



IVANHOE RUNNER'S WORLD

SPRING EDITION
APRIL 2014

Also featuring:

Updates from Captains Martin and Laura

LRRL race closures:
Leicestershire 2020 Vision Network Coordinator John Skevington explains the background

Derby Runner XC final placings & LRRL latest news

2014 race fixtures

Ian Watson's news from France

Ivanhoe rock Brighton

The awesome ALDI Ashby 20

Marathon season is here again!

Spring has sprung, the clocks have gone forward and Creme Eggs are back in the shops. This can only mean one thing: marathon fever is back upon us. In this edition we feature the Ivanhoe "Runners and Riders" for this years Virgin Money London Marathon ready for you to place your bets in the annual sweepstake. More details at the Marathon Cake and Kit social on 11th April. Tempted to hang up your running shoes after getting that marathon medal? Coach Andy Hough gives his top tips on training after the big event is over. Members focus for this edition turns the spotlight on some of the 2013 awards winners: men's Grand Prix winner and club stalwart Andy Jeyes and the two winning newcomers Becca Hallam and Nick Rowles. There's even a mini photo quiz for you to enjoy thanks to Ironman Rawlings..... Finally we'll also hear from our Chairman Kev who on top of his usual report offers up a very brave, frank and honest confessional.....Kev you are an example to us all!



Thanks again to everyone who has contributed to the latest edition of Ivanhoe Runner's World.

Please keep your ideas, comments, criticism, articles and photos coming to:
rhgreen@doctors.org.uk

Thanks, Ruth



Chairman Kev's Report

It's been a very busy time for the Club since the last newsletter, and one that has stirred different emotions for me. Firstly, immense pride as we, as a club under race director Barry Alldread and team, put on yet another massively successful Ashby 20. Before the start I was chatting to Peter Osborne, who was observing the race on behalf of UKA. I knew we were in good shape when he said that if any new races come to him for advice, he tells them to go and watch the Ashby 20 to see how a well organised race is put together. That comment, together with the great runner feedback, says we got it right again - despite A42 closures, car accidents on the course, phantom runners hit by cars, two loose dogs, unseasonably warm weather... So, a massive thanks from me, the Committee and the Ashby 20 committee for all your help.

Contrast that with the Stilton 7 (ish) LRRRL race where, despite a male membership of 70 or so, we could only muster six men, and one of them a cripple with one knee (aka your chairman). I know it is a tricky time of year with Spring marathons on top of the normal family commitments, but come on chaps! Unfortunately for a men's team we need eight able bodied men, whilst the ladies did brilliantly by fielding 2 full four women teams plus: well done. We even pay the race entry for these closed races so it's all free!

On the subject of marathons, best wishes and good luck to all doing spring marathons - we have Brighton, Manchester and of course London looming. Judith and I will be in the capital on the 13th so will be looking for pale blue vests to cheer on. Enjoy your day and I hope you achieve your goals. Start steady, hydrate well, run negative splits. Boom.

LONDON MARATHON CAKE AND KIT NIGHT

**Friday 11th April Hood Park
Bar after the run (8.30pm-ish)**

Including VMLM Sweepstake

SKITTLES SOCIAL EVENING

Friday 23rd May 7pm

**Burton Bridge Inn, DE14 1SY
£10 including buffet, please
pay Heather or Emma**

Member's focus: we turn the spotlight on.....Andy Jeyes

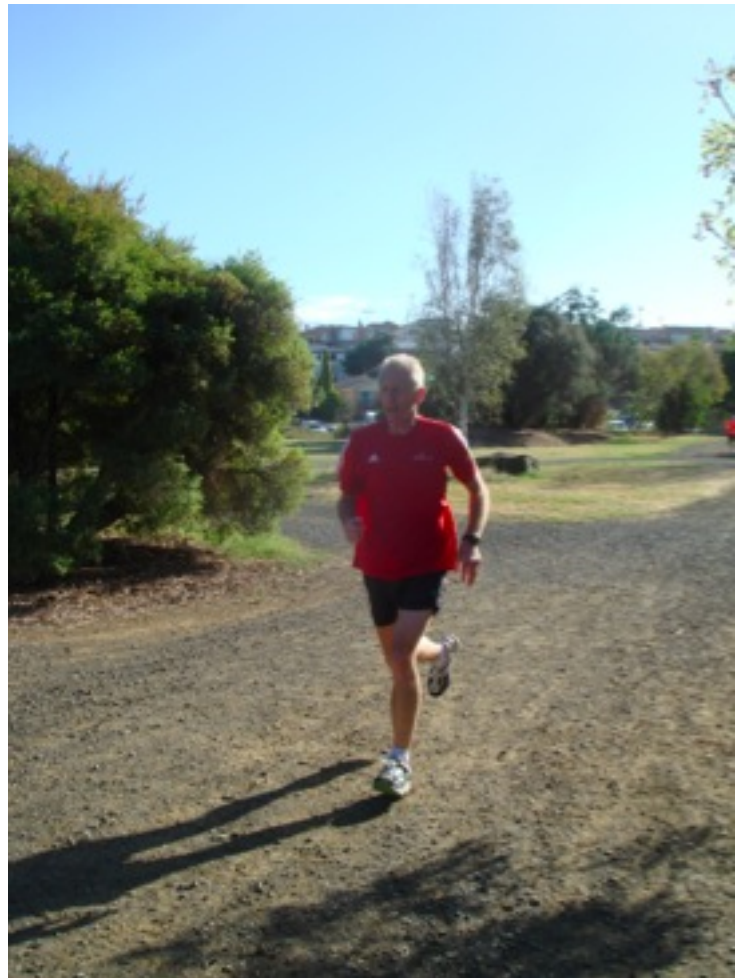
This edition we turn the focus on Andy Jeyes who has been a member since Ivanhoe Runners was in its infancy and remains one of the top athletes for the club winning the 2014 Mens Grand Prix (in its new age-graded format) hands down without dropping a single point and regularly places amongst the best in the country in his age group at many races including the London marathon.

When did you first start running and how did you get into it?

I was keen on athletics at school and competed up to county level in the sprints, sprint hurdles and long jump, but anything above one lap of the track was definitely a none starter. However, I then went to college, graduated, started work, got married and had children, with no athletic activity. In late 1982, my children came home from school saying that had been chosen to run in the school cross-country team and could I take them out training, and one lap of Appleby Magna later I realised I wasn't fit and started running the next day. My first race was the Derby Ramathon in spring 1983, which included several important lessons about how not to run a marathon, which I completely failed to take note of.

What do you enjoy most about running?

I enjoy the camaraderie and banter of running in a group and have had many conversations on all sorts of peculiar and esoteric matters; it is especially interesting to see the range of knowledge about multifarious subjects that people have that you wouldn't otherwise know. At the opposite end of the scale, I also enjoy solitary runs, when you can let your own thoughts wander in peace and quiet; there is many a solution to a problem that has appeared when not consciously thinking about it. I also enjoy running through the countryside in all weathers, watching the seasons unrolling and the changes that result.



Out of all the races that you have run over the years which is your favourite and why?

My all time favourite would have to be the Seven Sisters/Beachy Head Marathon, a testing cross-country race from Eastbourne over the South Downs and back over the Seven Sisters and Beachy Head. I actually passed out and ended up lying on the ground looking at the sky at around mile 23 on my first Sisters, but managed to finish having cadged some very sweet orange drink from another runner. My first experience of this was a 'boys weekend', but these didn't last for long and at one time the 'Sisters' weekend became an annual major club event. This set the precedent for fell races, which all provide food at the end and a nearby hostelry to "rehydrate". I also enjoy park runs, especially those away from home, where you find a different run with generally friendly people. My favourite, despite pouring with rain at the start, is Merimbula, a small coastal town in Australia, where the run is an out and back route over a narrow boardwalk that runs over an inlet from the sea, with breakfast in the Waterfront café afterwards.

How many marathons have you run and which is the performance that you are most proud of?

I didn't keep a record of my races during my earlier years of running, but I think I have run around 33 marathons, including four on the continent. It's an achievement to finish each marathon, but last year at London was very satisfying as I ran a very consistent pace, enjoyed even the last 6 miles, and was placed at 13th in my age group.

You won the 2013 Grand Prix competition hands down and are among the top runners in your age group in the county and even nationally. What would be a typical training plan for you to achieve such success?

I don't follow a specific training plan in preparing for a spring marathon, but this normally forms the central part of my preparation for the year, with races, when not on holiday, at Charnwood Hills, Belvoir Challenge [15m], Stamford 30k and Ashby 20, with steadily increasing long runs on the Sundays up to three weeks before the marathon when there are weekend with no long races, aiming for around 50 miles per week. A quality session of intervals or hills is normally done on Tuesday with a park run, which provided a short but hard speedy effort on the Saturday. Between these are recovery runs and more general training. I then try and retain that level of fitness over the summer, with at least one long run a month, but probably a greater number of shorter races. The park runs have helped retain race speed and form an important part of the overall regime by providing a regular higher speed racing environment.

Do you do other forms of exercise/sport outside running?

As well as running, I do circuit training once a week, now at Hermitage, but previously as part of the club training regime at Ivanhoe school, and have now started Pilates as my flexibility, which has never been good, is getting worse. In addition, I enjoy mountain biking and, with Sally, walking, especially up mountains, and we have now completed around 160 of the Scottish Munros – it is a long term project as it leaves another 120 or so to do, and they are the more remote ones.

What does Ivanhoe Runners mean to you ?

Ivanhoe Runners has been part of my life since 1986 and has helped keep me sane, when I worked, and fit. Whilst I enjoy the camaraderie of the club as a sporting institution, I have, more importantly, made many good friends, some who no longer run, who form an important part of my social life.

Your wife Sally is also an excellent runner - do you ever train together?

We mostly run together when we are on holiday, but try and get out together at least once a week, often with friends. We both share a love of park runs and enjoy doing these at our home run of Conkers as well as away from home, most recently with three in Australia and then Newark, which was three laps around a very pleasant park. Sally normally complains that my training pace is her race pace, so counts such runs as a quality session.



PICTURE QUIZ

1:

Julian Rawlings has submitted this photo: can you identify the location?



Cold Turkey.....by our illustrious Chairman Kev

I was in a cold sweat, despite it being warm in the room. There were ten of us, seated in a circle, all facing in. It must have been warm, because the guy next to me on my left was wearing a very dirty polo shirt. I noticed the marks on the inside of his arms; they were either the allergic result of carting hay bales or something else. I think it was the something else. My neighbour on my right looked like he was wearing a three-day growth of stubble, and looked distinctly bleary-eyed. He also stank of booze. A young woman sitting at “10 o clock” from me was shaking uncontrollably.

I was clearly in the right room.

The leader, or “facilitator” as “Zack” described himself, looked round the circle. Then his eyes fell on me. I shivered.

Zack: “Ah, a new member. And your name is ?”

Me: “Nick” (I lied. But most dodgy people are called Nick so it was ok).

Zack: “Nick. Okay Nick, why don’t you start us off. Why are you here today?”

Me: “Surely you know why? Because I have a problem.”

Zack: “Nick, please don’t call me Shirley. In this room I am Zack. And everyone in this room has a problem Nick, so don’t be worried. Anything you say in this room, stays in this room”.

Me: “Okay”.

Zack: “So how did your problem start?”

Me: “Well, this is hard. I think it really started all the way back in August 2011. About two and a half years ago. I was pretty down because my doctor had told me earlier that year that because of the poor state of my knees, I should not run any more. That was pretty hard to take. That summer I barely ran. Then, one Saturday, I did my first one. 9am. There was about 70 of us. And that was it, I think I was hooked from that moment.”

Zack: “And you carried on?”

Me: “Yes, the very next week. I am not proud of it, but I could not help it. It grabbed me.”

Zack: “And you still do it?”

Me: “Yes. I can’t stop. I have now done it over 100 times. And not just in one place, I have done it all over the country, in at least 20 different places.”

Zack: “Are you married, Nick?”

Me: “Yes.”

Zack: “And does your wife know what you do at 9am on Saturday mornings?”

Me: (mumbling) “yes.”

Zack: “Pardon?”

Me: (louder) “yes. And that’s the thing. I have..... given it to her”.

Zack: “What! Are you serious? How did she catch it”

Me: “I guess seeing me doing it every week and raving about it afterwards. The fun, the crack afterwards, the buzz of doing it quicker each week. Anyway, she started, and then was better than me and really hooked. She actually planned a summer holiday around us doing it in different places – the first time ones at Weymouth and Yeovil.”

Zack: “And have there been some dark times?”



Me: “Well, Liverpool was probably the worst, it was cold and pouring with rain. I didn’t even remove my tracksters. Mind you, I didn’t feel out of place as most of the others were wearing red or blue shell-suits. And, I thought my car would probably get nicked as it had a complete set of hub-caps. “

Zack: “But there have been good times?”

Me: “Oh yes. We have done it in some great places..... Sheringham is lovely if tough, the friendship in Glasgow was great, Hampstead Heath gives great views over the City, Bushy was massive. But it’s always best “at home”.

Zack: “So, do you think you have it under control?”

Me: “Ermmm.”

Zack: “Come on, you are among friends, we can help you.”

Me: “Well, the thing is, I think we have passed it on to other people”.

Zack: “What!?”

Me: “Yes. We have two good friends. Let’s call them Anthony and Sarah. I think they have caught it”.

Zack: “How can you tell?”

Me: “Well, whilst we have been elsewhere in this country for it, they have snuck off abroad to get their fix. Australia. It’s spreading there.”

Zack: “Oh. Oh dear. Oh deary dear.”

Me: “And then there are the photos”.

Zack: “Photos! What photos?”

Me: “On bookface. Of me. Doing it, with children. But it is all perfectly innocent, I know all of them. Even the little girl dressed as the princess from Aladdin. And the little ginger haired boy in the green footie shirt, photographed kicking out at me. He wasn’t defending himself, just practicing his Kung-fu apparently. I blame the parents. The thing is, kids love it as well.”

Zack: “Okay, okay, I think that’s enough for now Nick. You clearly need help. Now let’s hear from.....”



Conkers Parkrun, 9am every Saturday. And at 242 other locations across the UK. Go to www.parkrun.co.uk for your unique bar code, then just turn up and run. But be careful, it is addictive.....

Quiz question 2:

The day after the race saw a 2014 ALDI Ashby 20 hoody offered for sale on eBay. What was the winning bid?

Coach's Column by Andy Hough

OK, have an easy week or two, but do something or you will get stiff. Try swimming, yoga etc... but start thinking about getting fitter.

Training your body to run for longer at a steady pace is the easy bit, getting fitter and faster at the same time is the hard bit. You have already done half of the work, so now its time for the second half.

Where do I start ?? I hear you ask. The Wednesday night sessions that Nick and I put on would be a great place and you will be pleased to hear that they will continue over the summer. So, while your team mates are a rest after the marathon and starting to plod over the fields in the sunshine, **YOU** will be getting Fitter, Faster and Stronger. And you will be using all the endurance you have built up over the winter.

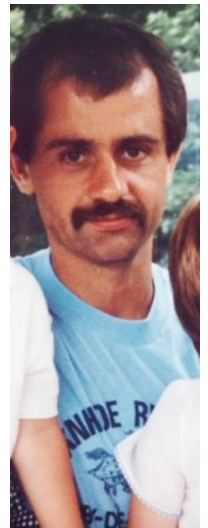
All of this assumes, that you are not injured or planning on running another marathon soon.

Keep running

Andy Hough UKA Level 3



PICTURE QUIZ
3:
Can you identify
this youthful
Ivanhoe Runner?



2014 Fixtures

April:

**13th Virgin Money
London Marathon
27th Conkers 5 mile:
BDSL and club Grand
Prix race**

May:

**4th Uttoxeter half
marathon: BDSL
11th Bosworth half
marathon
18th Burton 10 BDSL
18th West End LRRL
winter league**

June

**8th Swithland 6 LRRL
summer
11th Washlands relays
BDSL
22nd Prestwold 10k LRRL
summer
29th Gate Gallop 10k
BDSL**

July

**2nd Hungarton 7 LRRL
Summer
8th Worthington 5 BDSL
20th Hermitage 10k LRRL
summer**

August

31st Belvedere 10k BDSL

September

**7th John Fraser 10 LRRL
summer
26th Tamworth 5 BDSL**

September

**7th John Fraser 10 LRRL
Summer
26th Tamworth 5 BDSL**

**BDSL and LRRL summer
races are open to non-club
runners and you will need to
enter to ensure a place.
Entry details differ for each
race, some are online, some
postal and many no longer
accept entries on the day.
Details for each race will be
posted on Facebook and on
the website or speak to
the Club Captains Martin
and Laura.**

Team Updates.....by our Club Captains:

From Martin.....

Here we are again coming to the end of the first quarter of 2014 and in these first 3 month's have had an action packed period of running from winter x-country and winter road running league right the way through the range of various



distances to the spring marathon season which is now upon us. There has been some impressive personal performances along the way-Ramzi's impressive run at the Charnwood Hills Race on a very tough and muddier than usual course, Steve Baggott's impressive time of 2.08 in our Ivanhoe 20 club race and Ian Bolton's Silverstone Half Marathon just to mention a few although there are a lot more than the one's I've mentioned. As always I would like to wish everyone all the best in whatever you are training up for and if I can help in any way, shape or form you only have to say.

Martin.

Quiz Answers: 1: Hicks Lodge



And Laura.....

So far this year we have already had several Cross Country and Leicester Road Races. Well done to all the ladies who have run any or all of these. In the Grace Dieu XC Ivanhoe Ladies came 10th out of 20 teams and in the Bosworth race we came 8th out of 18 teams which is fantastic. Also I'd like to thank Rosie for co-ordinating the races and Teresa for providing much needed refreshments.

If you are a newer club member and are a bit nervous about racing – don't be as its all good fun and you will have lots of support from your fellow team mates. There is a list of races on the website or you can ask me about them on club nights. We like to have as many ladies as possible at all races and Martin puts a reminder on Facebook during the week leading up to an event. For those without FB I can text you prior to races. Please make sure that I have your number though!



Happy Running,

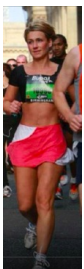
Laura

**Quiz Answers:1: Hicks Lodge 2: 99p (!)
3: Bob White**

2014 London Marathon Ivanhoe Runners and Riders.....

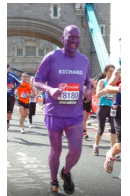
Here are the 21 Ivanhoe Runners who are admitting to running this year's London Marathon. Use these tips to prepare to place your bet on the Ivanhoe finishing order sweepstake – join in the fun at Marathon Cake and Kit night Friday 11/4/14 HPLC bar after the run. All runners were asked to give their age, number of marathons previously run, PB, time they are hoping for this year and one other interesting fact!

Steve Baggott Age 35. I have done 3 standalone and one ironman distance marathon. PB: VLM 2012: 3:04:55. Target – 2:59:59.9. I hope to retire from running after achieving sub 3.



Esther Barsby Age 40. First marathon. Aiming under 5 hours?!?! Nothing about me worth knowing but Kelly Finney reads dirty books and watches a massive amount of porn! Just sayin....

Richard Bebbington Age: 46 Previous marathons: 16 PB: 3:36:37 (Mablethorpe) Time aiming for: just to finish, however sub 4 hours would be great. Interesting fact: I used to weigh 18 stone, the Ashby 20 was the first ever race I entered. Never looked back since.



Karen Bell Age 46 2nd marathon PB 3:26 Aiming for 3:46 (having not long come back from injury). I used to weigh over 17 stone



Ellen Charles Age 26 Third marathon. PB 6:30:38 Hoping to get round in 5:30 My predicted time for my PB marathon time above (my first ever marathon) was 6:30 – only 38 seconds out. I may be slow but I am fairly accurate! ☹



Kelly Finney Age 37 First time marathon I was aiming for 4:40 but looking at everyone else's time I think I need to change that to 5 hours lol I never though I could run!



Clare Fowell Age 44. 6th marathon PB 3:46, hoping to get under 3:45

Useless fact: I used to speak Welsh (now all but forgotten)

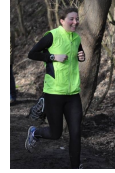


Brian Gough Age over 21. Number of marathons: lost count at 50+. Will be my 18th London, best time in the last 10 years is 4:55. This year hope to get round in around 5:15. My dream started in 1985 to run a marathon. Still dreaming, so enjoy the day.

Laura Graves Age 52 Second marathon, PB 4:39 Time needed 4:12 Time wanted 3:59 I am a Times Cryptic Crossword fanatic



Rebecca Hallam Age 27 This will be my 3rd marathon – pb 3:35:00
Aiming for 3:30 because it would be rude not to!



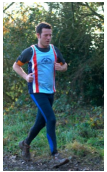
Laura Harvey Age 20 First marathon. Hoping to get under 5:30
Last April I ran for the first time and my parkrun time was 39:33. My latest parkrun pb is 28:46

Andy Jeyes Age 66. 33 previous marathons, PB 3:06 (many years ago). This year aiming for under 4 hours I hope. This will be my 16th London Marathon



Ian Kirk Age 45. 14th marathon PB 3:29 No real target I just want to enjoy it this year so you will have to guess????? Could be 4 hours but there again it might be quicker
Interesting fact: I'm a Sheffield Wednesday supporter

Emma Kirtland 3...6 years old 1 marathon last year 4:19 Aiming for anything between 3.59-4.15 I like clay pigeon shooting and can't bake



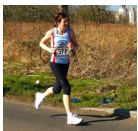
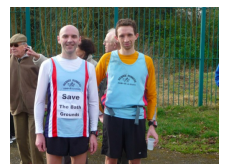
Nick Lee-Smith. Age 41 First marathon Time aiming for 4:45
Interesting fact: I am a beaver scouts leader

Carolyn Osborne Age 49 This is my 3rd marathon PB 3hrs 53, would love to get under 4 hours again but don't think I'm in that sort of shape.
Interesting fact – I'm a trained soprano!



Lynda Revill Age 58. 4 previous marathons. PB 3:51. Aiming for 3:50:59. First time I will run a marathon on drugs! (All legal, just shedloads of painkillers for my damaged knee!)

Ramzi Sidani. Age 38. Previous Marathons: 4 (Stratford, Nottingham and London x 2). PB: 2:55:56 (London last year). Time aiming for: Would be nice to get under 3 hours again. Interesting fact: I'm one of three losers in the club to support Sheffield Wednesday.



Victoria Smith Age 42 First marathon – aargh! Aiming for 4:30 but trying not to think about the time

Heather Swan I will be 49 on 13th April, lucky me (the day of the marathon!)
3rd marathon. PB 4:17 My aim this year is to enjoy it as much as last year cos I absolutely loved it and to get anywhere close to that time will be a bonus.
I like food.



Keve Wright Age 49 Marathons 2: Brighton 2012 – 3:21:06 PB
London: sub 3:30 would be nice.

Member profiles: New member of the year 2013 Becca Hallam

How did you first get into running and why?

I started running when I was 7 through x country with school after finishing well in a race, it took preference to swimming lessons. I joined Tamworth athletics club at 8 where I was a member until I was about 20/21, when work commitments took over and if I wasn't doing it properly then I didn't want to do it. Was out of running for about 4-5 years but then got involved with Conkers parkrun and entered the London marathon last year so training kicked in.

When did you join the club and what effect has it had on your running?

I joined the club in Jan 2013 in prep for London Marathon. It was great in the lead up to London last year, with standard Wednesday 7-7.5 mile runs constant in my training. It's also great to enter races and see lots of people there that I know and great team support when at these events.



What do you do outside running? any other sports?

I play netball- training at Ashby School on a Friday night and mostly play matches on Saturdays in the Loughborough League.

Other than that, mostly working, planning, teaching, taking the children to x countries and other sporting things. Planning a wedding now.

What is your next running goal and what would be a typical weeks training to help you achieve it?

At present I'm training for London again. I'd like if possible to beat last years time and am going to try to get sub 3:30- it's going to be tough but I took some time off my ashby 20 time and still felt ok so fingers crossed.

I do shorter runs in the week normally a slow 4 mile recovery run on a Monday- depending if I have been for a massage or not. Tuesdays are normally hills or a threshold session eg 6x 3mins with 1 min recovery or rest. Weds- depending when back in from work I try to get in a 6-8 mile run. Thurs a shorter tempo run, Friday a quick 3.5miler-ish, Saturday is usually conkers before Sunday being my long run day. I generally run 5 times per week but not on massive mileage. Perhaps on average 30-35 miles depending on long run and how I feel. Have learnt to run as I feel a lot more. I don't know how this strategy will pay off.

Of the races you have run so far which has been your favourite and why?

London was incredible, but weirdly, I think Stamford 30km this year was perhaps my favourite. I enjoy hills- going up them anyway, not knowing where I am and so taking in the sights and was a really good day out. Was good to see everyone else from the club with their achievements and also my other half Dave do his first really long run- even if I did leave him a few miles in. It also helped to have Tim Sturla with me for some of the course... It looked like we ran it all together but this only really happened towards the

end. I actually liked the Ivanhoe 20 this year. I'm not really a fan of racing locally but running with Kev Wright and Andy Lindley the whole way round made time pass more quickly and I think we helped each other through tricky bits. Plus i put in a bonus sprint finish to make sure I beat them!

What advice would you give to someone considering joining the club?

Come down and try it, get involved with events- especially x cross country because that's fab and just enjoy it. The team support will carry you round anything- training or races! :-)

Member profiles: New member of the year 2013 Nick Rowles

How did you first get into running and why?

I only got into running 18 months ago. I took it up after wanting to get fit. It was an easy way, get home from work throw your trainers on and go out for an hour.



When did you join the club and what effect has it had on your running?

I joined Ivanhoe this time last year after running through the Winter on my own. I did two weeks running with Ivanhoe and ended up doing the Conkers 5 mile in an Ivanhoe vest for the first time. Since then i have raced all season.

Being new to running i have found that the training on a Wednesday night has been really useful along with the advice from all the old hands. Its taken me all season not to start every race like a greyhound and to pace each race. However i still start too fast i think!

What do you do outside running? any other sports?

When not running with Ivanhoe i like to do other outdoor activities such as climbing and canoeing and have taken up archery this winter.

What is your next running goal and what would be a typical weeks training to help you achieve it?

Being relatively new to running there are lots of races i haven't done yet. My goal for this year is to achieve a silver distinction in the standards and I would like to do a marathon in the Autumn.

Of the races you have run so far which has been your favourite and why?

I think my two favourite races so far have to be the Great North run, what a fantastic atmosphere with great support! My other favourite would be the skeleton run, an unusual race running full pelt through the trees with head torches surrounded by people in costumes!

What advice would you give to someone considering joining the club.

To quote Nike - just do it! Ivanhoe are a great bunch of people, who are willing to help and support any type of runner.

Derby Runner Cross Country League End of Season News by Rosie Dear:

For those of you who don't know, there are 2 men's and 2 women's divisions in the league. The top 2 teams in a second division move up into the first and the bottom 2 move down. Currently there are 10 teams in D1 and 7 teams in D2.

The end of this season saw Ivanhoe men staying in D2, in 5th place, with Shelton at the top of this division.....well done all who raced, maybe a goal for next year could be to get into D1? Ivanhoe women did a great job to gain 6th place in D1....with Barrow at the top of the tree. Well done all! In the combined team placing, Ivanhoe came 9th out of the 10 teams in D1 with Shelton first. I don't think we've escaped relegation..... :-)

And lastly.....for anyone who didn't make the top 8 male 'counters' or the top 4 female 'counters' this season.....your run is vital, because if there is a points tie (which there was today in D1 combined first place).....the race or league is then won on **count back scores**. Shelton Striders and Hermitage Harriers tied for 1st place in D1 combined this season, but Shelton won as they have **strength in depth**.

Well done all - see you in the autumn for more muddy frolics!!!!

Leicestershire Road Running League news after 1st 3 races (Kibworth, Markfield, Stilton):

The Men's team is currently lying 5th out of 11 teams in Division 3 (of 3 divisions) having failed to field a complete team at Stilton – come on chaps your club needs you!! The Vet men are faring better lying 2nd in division 3 and should push for promotion.

The Ladies team are lying 9th out of 10 teams in Division 1 and need to push out of that relegation spot. The Ladies B team are currently 6th out of 10 teams in Division 2 and strength in depth means the ladies have fielded a C team this year, 8th out of 34 teams in Division 3. The Ladies Vet team continue to be the strongest performers currently placing 4th out of 8 teams in division 1.

We currently have ten runners recording 100% attendance: Laura Graves, Andy Lindley, David Morse, Karl Savill, Victoria Smith, Alison Sturla, Heather Swan, Angela Wheeler, Kev Wright and Martin Yeomans.

Following the cancellation of the LRRL race at Barrow and the Ashby 5, all LRRL clubs received this letter explaining some of the background regarding road closures and work being done to rectify the problems.

“Dear all,

Following the cancellation of the Barrow race, members of the LRRL along with myself as representative of the Leicestershire Vision 2020 Athletics Network and the Run Britain council and a representative from Leicestershire and Rutland Sport met with the Leicestershire County Council Safety Advisory Group and the police. This meeting was very positive and the view was entirely expressed that these bodies were keen to work with us and NOT against us to enable road running in the county to continue to thrive in a safe manner.

Regarding the following cancellation of the Ashby 5 there were concerns by LRRL and the race adjudicator about the arrangements that had been made by the Ashby organising committee for the start of the race.

Peter Osborne arranged a meeting with officers of LCC which was productive and said officers offered a way forward which would be acceptable to the Permit conditions given by UKA and interpreted by him having seen the paperwork which included the risk assessments. That interpretation and decision rested with the technical official and has nothing to do with LCC acting as the Safety Advisory Group. Unfortunately whilst these meetings carried on the SDRR committee without any forward briefing to LRRL had made the decision not to stage the race.

There has since been much uninformed criticism of LCC and LRRL on social media regarding the cancellation of the races and the possible cost of road closures for races. Also following an ill timed email to a local MP by a Network member club the matter has now been raised at a higher government level. This sort of correspondence is not helpful as it could jeopardise the newly formed working relationship between the council and the LRRL. Contrary to common belief expressed on social media LCC does not make any money from its advice and in fact officers time is not charged when road closures are applied for. Cabinet paper and decision confirmed this position.

As many of you know I am also a member of the governing body committee for the sport of road running in the UK *Run Britain* (UKA) and I can assure everyone that they have offered their full support in any matter that arises regarding our local races.

As you know the Network has, and will continue to do so, invested great efforts to support its member clubs and to help them progress in a myriad of ways and as one of its main partners continue to be fully supportive of LRRL and its own member clubs, many of whom are members of the Network, itself and are assisting all bodies concerned to ensure that road running continues to thrive in the county and that the safety of all concerned remains paramount.

JOHN SKEVINGTON

Coordinator/ Coach **LEICESTERSHIRE VISION 2020 ATHLETICS NETWORK**

Trials of the Trail Runner..... by Ian Watson in France

The new season of trail races began for me in February with the Trail de Trailhounet at Gruissan. This was the scene of my first French trail run last year so I thought that I knew what to expect! Gruissan is on the Mediterranean coast and must benefit from



some sort of micro climate in February because like last year it was warm enough to have a pre race picnic by the side of a lagoon. The Trailhounet at 18km is the shortest of the three races that take place over the weekend the others being 25km and 50km. There was much excitement amongst the organisers and announcer at the start as the former Tour de France cyclist Laurent Jalabert had decided to run. Jaja is a local hero and now participates in triathlons. He eventually finished in 30th place. The course takes the runners from the seaside up on to the Massif de la Clape via a "track" which is referred to as le mur (the wall). It consists of about 50m of almost vertical climbing/scrambling. One of the official photographers is waiting at the top to capture the anguished expressions of the runners. Having seen the photos of the leaders it is obvious that even they could not run all the way up. The run then continues, dropping down into gorges and climbing back out again. There is a brief respite in a couple of

places where queues had formed ready for sharp descents with the aid of ropes! With about three kilometres to go I thought that I knew where we were and began to prepare for the approach the finish, round the lagoon and flat or so I thought. When we arrived at the lagoon the course turned left instead of right and up and over a final hill! Not at all what I had expected. (Note to self: check course map before start!) I still managed to finish in the same time as last year, I was even more pleased to discover that I had finished in 289th place out of 641 an improvement compared to last year.

My second trail race of the season was La Ronde de la Rigole at St Paulet. This was a shorter race over the unusual distance of 11.3km. Fortunately I had the benefit of a trip to the UK including two Parkruns to sharpen up. La Rigole is the stream that takes water from the reservoir up in les Montagnes Noires down to the Canal du Midi. The trail followed the course of La Rigole for about 5km before looping back and finishing with a stiff climb. The Parkruns obviously stood me in good stead as I went through 5km in 22 mins, faster than I managed at Conkers or Coventry. I eventually came home in 47 minutes 42 seconds, 37th overall (out of 99) and 8th Vet 50-59. This caught Mandy by surprise as I was not expecting to be any where near as quick as that. As well as the usual t-shirt and post race aperitifs each runner went away with a tin of cassoulet, the local dish.

On then to Caunes Minervois, in the heart of the Minervois wine region, to race the Trail de l'Argent Double. With the race starting at 9.00 a.m. on the Sunday that the clocks went forward we decided not to risk arriving late and stayed overnight in a lovely chambre d'hôte. This was another race that I had done last year and this time I knew

that the course had been changed. Missing this year was the descent on the edge of the marble quarry so it was not as terrifying. It did make the course feel a little easier



although it was the same length and with the same amount of climbing. I was pleased therefore to finish in the top 1/3rd and 12 minutes faster than last year. The morning was rounded off with most of the runners and supporters sitting down together to enjoy paella, included in the entry fee for the competitors.

There seem to be trail races within easy travelling distance almost every weekend. So far I only have two races definitely on the diary but there are plenty of options. The next race will be the Escapades des

Asperges where each entrant comes away with a box of asparagus. In the summer the club is planning a weekend away in Aubrac. Aubrac is a village at the southern end of the Massif Central. There is a range of distances available to race, 13km, 18km, 27km, 42km and 55km. I have opted to run in the 27km race, Le Cap Aubrac. This race has

nearly 800m of ascent so whether or not it was a wise decision remains to be seen!

TRAIL DE LA COLLÉGIALE
DIMANCHE 28 SEPTEMBRE 2014
 Montréal d'Aude (11)

Ne pas jeter sur la voie publique

TRAILS
 > DÉPART 0930 : 10,5 KM - 353 M D+
 > DÉPART 0900 : 30 KM - 1 000 M D+

MARCHE
 > DÉPART 0900 : 10,5 KM - 353 M D+

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The other event pencilled into the diary is the Trail de la Collegiale, the race organised by our club. Entries are now open for this. There are two races 10.5km with 350m+ of climbing and 30km with 1000m+ of climbing. For the non runners there is also a 10.5 km walk. There is also an option to join the post race meal. If anyone is interested let me know and I will get an entry form to you and may be able to help sort out accommodation.

If you would like to come out to try a trail race in the South of France do get in touch, we have a couple of spare bedrooms and can even do child minding during races if needed. Ryanair fly from East Midlands to Carcassonne on Mondays, Wednesdays and Fridays from Easter through to the beginning of October.

Ivanhoe Peerless in Brighton despite missing 'support'...by Jason Green

Marathon day.

You wake in the dark. Just before the alarm. Everything's quiet. The little voices in your head start to whisper.

All the months of training. Abstinence (honest), tapering, carbo loading - the voices remind you of what has been four long months of training. Then the dark voices start; too long a taper, that injured foot's going to come back to haunt you today, never run more than twenty miles - louder the doubts become until finally they reach a crescendo...

"I've forgotten me sports bra!"

I open my eyes to find Ruth frantically unpacking the bag she unpacked yesterday. We look everywhere. In the drawers, in the safe (you can never be too careful), under the bed. Despite my reassurances it's there somewhere, it isn't. I have no experience in dealing with female underwear emergencies, even after 19 years of marriage but even I know this is not good news. So my regimented plan for the perfect pre marathon goes out of the window. How do you solve this one, 180 miles from home at 0600 on a Sunday? The only other Ivanhoe Runner in the area is Nick Teige (not helpful for this one). Foolishly, I forget that there is always a way to solve every problem - Facebook!

Ruth posts on the BOSH homepage for help. We make our way down for breakfast - porridge being forced down. Ruth's not eating so I ask what's on her mind. "Do you think I could go up to all those that look like runners and ask if they've got a spare bra?" I voice my concern at this point. I'm struggling to keep the oats down and don't really fancy explaining to the manager why some bleary eyed woman is asking random punters for spare underwear on a Sunday morning. Then like a ray of sunshine breaking through the dark clouds, Facebook delivers. All we have to do is make it to the clock tower in Preston Park for 8am and find someone called 'Clumsy Anne' - I kid you not!

At least it's taken my mind off the nerves. We reach the park and find the clumsy lady - somewhat perturbed by sharing her vital statistics on t'interweb. Ruth changes in the female tent, brushing off two male voyeurs who are lost, or more likely following all this on Facebook.

So finally we are ready. For the toilet queues. As with many events, Brighton had too few facilities. Fortunately for us, the reserved British public won't dare use the disabled ones, so we both limp in and out in case someone was watching.

Paula Radcliffe is setting the runners on their way today. Nice touch. We hear the gun and inch to the start line. The announcer tells us Paula is giving high fives to runners as they start. All the field lurches to her side to take advantage of a blessing from the



world record holder. We both get one and a cheery “Good Luck.” We both had gloves on - possibly a good thing given Athens.

The route winds its way round Preston Park and up and down a small hill. We see the elites fly down London Road into Brighton. No Paula for them though eh Nick! It’s a well supported start around the town centre. All going well so far. The route winds out to the sea and heads east to Roedean school and for the first time we see the elites coasting back into Brighton on the other side of the road. Not far behind the leading pack we see a familiar running vest. Nick is flying back towards Brighton - we shout and wave to one another for the briefest of moments.

An unscheduled toilet stop threatens to derail our efforts. We wait outside the ubiquitous (if only) green box but there’s no sign of life (I’m not knocking on the door though as it’s clear that the occupant is contemplating their navel or some other orifice). Time to divide and conquer which sees us running from queue to queue trying to find the one moving quickest. It’s a three minute delay we could do without. I point out that the bush I had used earlier was free and there was no queue, only to be told it’s not the done thing for a lady (Balls I think - this is only my third run for the club and I’ve heard what goes on with these ladies’ teams).



There are lots of enthusiastic marshals on the course. It’s nice to be chivvied along with a megaphone, with the encouraging words of “You’re making progress” ringing in you ears. Cheers for that, love! Back into Brighton and more spectators are gathering. The forecast rain has pretty much held off and coupled with opening time at the pub, the crowd continues to grow.

Past halfway and onwards west towards Worthing. Ruth has warned me about miles 19-23. It’s around the port and dull. It’s also further than I’ve run before and doubt starts to creep in. My legs are starting to hurt and the ‘fun’ water pouches are now starting to lose their novelty value. Ruth keeps nag encouraging me on but I’m now developing the urge to break ranks, run across the oncoming runners and batter the drumming group who are doing their best to provide entertainment to a group of tired runners running through the Brighton equivalent of Trafford Park.

We turn for home, beside the sea and wind behind us and the sun starts to put in an appearance. Legs and hips are burning by now but just over 2 miles to go. My pacemaker continues to cajole me on and the pier and wheel come into view. The atmosphere as we near the finish is electric - everyone calling out names, including the ones on our vest which is a nice touch I thought. Finally we see the 400m to go sign and it’s almost over. I’m finally going to finish my first marathon (and Ruth’s fourth), after missing Brighton two years previously through injury. Ruth takes my hand 200m from the end - not entirely sure if she thinks I’m going to jib out at this stage, but she’s taking no chances. We cross the line like a couple of paralympic misfits and it’s done.



Medal - check, T-shirt - check, water - check, banana - check, dry biscuits - great! No cheese cob/bap/barmcake/roll (delete as appropriate) here. Just the small matter of several hundred steps up to the promenade and a chance to bask in some glory (for me anyway).

Back at the hotel, the texts and Facebook messages flood in. We find out Nick has joined the sub three hour club and finished 78th overall. Awesome we say to each other. All in all it's been a great day - the atmosphere and relatively flat course makes Brighton a great first-timers race (I can say this now as a veteran)

and despite my expletives to the contrary at 23 miles, my thoughts are turning to whether I could get a better time next time.

Brighton has it's other bonuses too - if you're ever short of used women's underwear then head for the clock tower in the park. All you need to do is ask for Clumsy Anne - what could possibly go wrong?



ALDI ASHBY 20 2014: Quotes, trivia and more....

The Ashby 20 race was cancelled in 2001 due to Foot and Mouth disease

“Overwhelmed by support, thank you all”
Nick Teige, first Ivanhoe Ashby 20 finisher.

“Massive thank you to all team Ivanhoe and all supporters today. Doing the 20 on race day really meant a lot” ...Ruth Enion, Ivanhoe Ashby 20 finisher.



Haseeb Ahmad finished this year's race in an incredible 60th place in 2:13:20. He is totally blind and runs with a guide.

Despite having over 140 members in the club we were still short of marshals on the day and relied heavily on support from the Rotary Club and Venture Scouts.

2014 saw a record number of 1072 finishers

Please remember this next year and make sure you ALL help out.

“What an epic day! Loved being a part of such a great race”.....

Andy Lindley, Bike marshal

THE DAY IS GREAT FUN AND YOUR CLUB NEEDS YOU ALL!

“Can other organizers note how it should be done !”
Peter Osborne, Race Adjudicator

In 2009 the ladies course record was set by Diana Lobacevske who then went on to post the fastest time for a non-elite runner at the 2009 London Marathon and represented Lithuania in the London 2012 Olympics

“Well in a word – Superb”Runner

@AshbyTwenty: Much contention within @IvanhoeRunners – is it a cob, barm, bap, bun, or #cheesebreadcake !?

“OMG! Second to my wedding day that has got to be the next best!!!! We came, we conquered!”
Barry Alldread, Race Director

“Organisation was like clockwork throughout the whole day, cannot fault anything about it – very friendly marshals all the way round providing lots of encouragement”
.....Runner

