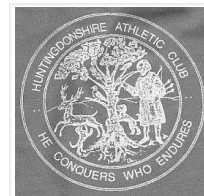


HUNTINGDONSHIRE ATHLETIC CLUB



ROAD RUNNERS NEWSLETTER

MARCH/APRIL 2008

Dear Runners,

Spring is definitely in the air. The nights are starting to draw out, and it won't be long before the clocks are due to go forward and we can think about our evening runs in daylight again - sheer bliss. It must surely be the best time of the year, with the anticipation of good things to come. Anyway, enough of the idealistic drivel, and on with the running stuff.

The usual race results are here, this time from January and February, of course. Don't forget that the new time trial has started on the first Tuesday of every month, followed by a meal at the centre - you have to put your name down on the menu the week before. It's already the third race of the series - that's a quarter of the way through.

A smaller than usual newsletter this time, due to a distinct shortage of material. That's a hint by the way. It's nice to see that the Running Profile has reappeared once again, as it is interesting to read about how others got involved with running, and what their experiences are - thanks Monique. Talking about experiences, Andy writes about his marathon last year in Beijing - that must have been some experience. There are details of this year's annual training weekend, and also a couple of photos from the cross country at Alton Towers, of all places.

That's it for now...

Keep on hobbling,

Keith Borkett

You can e-mail me at keithborkett@hotmail.com

In this issue:

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- 2008 Handicap 5
- Frostbite Friendly League
- Beijing Marathon
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- Running Profile
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COMPETITION RESULTS (Jan/Feb)

County Cross Country Championship - St Neots (Jan 6th)

A good turn out at this event saw a number of good performances from Hunts AC athletes

U20 Men/Senior Men/Masters

9 th	Dave Connell	36.25
22 nd	Mike Scott	38.42
39 th	Shane Hunt	41.19
43 rd	Ian Marshall	41.47
49 th	John Smith	43.08
56 th	Hanno Fischer	44.04
62 nd	James Clark	46.10
67 th	James Fullalove	47.51

(87 finishers; team finished 5th)

U20 Women/Senior Women/Masters

19 th	Siobhan Skinner	29.44
21 st	Katy Burgin	30.05
23 rd	Hilary McConville	30.42
25 th	Monique Le Roux	31.22

(Team finished 4th)

Folksworth 15 (Jan 20th)

Ten Hunts AC runners took part in good conditions for the Folksworth 15 this year. Whilst many runners completed this "training run" as part of their London Marathon preparation, for some it was their first race of this kind. Results:

46 th	Shane Hunt	1:42.39
61 st	Ian Marshall	1:44.07
68 th	Sean Barker	1:44.52 (PB)
126 th	Richard Heyes	1:52.50
190 th	Pete German	2:00.56
202 nd	Keith Borkett	2:01.43 (PB)
215 th	Clive Hawksford	2:03.22
289 th	Monique Le Roux	2:09.29
324 th	Carl Graham	2:14.21
344 th	Moira Burgham	2:16.30 (PB)

Southern Cross Country Champs (Jan 26th)

The South of England Cross Country Championships took place at Parliament Hill Fields, Hampstead Heath, London. To say the course was muddy was an understatement. Only those taking part can know how hard this was. Results:

Senior Men

107 th	David Connell	55.00
402 nd	Ian Marshall	64.06
451 st	Shane Hunt	65.35
458 th	John Smith	65.44
464 th	Andy Richardson	65.59
772 nd	Richard Williams	80.07

(832 finishers)

Stamford 30k (Feb 10th)

On a sunny day, 11 Hunts AC runners entered this race, many continuing their build up for a spring marathon. A total of 611 runners finished, although you will note that there were only 10 club finishers. Conditions were near perfect and many PB's were achieved, although for some, purely as it was their first experience at this distance.

38 th	Shane Hunt	2:03.21 (PB)
73 rd	Ian Marshall	2:09.06
110 th	Sean Barker	2:13.43 (PB)
210 th	Richard Heyes	2:23.16
249 th	Julia McIntosh	2:27.00 (PB)
285 th	Monique Le Roux	2:31.01 (PB)
302 nd	Pete German	2:32.52 (PB)
349 th	Nick Abbey	2:38.29 (PB)
369 th	Keith Borkett	2:41.00 (PB)
476 th	Moira Burgham	2:52.08 (PB)
Last (=)	John Smith	DNF

National X-Country Championships (Feb 23rd)

The club was represented at this year's National Cross Country Championships at what appeared to be a novel venue - Alton Towers - but which provided a classic cross country course - hilly, muddy, twisting and turning...tough! Over 3700 runners took part in the races overall.

Senior Men

467 th	Ian Marshall	41.25
698 th	Shane Hunt	44.42
722 nd	Andy Richardson	45.09
902 nd	Hanno Fischer	47.51

Senior Women

406 th	Monique Le Roux	37.30
427 th	Karen Cameron	38.31

Bury 20 (Feb 24th)

There were near perfect conditions for this ideal preparation race for the spring marathons. Five club members joined 400 other runners, to complete the undulating rural course in the Suffolk countryside. Note that the number of Hunts AC entrants matched that of the Hunts AC finishers, which was getting to be a bit of a novelty at one point.

23 rd	Ian Marshall	2:15.06
73 rd	John Smith	2:26.54
131 st	Richard Heyes	2:39.04
207 th	Nick Abbey	2:49.58
239 th	Keith Borkett	2:54.55

2007 HANDICAP 5

This is the first report from the 2008 series, and always a tricky one, as there have only been two races to date, so it's quite hard to interpret. Anyway, you had to have ran in both races to appear in the order of merit table below. Don't forget that it's the best 8 from 12 races this year, and that low points are good. So the tactics are to run as many races as possible - that way you can get rid of your worst scores towards the end of the series.

	Runner	Races	Points
1	Jackie Ashton	2	2
2	Nick Abbey	2	5
3	Paul Fullalove	2	13
4	Hugh Philips	2	19

FROSTBITE LEAGUE

In this newsletter we report on Races 4 and 5, with only the final race at BRJ to come - it will probably already have been held by the time you read this.

7 th Oct	Riverside Runners	St Neots
11th Nov	Bushfield Joggers	Peterborough
9th Dec	Bushfield Joggers	Peterborough

13th Jan	Ramsey Road Runners	Ramsey
3rd Feb	Bourne Town Harriers	Bourne
2 nd Mar	BRJ Running Club	Huntingdon

Frostbite League Race 4 (Ramsey)

The 4th Frostbite Race of the season saw our seniors finish in 3rd place again, to consolidate our overall 3rd place in the league. The times weren't available for this race I'm afraid.

9 th	Michael Smith
20 th	Ian Marshall
34 th	Mike Scott
40 th	Shane Hunt
58 th	John Smith
59 th	Sean Barker
68 th	Alan Rutledge
77 th	Hanno Fischer
100 th	Barry Wild
110 th	Julia McIntosh
119 th	Steve Wellman
134 th	Jackie Wren
211 th	Monique Le Roux
240 th	David Hetherington
256 th	Jo Coghill
290 th	Hilary McConville
343 rd	Sammy Skinner
367 th	Elaine Gray
369 th	Alison Durrant

Frostbite League Table after Race 4

	Club	Running Points	Pts
1	Riverside	1558	60
2	NVH	2451	53
3	Hunts AC	3179	50
4	Ely	3380	41
5	Werrington	3693	39
6	Bushfield	3927	37
7	C & C	3946	37
8	BRJ	3947	37
9	Bourne	4120	33
10	Ramsey	4662	22
11	Eye	4818	21
12	March	5157	20
13	PACTRAC	6676	14
14	Yaxley	6465	11
15	Thorney	8573	5

Frostbite League Race 5 (Bourne)

Despite a low turnout for the club in both Senior and Junior events, those taking

part put in excellent performances to maintain the position of both teams in the leagues overall. Our Seniors had only 15 runners but still managed a fantastic fourth place to retain third place overall.

Thanks to all our runners and their supporters

16 th	Michael Smith	29.51
37 th	Mike Scott	31.22
38 th	Ian Marshall	31.25
45 th	Shane Hunt	32.00
48 th	Andy Richardson	32.10
51 st	John Smith	32.19
92 nd	Hanno Fischer	34.17
121 st	Julia McIntosh	35.20
146 th	Jackie Wren	36.34
151 st	Alan Burgin	36.47
215 th	Monique Le Roux	39.51
251 st	Sammy Skinner	41.29
263 rd	Katy Burgin	42.19
286 th	Hilary McConville	43.44
362 nd	Sam Amos	59.26

Frostbite League Table after Race 5

	Club	Running Points	Pts
1	Riverside	2039	74
2	NVH	2828	68
3	Hunts AC	3988	62
4	Ely	4032	54
5	Werrington	4532	50
6	BRJ	4875	46
7	Bushfield	5004	44
8	Bourne	4967	43
9	C&C	5659	40
10	Ramsey	5705	30
11	Eye	6049	27
12	March	6397	25
13	Yaxley	7878	15
14	PACTRAC	9105	15
15	Thorney	10396	7

More details can be found on the Frostbite League's website:
www.frostbiteleague.org.uk

BEIJING MARATHON by Andy Richardson

As I recently travelled all the way to Beijing to run a marathon, I thought I owed our esteemed Newsletter a brief article on the trip.

Firstly, how did it come about? Basically, through a Dutch work and running colleague, with whom I ran in Chicago two years ago. Now back in The Netherlands, he alerted me to the trip being organised as part of our Firm's sponsorship of the Dutch Olympic team. I was allowed to tag along as an honorary Dutchman and it was too good an opportunity to miss.

The trip was short but very busy and the desire to squeeze in some sightseeing, sample local food etc meant that pre-race preparation was not what you would call 'text book'.

I travelled out on Wednesday, via Amsterdam, being catapulted forward in time seven hours to arrive in Beijing on Thursday morning; we headed for the hotel, dropped off bags, brief lunch, then off to Tiananmen Square and The Forbidden City before getting back to the hotel to rest.

Friday we were up and out early to travel to the Great Wall before returning to the city for a traditional foot massage (!), a couple of hours sat on a coach going nowhere in Beijing traffic, and on to a restaurant – I went for the Chinese.

Saturday saw us take a Tai Chi session in a secluded park, a favourite haunt of locals wanting to do such things. This was followed by a tour of the marathon course, passing by the new Olympic stadium, the 'Water Cube' (Olympic swimming venue) and the hockey, tennis and archery stadiums. Incidentally, a number of the Olympic venues have been constructed in the shape of the sport - the velodrome like a cycle helmet, shooting a rifle butt, swimming pool like waves etc.

Anyway, back to the trip. Sunday – marathon day. Up at just after 5am (not difficult as I woke up at 3am every day due to the effect of the time difference), check kit, breakfast, check kit, coach to the start, outside the National Stadium, in the Olympic Park, just over the road from the new Olympic Stadium.

Four races took place – marathon, half marathon, 10k and a 'fun-run'. Over 20,000 runners in all with 7,000 in the marathon. Basically, it was chaotic around the start area. Elite men had the comfort of their own start area and set off about 15 minutes ahead of the rest of us. There was also a separate start area at the front of the main field for 'students'. Then came the rest of us and it was everyone for themselves – no obvious orderly arrangement by time, just a crush as everyone seemed to want to be on the front line. It was the most dangerous start I have experienced; it would have been all too easy for someone to fall and be trampled. I forced my way in sufficiently close to the front but had to fight to hold my ground – great final prep for the race! At last, the gun went and off we went – a rapid start to find space and get into a rhythm as soon as I could.

The crowd of 'spectators' was interesting. For the first 10k it consisted of Olympic Park construction workers who had knocked off to take a look at what was going on plus soldiers stationed about every 300 metres, standing firmly to attention. In fact, the soldiers were present in this way for the whole course – with orders to make sure all runners stayed on the course and did not

drop out (maybe?).

Members of the Beijing public eventually appeared en route, though in no great numbers, gazing at the mass of runners in awe...or bemusement; either way, in respectful silence!

The course was flat for the most part and had a great finish on the track inside the National Stadium. The conditions were excellent – blue sky and sunshine but a fresh feel to the air. A haze hung over the city, perhaps supporting those concerns voiced about the difficulties athletes will face when competing at the Olympics next year. However, I did not experience any breathing problems at all. Having said that, the Olympics are in August and heat and humidity will create much more difficult conditions than I experienced. Is it too late to delay?

Certainly the race was good value for money in terms of reward at the end – a medal in a very nice case, a Nike technical T-shirt (Chinese large, meaning very small) and cap, and a towel. Also, copious drinks – water and sports, this being the Japanese 'Pocari Sweat' (great name for a drink – it did taste a bit salty). These were available of course both during the race and after, but the sports drink in the race was cunningly disguised in water cups so it was guesswork when reaching for a drink (and a quick taste was definitely recommended first if you intended pouring over your head).

A couple of further observations on the race. Chinese runners tend to be very young – I have not seen so many young runners in any race (and the top three women were all Chinese and under 20! And the second and third men were also Chinese, and were 20 – a few medals coming their way next year I think). The vast majority of runners were male – over 85% so quite different to European/US races. Also, for some reason Chinese runners like to be close to other runners....on four occasions during the race while in open space on wide roads I had a Chinese runner (not the same one each time) opting to run literally shoulder to shoulder with me – very friendly but a bit disconcerting – anyway, I suppose it helped me to push on at a quicker pace to escape their attention (or should that be affection?). Definitely worth the trip for the experience and with the bonus of a faster than expected time in the race.

Andy Richardson

ANNUAL TRAINING WEEKEND **(23RD - 26TH MAY 2008)**

RACES – 4 races in 4 days (for the more serious runners!)

There are races as follows:

- Friday evening, (4.45m road race) – 8pm
- Saturday (4.2m road & trail) – 3pm
- Sunday (5m road) – 10am
- Monday (4m road) – 10am

Details can be found at:

<http://www.runningwithdavid.com>

Follow the links to RUN DERBYS and then DERWENT VALLEY tour

HOTEL



Double rooms £ 37.50 B & B £
59.50 D, B & B
Twin rooms £ 49.50 B & B £ 59.50
D, B & B

A notice is on the board, or see Monique for details.

RUNNING PROFILE

by Monique Le Roux

I sat in the staffroom (where I work) only last week trying to explaining to others how exciting it would be to fly off to Tromso, Norway, on a Friday night, run a marathon in the midnight sun on the Saturday and fly back again on the Sunday so I could make it into work on the Monday. For some strange reason, they thought I was mad.

So I arrived at Hunts AC on the 11.9.01 – a memorable date for many reasons. I couldn't understand why the news was on before 6pm until I watched it after my first club run. I was too intent on catching the 554 bus to St Ives which would get me to the Outdoor Centre in time to meet Vera Doggins – some strange person who wouldn't stop talking on the phone when I enquired about becoming a member! Apparently someone called "Andy Richardson" whose number I had been given couldn't take calls as he had left to go to America..... My first few months were spent listening to many

experienced runners telling me km efforts on a Tuesday evening were the norm and NO-ONE was accepted for the London Marathon the first time they entered. As I had only been running since September 2001, I really did not expect to have to run a marathon within 6 months of joining. Thanks to many experienced runners from the club, I managed to continue being a member, succeed with the marathon and live to tell the tale, but that's another story.

Six years down the line, and I have so many memories of running they would take a whole newsletter to retell. And no Keith – that's not an offer! (*seems like an offer to me - Keith*) Various races over the years have kept the enthusiasm going – whether more challenging ones like the Windermere marathon, or the local frostbites which come around on a yearly basis. The many attempts to return to PB's, which for me has taken over 5 years (partly through injury and illness) are the usual incentive. Once you do "find your form" and get a better time than you were expecting, the incentive to keep going is there. Yet even when the times aren't so good, the desire just to complete a race (such as the Stamford 30k race or the Colworth marathon with its cross country experiences) seems to be an incentive. Sometimes it's just the fact that other HAC runners will be there – and taking part in things like the Round Norfolk Relay, the Christmas Cracker, or the Training Weekends away has always been good fun.

Of course there are the perks too. Had I not joined HAC, I would not have spent a fantastic week in Barbados running along the beach at 5am – and yes – somewhere there are photos to prove it! I would not have received a prize for being the 2nd Vet Lady in the Peterborough 5k series. Neither would I have supported some of the track 3000m races in Ilford or High Wycombe; memorable experiences in spite of being lapped on the track and as Diane Potter, a vet HAC member told me – it's when we wear our marathon tee-shirts! The Luton relay and Folksworth 15 races still continue to hold memories, as does the Hereward Relay (be warned of leg 4 if its rained the night before...). Even taking part in the South Eastern Cross Country Championships was memorable, as I wasn't the last in the field!

So although I still feel like a novice, I guess the one thing I have learnt is that I do have a passion for running. I am an eternal optimist and like to think that I can go on improving for at least another 10 years, and look to other club members who may find other challenges "later" in their running career, whom I may end up following.

As long as I can run – I will. So keep on hobbling as Keith would say!

Monique Le Roux

PHOTO GALLERY

Before and after from the National Cross Country Championships at Alton Towers. I'm not sure which picture is which mind. Can you tell?



