

Archive Race Reports 2011

1st January ~ Cleethorpes New Years Day 10k Cleethorpes, Lincolnshire, Road.

Host Club ~ Cleethorpes AC

New Year, new events and certainly a new me as I pursue another new event with Paul Green, who hopefully will join our Club very soon as he is dedicated to running like me. Anyway the weather was kind for us with sunny spells as we set off at 8.30am to the biggest event of the New Year at Cleethorpes, although we saw plenty of snow on the way there. We had plenty of time to go to MacDonald's for breakfast an hour before the race started at 11.15am to give us much needed energy. The race started at Cleethorpes Cricket Club and among the 239 runners there were members of Lincoln Wellington AC, two Striders and Paul & me flying the flag for Sleaford & Lincoln. A very official gun started us off with two laps passing the Cricket Club and a long way round and yes we passed many pubs! There were loads of people cheering us on, there were a few minor pot holes and we could have done with more than the one water stop though. Despite that the route was smooth as could be, I crossed the line in 48.55 and Paul Green finished in 47.27. A nice t-shirt to start 2011 after a well organised race of which thanks goes to Cleethorpes AC who marshalled this race. I'll be back next year for sure!

Thanks to Stephen Brear for his Report.

9th Jan ~ Lincolnshire Cross Country Championships Riseholme College, Lincoln, Mutli-Terrain.

Andy Taylor and Barry Douce competed in the Senior Men's 9700m race. Barry sadly pulled up injured and was unable to finish the race, Andy however went on to finish 16th overall in 38.12.

16th Jan ~ Ropsley Raid Ropsley nr Grantham, Lincolnshire, Multi-Terrain.

Host Club ~ Ropsley Road Runners

An unusually mild day for the Raid this year but the mild weather had made for heavy going under foot, largely due to the rain the week preceding the race. In the 6 mile race Kate Mason finished in a decent time in the conditions of 1.08.29 with Steph Atherton not far adrift in 1.13.20. In the 13 mile race Mark Sands came home in 1.39.52 winning the race and clearly carrying his form from 2010 into 2011, Dave Tilley also in good form finished 3rd in 1.41.24 with Andy Taylor 4th also in a time of 1.41.24. Simon England crossed in 1.52.10 with Greg Southern like Simon returning to fitness after a recent injuries crossed in 1.56.15. Dave Taylor ran well just over the hour in 2.00.06, Lionel Mason 2.08.56, Gary Britnell 2.12.32 all returning solid times. Angie Harvey crossed with Paul Freemantle both in times of 2.29.38 with Cathy Taylor 2.32.37 just behind and completing our team members to finish.

21st Jan ~ Dubai Marathon Dubai, United Arab Emirates, Road.

The race started at 7.00am, just after dawn with temperatures already at 20°C although there was some cloud cover. Anna Berrill finished in a superb time of 3:08:28, 1st Female Vet 40 and 18th female overall.

23rd Jan ~ Folksworth 15 Peterborough, Cambridgeshire, 15 miles, Road.

Host Club ~ Yaxley Runners & Joggers

John Lawlor produced an excellent run to finish 22nd overall winning the Male Vet 50 category in 1:37:36, Simon England like John returning to fitness after injury finished in 1:51:18. Rachel Ellis came home in a solid time of 2:06:07 with Mandy Connor completing our Team running in this challenging two lap race, crossed in 2:46:50.

4th February ~ ABRaS Mina 10k Dubai, Road.

Host Club ~ ABRaS AC

This was one of a three race series organised by the ABRaS A.C. The 3 lap course is on traffic free private roads and paved paths in the grounds of the Le Meridien Mina Seyahi Hotel and the Dubai Marina. As usual with most races in the Gulf there was an early start at 7 a.m. Race day was surprisingly cool at 17°C with rather too strong a breeze blowing against runners heading out along the Marina pier. It is a surreal experience to arrive for the race in pitch darkness then, as one prepares and warms up, it steadily gets light and the sun rises shortly after the start. Like all the races of the series there was a full entry of over 400 runners. Anna Berrill had made a good but not complete recovery from the marathon two weeks before and recorded a time of 40:11 to be 2nd FV 40. Mike Folland finished in 52:45, 3rd MV60.

Running in the UAE If you are in Dubai or one of the other Emirates there is a full programme of races most week-ends from November to April. From December to March the weather is like a pleasantly warm but not over-hot British summer - rain and strong winds can occur, especially in January, but are unusual. The Dubai Marathon is held late January but there are a variety of

other races over distances from Half Marathon to 5k - plus a weekly "Predictor" over 2.2 or 4.4 miles. For details go the fixtures list on the ABRaS A.C. or Dubai Road Runners websites.

Thanks to Mike Folland for his Report.

6th Feb ~ The Rauceby Ripper Rauceby, Lincolnshire, 8.5 miles, Multi-Terrain.

Host Club ~ Sleaford Town Runners

Gale force winds over the days preceding the race dried out most of the muddy sections of the course, but the capacity entry of runners and walkers that took part it was the wind that was to be the major factor on a mild winter Sunday morning. Matt Blunden ran a superb race to win the maiden running of the Ripper in an excellent time of 53.54, Simon England in good form finished 5th in 58.55. 7th was Greg Southern also under the hour in 59.36, Keith Boseley 1.04.19, David Taylor 1.07.29, Lionel Mason 1.07.45 all ran solid races. Alex Hetherington finished in 1.09.37 just ahead of Paul Green 1.09.52 making his debut for our Club. Barry Douce 1.14.30, Kate Mason 1.14.49, Debbie Sutton 1.22.40, Stephanie Atherton 1.27.22 and Barbara Campbell 1.29.57 completed our team of Club members running.

13th Feb ~ Stamford 30k Stamford, Lincolnshire, Road.

Host Club ~ Stamford Striders

Six Town Runners ran this demanding race with continuous hills and undulations from start to finish. It was made all the more gruelling by a strong headwind for the second half of the race mostly with very little shelter - only adding to the challenge of the hills. There was some luck with the rain, which was forecast to be heavy after the first hour of the race, but only arrived after 3 hours and was very light until the whole field had finished. The Club performance of the day was by John Lawlor with a stunning time of 2.03.46 to win the very competitive MV50 category by over 4 minutes. Andrew Pask finished in a nippy time of 2.28.39 and Stephen "Speedy" Brear in a solid 2.50.50. Aune Turkson-Jones showed good form in preparation for the Paris Marathon with 3.04.03. Mike Folland was reasonably satisfied with his 3.11.37. Mandy Connor's time of 3.30.46 in these conditions should stand her in good stead for next month's Barcelona Marathon.

Thanks to Mike Folland for his Report.

After 2 years I'm back although a different challenge with windy weather and light rain first thing though I'm glad to back. Andrew Pask picked me up at MacDonald's for my second energy breakfast and then we are off to Stamford dead on 9am where Andrew and I are set for this massive challenge. We were among 632 runners who started at 11am complete with chip timing. Then we are off with Matt Blunden starting quickly followed by John Lawlor, me, Andrew Pask, Mike Folland, Aune Turkson-Jones and Mandy Connor. We enjoyed the first couple of miles but it became difficult with the wind as we struggled to fight the weather. Andrew stuck with me for 8 miles then I struggled running but I plod on and on though some runners stopped due to calf problems and lack of water. I finally finished the 30k distance and was satisfied with my time of 2.50.50, 10 minutes faster than 2 years ago with another brilliant tech t-shirt to all finishers. Well done to Stamford Striders, Nick Wells with thanks to James for cheering us on.

Thanks to Stephen Brear for his Report.

20th Feb ~ Sleaford Half Marathon RAF Cranwell, Lincolnshire, Mainly Road / Multi-Terrain.

Host Club ~ Sleaford Striders AC

Mark Sands returned to the road in fine form finishing in 14th place in a time of 1:18:43, Andrew Taylor had a superb race finishing in 16th and setting a new Personal Best time of 1:19:46. Dave 'the Fox' Tilley finished in 33rd, 1:24:13, Greg Southern coming back to form with 1:31:14, Andrew Pask 1:35:39 and Lionel Mason 1:40:38 both running new PBs. Rachel Ellis 1:42:34, Paul Coyne 1:44:00 and Barry Douce 1:44:11 all producing solid times. Andrew Clark 1:55:01 also put a good marker down for the year ahead to chase down, Cathy Taylor 2:09:00, Stanley Thornton 2:16:44 all ran well, as did Mandy Connor 2:20:09 who crossed with Michelle Mason 2:20:09 running her first race for our Club and her first race ever!

20th Feb ~ The London Ultra 50k London, Multi-Terrain.

It's my toughest challenge yet and I loved it. I was among the 250 runners competing in the 2nd Ultra London 50k who ran this year's event from Streatham Common to Quality Hotel on Empire Way, Wembley. The temperature was a more comfortable 12c than last year in the mist. We left the hotel at 7.30am after a hearty breakfast to fuel us up for the 50k (31.3 miles) ahead of us. We arrived at the common at 8.55am with only 5 minutes to spare after the driver got lost. Then were off on a new lap around a short field before we headed to the southwest side of London pass the famous Richmond Park, which was slippery underfoot with most of the runners like me slipping. Some of the runners including myself got lost with the 2nd half a different route than last year with 15 runners not finishing in time. I ran an extra two miles after someone had removed the Ultra Stickers off the post. Good water stops, sweets and cakes to keep us going, finally by midday the temperature had dropped to 11c though it's a struggle to run in the wind. I towards Empire Way train station and the finish with a big dash with two other runners for company as we crossed the in

7.28, which I was pleased with after running an extra two miles. I met some old friends this year with thanks to Rory and the Ultra Team for a brilliant event, I'll be back next year.

Thanks to Stephen Brear for his Report.

28th Feb ~ Malta Half Marathon Malta, Road.

Andy Taylor continued his excellent form finishing 18th overall in a time of 1:17:42 and smashing his personal best set a week earlier at Sleaford and first in the under 23 male category. Cathy Taylor competing with Andy continues to run well setting a solid time of 2:08:08.

5th March ~ Belvoir Challenge Vale of Belvoir, Leicestershire 16 & 26 Miles, Multi-Terrain

Host Club ~ Friends of Harby School & Vale Striders

An overcast damp day for this most challenging of multi-terrain races on the running calendar. Angie Harvey and Aune Turkson-Jones completed the 16 mile distance together in 3:22:59. In the 26 mile race distance Mark Sands and Dave Tilley finished together in 3:41:43, 13th and 14th respectively overall. Greg Southern with limited distance running in recent months finished in a respectable time of 4:16:35. Simon England like Greg with little long distance in his legs after returning from injury, opted to retire from the race at 17 miles.

5th & 6th Mar ~ Grantham Canal 58.6 miles Ultra Endurance Race Nottinghamshire & Lincolnshire. Multi-Terrain.

This was my 3rd Grantham Canal and my toughest challenge ever!! It was interesting to know the event director and good friend Rory Coleman once said "Go for it and don't let people put you off." Anyway my will power is getting stronger then ever as I wait the start at 9am together with the 121 other runners on Saturday at the Cotgrave Leisure Centre. Meanwhile we did not expect muddy, muddy, muddy fields from Hardy to Bottesford. We had good water stops with sweets and plum bread to keep us going alone the 29.3 miles with nice scenery overlooking the Vale of Belvoir. Seeing Grantham was a great sight and the relieve of a good bed, steak and beer which we deserved. We then had to do it all again from the Remeda Hotel at 9am when were off with over 121 this time under clear skies as with the day before. Sunday was warmer though up to 10c which made for a dry run on the trails, fields and the off track sections with some familiar runners from Ropsley Runners and runners I met at London 50k. I will be back next year and I was so proud to be the first Sleaford Town Runner to run the first Canal run 3 years ago, thanks to Rory & the Ultra Team.

Day 1 - 5.53

Day 2 - 5.35 on my Endomondo

Thanks to Stephen Brear for his Report

6th Mar ~ Barcelona Marathon Spain, Road.

Mandy Connor must have been delighted to go under five hours in what was only her second Marathon and in doing so setting a new personal best time of 4.58.38.

6th Mar ~ Chilltech Beach to Basin 9k Whangarei, New Zealand, Road.

After 6 weeks in New Zealand I thought it was about time I gave my STR a vest a bit of an outing. The Beach to Basin run is one of a series organised by Sport Northland and had the added advantage for me of being able to walk to the bus pick up point from home. So, far too early for a Sunday morning I walked down to the town basin to catch a bus to the start at Onerahi yacht club. About 2,000 entrants took place, with about half of the entrants walking the course - there is a huge emphasis on walking here in New Zealand. After standing around in the rain at the start the sun came out and off we went. The course took us along the waterfront in Onerahi away from the yacht club and onto the Wainmahanga track for about 3k through the mangroves then back up onto the main coast road of Riverside Drive, past the peak of Parahaki towards the town basin in whangarei to the finish on the town bridge. No times were recorded, with only the first senior man and lady recognised. I finished in something around about 55 minutes - very vague I know, but my watch and my Garmin were still waiting to be unpacked from our container.

Thanks to Catherine Sheldrake for her Report.

6th Mar ~ Lincolnshire Poacher Challenge Ancaster, Lincolnshire, 13 miles, Multi Terrain.

Host Club ~ Toonie Express ARC

Rachel Ellis produced a strong run finishing in 1.53, 3rd female overall, Andrew Clark and Simon Lunn also running well crossed together in 1.58 with Paul Green for company in his first race for our Club finishing in 1.59. Jayne Macarthur completed our team running in her first race for our Club like Paul and in a respectable time over this multi-terrain course of 2.38.

20th Mar ~ ASICS Fleet Half Marathon Fleet, Hampshire Road.

Host Club ~ Fleet & Crookham Athletic Club

Matt Blunden finished 3rd in a great time of 1.10.58 in what was a fast course with a mix of urban and rural roads. I shall confirm with Matt as not sure how close this was to his personal best.

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

Host Club ~ East Hull Harriers & AC

Thanks to Paul Freemantle and Mandy Connor for letting us know about this fast, flat 20 mile road race. Perfect training for the spring marathon season which is virtually upon us. London for Mike, Paris for me, all part of the build up.(apparently) Athlete and coach/athlete, plus professional friend and supporter of Sleaford Town Runners, James Chambers, headed north, far too early on Sunday morning. Always excited by 'firsts' my adrenaline started pumping as we crossed the Humber bridge and made our way to the venue, arriving in plenty of time for the nerves to settle and race strategies to kick in. Everyone we met was really friendly and the clubhouse was soon buzzing with runners and paraphernalia. Conditions appeared good and the sun was shining on 360 runners, when the race began could this be the perfect race? I ran with my virtual partner and anyone else who wanted to know where Sleaford was. What can I say? Rolling countryside, balmy weather, cheery marshals and only a few undulations. Even the water stations had small sports top bottles and jelly babies on tap. James was drafted in to marshal and man a water station, so unfortunately for him he couldn't slope off for a nap and bacon butty. (Late night at the rugby club) Having passed some of the lead runners at a crossover point, we began the return journey into a headwind along a disused railway line. Apart from a few spots of rain around the 18mile mark and a slight incline around 19, the final steps were a downhill descent, deep joy for the aching pins. Athlete and coach/athlete finished in 3 16:31 and 3 29:38 officially. We really enjoyed this event, size, atmosphere, organisation, food and steaming mugs of tea and coffee.

Thanks to Aune Turkson-Jones for her Report.

20th Mar ~ Newton's Fraction Half Marathon Grantham, Lincolnshire, Road.

Host Club ~ Grantham AC

Greg Southern continues to run well finishing 23rd overall in a time of 1.26.14 not far off his personal best. Keith Boseley also running well and just outside a sub 1.40 across the finish in 1.40.54, Barry Douce 1.43.53, Paul Green 1.48.26 and Stephen Brear 1.48.35. Stanley Thornton ran another solid time of 2.12.19 with Lou Henderson in what I believe was her first Half Marathon finishing in a respectable time of 2.20.40.

2nd April ~ Caythorpe Canter Caythorpe, Lincolnshire, Multi-Terrain.

It was a cloudy and humid morning with a possible chance of rain as we stood at the start line of the 13 mile route of the Canter. We were feeling relaxed as we were not treating this as a race but as a training session in preparation for The Edinburgh Marathon. The race started and most the runners seemed to quickly disappear off in front of us. Down a couple of the streets we went and then out the back of the village on to a nice downhill stretch of track. We could see the red and green vest of Matt Blunden already nearly a mile in front within 5 minutes or so. We ran the first mile too fast (so much for a training run) we carried on though as we felt comfortable. After 4 miles or so we were hoping for the so called chance of rain to appear but we were out of luck. At 6 miles we stopped at Stubton village hall where we had a drink and a nice slice of ginger cake then off we went. By now the faster than usual pace we had started at was taking its toll. We put our sensible heads on and decided to run walk the last 6 miles. As we approached the hill of the aptly named Hough on the Hill we knew Caythorpe church was going to be visible once on the other side. This was the motivation we needed to keep our legs turning over. We crossed the final few fields and turned back into the Village and ran down the High St to the finish. We finished just sneaking under the 3 hour mark in 2 hours 59 mins. We were tired but feeling happy that we had had completed an important three hours of training on our feet. The only disappointment we had was that there was only one drink stop. On such a warm day this was not enough.

Thanks to Shaun Louth for his Report.

Matt Blunden warmed up nicely for the London Marathon winning this years 13 mile race in a brisk 1.27.31. Lea Addlesea 2.59.40 and Shaun Louth 2.59.42 ran the course together as they build up to their Marathon in Edinburgh next month.

3rd Apr ~ Belvoir Half Marathon Hose, Leicestershire, Road.

After being picked up by Mandy Connor at 8.30am it was a lovely drive to Hose, the sun was shining, not too hot and the wind appeared to have dropped. I said to Mandy thank god the wind has dropped, the thought of facing some of the race into a head wind filled me with dread, especially as it had been quite windy on the Friday and Saturday. When we arrived at the playing field the banners marking out the start/finish line appeared to be flapping rather ferociously, indicating that indeed the wind hadn't dropped as much as I had thought. 'What did you say about the wind' said Mandy with this wry smile on her face!! As time passed and the

race time approached the banners had calmed down and weren't flapping quite so much, the sun still shone and off I went. This course was very scenic and it was nice to see amongst other activities, the paragliding going on in Langar as I passed the airfield. On the whole I thought it was a well organised event with plenty of drink stations along the route and a well marked out course. The half mile markers spurred me on especially during the second half of the race when I thought I would never reach the end!! I managed to finish it in 2:19:45, so a slight improvement to my previous time for the Sleaford Half.

Thanks to Michelle Mason for her Report.

3rd Apr ~ Friskney Half Marathon Friskney, Boston, Lincolnshire, Road.

Host Club ~ Boston & District AC

Simon England finished 8th running a sub 1.30 race in 1.28.59, with Beth Wilmot also running a competitive race finishing 30th in 1.39.43.

3rd Apr ~ Grantham Cup Belton Park, Grantham, Lincolnshire, Multi-Terrain.

Host Club ~ Grantham Running Club

Keith Boseley finished well running 48.32, with solid times from David Taylor 51.14, Simon Lunn 58.22, Lou Henderson 1.05.36 and Catherine Simpson 1.11.47.

3rd Apr ~ Lincoln 10k Lincolnshire, Road.

Andy Taylor warmed up for the London Marathon with a great time of 37.19, Stephen Brear set a new Personal Best of 44.16. Rachel Ellis ran a sub 45 race 44.25, Paul Green 46.49, Simon Spink 50.36, Ana Hendrickson set a new PB of 54.07, Kelly Addison 54.28, Debbie Sutton was rewarded for her Winter training with a new PB of 55.49, Stan Thornton 55.54, Jayne McDermott 57.45, Yvonne Fox smashed her PB and well under the hour in 58.12, Cathy Taylor still racing! and also under the hour in 59.30, as was Gemma Bush setting I believe a new PB of 59.53, Sarah Whatton ran a strong race in 1.06.27. Vanessa Smithson 1.09.01 and Sandra Sayers 1.09.15 both setting PBs, Helen Marriage running her first race crossed in 1.11.30 and Lisa Harmon struggling with injury in the weeks before the race had to stop running before the end but went on to complete the race 1.16.41.

For the first time the weather is on our side with sunshine gleaming over Lincoln, which had 4609 runners competing which was much more than last year. We started at the Riseholme Roundabout which was supposed to start at 11am although but not as late like last year, more like 15 minutes late. More and more willing crowds cheered us on and on and my 2nd time at the front for the start and this time remarkable as wearing the No. 1 number on my vest which lots of runners kept looking at me and my nickname (SPEEDYBREAR). I was shocked with the pace as I started slower and got faster as the route had a slight change which made for a tougher route than last year. My nickname is now up there with a record PB time of 44.16 that 2 minutes off last year's time of 46 minutes and the year before that 48 minutes. Well done to Keith and Team, I will be back next year 2 minutes less again!

Thanks to Stephen Brear for his Report.

9th Apr ~ Lister Park 5k Time Trial Bradford, Yorkshire, Road.

Thought it was about time I had another go at a Park Run during my recent visit to Yorkshire. Despite the early start from Sleaford, for the 9am Time Trial in Bradford, it was nice to drive up in lovely sunshine. Finished 64th out of 102 in a time of 27:30, only 3 seconds slower than my personal best for the course, so a pleasing start to the day.

Thanks to Alistair Whitaker for his Report.

10th Apr ~ Brighton Marathon East Sussex, Road.

Stephen Brear notched up another endurance event this year and in good form running a solid time of 4.03.13.

10th Apr ~ Paris Marathon France, Road.

I seem to remember a conversation last year where we all said we didn't have the desire to do a marathon and then just like that we booked our places for the Paris Marathon and got stuck into the training. Aune was guided by Mike and was diligent in her training remaining strong all the way through until a tough week at the end, Lionel ran on treadmills after work and with me on the weekends and I did my best, despite a calf issue, which meant I had to rest for a few weeks. I wouldn't say any of us were brimming with confidence but the time quickly came around for us to make the trip.

Aune supported by James arrived relaxed and raring to go. We on the other had learned how not to prepare for a marathon by opening our passports in London half an hour before our flight to see our children's faces smiling at us. Much as that was nice, we swore loudly as we realized ours were in the filing cabinet at home and Lionel had to drive all the way to Lincolnshire and back before we got another flight and arrived an hour before the expo shut where we had to register and hand in our medical certificates!

We all spent the evening before the race eating pasta and drinking water and worrying about the weather which was all feeling a bit warm for our liking. Early next morning, we met on the Champs Elysee to talk race tactics and shake together before all going our separate ways into different pens. We had just seen the Kenyan race team warming up as they ran past us, which didn't add to our confidence.

It was already hot and some people seemed very overdressed – the man next to me had on trousers, shirt, t-shirt and coat! Before no time had passed we were off, we ran down to Place de la Concorde and settled in to a pace. The first few miles passed quickly, the first wood provided cover for a loo stop for everyone which was quite amusing but the smiles soon disappeared as the sun warmed off and we found ourselves in 27degrees at only 10.30am and low 30's as the run went on. Firemen were brought in to spray fast jets of freezing water at us and the water stops were a complete free for all as people desperately tried to prevent overheating. Crowd support was great although no-one could pronounce Aune's name and my bib said Catherine so I kept having to remember they were shouting for me – for once, Lionel was comfortable with his name as its normal in France! 10-20 miles was a bit tedious as they didn't drop away quite as quickly as I thought they would but eventually it got to the point where we knew we were going to finish but not sure what was going to happen to our bodies in the process. Lionel's legs turned to lead between 21 and 22 and was forced to walk for a minute a few times before running over the line. Aune ran steadily to mile 23 before she succumbed to a cheeky walk or two and in my usual style, I ran intervals from about mile 15 so my legs didn't feel any different – I so need to learn to pace better!! The final part of the race took us through a wood where I counted 7 people unconscious with medics, most people were dragging themselves along here and I thought of Shaun as the men dressed as clowns jumped out and offered us a nip of red wine – Shaun, I don't know how you drank it!

The run to the finishing line was fantastic as the crowds were really loud at this point and all three of us managed a strong run over the line.

So we did it – Lionel's garmin said 3.45 but chipped at 3.52, Aune's garmin said 4.32 but chipped at 4.34 and my garmin said 4.14 and chipped at 4.18. We put the difference down to the underpasses we ran through but we are no really sure what happened there. This marathon gets mixed reviews about its organisation. Yes it's a bit chaotic at times, yes the water stops were a nightmare and yes the runner's pen at the end of the race was not pleasant but hey – that's what gives it character. Huge thanks to James who was fantastic with his support for us all – we all said we'd never do another one but a few hours later in the bar we were plotting about where next – even James seemed keen – must have been the wine!! Let's hope its cooler then.

Thanks to Kate Mason for her Report.

17th Apr ~ London Marathon London, Road.

Matt Blunden recorded another fast Marathon time and close to a sub 2.30 finish but still a fantastic time of 2.32.06. Andy Taylor though slightly disappointed not to be closer to his personal best, however must still be pleased to run under three hours in 2.59.33. Anna Berrill's race plans were hit by an untimely cold days before the race but like Andy running a great race despite the cold in 3.20.33. Nicola Troop running in her first Marathon ran a great maiden time of 4.20.36, Mike Folland was pleased to surpass his target time of 5 hours by someway finishing in 4.24.18, with Stan Thornton completing our team of runners, running a strong race completing the 26.2 miles in 5.13.51.

24th Apr ~ Tulip 10k Spalding, Lincolnshire, Road.

Host Club ~ Spalding Tri Club

Barry Douce running well and first Club member to finish crossed in 45.45, Stephen Brear right behind Barry and only seconds adrift in 45.47. Another solid run from Paul Green in 47.43 as was Ana Hendrickson's run of 54.51. An injury free Alistair Whitaker back on form with 55.12, Yvonne Fox confirming her good early season form in 58.54, Lou Henderson just outside the hour in what I believe a new Personal Best time of 60.12. Mandy Connor getting her speed back after her Spring Marathon finished well in 61.29, Vanessa Smithson took almost six minutes off her PB set at Lincoln with a great time of 63.37 and Sarah Whatton also setting a quick time of 65.59.

Well it's the first time running on Easter Sunday, the weather was cooler than the day's before but still warmish up to 18c. 202 runners endured the heat though with a later start time of 11.5am, not far from Springfield's Exhibition Centre. It's difficult at first running from the caravan park on a gravel uneven trail as we head toward the road and onto the fens, though the outlook was stunning as we headed toward the half way mark and towards the water stop. We needed it earlier especially in the heat beating down on us, a different way back because with no wind behind us. There were plenty of people cheering at the start and more on route. Barry pushed me and I pushed him also as we headed to the finish and was pleased to finish again 2nd Club runner home as in the Lincoln 10k. Thanks to Spalding Tri Club, I'll be back for the West Pinchbeck 10k later in the year.

Thanks to Stephen Brear for his Report.

1st May ~ Langtoft 10k Langtoft near Market Deeping, Peterborough, Road.

Matt Blunden dropping down the distance after competing in the London Marathon a couple of weeks ago went on to win the race in a superb time of 32.12, Greg Southern finished in a commendable 17th place also in a quick time of 39.05. Barry Douce carrying

a few niggling injuries still recorded a decent time of 46.59, Lou Henderson 1.01.56 and Sarah Whatton 1.06.51 both ran strong races and clearly have more to come as the season progresses into the summer months.

1st May ~ Titchmarsh 10k Titchmarsh, Northamptonshire, Road.

On Sunday I took part in the Titchmarsh 10k on closed roads, the undulating course and warm weather made for a challenging race. I eventually crossed the line in 55 place out of 147 finishers and happy with a time of 48:54.

Thanks to Simon Lunn for his Report.

8th May ~ Eye 10k Eye, Peterborough, Road.

Host Club ~ Eye Community Runners.

John Lawlor was in fine form leading home our Club members competing in 19th place, on what was a warm breezy day with a great time of 37.58. Simon England also ran well finishing just outside 40 minutes in 40.18, Michelle Mason set a maiden 10k time of 1.01.36 after running two Half Marathons as her first ever races, with Mandy Connor following in Michelle in 1.04.19 completing our team running.

8th May ~ Leeds Half Marathon Leeds, Yorkshire, Road.

The day started quite humid after a heavy downpour the night before, but as the sun broke through the clouds, the forecasted light rain was not going to happen. The gathering point for the race was the Millennium Square, where Radio Aire pumped out music and organised a warm up, that in my opinion looked a bit too energetic! The organisers had asked for the Square to be cleared at 9am and all runners make their way to the nearby start, ready for the 9:30am start time. This seemed a bit excessive, as we were all stood around for the 30 mins, cooling down after the energetic warm up. The course turned out to be a hilly first half, including a 1.25 mile uphill at the 3 mile point and another long hill at the 5 mile point, but once got over a shorter hill at 7 miles it was all flat up to a small climb back to the Millennium Square. My race went to plan up to the 11 mile point, where I thought I was on for a sub 2:12 finish time, but unfortunately I "hit the wall" at this point and struggled. The official chip finishing time was 2:17:56 (2826th out of 3600+) The goodie bag included a nice t-shirt, that actually fits, a medal and usual leaflets. Overall it was a nice challenging course, if not very picturesque and despite coning off the side of the road from the traffic, some part got a bit narrow.

Thanks to Alistair Whitaker for his Report.

15th May ~ Bristol 10k South West England, Road.

Having lived in Bristol for all my early life I decided to join other family members in running the Bristol 10k. This event is in only in its 4th year but had over 11000 runners. It was very well organised with two starts one for the runners aiming to do under the hour and another 15 minutes later for those aiming over the hour. It was perfect conditions not too sunny and a bit of a breeze, a mainly flat course with just one hill as you go over a bridge. I was determined to run a good race and not go off too fast like normal so was keeping a close eye to my garmin and was pleased to be running very comfortably in a good time. Unfortunately by the 4th mile my niggling foot injury was beginning to play up and by the last k it was all I could to was to hobble over the line. A PB by 8 seconds in 55.41, but was gutted as was hoping for much better if not for the foot problem (unfortunately the following day and not being able to walk and a trip to casualty has resulted in a diagnosis of a stress fracture!). The goody bag was excellent a medal, technical t shirt, recovery bar and 3 bottles of lucazade, sweat bands and more. Despite the injury would love to do this one again and would recommend it to anyone just a shame its such a long way away.

Thanks to Debbie Sutton for her Report.

22nd May ~ Brathay Windermere Marathon Cumbria, Road.

John Lawlor travelled to the Lake District to compete in this marathon considered by many to be "the most scenic in the UK". The race follows an anti-clockwise route, taking runners through Hawkshead, Newby Bridge, Bowness-on-Windermere and Ambleside. John recorded an excellent time of 3.05.32.

22nd May ~ Edingburgh Marathon Edingburgh, Scotland, Road.

Lea Addelee made the journey north to Edingburgh to compete in his first ever Marathon. Though with Shaun Louth on the day for last minute words of encouragement but sadly not competing as an injury forced Shaun to pull out just weeks before the event, Lea however went on to record a maiden time for the distance of 5.57.26.

22nd May ~ Notts 10 Holme Pierrepont, Nottingham, Road.

Host Club ~ Notts AC.

350 or so people turned up to run the 40th anniversary Notts 10 mile road race. A very fast course was spoilt on the day with wind reaching 40mph. Matt Blunden finished 4th with an excellent time of 54:33. Andrew Pask having never actually done a 10 mile race before was guaranteed a PB finished with a satisfactory time of 73:18.

Thanks to Andrew Pask for his Report.

25th May ~ LWAC 5k Race Series Race 1 Yarborough Leisure Centre, Lincoln, Road.

Host Club ~ Lincoln Wellington AC.

There was a strong turn out from Sleaford Town runners at this much valued local event. Conditions were good for fast times with only a light breeze and the temperature around 16°C. Iain Bailey and Chris Fullerton were representing the club for the first time and performed impressively. Iain ran a well judged race to take the lead on the second of four laps and finish a comfortable winner in 16:22. Chris showed strongly to finish 5th overall not far behind in 16:50. Greg Southern ran an excellent PB of 17:53 to be 6th in the very competitive Vet category. Barry Douce overcame recent injury for a fine 21:29 and Angie Harvey showed how much she has come back to form with a time of 22:47. Mike Folland was the final club runner with 25:14.

Thanks to Mike Folland for his Report.

29th May ~ Woodland Half Marathon Bourne, Lincolnshire, Multi-Terrain.

Fat Feet organise this multiple lap half marathon in the lovely setting of Bourne Woods. First 2 laps are approximately 5 miles and roughly follow the route of the Bourne 5, which includes gravel paths, grassed paths and plenty of hills. The third laps takes a different route and included more rutted terrain, which due to the dry weather was very hard on the feet and includes what they called on the route map 'hill of hell' and it was! 150 finished including the 3 Sleaford Town Runners, who were pleased with their times considering the toughness of the course, Alistair Whitaker 2.17.00, Michelle Mason 2.22.38 and Mandy Connor 2.25.58. The Marshals were very supportive, but one disappointment was that despite putting down T-Shirt size on the entry form, there were none available. Making what is a very good race into a bit of an expensive race.

Thanks to Alistair Whitaker for his Report.

1st June ~ Ropsley 6 Ropsley, Grantham, Road.

Host Club ~ Ropsley Road Runners.

Iain Bailey followed up his win at the LWAC 5k series race 1 with another strong performance winning again in 32.35, Matt Blunden followed in Iain in second place with another quick time of 33.35, Andy Taylor finished 4th just under 35 min with 34.59. Greg Southern had a fine race finishing 8th in 35.40, Simon England 40.12 and Andrew Pask 41.29 both producing strong times, Angie Harvey continues to improve with 45.16, Barry Douce 46.08, Mike Folland 50.14, Gary Britnell 53.05 and Stephanie Atherton 56.22 all running well. Sarah Whatton showed good form with 1.00.44, as did Vanessa Smithson 1.02.25. Lisa Harmon down on her usual pace but grinded out the finish to her credit in 1.10.40 and completing our team across the finish.

5th June ~ Woodhall Spa 10k Woodhall Spa, Lincolnshire, Road.

Matt Blunden produced a storming run to finish 2nd in this highly competitive 10k race with a superb time of 31.53, Iain Bailey finished 6th with another strong run crossing the finish in 34.00, Chris Fullerton 35.34 finished comfortably inside the top 20 crossing the line in 14th. Andy Taylor 26th, 37.04 just ahead of Greg Southern 27th setting a new Personal Best time of 37.05, Simon England 40.08. Steven Peters 42.27, Andrew Pask I believe setting a new PB with 43.02, Barry Douce 46.09 and Stephen Brear 48.16 all producing solid times, Stanley Thornton 57.12, Yvonne Fox 58.46 and Lou Henderson 59.21 all home under the hour with Lou setting a new PB. Gemma Bush 1.06.27 with Kate Mason 1.09.50 abandoning her race to come to the aid of a runner who had collapsed, eventually crossing alongside Helen Marriage who like many Club members on the day set a new PB time of 1.09.26. Well done also Shannon Hendriks running in the 5k event and finishing her first ever race in Club colours.

12th June ~ Race for Life 5k Princess Royal Sports Arena, Boston, Road.

Approximately 1500 ladies gathered at the PRSA ready for the 11am start for this years Race for Life. The course is 3.73 miles, one of the Race for Life routes which doesn't measure 5k! The weather was sunny first thing in the morning but as we were all gathering before the race the clouds came along looking like rain along with the wind. We lined up with the 'Runners' and 'Walkers' flags ready for the starters horn - off we went. Going around the country side brought the head wind, making it hard work at times but the 1st girl back crossed the line in an fantastic time of just over 28 minutes. I was the first STR lady over the line in 8th place in a respectable time of 33 minutes 16 seconds. Vanessa Smithson was the second STR over the finish in an excellent time of 36 minutes 37 seconds. Gemma Bush was hot on the heels of Vanessa just as it started to spit with rain, Gemma was followed in by Ana Hendrickson. Luckily we were all finished and back to our cars in time for the downpour. Well done girls we all did really well!

Thanks to Yvonne (Foxy) Fox for her Report.

17th June ~ The Summer Solstice 10k Long Bennington, Lincolnshire, Road.
Host Club ~ Grantham Running Club

Simon England was delighted to be back under 40 minutes in this inaugural race finishing 11th in 39.14, Andrew Pask finished 27th setting a new personal best time of 42.03. Simon Lunn 46.53, Mike Folland 51.47, Lou Henderson 1.00.44 just over the hour, Carolyn Crocker pleased with her time of 1.04.27 as she was to be racing again, so to Julie Stapleton completing our team finishing in 1.08.12.

18th June ~ Glooston 10k nr Harborough, Leicestershire, Road.
Host Club ~ Roadhogs

Having decided to run my first 10k race in STR colours I picked this one as the date and time were convenient, I have since learned that a bit more research would have been a good investment of my time. I am now aware that all those little brown lines on the course map mean a steep hill and that Glooston is not connected to the rest of the UK by anything we would describe as a road. Arriving so late I had to collect my change from the "late entries" desk after the race I managed to pass the paramedics ambulance at 2k when it got stuck on a tight bend. You can imagine my disappointment of catching the backmarker of the runners who started on time only for her to pull out and leave me at the back again! As most runners are sadist they were enjoying the two lap course that gave us the chance to tackle the 120m Crossburrow hill twice even if the ambulance steered clear and opted out of the second lap with a reek of burning clutch. It was a well organised race and at £6 for advance entries one worth considering next year. I feel I earned my race mug and my gun time of 62:14 leaves plenty of scope for improvement.

Thanks to Caz Thomson for her Report.

18th June ~ Three Lakes Classic 15 Rother Valley Country Park, Killamarsh, Sheffield, Multi-Terrain.
Host Club ~ Killamarsh Kestrels Running Club

This is a classic race now competed over its original course of 2007 and it's a mystery why more runners do not take on the challenge of this well organised multi-terrain race. Alex Hetherington 2.13.53 and Angie Harvey 2.13.56 showing good form over the longer distance, Gary Britnell decided to run last minute and looked comfortable crossing the line in 2.21.52. Aune Turkson-Jones now establishing herself as distance runner with 2.37.29 with Alistair Whitaker just adrift of Aune and again running well with a time of 2.40.45.

25th June ~ Sleaford 10k Scredington, Lincolnshire, Road.

Matt Blunden produced his now familiar strong race to finish first in a time of 33.33, Iain Bailey chased Matt down also running well and finishing 2nd in 33.57. Greg Southern finished 5th crossing the finish in 38.12 with Simon England finishing 8th in 40.24. Paul Green finished in 47.11, leading in Stephen Brear 47.18, Barry Douce 47.25 and Dave Taylor 47.28. Angie Harvey ran with Alex Hetherington both finishing in 48.16, Gary Britnell 49.06 from Mike Folland 53.48, Alistair Whitaker was pleased with 54.44, as was Ana Hendrickson 55.09, Dean Barnshaw 58.31, Yvonne Fox 59.10 again under the hour. Stan Thornton just outside the hour but ran well in the heat crossing in 60.49, Jayne Macarthur 62.10 and Steph Atherton 62.12 both ran solid races. Lea Addlesee 71.07 ran a steady race with his Sister Tania who sprinted in just ahead of Lea in 70.49, Lisa Harmon although down on her times from last year showed she still has lost none of her strength and determination to finish in 72.47, with Paul Freemantle following across the line in 72.49.

26th June ~ Humber Bridge Half Marathon Hull, Yorkshire and the Humber, Road.

I'm pleased to be back and running with Paul Green in my 2nd Humber Bridge Half Marathon. The sun was shining with the temperature already at 19c at 8am when I met Paul at McDonalds for our energy food! We arrived at the famous Humber Bridge at 9.15am with a great turn out of 1556 runners from across the UK. The sun was now blazing down upon us with the temperature now up to 27-29c as we waited for the new start time of 10am to avoiding greater heat when it started at 11am. Despite the new start time the heat affected many runners who stopped and walked as they crossed the bridge, however Paul and me managed to carry on running albeit slowly although there was a slight cool breeze across the bridge. It was great to see more water stations as we needed them more than ever and yes I was stopped by a runner who found me on Runner's World and he said 'glad to be back!' We carried on running at a steadier pace though not like last year when it was cooler. There were some runners that needed medical help, so I hope they were ok in the end? Paul Green shot his way to a time of 1.57.14, Lionel Mason ran a remarkable time in the heat of 1.59.08, with my time of 2.08.20 some 5 minutes slower than last year. Thanks to Rotary of Humberside for a good event again, I'LL BE BACK NEXT YEAR!

Thanks to Stephen Brear for his Report.

29th June ~ LWAC 5k Race Series Race 2 Yarborough Leisure Centre, Lincoln, Road.

Host Club ~ Lincoln Wellington AC

Iain Bailey was first again finishing in 16.37 in race two of the four race series, John Siddens finished 2nd, 17.27 in the vet men's category. Simon England recorded 18.10 and Barry Douce 21.09. Angie Harvey finished 2nd in the vet ladies category across the line in 22.21 with Mike Folland completing our team in 24.53.

3rd July ~ Thurlby 10k Thurlby, near Bourne, Lincolnshire, Road.

Hot, Hot, Hot! Yes nice to be back again this time with Paul Green and his Family and of course Stan Thornton was among loads of runner's battling the heat and those damn black flies. We set off at 11am with that massive hill insight and then towards the fen where there was no breeze. Three water stations were needed to keep us going until we back at the Village and the finish. I was the first Town Runner to finish in 49.09, Paul Green 49.18 and coming up fast and looking comfortable Stan Thornton 62.01. WELL DONE and thank you to people of Bourne and the Club who organised a brilliant event.

Thanks to Stephen Brear for his Report.

10th July ~ Bushy 10k Peterborough, Road.

Host Club ~ Bushfield Joggers.

Stan Thornton ran another consistent race recording a time of 1.00.40.

10th July ~ Notfast 10k Newark, Nottinghamshire, Road.

Host Club ~ Notfast Running Club.

Greg Southern ran well despite not feeling 100% but still finishing in a quick 38.11, Michael Baxter 43.40 was pleased to be back racing after injury as was Steven (Ned) Kelly to be racing again with a time of 43.53. Angie Harvey just over 47 minutes with 47.04, David Taylor 47.40, Alexandra Hetherington 47.54, Gary Britnell 48.44 and Stephen Brear 48.57 all ran well. Alistair Whitaker oh so close to going under 55 minutes across in 55.01, Caz Thomson set a new Personal Best time of 59.30, Shannon Hendriks ran her first ever 10k recording a respectable maiden time of 69.07, Helen Marriage ran a determined run in hot conditions finishing in 73.53 with Paul Freemantle recording the same time of 73.53.

10th July ~ Spilsby Show 6 Spilsby, Lincolnshire, Road/Bridleway.

Simon England was pleased with his time of 39.15 for this 6 mile race.

17th July ~ Milton Keynes Half Marathon Stantonbury, Buckinghamshire, Road.

Iain Bailey recorded a superb time of 1.13.54 to finish 3rd overall.

17th July ~ Sherwood Pines 10k Sherwood Pines, Clipstone Forest, Nottinghamshire, Multi-Terrain.

We left home with grey skies and the forecast of rain, hoping that it would hold off until after the race had finished. Arrived at Sherwood Pines and it was still grey clouds rather cold and very busy with entrants. At 11.30 the race was underway. The course was trail through the forest. I had been told it was on paths but don't be fooled as paths to some people are actually farm like tracks with lots of rubble to watch out for! Paul Green was the first Club member over the finish line in a fantastic time of 48 mins 6 seconds closely followed by Speedy at 48 mins 15 seconds - well done guys! Ana Hendrickson was the first STR lady over the line in a magnificent time of 56 mins 19 seconds, well done Ana especially with it being your first trail run. Next in was foxy in just over the hour at 1hr 56 seconds and Vanessa Smithson came in just 1 hr 5 mins 46 secs a brilliant time Vanessa - well done ladies. Just a few minutes after the last two runners crossed the finish line the heavens opened up and we all dashed to the cars! I found the course tough going with having to watch the ground all of the time with the course being so uneven and rough under foot. Next year though we will be back and I am determined to get back under the hour!!!! (The times were from the course clock - all of our Garmins were slightly less)

Thanks to Yvonne (Foxy) Fox for her Report.

20th July ~ Woodys Toonie Trot 10k Woodland Waters, Ancaster, Lincolnshire, Multi-Terrain.

Host Club ~ Toonie Express Adventure Racing Club

Iain Bailey followed up his strong performance at Milton Keynes the previous Sunday with a quick time of 35.45 winning the race in the process. Andrew Pask was only just outside 45 minutes with 45.02, Stephen Kelly 45.12 just behind Andrew, Simon Lunn 49.05 was followed by Stephen Brear 49.09. Gary Britnell 50.00 just edged out Paul Green 50.11, Dean Barnshaw 55.51 and Dan Greenhalf 58.30 all ran solid times.

Well my first 10k which included multi-terrain and trail on my toughest course ever!!!! But it was fun with settings which I know ever so well at Ancaster & Sudbrook where I came from. This was a brilliant setting for a tough course with a comfortable evening with the temperature reaching 18c at the start which started at Woody's from 7.15pm. The race started early to avoid the railway to Sudbrook ever half hour (I think?). Anyway we made it and soon reached a tough hill towards Carlton Scroop which was very steep as we headed towards Ancaster Heath and down to the old Ancaster School. Along the sand pit turning left before making a dash to the finishing line as my nephew, sister and John Siddons were there to cheer us on. What a night, well done Toonie Express and the powerful Midnight Runner.

Thanks to Stephen Brear for his Report.

27th July ~ LWAC 5k Race Series Race 3 Yarborough Leisure Centre, Lincoln, Road.

Host Club ~ Lincoln Wellington AC

John Siddons finished an excellent 3rd in the Vet Men category in a time of 17.08 improving on his time from Race 2, Greg Southern also in the Vet Men category finished in 6th place and recording a new Personal Best time of 17.30. Barry Douce in the Senior Men category ran a solid time of 21.18, Angie Harvey recorded her best time of the series so far with 22.06 in the Vet Ladies category and Mike Folland in the Vet Men category also improved his time in the series to 24:44.

30th July ~ Heckington 10 Heckington, Lincolnshire, Road.

The 2 lap race from Heckington Show ground, through the village and onto the Fen Roads, relatively flat apart from a small climb on the bridge over the A17. The weather was relatively good for running which was a great relief compared to previous years. Matt Blunden won the event by 30 seconds with a time of 53.04, Greg Southern finished 13th in 61.49, John Lawlor 22nd in 66.29, Stephen Brear 78.23, Alistair Whitaker 93.40 and finally well below her predicted time, Lou Henderson in 98.54. 151 runners finished the 10 mile race. Big thanks also to Trevor Brown and Yvonne Fox for their support.

Thanks to Alistair Whitaker for his Report.

31st July ~ Jane Tomlinson's York 10k York, Yorkshire, Road.

I was a bit dubious about the weather as my sister and I made our way to the course in York, it was already 16 degrees at 8.30am and we were due to run at 9am! The course was a fairly flat one; however cobbles through some of the streets in York did play havoc underfoot. Although it was quite warm it didn't stop me doing a reasonable time of 1.00.19, 19 seconds from my goal of being an hour or under. I blame the people just stopping dead in front and having to swerve to avoid a collision..... All in a good cause and hope the Jane Tomlinson Appeal carries on with its good work for people with cancer.

Thanks to Michelle Mason for her Report.

14th August ~ Newark Half Marathon Newark, Nottinghamshire, Road.

With a forecast of heavy showers for the whole weekend those running the Newark Half Marathon were pleasantly surprised by the lovely sunny but not overpowering conditions they were greeted with and thankfully lasted for the duration of the race. 12 members of Sleaford Town Running Club ran the course that took them through the streets of Newark and then in to the surrounding areas of countryside before coming back in to Newark for the finish line in the Market Place. The course was mainly flat apart from a cheeky little hill just before 10 miles however this could be forgiven by the time you descended the lovely down hill back in to Newark around 12 miles. The team did brilliantly with our first runner Andrew Taylor crossing the finishing line at 1hr 20.20 close on his heels followed Greg Southern with a new PB of 1hr 22.44. Keith Boseley crossed at 1hr 46.38 and then with only seconds between them came Barry Douce, 1hr 49.10 and Speedy Brear with 1hr 49.57. David Taylor 1hr 50.59 and Paul Green 1hr 51.23 were the next two club runners making sub 2hrs. Dean Barnshaw crossed in 2hrs 08.28 and then Alistair Whitaker broke his course record crossing in 2hrs 12.51, Lou Henderson gained another PB crossing at 2hrs 19.05. Yvonne Fox completed her first half marathon with a fantastic time of 2hrs 20.38 and Stan Thornton was close by finishing on 2hrs 25.16. All 12 completed the course and supported those coming in after them, a brilliant day, a lovely run and a great club atmosphere! Well done to all!

Thanks to Lou Henderson for her Report.

21st Aug ~ Welbourn 10k Welbourn, Lincolnshire, Multi-Terrain.

Host Club ~ Toonie Express Adventure Racing Club

Well it's that time again to compete over the tough course organised by Toonie Express and the third running of Welbourn Castle 10k and my second time, though I was injured last year. It's always a good tough 10k to do either for training or competing in a cross country. Anyway the weather was comfortable with temperatures of 18c to 19c and a slight breeze. A brilliant 132 runners

were ready to go at 11am over the multi-terrain course including fields, gravel tracks, corn fields, mud, stiles and roads. We managed to struggle over the course Andy, Michael, David and me with some familiar runners who I know and maybe some new members? Andy Taylor finished 5th in 40.27, Michael Baxter 46.08, David Taylor 48.38 and I crossed in 50.37. Well done to Chris, Dave, Catherine and the rest of Toonie Express.

Thanks to Stephen Brear for his Report.

29th Aug ~ Grimsthorpe Castle 10k Grimsthorpe Castle Estate, Bourne, Lincolnshire, Multi-Terrain.

Barry Douce ran a decent time over this multi-terrain course finishing in 50.47, Stanley Thornton crossed in 1.00.54 with Caz Thomson 1.03.04 finishing just over the hour.

31st Aug ~ LWAC 5k Race Series Race 4 Yarborough Leisure Centre, Lincoln, Road.

Host Club ~ Lincoln Wellington AC

John Siddens finished 1st in the Vet Men's category in a series best time of 16.58 also winning the Vet Men's race series, Greg Southern finished 2nd behind John on the night in a new personal best time of 17.14 his best of the series and 5th overall in the Vet Men's race series. Simon England ran a series best time of 18.01 in the Senior Men's race, also in the senior men's category Barry Douce ran another consistent time of 21.23 completing in all four races of the series.

3rd September ~ Lincs Wolds Tough 10 Rothwell, Lincolnshire, Road.

Host Club ~ Wolds Veteran Runners Club.

Lincolnshire Wolds Tough 10 miler was run from The Blacksmith Arms pub in Rothwell on the 29th Sept. The sun was blazing, hardly a breeze and there were loads of stringy beanpole runners in club vests which was not boding well for a nice easy plod round the Wolds the day before a long run round Leadenham hills with the Chatty Girls, Angie and Alex. The race started right on time and it was straight off up a hill and at the top I was hoping for a nice flat bit to recover but you were straight into a down hill then into another hill and this carried on for the next 9.8 miles so there was very little time for recovery in between hills, although the views and countryside were really nice. Eventually there was a long down hill stretch that ended in a 0.2 mile run along the flat to the finish so you couldn't even have a rest there as everyone was cheering so you had to at least look like you were trying hard. After the race though there was a great BBQ and cool beer from the pub. This was a very good, friendly and well marshalled event that I would definitely do again and would recommend to anyone wishing to get out in the Wolds and have a good hard run. Also there was a long sleeve top with loads in every size. Great run. The winner completed the course in 57:10 with me hot on his heels in 1:30:42 coming 143rd out of 179. Very happy with the time considering that it was as the title says, The Tough 10.

Tough 10 route via Garmin: <http://connect.garmin.com/activity/111458883>

Thanks to Gary Britnell for his Report.

10th Sept ~ Lister Park 5k Time Trial Bradford, Yorkshire, Road.

My 6th Park run at Bradford, round the Lister Park course which is 3 laps of the park which includes a short, steep hill at the end of each lap. The weather was quite humid as the 74 runners set off. I had a different game plan than previous runs, which was push harder on the downhill and just nice and steady up the hill. Finished 45th a time of 27:26, a course personal best by 1 second, but every second counts!

Thanks to Alistair Whitaker for his Report.

11th Sept ~ Cumberland Ale 10 Cocker mouth, Cumbria, Road.

Host Club ~ Derwent AC

On 11th September on a blustery and very wet day I ran the Cumberland Ale 10, a 10 mile race organised by Derwent AC in Cocker mouth in Cumbria. The race starts and finishes at Jennings Brewery in Cocker mouth. The course is unsurprisingly quite hilly and I decided that having done very little training I would run without my watch. Despite being wet the race was very enjoyable, and I finished 45 out of a field of 62 with a time of 1:28:51.

Thanks to Simon Lunn for his Report.

11th Sept ~ East Coast Classic 10k Mablethorpe, Lincolnshire, Road.

Host Club ~ Mablethorpe Running Club

A warm day in blustery conditions saw Simon England finish in 10th place in a season's best time of 38.56, Paul Green finished in 48.26 with Stan Thornton across the line in 57.38.

11th Sept ~ Nottingham Full & Half Marathon Nottingham, Road.

New Club member Ian Swinscoe ran his first ever Half Marathon and recorded a respectable time of 2.11.06.

18th Sept ~ Ponton Plod Lincolnshire. 12, 17 & 27 mile Multi-Terrain.

In the 27 mile race Dave Taylor ran a superb race finishing 2nd overall in a time of 4.42. In the 17 mile race Greg Southern like Dave ran an excellent race finishing equal 1st with Tom Humphries of Gainsborough & Morton Striders in 2.08. Angie Harvey and Alex Hetherington finished together in equal 20th place alongside Richard Brumby of Notfast RC in 2.49, Gary Britnell just adrift in 23rd place with 2.50, 33rd was Mike Folland finishing in 3.15 with Dean Barnshaw completing our team in 35th place crossing the line in 3.19.

25th Sept ~ Saxilby 5k part of the West Lindsey Running Series, Saxilby, Lincolnshire, Road.

John Siddens finished in an excellent 6th place in 17.01, Shannon Baxter 34.01 and Helen Marriage 35.18 both pleased with their times having hit their pre-race targets.

25th Sept ~ West Pinchbeck 10k West Pinchbeck, Spalding, Lincolnshire, Road.

Host Club ~ Spalding Triathlon Club.

Greg Southern finished in 6th position with a new personal best time of 36.28, 21st was Simon England 39.49, Michael Baxter ran a new personal best time of 42.04, Barry Douce 49.08, Alistair Whitaker 55.27, Stan Thornton 59.28 and Vivienne Veasey just outside the hour in 1.00.23.

2nd October ~ Basingstoke Half Marathon Hampshire, Road.

Lou Henderson started her first Half Marathon in what was to be one of three Half Marathons she would attempt in consecutive weeks. Lou ran a respectable maiden time for the distance of 2.34.41.

2nd Oct ~ Cologne Marathon Germany, Road.

Mandy Connor had travelled to Germany to compete alongside thousands of fellow runners around Germany's fourth-largest city, completing another Marathon in 5.17.09.

2nd Oct ~ Mablethorpe Half & Full Marathon Mablethorpe, Lincolnshire Road.

In the Half Marathon Lea Addlesee ran a time of 2.36.39 in hot conditions with Barry Douce competing in his first Marathon recording a respectable maiden time of 4.12.24 despite the warm conditions.

2nd Oct ~ Sleaford & District Lions Club 10k RAF Cranwell, Lincolnshire, Multi-Terrain.

Andy Taylor won the first running of this multi-terrain event in 38.12 with Simon England crossing the finish in third place in a time of 39.48. Michael Baxter 43.16, Paul Green 49.11, Vivienne Veasey 1.06.52 and Shannon Baxter 1.16.02 all completed the race in unseasonably hot conditions.

9th Oct ~ Eden Project Marathon St. Austell, Cornwall, Multi-Terrain.

Supported by St. Austell Running Club

Stephen Brear joined thousands of fellow runners in the third running of this marathon. Stephen completed this stunning yet challenging course, taking in dramatic hills, Eden's Biomes and views of both Cornwall's coastlines in 5.11.39.

9th Oct ~ The Great Eastern Run Peterborough, Road.

10 members of Sleaford Town Running Club collected at the start of the Perkins Great Eastern Run on Sunday 9th October with over 3000 other runners. After the previous weekend had been unseasonably hot I think all were happy and relieved by the almost perfect running conditions of a dry day with a slight breeze around some of the course. As we lined up in the centre of Peterborough nerves set in for many of the runners, some using the event as their first half marathon, some as personal challenges for charities and some wanting to set personal best times and beat previous course times. Nerves were broken by the views of random fairies and cockroaches to name but a few of the fun runners costumes! The course took us through the streets of Peterborough and provided a nice flat and fast course with plenty of support from local residents, friends and family. Our results are fantastic with Greg Southern coming in first for the club in 1hr 17mins (PB). Paul Green was next to break the sub 2hr mark by coming over the line in 1hr 46. For the rest of us, we may not have made sub 2hrs but we all came in with fantastic times and all

within minutes of each other Ana Hendrickson (2hrs 3mins) Al Whitaker (2hrs 6mins) Yvonne 'Foxy' Fox (2hrs 13- PB) Sarah Whatton, Jayne McCarthur and Lou Henderson (PB) crossing the line all on 2hrs 18 with points of seconds separating them, Stanley Thornton crossed in 2hrs 19 and Vanessa Smithson crossed the line on 2hrs 32.. This was a fantastic race and all runners seem to have been inspired to sign up for other half marathons. A BIG congratulation to all who ran, a definite team day!

Thanks to Lou Henderson for her Report.

16th Oct ~ Abingdon Marathon Abingdon, Oxfordshire, Road.

John Lawlor ran the Abingdon Marathon which this year incorporated the British Masters Championships. On a flat course in near perfect conditions, John ran 2.55.58 finishing 43rd overall and winning the MV 55 British Masters title.

Thanks to John Lawlor for his Report.

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

Early alarm, banana and a slow walk up the road still trying to think up an excuse to get out of running Spires and Steeples. Paul the chauffeur for the day turned up and we all climbed in and set off for Lincoln. Getting to the Castle nice and early and still no chance of a twisted ankle or a twinged back..... Alex, Angie and Mike were straight into the coffee shop for a last minute bit of hydration. Angie had a last check of her necessities in her camelbak, which consisted of 5 gels, pack of jelly babies, tissues, plastic bag, phone, foil blanket, triangular bandage, neck brace, defibulator and spine board.....just in case there were any problems on the way. Paul was already eyeing up the bacon and egg sandwiches (he was planning on eating the calories as Angie was running them off so over the course of the marathon it would end up as a calorie neutral partnership). As the morning got lighter more runners were appearing. Just before the start there was John Siddens, Barry Douce, Speedy Brear (on course for his second marathon in 8 days!!), Alex, Angie, Mike Folland, Aune, Stan and me all stripped off and ready for the start (Aune and Stan had turned up with important looking dayglo vests and brushes to sweep up the runners at the back). The organiser said a few words and then handed over to the official starter who was saying welcome to everyone and was counting down from 10, 9, 8 and then suddenly Paul appeared with a camera saying 'come on all Sleaford Runners a quick photo' and we all lined up in the middle of the pack, Paul then shouted come on big smile everyone, just as the hooter went and loads of runners were trying to run past as Paul was taking the photo.....Timing is everything.

John Siddens went off like a rocket, swiftly followed by Speedy, with Barry and I starting off steadily with ringing in our ears, which we thought was the bells in the Cathedral but eventually figured out it was Alex and Angie who were straight into their 26 mile chattathon. After a few miles of road and tarmac track running everyone was getting into their stride, with the miles flying past. Soon we were past the first checkpoint and going strong, Barry was very comfortable and was taking it easy, even running backwards sometimes, I was hanging on to Barry, Alex and Angie. While Angie and Alex were now getting to 7 miles and had not stopped talking for a breath yet. Metheringham was about a mile away and Alex's phone was going mad, but she was not slowing down (her chatting) to answer it. Eventually Metheringham was in sight and Alex took a quick detour for a kiss and a cuddle from a shady character sat on the side of the road. It was then off for the hard second half with everyone not looking forward to the ploughed fields. Barry was going for it now and disappeared off into the distance, my ears were starting to hurt as well and so let Alex and Angie run off ahead as well. The second half was okay up until the run along the river Slea and the legs started to hurt, everyone was so glad that it had not rained. Eventually the Hub was in sight and Paul was there cheering everyone in after eating his body weight in bacon rolls.

This was a really good run and well worth doing, made easier by the great weather. Everyone finished the marathon happy with their times and some even stayed for a go on the beds of torture which were free and were meant to relax your aching muscles. Hope to see more from the club next year stepping up to the marathon.

Spires & Steeples route via Garmin: <http://connect.garmin.com/activity/122046328>

Thanks to Gary Britnell for his Report.

In the 26 mile distance John Siddens came through the field finishing 2nd in a superb time of 2.57, Alex Hetherington and Angie Harvey finished together in 4.03, Barry Douce running his second marathon in two weeks finished in 4.14, Gary Britnell 4.21, Mike Folland 4.30 followed in by Stephen Brear running his second marathon in a week crossing in 4.45. In the Half Marathon Andy Taylor produced a strong run winning the race in 1.25, Dean Barnshaw 2.08, Lou Henderson running her third half marathon in as many weeks was joined by Debbie Sutton, Ana Hendrickson and Yvonne Fox as they crossed together in 2.30.

23rd Oct ~ Gainsborough 5k part of the West Lindsey Running Series, Gainsborough, Lincolnshire, Road.

John Siddens followed up his 6th place at Saxibly by finishing 4th in a quicker time of 16:48 winning the M40 category, Shannon Baxter 34.29 and Helen Marriage running a quicker time than in the previous race in the series setting a new personal best time of 34.53.

30th Oct ~ The Poppy Run 5k Boston, Road.

New Club member Claire Brown ran in The Poppy Run a new national series of 5k runs which aims to raise funds and awareness for the Royal British Legion Poppy Appeal. Claire was delighted to finish as the 4th lady across the finish line in 32.02.

30th Oct ~ Worksop Half Marathon Worksop, Nottinghamshire, Road.
Host Club ~ Worksop Harriers AC.

Another Half Marathon entered with fellow Club member Paul Green and we were ready to tackle this great adventure run over a course with wet leaves, uneven roads and around scenic woods. This was our second trip to compete in the Worksop Half Marathon with 1934 fellow runners which was more than last year tackling this run, with the temperature not brilliant feeling like 14c with light rain and cloudy at 10am. Many runners kept forgetting the clock had gone back but with a jolly good warm up for 10 minutes we started spot on at 10.30 with crowds cheering us on as we ran past in a nice area to start at the market place, as I set off my endomondo from my iPhone. I was pleased with my pace and felt stronger than ever, though some runners didn't complete the race however it was very tricky over some of the ground. Yet again though SPEEDYBREAR is on the map with some runners recognising me from London and Grimsby. I finished in 1.51.00 with Paul Green just ahead of me in 1.46.53. Thank you to Worksop Harriers Athletic Club and the marshals, I'll be back again next Year?

Thanks to Stephen Brear for his Report.

6th November ~ Rutland Water Marathon Leicestershire, Oakham, Multi-Terrain.

The 2011 Rutland Water Marathon was an early 09:00 start. The sun was shining on a cold morning with little wind. Conditions were perfect. The first 6 miles provide the usual jostling for position and pass fairly quickly. Then on 6 miles you turn onto the peninsular section where the majority of the hills are and that's you until 19 miles. It was about this time that a niggling foot injury was causing me the most problems. At 21 miles there is a serious hill just to well and truly finish those calves off. Then your on the home stretch. At about 23 miles you start to hear the music being played at the finish which is a great morale booster. Being the only STR in the race Andrew Pask crossed the line in a reasonable 3:39:56. Next up has to be a flat marathon.

Thanks to Andy Pask for his Report.

12th Nov ~ Seagrave Wolds Challenge Seagrave, Leicestershire, Multi-Terrain.

Earlier in the year Angie and Alex AKA 'The Chatty Girls' talked me into doing Spires and Steeples and Seagrave Wolds runs. With Spires and Steeples out the way we were all keeping up the running in preparation for Seagrave. I entered and then suddenly the excuses from the Chatty Girls started coming, bad back, colds, lethargy, weather getting cold, can't run as nothing to chat about..... Then as the day got nearer they both swore blind that they were ever going to do it, arrrrghh that meant having to run for 16 miles in the country side listening to tweeting birds, mooing cows and neighing horses and not to the Chatty Girls going on and on and on and on. Things were suddenly looking up.

With Seagrave being a walkers and runners event it was an early start with a 8:45 briefing and 9:00 start, at the start you get a timing band and a map, although the route was so well marked you did not need the map at all, there were big signs and tape used at all junctions and along paths and marshals at all road crossings. There were also 3 water stations which were great as they all had water, jelly babies, mars bars and cakes (next year I might walk it and stuff my face at every water stop). As you can see from the Garmin Link below it is very hilly and seemed to be up hill for 16 miles although the scenery was great. The first couple of miles were very muddy and in places looked as if a farmer had been employed to drive up and down in a tractor, after that it was nearly all good tracks and edges of fields. There was only about 2 miles in total that were on road. With good weather and hardly a breeze it was a great run, with the winner doing it in 1:48:00 and Dave Taylor with his Collie Poppy hot on his heels in 2:22:50 in 90th place and me bringing up the rear for Sleaford Town Runners in 2:29:17 in 113th place, over 4 minutes quicker than last year. The best bit was at the end there was soup, rolls and apple crumble and custard (as much as you can eat!!!!) included in the entrance fee. A total of 470 runners and walkers entered the event which is one that is definitely going on the calendar for next year, so all you that do half marathons and are looking for a new challenge then this is definitely a good test.

Once I finished I let The Chatty Girls know and Angie said she had had a hard day as well doing, McDonalds, shopping, Starbucks, shopping and then more shopping all on Paul's wallet and then going home for a steak and a well earned trip to the pub on Paul's wallet again. Then Alex was spotted in Sainsbury's with a trolley piled high with wine, chocolate and crisps. So by the sounds of it they had had just as hard a day as Dave and me. See you all there next year

Seagrave Wolds Challenge route via Garmin: <http://connect.garmin.com/activity/128084746>

Thanks to Gary Britnell for his Report.

13th Nov ~ Market Rasen 10k part of the West Lindsey Running Series, Market Rasen, Lincolnshire, Multi-Terrain.

John Siddens finished 2nd in under 35 mins crossing the finish in 34.59, a superb second overall in the three race series and winning the male vet 40 category for the series. Michael Baxter ran a quick time of 41.04 over the multi-terrain course, Helen

Marriage who competed in all three races finished in 1.23.54 as did Shannon Baxter who also ran in all three races crossed in 1.25.13.

20th Nov ~ Leeds Abbey Dash Leeds, Yorkshire, Road.

Matt Blunden, John Siddens and Greg Southern made the journey north to compete in this 10k road race. Matt produced a strong run finishing in a quick time of 33.11, John who has had a very competitive year had an excellent run, born out with his time of 34.08, Greg like John has run superbly this year and lowered still his personal best time for the distance with 35.27.

20th Nov ~ Lincs X Country League Race 3 RAF Cranwell, Lincolnshire, Multi-Terrain.

Iain Bailey returning from injury looked comfortable as he finished 2nd in the U20/S/V Men 10000m race across the finish in 36.26, Mark Finley ran well finishing in 46.21, with Trevor Brown returning to competitive running after injury finishing in 53.24. In the U20/S/V Women 5000m race Vivienne Veasey was our sole entrant and despite feeling disappointed with her run produced a respectable run of 32.49.

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

Host Club ~ Riverside Runners St. Neots.

Barry Douce (watch free) was delighted with his time of 1.41.14, Stephen Brear was comfortably under 1.45 with 1.44.10, Mike Folland also ran well finishing in 1.53.16, Debbie Sutton continues to run strongly since returning from injury setting a new personal best time of 2.02.52. Alistair Whitaker ending the year on form as he crossed the finish in 2.07.24 and Sarah Whatton rounded off a great day's racing from our Club members in all races over the weekend, by matching Debbie in setting a new personal best time of 2.11.50.

27th Nov ~ The Hereward Relay Peterborough, Multi-Terrain.

Host Club ~ March AC.

On a bright but breezy morning the Sleaford Town Runners Dream team entered the Hereward Relay, a 38 mile relay running from Peterborough Town centre to Ely. The race was made easier by a good tail winding assisting all legs of the event. The team was Greg Southern, Matt Blunden, Iain Bailey and Andy Taylor. The race started from Peterborough Cathedral with the shortest of legs (6.5miles). Southern was first up and ran a solid leg of 37 minutes which put the team in seventh. Blunden was next up determined to stamp his class on the field. He quickly overhauled the leaders and by the 4 miles point he was leading, he then pushed on leaving the team with a 2 minute lead in a time of 57.41. The 3rd leg saw Iain Bailey who was returning from injury run the longest of the legs (11.4 miles). Bailey was back to his best and increased the teams lead to 7 minutes in a time of 1hr 3.17mins. This left Andy Taylor with the glory leg of 10.3 miles. He set a brisk starting pace and managed to maintain his position with ease seeing the team comes first with a 4 minute winning margin in a time of 1hr 2.32 minutes and a combined team time of 3hrs 40.30 minutes. This result surprised many of the other teams and highlighted the strength of Sleaford Town Runners.

Thanks to Greg Southern for his Report.

Town Runners 'C' team saw Paul Freemantle running the first 6.50 mile stage in 48.54, Alex Hetherington took up the baton for the second 10.50 stage completing it in 1.24.40. Angie Harvey set off on the slightly longer third 11.40 mile stage finishing in 1.31.21, leaving Simon Lunn to lead the team to the finish running the fourth 10.40 mile stage in 1.17.59. 'C' Team finished in an overall time of 5.02.54, 66th overall out of the 116 teams completing the Relay.

Well the competition to be in the official Sleaford Town Runners team Z for the Hereward Relay had been overwhelming this year but we had managed to whittle down the cream of the crop to 4 sicknotes that could not come up with a good enough excuse not to run. But with all good plans they always fall apart at the last moment and Glenn Smyth from Lincoln pulled a fast one at the last moment and could not make it, so it was down to the Famous Three to save Team Z. On the chilly clear morning we set off to Peterborough still undecided how we would get 3 runners round a course that had 4 legs. Dean had the idea of the lightest person should do 2 legs as they would have less weight to carry on the way round (he knew it wouldn't be him!). So on the scales we popped and I was the lightest ;-)) so was doing the first and last legs. At the start I said to Paul Freemantle that I would run round with him and he agreed. The horn went and the race was off, and like all mates Paul shot off like a hare leaving me for dust. I finished the first leg in 51:42 in 72nd position, handing over to Dean 'whistler' Barnshaw. It was not looking good from the start as Dean had forgotten his trusty hip flask and so had to have a plain coffee in McDonalds and not a half and half alcoholic one, so off he shot grunting and groaning and being sick 4 times before he found his stride. Luckily I managed to stay warm as Aune had thoughtfully parked the car 2 miles from the hand over. Off we set to the next handover point where we found the STR dream team already handed over and setting off. Dean came in in 1:36:53 in 101st place overall. Off set Aune on her leg and promptly fell over and rolled around on the ground, luckily Dean and me had already set off so she had to pick herself up and carry on covered in blood and bruises. At the last handover point Aune came in in 1:42:32 in 104th position, handing over to me for the last leg. I was off and overtaking people from the start, although they were people doing the whole thing and I was only just catching them and passing them. At the finish I came in in 1:28:43 in 104th position overall. It was a great day and we were very lucky to have a

following wind for most of the way and the weather was comparatively good compared to other years. Definitely one to do again next year, but with a full team. After the race Dean hung around and was the last out the bar after 8 pints and into Aune car. Off we set and within 10 minutes Deans needed a comfort stop and knew just the place, off the main road we drove for about 15 miles where we eventually we pulled over into 'Deans Lay By' a favourite spot of his. Once relieved off we set for home along the back roads to Sleaford.

Thanks to Gary Britnell for his Report.

4th December ~ Nene Valley 10 Mile Peterborough, Cambridgeshire, Road.

Host Club ~ Nene Valley Harriers.

Iain Bailey continues his return to form finishing in a fine 7th position in 55.59, John Siddens also continues his good form finishing in the top ten in 9th not far off Iain across the line in 56.36. Andy Taylor completed a strong team performance in 34th place finishing just over the hour in 1.01.37.

11th Dec ~ Bedford Half Marathon Wootton, Bedfordshire, Road.

Host Club ~ Bedford Harriers AC.

Four members of Sleaford Town Runners travelled down for the usual well-undulating race in the Bedford area. Many runners achieve near PBs on this course but it a hard race to pace with long drags up until mile 9 and then almost all down hill. The forecast rain kindly stayed away and the wind was only a bit of a pain in miles 8 and 9 with little shelter at the end of the final uphill. Andy Taylor put in his usual strong performance to come 61st in a large field with a time of 1:22:52. John Lawlor said he felt the course hard with the marathon still in his legs. That is no surprise at the pace he ran to achieve a fine time of 1:25:28 and win the VM55 category by four minutes. Mike Folland found the second half marathon in three weeks a bit much for the legs, and especially the mind, getting round in 1:54:56. Ian Swinscoe ran rather too strong a first half but was still pleased with his PB in 2:03:50. (More even pace will nail that 2 hour barrier Swinny!)

Thanks to Mike Folland for his Report.