. Plenty of parking, a well organised race number collection point and plenty of toilets. Jayne MacArthur was going for the marathon option, so set off first, with Tracy Parr, Helen Barker and Alistair Whitaker going for the half marathon option and starting off 5 mins later.

The half marathon route was the ½ lap first, so put us in front of the marathon runners, but with the course being quite a looping route around the disused runway had plenty of opportunity to see the other runners, so a lot of waving and high 5s. The route included approx. ½ mile per lap on grass. Only negative in a well marshaled and quite fun race is that each lap was slightly longer than stated, so instead of 3.75 miles it was closer to 3.9 miles. So the half marathon was 13.5 miles with the marathon runners doing 27 miles.

Half marathon finish results were Tracy Parr 2.12.41 with Alistair Whitaker just behind in 2.13.20 and Helen Barker pleased with sub 3 hours in 2.56.58. Jayne MacArthur unfortunately was having a bad day and pulled up after completing 4 laps, approx. 15.5 miles in 2.47.06.

A lovely medal (A Christmas penguin in a spitfire) was included in the goodie bag, also hot drinks and food were available to purchase. The race was also chip timed and you could get a lap time split printout immediately after the race, which unfortunately showed we all suffered on the last lap as the wind strength picked up. All agreed that it was a brilliant race and a great way to go into the festive period.

Thanks to Alistair Whitaker for his Report.

20th Dec ~ Portsmouth Harbour 50km Ultra Marathon Hampshire, Multi-Terrain.

Sarah Whatton and Shaun Louth travelled down to Portsmouth to sneak in one last ultra marathon for 2015. This is a great 50km run, you are literally waterside for the whole 50km (31 miles). It is an out and back route which starts at South Sea and takes you

around the edge of Langstone Harbour to the half way point on Hayling Island where you turn and return to South Sea. There were four water stations on route all with various items Water, Squash, gels, jelly beans , bananas and mulled wine. The route is multi terrain with slightly more off road than tarmac.

Sarah finished in a time of 6 hours 5 minutes Shaun finished in 7 hours 6 minutes and was very pleased with his time.

Thanks to Shaun Louth for his Report.

26th Dec ~ Belton House Parkrun Belton, Grantham, Lincolnshire, Multi-Terrain.

Alistair Whitaker 28:19 & Jayne MacArthur 29:12.

Thanks to Alistair Whitaker for submitting the result.