

# Stourbridge Running Club March Newsletter

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**It Doe Arf 'Ert**

**Happy Birthday to:** - Andy Boardman, Jade Bradbourne, Ant Homer, Paul "Ive" Humphries, Richard Lamming, Lawrence Leeming Latham, Dawn Mallett, Ged. Martin, Christine Patton, Ian Price, Dave Rose, Vicky Swindells, Justine Ward and Jean Wilkes,

The SRC Presentation Evening is on 12th March, The draw for the Colin Baker Trophy & the Ladies Trophy will take place during the evening - There is a "post-box" for these slips on the club notice board. If you prefer you can forward your email nomination to Ian "Clarkey" or Ingrid Cain confidentially so they can include your choice. (The Colin Baker Trophy and Ladies Trophy is an annual award voted by other members of the club for the person who has contributed most to and for the running club over the last 12months.)

Finally, it would be really helpful for catering purposes if you can confirm your attendance.A.S.A.P. Any queries please call Ingrid on 07771 811405.

Club Captain Ian Clarke is currently under going treatment for Pneumonia up at Russell's Hall Hospital Ward 5. We wish him well and a speedy recovery

**At the last race of the Midlands Women's Cross Country League**, three girls competed for us. Joan Clarke was first home for us in 47<sup>th</sup> place (28:08) Nicki Davies came home in 61<sup>st</sup> position (29:42) Ros. Elcock finished in 87<sup>th</sup> position.

In the Birmingham Men's Cross Country League seven runners competed, the results were as follows: - 29<sup>th</sup> Matt. Giles (37:53), 35<sup>th</sup> Matt Raden (38:09), 55<sup>th</sup> Kevin Burke (40:08), 73<sup>rd</sup> Andy Aston (40:59), 80<sup>th</sup> James Douglas (41:32), 114<sup>th</sup> Jason Cornes (43:40) Richard Lamming brought the team home in 175<sup>th</sup> place. Overall we finished in 10<sup>th</sup> place. Well done everyone who competed.

**At the Women's National Cross Country Championship** Joan Clarke ran taking just 32:45 to compete the course finishing in 257<sup>th</sup> position.

The men's event saw Pete Walters first across the line for us 916<sup>th</sup> place (48:07) followed by Richard Lamming 1161<sup>st</sup> place (54:20) and Ian Clarke 1188<sup>th</sup> place (56:31)

**381 runners completed the Stagger.**

Tom Kennerdine (Kiddy & Stourport) finished first (1:02:41) Andrew Butler (Halesowen A. & C.C.) finished second 66 seconds later; James Johnstone (Bournville Harriers) was third. (1:04:25)

Michelle Ruston (Stone Masters Marathoners) was first lady home (1:17:52) Sarah Lloyd was second (1:19:33) Helen Parish (Amazing Feet) claimed third spot (1:20:26)

**A big thank you** to everyone who helped in the organisation and running of our very popular event.

**Wyre Forest 8**

1<sup>st</sup> 49:59 David Mansbridge

1<sup>st</sup> back for Stourbridge in 4<sup>th</sup> place 51:46 Simon Link

19<sup>th</sup> 57:41 David Rose

119<sup>th</sup> 68:56 Lawrence Leeming Latham

134<sup>th</sup> 70:30 Mike Anslow

181<sup>st</sup> 75:11 Greer Batty

284 Ran

**Angela Farley** was second lady in her age group (46:03) at **The Action Heart 5 mile run** Angela was first one of seven lady runners competing for the club they included, Jean Wilkes, Mel. Williams, Gaynor Eldon, Maureen Tranter, Sheila Jones and Claire Field.

Nine men competed in their Stourbridge vests, they were, in order, Jason Corns, David Rose, Peter Walters, Lawrence Leeming Latham, Mark Pearson, Ian Bayley, Derek Norton, John Harris and John Stevens. Well done all for braving the winds of Dudley.

### Siobhan has excelled on her travels

Llandudno 10k - Barry, Ian Price, Dave and I travelled to Llandudno for the 10k on 10<sup>th</sup> Feb. We travelled up on the Saturday so we could get plenty of rest (in the pub watching the rugby) before the race. The day of the race was a lovely cold Winter's day with blue skies and sunshine, other than around the Great Orme which was somewhere in the dense fog. It was a tough race, you climb around the Great Orme up to 5km and then there are two lovely kilometres of downhill from 5 to 7km, then mainly flat with a little climb just after 8km and you finish your last km along the promenade. Barry was first back for the club in 39m 28s, Ian Price was next at 41m 02s and Dave ran round with me, dragging me to a finish of 50m23 sec, knocking 5 ½ mins off last years' time so I was very pleased with that although I still didn't break the elusive 50mins - ah well, on to the next one...

Bourton on the Water 10k - Dave and I did the Bourton on the Water 10k last Sunday, 24<sup>th</sup> Feb, we were first (and only) male and female back for the club. Dave ran round with me to help me in my attempt to finally break 50mins. It's a very fast course, mainly flat with a couple of very gradual climbs which helped as I was ill all the way round. Dave wouldn't let me wear a watch so I hadn't a clue what my time was until we crossed the finish line and, yes, I finally broke 50mins for a 10k finishing in 48min 42s, knocking nearly 3 minutes off last year's time so went home feeling exhausted but very pleased! Siobhán

### Tony Warner tells us of his run up at the Wrexham ½ Marathon

...".Wrexham is a flat a course as you could wish, the morning was cool and dry with no wind the results reflected the conditions. Si Link was nearing his p.b. a mere 23 secs away, he finished 5th in 74.20 , I was 60th ably paced by Matt Raden to which I owe my thanks, my time was 81.19 , over a 2 1/2 minute improvement, there is life in the old dog yet. James Douglas was 82.54, Dave Rose 84.01, Peter Walters 88.39, Mark Higgs 90.16." Tony Warner

### Forth Coming Races in March

March 1 <sup>st</sup>	Church Stretton	Cardington Mill Canter Fell Race
9 <sup>th</sup>	Milford Common	Milford 21
9 <sup>th</sup>	Telford	Ironbridge Half Marathon
9 <sup>th</sup>	Bewdley	Hearts First Wyre Forest 5k
9 <sup>th</sup>	Stourport	"Treat" M.T. 8
9 <sup>th</sup>	Stafford	Stafford 20
15 <sup>th</sup>	Rhayader	Rhayader Around The Lakes 20
16 <sup>th</sup>	Stafford	Stafford Half Marathon
29 <sup>th</sup>	Banbury	BMAF Open X.C. Championship
30 <sup>th</sup>	Perton	March Hair Raiser

Roger Szygowski Publicity Officer

Apologies for any mistakes and omissions.

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