



# Newsletter

November 2014 to January 2015



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## Christmas meal

On the 23<sup>rd</sup> December we had our Christmas meal at the Castle & Ball, a very festive and jolly time was had by all.

Not only was Christmas on the agenda, but there was the club championship results, Hall of Fame and a special award

Congratulations (and a bottle of Champagne, each) to Jane Watkins and Graham Townsend as the 2014 female and male club champions.



Congratulations to Phil Griffiths as he entered the Hall of Fame for his many years service to contributing to the running of our club.

Phil has held the Chairman position and secretary position on the committee, been race director for the Avebury 8 and the Marlborough Downs Challenge, and is always present and supporting the events we organise





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We normally save the 'special' awards for the AGM in June, but an opportunity occurred which couldn't wait until June.

Stuart G was awarded 'Half' a Ridgeway Challenge T shirt.

Stuart took part in the event back in August but unfortunately had to drop out at Goring after 'only' completing 43 miles! (He has completed the event twice before)



## Events coming up

### Marlborough Downs Challenge

The date for the MDC is fixed for the 10<sup>th</sup> May. We have both the 20 & 33 mile races. Please note the date and keep it free, we will need your help to stage another successful event.

### Ridgeway Relay

The date for the RR is fixed for the 5<sup>th</sup> July. A change from previous years, as it is not Fathers day. Again please keep the date free as we need to man the checkpoints and enter hopefully two teams.



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## Latest race results

Even though winter has been taking hold there have been lots of members taking part in events with a scattering of PBs, even for some of the old boys

| Date           | Event  | Name  | Time  | Position  |
|----------------|--|---|---|---|
| 18 Jan         | Corsham Park Challenge 6M                            | Jane Watkins  | 51:55   | 112 out of 203  |
| 11 Jan         | Rough n Tumble                                       | Stuart Gregory<br>Dominique Oughton<br>John Blunden<br>Hen Mackinnon<br>Andy Richardson<br>Karina Hourd<br>Teshar Fitzpatrick | 1:23:40<br>1:31:41<br>1:32:55<br>1:34:18<br>1:35:40<br>1:38:59<br>1:45:43 | 51 out of 527<br>113<br>121<br>134<br>151<br>184<br>263 |
| 21 December    | Portsmouth Waterside Marathon                        | Jane Watkins  | 4:29:00   | 777 out of 1257   |
| 7 December     | Full Monty Cute                                      | Graham Townsend<br>Jane Watkins<br>Ted Townsend<br>Hilary Kennedy<br>Gin Wardell  | 1:29:25<br>1:50:32<br>1:58:53<br>2:42:38<br>2:42:39                       | 32 out of 240<br>121<br>159<br>237<br>238               |
| 6 December     | Endurancelife Coastal Trail Series 10K               | Maisie Gregory  | 1:09:32   | 73 out of 229 (1st FU20)                                |
| 6 December     | Endurancelife Coastal Trail Series Dorset 16.3 Miles | Nick Awbery<br>Andy Dunn<br>Stuart Gregory  | 2:29:07<br>2:33:52<br>2:44:08   | 13 out of 380 (2nd MV40)<br>19<br>32 (2nd MV50)         |
| 6 December     | Swindon Park Run                                     | Phil Griffiths  | 23:28 (PB)  | 71 out of 305   |
| 29 November    | Swindon Park Run                                     | Graham Townsend   | 19:55   | 13 out of 349   |
| 12-16 November | 5 Marathons in 5 Days                                | Neil Wheeler  | 33:39   | 16 out of 22  |
| 15 November    | Swindon Park Run                                     | Simon Boast   | 21:38 (PB)  | 31 out of 379   |
| 15 November    | Southwick Park Run                                   | Graham Townsend   | 20:23   | 6 out of 219  |
| 9 November     | Nice-Cannes Marathon Relay 2x13.1                    | Stuart & Maisie   | 3:23:37   | 136 out of 1114<br>36 out of 443 mixed sex category     |
| 4 November     | Stranraer 10K  | Pete Horsell  | 45:02   | 36 out of 161   |
| 2 November     | Over the Hills 12K                                   | Graham Townsend<br>Andy Richardson<br>Dan Dinsey<br>Alison Meredith<br>Simon Boast<br>James Blanchard                         | 56:08<br>60:48<br>63:44<br>63:52<br>67:47<br>72:24                        | 57 out of 327<br>102<br>136<br>141<br>181<br>222        |
| 1 November     | Newbury Park Run                                     | Andy Dunn   | 18:32 (PB)  | 5th out of 383  |



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For the first event of the year, the Rough N Tumble there was a very respectable turn out to brave the cold and windy conditions



When your run is done let Stuart G know and he will upload your results onto the website  
Contact Stuart at: [s.v.gregory@btinternet.com](mailto:s.v.gregory@btinternet.com)

To see all the race results visit the website: <http://www.marlboroughrunningclub.co.uk/results.shtm>



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## **Club Championship 2015**

The 2015 club championship is up and running under new ownership. Firstly many thanks to Henry, who rejuvenated it after several years in the wilderness, and maintained it for two years. Now Jane Watkins has offered to take on the mantle and has already sent out communication with all the details.

So if you want to be part of it and go for the prestige of being female or male club champion and have your name engraved for eternity on the trophy, not to mention the £50 voucher for each of the winners, let Jane know your age as of 1<sup>st</sup> January 2015, and when you have completed an event let her know your result, INCLUDING THE WINNER'S TIME OF THAT RACE.

[jane.a.watkins@gmail.com](mailto:jane.a.watkins@gmail.com)

## **The committee is:**

- Chairman: Simon Boast: [simon.boast@gmail.com](mailto:simon.boast@gmail.com)
- Secretary: Phil Griffiths. [email@phil-griffiths.com](mailto:email@phil-griffiths.com)
- Treasurer: Richard Sharland: [richard@iansharland.co.uk](mailto:richard@iansharland.co.uk)
- Committee member : Mark Sturgess: [mark080371@hotmail.com](mailto:mark080371@hotmail.com)
- Committee member Sarah Hardwick: [sarah.hardwick@inbox.com](mailto:sarah.hardwick@inbox.com)
- Committee member Henry Fry: [henryfry@ymail.com](mailto:henryfry@ymail.com)
- Committee member Angus Taylor: [anguswtaylor@hotmail.com](mailto:anguswtaylor@hotmail.com)
  
- Membership secretary :Alan Joslin: [alan.joslin@gmail.com](mailto:alan.joslin@gmail.com)
- Our website is: <http://www.marlboroughrunningclub.co.uk/index.shtm>
- Facebook: <https://www.facebook.com/groups/205404446257322/>

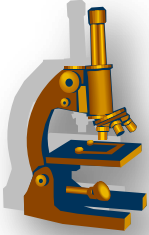


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## Runner under the Microscope



Each newsletter we put a member under the Microscope to see what makes them tick. This month it is 2014 female club champion, Jane Watkins.



### **MRC: What can you remember about your first running event / experience?**

*Having watched the London Marathon many years ago whilst nursing a hangover I decided that I would have a go, so went for my very first run the next weekend and managed all of 400 yds before nearly dying and thinking how on earth do I run 26 miles!  
Answer – much more slowly than sprinting 400 yds!*

### **MRC: Where were you born?**

*Kingston upon Thames*

### **MRC: Do you have any pre run / race superstitions? If so what?**

*Nothing specific though I do like to arrive at a race with time to spare.*

### **MRC: Where did you go to school?**

*Tiffin Girls' School, Kingston upon Thames - a very traditional girls grammar school*

### **MRC: What is your favourite / best event you have taken part in?**

*That's tricky so many to choose from but the Medoc Marathon is in my top 5 – 26 miles in the sunshine through some of France's finest vineyards with 21 wine tasting stops, food tasting, music & dancing, all in fancy dress - basically a weekend party with a bit of running thrown in. Also in the top 5 are the Lacock relays on a sunny summer evening, they are friendly and informal.*

### **MRC: What is your favourite cartoon character?**

*Can't say I have one.*

### **MRC: What do you think about on a long run?**

*It depends – on a beautiful day just enjoy the scenery, we live in such a glorious part of the world. When I worked I would draft that perfect repost that you never then send but you feel oh so much better for dumping those thoughts.*

### **MRC: What is your running shoe of choice?**

*Inov-8 for road , trail, deepest mud.*

### **MRC: If I didn't run I would.....**

*....drive everyone around me mad so they would make me do something to get me outdoors, walk ,climb even dig out the mountain bike.*

### **MRC: What can't you run without?**

*My shoes but that's not true as it is nice to run on the beach barefoot.*

### **MRC: Have you ever DNF?**

*Yes - Saunders Mountain Marathon a few years ago – virtually zero visibility we couldn't find some of the controls, were timed out at the end of day one, so we had to retire. Then last year in the White Horse half marathon I became dizzy midway and had no choice but to stop and get a lift back – trying to avoid any more DNF*

### **MRC: Have you ever run in a costume?**

*Yes- Back to the Medoc Marathon where fancy dress is all but compulsory – As a group we been dressed as : Prisoners each carrying a ball and chain, Morris Dancers – the bells drove us mad Tarzans (5 of them) and me - "Jane ", and a Pack of Cards. Making the costumes was as much fun as wearing them.*



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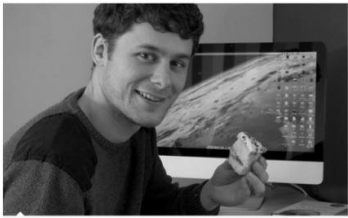


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Meet the team



**Dan Dinsey**  
GRAPHIC DESIGNER  
Layers of experience in design for print, a filling of brand identity skills and a creative curt topping of a Graphic Design degree.



**Jon Richards**  
GRAPHIC DESIGNER  
A light blend of design and video skills with a hint of marketing, topped with a degree in New Media.