

Stourbridge Running Club November Newsletter

It Doe Arf 'Ert

November birthday wishes
to: -, Terry Cox, Paul Durnall,
Tim Gardner, Dave Haden, Jo
Hawley, Nicky Higgs,
Jonathon Jones, Pete Lucas,
Michael Postin, David
Sheppard, Donna Taylor.
Welcome back Joan Clarke
and Steve. Brown

The Club Christmas Disco is on
Friday 7th December at the
Football Club. Tickets Adults £5
Kids £3

Dear all.

Six members have taken up
the offer of become level 1
coaches.

The Club Website had 19000
hits in June

**JW Ultra
29th September 2007**

Matt Radon's worst fears were
realised at the recent
Birmingham Canal as his re
hashed team was completely
taken apart by the
turbo-charged super kid, Matty
Giles. A fuming Radon, whose own
squad had dropped out like flies
during the preceding few days
with various lame excuses, ran
manfully to haul back the

indefatigable Giles to just 2
minute sat the end of the final
leg of 3. Andy Davies set the
tone. Having discarded briefly his
home made favourite woolly
bobble hat, the tri-athlete
strong man put up brave
resistance on the opening leg but
was still eclipsed by 3
minutes by 'Super Kid.'
Worse was to come as this lead
was increased still further to
around 7 minutes by completion
of the second leg in part due to
Barry Green's inexplicable
failure to negotiate a low lying
canal bridge and, in the
process, narrowly avoiding partial
decapitation. Swathed in
bandages the valiant veteran still
battled on to a Raden by this
time apoplectic with
rage.

Well done again to Matty. Even
his closest rival Simon John
Destroyer Link had to admit that
his performance had
been'.....not too bad..... (Barry)

Congratulations to Matt Giles on
winning the inaugural JW Ultra
race in an impressive **03:08:10**

The JW Ultra is a 30-mile race
from Stratford to Birmingham
along the canal, taking in some
amazing feats of engineering
(how long was that aqueduct) and
beautiful countryside (oh and a
few locks: 51 so I am told).

Stourbridge managed to take the
field by storm with Joan Clarke
(welcome back by the way)
coming in at third lady in a time
of 04:51:00 and the lads walking
off with first relay team (just
behind Matt) with an overall time
of **03:10:14** and loving their
narrow boat trophies!

It was a fantastic turn out for
this race in memory of John
Ward with a commemorative vest
sporting the apt 'it comes from
within'.

It was great to see so many red
vests (six teams in the relay)
with the men's second team
coming in overall second place and
the ladies first all female team.

We are still awaiting split times
but the overall relay times are as
follows:

Andy Davies
Barry Green
Matt Raden
03:10:14 (1st Relay)

Andy Aston
James D
Dave Haden
03:19:59 (2nd Relay)

Siobhan Kavanagh
Louise Collins
Nikki Davies
03:57:28

David Shepherd
Derek Norton
Robert Hopkins
04:07:54

Helen Hopkins
Roslyn Elcock
Dawn Bishop
04:58:53

Julia Martin
Claire Stokes
Maureen Tranter
05:17:53

Great North Run 2007

Just to let you know Pete
Cash's result was: 1hr 57min
to complete race. He came
10211 - not bad for an old un.
He is raising money for Well
Child - a children's charity so
any donations from fellow
club members would be
welcome.

Badger Bite

Members were out on Sunday 7th October in the picturesque village of Badger, Shropshire. The Annual 4 mile race is set in lovely countryside and is totally off road. Don Goodman, Radio 5 football pundit and former Albion, Wolves and Walsall player got the race underway and ran after the 300 strong pack. He could not catch up with most however, The five strong Stourbridge team put on a good performance led home by Dave Rose 25.20 mins, Mike Anslow 26.34, Dave Sheppard 27.59, John Harris 40.05 and finally and very well done to Melanie Williams home in 43.40 her first race for a while, having taken time off for the birth of her daughter. All finishers received a special limited edition cartoon of a badger biting the backside of a male runner. "The bite was really in the last steep hill up to the finish." *Dave Sheppard*

A woman walked into the kitchen to find her husband stalking around with a fly swatter

"What are you doing?" She asked.

"Hunting Flies" He responded.

"Oh! Killing any?" She asked.

"Yep, 3 males, 2 females," he replied. Intrigued, she asked, "How can you tell them apart?" He responded, "3 were on a beer can, 2 were on the phone!"

Tim Gardner ran the **Malvern Beacon race, 7 miles, 1300ft** of ascent right over the top of the Malvern Hills. He came 31st out of 285 in time of 53.02," this is the 3rd time I have done this race & it does not get any easier".

Tim was also first of our band of travellers to cross the line at the **Amsterdam half marathon** timed at 1:25:07.

Nine Stourbridge members crossed the high seas to take part in Amsterdam's Half Marathon last weekend. It was a very busy weekend in the Netherlands capital with the Marathon, Half Marathon, 10k, 5k and children's fun race being held on the same day, which meant it was extremely busy and somewhat chaotic in places. The day was overcast and dull, with the threat of rain, (which at least held off until the evening), so it was near perfect conditions for running, meaning PB's were possible, (despite many of the team carrying niggling injuries). Tim Gardner did extremely well coming home first and finishing in just over 1:25, followed by Dave Sheppard (1:34-PB), Bob Hopkins (1:45), Ros Elcock (2.01), Derek Norton (2.04), Gerard Martin (2:12,) Maureen Tranter (2.15), Helen Hopkins (2.21-PB) and Julia Martin (2:21-PB). They were also joined by 'old member' Ray Blundell who finished in 2hrs dead!

The race itself isn't the most inspiring as it takes in a lot of the outskirts of the city which is industrial, but the last 5k of the race passes through the central part of the city, past the impressive Rijksmuseum and through the pretty Vondelpark ending in the Olympic Stadium - which was pretty cool and atmospheric. There were huge amounts of British runners taking from Aberdeen to Bournemouth, which was lovely to see and speak too. It was also great to see the Marathon finish with Kenyan, Emmanuel Mutai finishing in 2:06:29 just 9 seconds over the course record set by Haile Gebrselassie in 2005.

National Road Relays

A ten strong team (6 men and 4 ladies) took part in the first of the 2007 National Road Relays in Sutton Park. Always a big event with some very strong competition, but a good atmosphere (if a little daunting) and an excellent opportunity to run against some top class opponents. The results were as follows: Matt Raden (21.49), Andy Davies (21.42), Andy Aston (21.58), Jason Corns (22.09) Matt Giles (19.45) and Barry Green (22.22) The team finished in 78th Place. The ladies team finished in 70th Place: Joan Clarke (18.11), Dawn Bishop (20.23), Ingrid Cain (20.17) and Nikki Davies (18.31). Well done to all who took part!

Forthcoming Races in November

Sun Nov. 4 th	Wellington Shropshire	‘Wrekin Wrecker’
Sun Nov. 4 th	Stone	‘Flying Fox 10’
Sun Nov. 18 th	Baggeridge Country Park	‘Suicide Six(ish)’
Sun Nov. 18 th	Victoria Park Tipton	‘Tipton 5k’

Midland League Cross Country

Saturday saw the start of the Midland League Cross Country and the ever-delightful Sennleys Park. Not the most inviting of courses but always draws a good crowd (especially the water crossing). It is a great event with races starting for the U13's through to the seniors, and despite its size, it retains a friendly atmosphere: although also hugely competitive. The ladies' had a fantastic run coming home in 15th place just behind Amazing Feet, but ahead of Halesowen and Cobra. Just two laps of the course (6k) and thankfully only one crossing of the water, which managed to swallow Dawn as she bravely (and rashly) tried to jump it!! The leading team consisted of Louise Collins (28:35), Nikki Davies (29:20) and Dawn Bishop (32:19) with Ros Elcock (34:07), Ingrid Cain (39:46), Jackie Thomas (39:48) and Helen Keegan (42:17) also running. Especially well done to Helen back in her first race after the birth of Joe!

The men's start resembled a scene from Braveheart as a mass of marauding males hurtled across the field - scary to watch let alone be a part of! Their tough course consisted of three laps and who knows how many water crossings, but judging from the state they came back in: several! This year the guys are now in Division 2 so are competing against some very strong opposition. The leading team consisted of James Savage (34:39), Matt Raden (36:09), Andy Davies (37:33), Kevin Burke (37:49), Paul Durnell (38:45) and Jason Corns (38:58) coming home in 29th place with James Douglas (39:19), Andy Aston (39:20), Barry Green (39:26), Mark Higgs (39:47), Ian Price (43:04), David Sheppard (43:55), Richard Laming (50:07) and Mark Pearson (52:47) also running Well done all, roll on the next one!

Lizzy Spooner is injured at the moment. *“Get better soon”*

Roger Szygowski Publicity Officer Apologies for any mistakes or omissions. Don't forget to send me your thoughts comments good or bad on races/events you have entered, on: - rogerszygowski@blueyonder.co.uk or tel 01384 350425 P.S. A big thank you to Ros. Elcock For all your input.