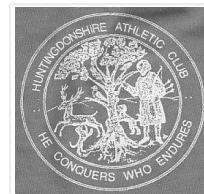


HUNTINGDONSHIRE ATHLETIC CLUB



ROAD RUNNERS NEWSLETTER

MAY/JUNE 2008

Dear Runners,

We are certainly into the silly (marathon) season, with London come and gone, and reports on the race are here from both inside and outside the barriers. There are also results and reports from a number of other marathons with Hunts AC participants, such as the Lochaber marathon, with the promise of more to come in the next few months.

The usual race results are here, this time from March and April, of course. The last Frostbite race has been completed for the season, and we came a very creditable third overall.

Ian has worked hard to set up the Road Runners Championship Series, and the rules and regulations are on the notice board, as well as being detailed here. Geoff Carpenter also describes a weekend in Belgium, where he was an honorary member of the RAF for a few days - oh, and he had to run a bit as well.

You'll note that I've gone a little bit overboard this month, with a fair spattering of *atta* awards, to make up for the lack of them in the last newsletter. However, in future I think that these prestigious awards should be made less frequently, so that the recipient will feel a real sense of pride and achievement, and that their value will remain in their rarity. After all, if the Olympics were held every month, then they wouldn't be very interesting would they?

Another slightly smaller newsletter this time, again due to a distinct shortage of material. That's another hint by the way, since the one in the last newsletter was obviously too subtle. I think that I'll have to make it more obvious in the future, like SEND SOME MATERIAL IN. I wonder if that will work.

It looks like Running Profile has shuffled off this mortal coil once more, and it would be nice if Run of the Mill would make the odd appearance - especially as Spring has sprung. So, start tickling those keyboards please, and then press the send button. Also, photos wouldn't go amiss either - they always add interest.

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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- Road Runners Championship Series
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COMPETITION RESULTS (Mar/Apr)

Milton Keynes Half (Mar 2nd)

Four Club runners took part in this pre-London marathon preparation event in a windy Milton Keynes. Well done to the following:

469 th	Peter German	1:40.31
671 st	Keith Borkett	1:45.31
1851 st	Elaine Gray	2:18.10
1863 rd	Susan Richardson	2:18.39

There were 2091 finishers.

Silverstone Half (Mar 9th)

The 3 Club runners taking part in this major pre-marathon half marathon event around the Silverstone racing circuit really put their foot (feet?) on the accelerator to burn up the track. In better than usual conditions - much less windy - John Smith set a PB, running 1:25.09 to finish 83rd out of more than 4,900 who lined up on the starting grid. Richard Heyes put in a fine performance, finishing in 358th, clocking 1:34.34. Finally, Keith Borkett recorded a time 4 minutes faster than in last week's MK half, taking the chequered flag in 1:41.05 for 757th position.

Oakley 20 (Mar 16th)

Nine Hunts AC runners faced drizzle, floods, gale-force winds (seemingly everything except the black plague) during the Oakley 20 road race. Results as follows (from a field of 684 finishers):

40 th	Shane Hunt	2:17.56
46 th	John Smith	2:19.04
77 th	Sean Barker	2:24.26
160 th	Richard Heyes	2:35.45
224 th	James Clark	2:42.37
252 nd	Monique Le Roux	2:45.10
260 th	Nick Abbey	2:46.41
273 rd	Pete German	2:47.35
343 rd	Keith Borkett	2:52.26

As usual, Keith came last amongst the Hunts AC runners, as John forgot himself, and accidentally finished the race.

Sandy 10 (Mar 30th)

by Jackie Wren

Three members of Hunts AC took part in the Sandy 10. This was the 25th anniversary of the event and attracted a fairly large field with over 400 finishers. The HQ for this race was the Sandy Sports Centre (Sandy Upper School) and the facilities here were great - lots of toilets for the ladies so minimum queuing which is always a bonus! The race start is a 10 minute walk/jog from the race HQ - so an enforced warm up for those of us who don't usually bother! The route runs out through the village of Everton and Gamlingay Heath and is very pleasant, traffic free and mainly flat - aside from the first 2 miles which are all uphill. The race was well marshalled (plenty of encouragement along the way) with the majority of marshals adorning some sort of fancy dress hat which was quite funny. The goody bag was great considering it was only £8.00 to enter and comprised a commemorative 25 year T-shirt (the race not the T-shirt!) and a bottle of beer (sadly no wine for the ladies), a winter beanie hat and the usual drink/energy bar.

During the early years of this race a local man, Paul Tomlin, with the help of Sandy Scouts, organised this race and individual runners raised thousands of pounds for charitable causes. In 1998 Biggleswade Athletic Club took over responsibility for this race and one of their main aims was to donate surplus funds from the event to deserving causes and charities. Over the last 9 years more than £7,500 pounds have been donated to local charities including Keech Cottage Children's Hospice, Children's Liver Disease Foundation, East Anglian Air Ambulance, McMillan Cancer and the NSPCC.

Overall definitely a race I will enter again - despite the hill at the start this race is

only 30 minutes from our doorstep and was well organised, with the added benefit that surplus funds are donated to charity. Only thing to note is it 10 MILES not 10 KILOMETRES - which is what I thought when I entered (Doh!). I rarely run more than that - so I was running on memory from the 10K point onwards!!

86 th	Jackie Wren	1:11.33 - 1 st LV45
90 th	Julia McIntosh	1:11.55 - 2 nd LV35
220 th	Keith Borkett	1:22.26 -!

Race report by Jackie Wren

Note that Keith finished in his customary Hunts AC position, but would still like to speak with the race reporter about the significance of the exclamation mark.

Belvoir Half (Mar 30th)

David Hetherington ran this in good weather conditions - cool but sunny over a mainly flat route with several slopes, but no hills. Timing was by chip, miles and half miles were marked. The organisation was excellent; they have done it 23 times previously. The facilities at the start were very good with only short queues and excellent refreshments. Most of the entries were local and Leics and Notts clubs, but there were several there from BRJ.

The goodie bag was a good quality shoe bag containing a banana, healthy biscuit, orange juice and a ball point pen. It is worth considering next year as part of marathon training.

Race report by David H.

Being a modest soul, David 'forgot' to put his finishing time and position in the race report. However, the beauty of the internet David is that we've found you out. Out of 572 finishers, David came home in 360th position in 1:50.19 - well done David, and I think an attaboy is deserved for that performance.

Bungay Black Dog Marathon and Half Marathon (Apr 6th)

On a very snowy and cold day on the Suffolk/Norfolk border, Richard Heyes took on the 2 lap challenge of the Bungay Black Dog Marathon - primarily a road race but with some very muddy, wet and slippery bits thrown in. Amazingly in the conditions, Richard ran a new PB! He recorded 3:34.37 for 60th position out of 197 finishers, and gets the second *attaboy* of this newsletter. Andy Richardson couldn't face two laps, running just the one lap half marathon, finishing in 1:26.27, for 22nd position out of 373 finishers.

Flora London Marathon (Apr 13th)

So the day finally dawned. Some individual perspectives later in the newsletter, but the official results showed that nine club members took part in one of the annual highlights on the British (or should I say World) Road Running calendar. Results as follows:

Shane Hunt	3:00.25 (PB)
Ian Marshall	3:13.30
Davina Lowe	3:25.19 (PB)
Jamie Heaford	3:41.47 (PB)
Nick Abbey	3:49.13 (PB)
Pete German	4:00.05 (PB)
Keith Borkett	4:15.12
Elaine Gray	5:04.56
Sue Richardson	5:07.46 (PB)

Look at all those PBs! Unfortunately, I can't start dishing out attaboy awards left, right and centre, as it would significantly diminish their value. Shane came close to getting an award (in fact, he was 26 seconds short, but hey ho), and Pete put in a strong bid but ended up 6 seconds outside the mark. Pete also made a strong second attempt with a swallow dive down the mall, but still fell(!) short. So well done Sue, who gets an attagirl for her first marathon. Oh alright then, Davina gets an attagirl as well, for breaking 3:30. I know that the rest of you will be bitterly disappointed not to get such an award after all the months of training, but the message is simple - RUN FASTER NEXT TIME. There - I feel better now.

Sheffield Half (Apr 27th)

Hunts AC was represented by one runner taking on this very challenging course. Recent member, James Windle, in only his second half marathon, recorded 1:26.19 to finish 172nd out of more than 5,000 starters. Well done James - and faster times to come!

Lochaber Marathon (Apr 27th)

Hunts AC had three finishers in this marathon which was somewhat more scenic than London (and also much further away!). We had four starters, but there are no prizes for guessing the non-finisher - you'll have to work it out from Paul's report later). Pride of place goes to Julia McIntosh for recording 3:30.22 to pick up second prize in her age category (FV40), finishing in 121st place overall. *I know that there's been 4 awards already, but Julia deserves an attagirl for that run.* Sean Barker finished seconds behind Julia in his first marathon, in 3:30.48 for 123rd, with Paul Rayner completing the trio also in a PB of 4:09.33, in 283rd position, being 11 minutes quicker than previously. *Sorry lads, what can I say - no awards this time. You chose the wrong newsletter to put such performances in.* Congratulations to all.

2008 HANDICAP 5

This report covers the races up to and including the April race. You had to have ran in at least two 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	Maggie Leonard	2	6
4	Dave Willis	2	10
5	Paul Raynor	2	12
	David Hetherington	2	12

FROSTBITE LEAGUE

Frostbite League Race 6 (BRJ)

The final Frostbite Friendly League race took place on March 2nd, with the club represented by 18 Seniors. The Senior field was 352 strong with the team finishing in 3rd place on the day to secure an excellent 3rd place in the league overall.

This represents a fantastic effort considering the numbers of runners actually representing the club. Well done and thank you to all our runners. Also, special thanks to our scorer/recorder throughout all the races, Sue Pomfret, and to our supporters.

18 th	Michael Smith	28.59
20 th	Ian Marshall	29.12
23 rd	Shane Hunt	29.26
33 rd	Mike Scott	30.15
41 st	John Smith	31.06
50 th	Sean Barker	31.24
59 th	Andy Richardson	31.50
82 nd	Hanno Fischer	32.54
114 th	James Clark	34.11
119 th	Julia McIntosh	34.27
126 th	Jackie Wren	34.55
198 th	Ryan Fenban	38.05
199 th	Monique Le Roux	38.07
215 th	Sammy Skinner	39.03
226 th	David Hetherington	39.32
245 th	Karen Cameron	40.40
252 nd	Katy Burgin	40.53
280 th	Hilary McConville	42.22

Frostbite League Final Table

	Club	Running Points	Pts
1	Riverside	2615	88
2	NVH	3354	83
3	Hunts AC	4676	75
4	Ely	4886	65
5	Werrington	5273	62
6	BRJ	5747	56
7	Bushfield	5975	53
8	Bourne	6195	47
9	C&C	6859	45
10	Ramsey	6790	38
11	Eye	7156	34
12	March	7545	31
13	Yaxley	9121	18
14	PACTRAC	12023	16
15	Thorney	12040	9

LOCHABER MARATHON by Paul Raynor

Four members of Hunts AC (John, Julia, Sean and myself) made the long journey north of the border to Fort William to run in the Lochaber Marathon. The journey North itself seemed to be a marathon on its own, and most of us were wondering what the weather was going to be like in this part of the world - the previous weekend had seen 60 mile an hour winds and driving rain. However the morning of the race dawned cool, clear and still, so after a light breakfast and a short walk to get the legs moving, we made our way to the race area. The race is out and back from the centre of Fort William around the Loch. After about 4½ miles you start to run out into the countryside which, as you can imagine for this part of Scotland is stunning - especially on the way back as Ben Nevis is the target. However, as the day was still (except for the last 2 miles when a cool breeze assisted in the cooling process) and warm, with temperatures around 18 degrees, many runners still found it harder than expected. Having said that, all the runners that finished got very good times. The next morning saw the slow, stiff journey home with the Glasgow traffic jam stiffening the legs and backs of those in the car. Thus ended a 1000-mile return journey for a marathon, which was a small, friendly and well-organised event that was in keeping with the whole area.

Paul Raynor

LONDON MARATHON from outside the barriers at 24.5 miles

by Peter Whitehead

5am. Alarm. With two friends we collect Alison and take A1 to London. Phoned Elaine on coach with BRJ on M11. Parked in friend's office car park in the City (free and very posh!) and walk from mile 23 to 24.5 mile point. Waterpoints ready, balloons, tape, barriers and the thin blue line along the road. Bacon butty and tea at Cafe in gardens near Embankment Tube. Meet old friends. Phone Glen (one of my sons) at the start... all ok with him. Junior races have started with wheelchairs. Take up position on barriers opposite Cleopatra's Needle. Crowds now arriving. Chat to Police. Cheering for youngsters in all their races. Hooters and horns. The Senior Wheelchairs charge by amazing speed and so close... tailgating. It could be anyone's race. Weather looks bad get some waterproof ponchos from the Shelter charity team. First Senior Women arrive in the rain ... leader looks strong. Lead motor bikes, cameras... huge noise from the crowd.

Helicopters overhead (to me this is the sound of the London Marathon), more motorbikes, another lead vehicle and the men arrive. Three together, stride for stride, all looks so smooth and easy running. Their time looks fantastic, will it be a new record? It will be a race to the line. Very loud with hooters, clappers and cheering. 1st UK runner with Baldini... BRJ P.Galpin goes by looking strong. We see Shane going for a good time.

The whole road is full of runners. Crowds are 4 deep behind us. Phone calls from relatives to get an update and texts with winning times. Pouring with rain again. Elvis is here! Many national shirts. MacMillan Nurses supporters cheering opposite us for all their runners. Matthew

Pinsent is a big bloke. Two runners in Borat thongs (class!). Man in a suit and tie. Spiderman. Scoobydoo. Batman and Batwoman. Looking for anyone we know. Man with metal spring legs ... it does not get much tougher than that. They pour past us ... many listening to music. Andy phones trying to find us on the Embankment. Glen arrives looking good and then Elaine is here to big cheers. Sorry we did not see more Hunts AC runners. Young lad waiting for his Mum asks if I will sound the hooter when she arrives.

Meet Glen in the Shelter marquee... looks tired but ok. Very happy. Phone one of Maggie's sons who gets all the finishing times for Hunts runners from internet ... amazing what chip technology can instantly give.

Meet a bloodied Pete German at Kings Cross ... he fell in the last 200 metres. Phoned Elaine on coach ... delay in leaving. We are home at 6.30pm to watch highlights on TV. Fantastic day ... a course record ... all friends and relatives completed the race. WELL DONE. Weather bad but who cares?

The question is: Which side of the barriers will you be on next year? Enjoy your Marathon running (or watching).

Pete W.

**LONDON MARATHON from
inside the barriers for 26.2 miles**
by Ian Marshall

This is how I got on in the London marathon on Sunday. I finished in 3:13.30, which is a personal worst, as my intended target was under 3 hours. The first half went to plan in 1:27, although I found it so difficult to get the pace right over the first 6 miles and felt I

went too fast. As I approached 15 miles my legs started to feel heavy, and I was losing my form. I had to work hard to keep the pace up, just wanting to get to 20 miles on schedule. I reached 20 in 1:15, leaving 45 minutes to run the final 10k, sounds easy doesn't it! (*Ian - no it doesn't*) By this point those important glycogen stores were nearly empty, and my calf muscles were hurting a lot - I was hitting the wall!

This was not in the plan, this was not meant to happen until the last mile, if at all! James Cracknel the rower passed me at 21, which really p****d me off (*I think Ian is trying to say that he was a tad disappointed*), along with some fellow running mates.

I was forced to both shuffle and walk the last 6 miles, averaging 9 minutes a mile. It was not nice, and I don't want to experience that again.

This year I thought that my training was spot on - following a 15 week plan, doing weekly core/conditioning work, meeting all the key targets. A month ago I felt I was hitting my peak, since then I've just tried to retain it. In the first 2 weeks of the 3 week taper I did cut down the mileage, but I didn't cut down the effort, and was running too fast during intervals and long runs!! This was the turning point, as the damage was done, and I couldn't reverse it in time!! I had this in the back of my mind before the race.

Anyway, the training has been good, I've have done some great races in the build up, like the Southern XC at Parliament Hill, and the National XC at Alton Towers, the Bury 20, and all the Frostbite races.

I am going to put marathon running on hold for a few years now, and come back to it later, perhaps in my mid-30's, would be ideal.

Now I have got Ironman training to deal with, ready for Switzerland on 13th July. What have I let myself in for!!!

Thanks for all your support, and your donations so far. I have raised over £500 to date, see www.ianmarshall.co.uk to make a donation.

Ian Marshall

Ian wrote this within a few days of completing the London Marathon, when the memories, and pain, were clearly quite fresh. Perhaps we'll come back to him in the next newsletter about his Ironman training and race, and also about him putting marathon running on hold until his mid-30's.

ROAD RUNNERS CHAMPIONSHIP SERIES 2008

Ian Marshall

Aims

- Encourage wide representation by club members to specific local races
- Encourage head to head racing between club members
- Give recognition for good age related performance over various distances

Series

Must run in a minimum of one race in each of the following three distance bands, plus another "self nominated" race. So that's a minimum of 4 races:

- 5k to 5 miles
- 10k to 10 miles
- Half marathon to marathon
- Any "self nominated race" that is certified. (5k to marathon)

5k to 5 miles

- [Peterborough 5k](#) - Ferry Meadows - Wed 4th June - 7.30pm start entry on the day
- [Peterborough 5k](#) - Werrington - Wed 30th July - 7.30pm start entry on the day
- [Thorney 5 mile](#) - 17th August entries can be made at www.thorney_running_club.members.beeb.net

10k to 10 miles

- [Abbey 10k](#) - Ramsey - 15th June - entries at www.ramseyroadrunners.org.uk
- [Bushy 10k](#) - Bushfield - 13th July - entries at www.bushfieldjoggers.co.uk
- [Fenland 10](#) - October 26th (tbc) - entries at www.fenlandrunners.org.uk

Half marathon to marathon

- [Great Eastern Half](#) - Peterborough 12th October - www.peterborough.gov.uk/page-5340
- [St Neots Riverside Half](#) - 16th November - www.riverside-runners.org.uk
- Any officially measured Marathon

Self nominated race

One other "self nominated race" that is certified (5k to Marathon)

Rules

- Any member of Hunts AC who enters the race under "Hunts AC" and wearing a club vest is automatically entered into the series.
- After each race all those running under Hunts AC will be automatically entered into the separate male and female tables. The official finishing times will be converted into an age-graded performance percentage using the WAVA/WMA Age-grading calculator (World Master Athletics).
- Runners date of birth will be required, as age on date of each race will be used for calculations.
- Winners will have the highest average age-graded percentage from the best results in each distance band plus the "self nominated" race.
- Awards for 1st, 2nd and 3rd male & female
- Times used will be official published gun times except where chip times are published. Chip times will be permissible. Self-timed races and non-certificated race distances will not be permissible.
- Self nominated races can be any race that is certified from 5k to marathon, completed between 1/12/07 and 16/11/08. This includes other races in the series.
- Emerging championship results will be kept up to date on the club website and awards will be handed out at the clubs presentation evening in November.

Ian Marshall

COME FLY WITH ME

by Geoff Carpenter

We all try to plan our training and racing, but sometimes the plan goes wrong, or there is no plan - what then? Read on dear readers and find out...

It was mid-September long ago (actually 1977) when I received a phone call from a fellow runner and sometimes training partner. "Hi Geoff, what are you doing next weekend? Nothing, good, then you can come to Belgium for a little race."

Let me now explain. Mike Hurd was an international road runner (I believe his marathon PB was around 2:15) and also the Captain of the RAF marathon squad. They had been invited to a marathon at

Nivelles but one of the squad was unable to go - hence my invitation. So the following weekend I travelled to Belgium as an honorary member of the RAF.

We were put up at a local hotel and on race morning, as the start was in the town square, we sat outside a café preparing ourselves. I had my usual mars bar and coke, much to the amusement of the squad (6 strong).

I can't remember much about the actual race. The weather was fine - calm and not too cold. The start was crazy, with two laps of the square, with all the local runners trying to sprint into the lead, before heading out into the countryside. I do remember a very long hill at about 8 miles and thinking "well there goes a fast time".

However, I was determined to avoid finishing last of the squad (despite the fact that they were all sub 2:25 runners) and after a very steady start I found that I was moving through the field enabling me to finish in front of three of the team, with a time of 2:33. This remains one of my fastest times - so much for their mocking my mars bar and coke.

After the race, at the presentation, all the prizes were displayed and runners could pick their choice when called up. I finished in 12th and when it was my turn I chose an ironing board - unusual but useful (although my fellow team members were not best pleased as it was a devil to cram into the minibus).

So ended a very enjoyable and satisfying weekend. I was grateful to Mike for inviting me and pleased that I did not let him down.

Geoff

PHOTO GALLERY

Some of the crew looking in tip top shape as they taper with just a few days left before the London Marathon.



