



# IVANHOE RUNNERS' WORLD

Autumn Newsletter 2016

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## Ola!

Mid October saw 28 members of the Club travel to Palma in Mallorca to take part in either a 10km, half marathon or marathon race. The weather was unseasonably warm, with temperatures on race day above 27 degrees, tough conditions especially for the 3 marathon runners (Andy Lindley, Andrea Trickett and Tim Sturla) who all clocked up very respectable times despite the heat.



We're in the process of deciding on the venue for next year's trip, so if you have any suggestions of an autumn "Marathon Festival" that incorporates also a half marathons and 10km race, ideally on the same day, then please let a committee member know.



For those of you that may have blinked and missed the entries to our amazing Ashby 20 opening and selling out in a record sub-3 hours, this issue contains some information about the race, its history and how you can get involved to support the Club and this very special event (the proceeds of which pay for your winter race entry fees).

Until next time, Happy Running!



# Team Updates

## The Men (by Nick Rowles, Men's Captain)



It's been a busy few months over the Summer, good size teams were seen at the Worthington 5 (debut for Dave Walker), Burton 10K and the Tamworth 5 (debut for Pete Graves). These results enabled the men to finish comfortably second behind a strong SDRR team in the BDSL this year. Notable performances over the season saw Ramzi Sidani claim with 2<sup>nd</sup> place in the V40 category with Craig Hinds closely behind in 3<sup>rd</sup> and myself in 5<sup>th</sup> along with Martin Yeomans 4<sup>th</sup> overall in the V50 category.

Since June we have seen the culmination of the LRRL as well with the Joy Cann 5, Hermitage 10K and the John Fraser 10. Craig Hinds was one of very few runners to achieve a 100%

record this year. Team placing are still being awaited but its hoped the Vet mens team have placed in the places in their respective league.

With all these races over the Summer, everyone still found time to run non-league races including Newark ½, Great north run, Leicester 1/2, Birmingham 1/2, Royal Parks ½, Derby ½ (Alastair Chambers 9<sup>th</sup> overall) and numerous 10K's including Badgers, Calke, Tara Kinder, Lichfield and Berlin, Nottingham, Leicester, Palma, Hull, Bristol marathons.

The Summer allowed us to run the annual Adrian Smith handicap race which this year was won by a storming Ian Kirk closely followed by Jez Millington Pipe. In all over 30 runners took part with a large group of volunteers. All proceeds went to the Heartwise charity which the family of Adrian Smith fully supported.

The award for the longest running race of the season has to go to Ian Kirk, Tim Sturla and Ramzi Sidani who all completed the Race to the Stones which was a 100K! To rival this we have also seen teams enter the Thunder run, Equinox 24 and the Petzl night trail race. The Summer has also seen some of our multisport athletes crack some amazing times, Julian Rawlings knocking 25mins off his Outlaw time, Andy Pearce smashing Ironman Zurich and then having enough energy to propose to Ruth, and Osian Flowers obliterating Ironman Barcelona in 11.5 hours.

As we speak the Cross Country season approaches with the first race on 30<sup>th</sup> Octoberber at Holly Hayes shortly followed by Markfield two weeks later. Traditionally we have big teams for these races so don't get left out, dust off your trail shoes and be one with the mud.

Finally the final date for standard applications is ..... If you want your award on the presentation evening you need to submit your times to me. If you need any clarification speak to me on any club night or message me.

## .....and the Ladies (by Victoria Smith, Ladies' Captain)

The summer season ended on a high as the ladies finished top of the BDSL league, this a fantastic achievement as the competition from the other ladies teams in the league is tough. There are 8 races in this league starting with the Run in the Forest 5 in April and finishing with the Tamworth 5 in September. Remember the pain/fun(!) of the Washlands Relays as the points we accrued there helped us win the trophy! There were individual awards too for Sarah Pickering-Terry finishing the league as 2<sup>nd</sup> senior lady and for Karen Hartland who finished the season as 3<sup>rd</sup> V35 and the series winner. Thank you to everyone who raced and came out on support across the season.



There were strong performances at the John Fraser 10 race as Clare Fowell was the first lady home for Ivanhoe followed by Rosie Dear and Tracey Powell. Tracey had a strong run as she was determined to get her standard time and she did! Despite injury niggles Julie Henfrey was another determined runner keen to finish one her favourite races.

We've also had success in non-league events including the Leicester 5k series. We dominated the leader board at these events with consistent strong performances from Karen Bell, Karen Hartland, & Andrea Trickett.

Amongst all the league races some of you managed to find time for marathons and the ultimate hardcore Ironman triathlons. In July Ruth Enion completed Zurich Ironman in 12.57.13 followed by a proposal on the finish line! Then in September Rosie Dear and Teresa Talbot both competed in Ironman Wales, well done ladies. There was a marathon debut in Chester for Emily Wideman who finished in a fabulous 3.43. Andrea Trickett braved the heat in Majorca to complete the Palma marathon and then last weekend Amanda Bradbury took to the streets of Leicester to finish in 4.19 cheered on by her running buddies Laura, Heather and Teresa!

We're just a few days away from the start of the cross country season which means it's time for mud, cake and lots of fun! The ladies won the cross country league last season so let's see if we can maintain the top spot!

## Race Calendar

Date	Event	League	Grand Prix ?
Oct 30th	Holly Hayes Wood	DRL - XC	Yes
Nov 13th	Markfield	DRL - XC	Yes
Nov 27th	Bagworth Heath	DRL - XC	Yes
Dec 11th	Bradgate Park	DRL - XC	Yes
<b>2017</b>			
Jan 15th	Mount Sinai	DRL - XC	Yes
Jan 30th	Barrow 6	LRRL - Road	Yes
Feb 12th	Kibworth 6	LRRL - Road	Yes
Feb 19th	Allestree	DRL - XC	Yes
Feb 26th	Stilton 7	LRRL - Road	Yes
Mar 5th	Bosworth	DRL - XC	Yes
Mar 12th	Beaumont (Markfield) 10k	LRRL – Road	Yes
Mar 18/19th	Ivanhoe 20/Ashby 20	Club Race	No
Mar 26th	Desford 6	LRRL - Road	Yes

# It's XC Time!

By Cross Country Captains Teresa Talbott & Martin Yeomans

Yes, the clocks are about to go back, the leaves have all but gone from the trees, the mud is brewing nicely...which can only mean one thing.....it's Cross-country time!



With the ground softening nicely for our first cross country this Sunday, we thought we would take the opportunity to list a few reminders for new and old members of the rules/etiquette of XC races. Starting with the most important of them all....

**Rule #1 - ENJOY!** Yes they can be tough. Yes you will get mud in places you didn't think mud could get. Yes you will question your sanity - Why the hell am I charging around the countryside with 500 other insane folk. Yes it is unfair that the blokes go before the ladies in some races (That's just the way it is!). But you must ENJOY it. It's a great way of training out of season and there's always a nice warm cuppa waiting at the end. We're all part of something quite unique, there's not many proper old fashioned XC leagues around, so embrace the mud and ENJOY!!

**Rule #2 All runners MUST wear club vests/T-shirts.** We are in a closed league meaning only members from the clubs in the Derby Runner cross country league can run. We are identified by our club vest not running numbers on vests. You can wear base layers short or long sleeve, but you must have a club vest on top. If you need a new one or would like to borrow one to give the race a go, please shout up. I believe Nick R and Vic have some new stock

**Rules #3 Not really a rule, but more advice.....Wear appropriate shoes.** We're not saying XC can't be run in road shoes - people have before, but now the weather is turning and the ground is softening up you will find it far easier to stay on your feet in a shoe with more grip. Trail/fell/spikes shoes are all good to use, although spikes can be very dicey on courses where there are a lot of rocks to negotiate.

**Rule #4 Car-share...parking is severely limited at all events.** Please try and car share with 2 or more per car for all events (many venues will only allow car park entry if there are 2 or more per car. Car shares will be posted by Martin and Teresa on the Club Facebook site prior to each event.

**Rules #5 Thou shall not jump the queue!** This is a big no no. If you are approaching an obstacle such as a stile, gate or say a stream crossing you must queue in an orderly fashion to get over. Yes it can be frustrating but queue jumping can get you and the team disqualified, it's not worth the risk. If someone from another team is trying to get around the queue make your voice heard, they will more than likely realise their error and return to the queue. If they don't make a note of which team they are and let Martin or Teresa know and we can sort it. So do what Brits do - Queue!

**Rule #6 Finish in the correct funnel for your gender!** More often than not there are two finishing funnels at the end of the race, one for the ladies, one for the men. On approaching the finish it will be clearly signed which one to enter. Do not enter the wrong gender funnel it causes trouble.....(doesn't it Laura....)

**Rule #7 Please don't take your finishing token home!** At the end of the race you will be given a finishing token, this is your finishing position in the race. Hold on to it until you find either Rebecca, Hannah or Eve (Teresa and Amanda's daughters, they will have the clipboard with our team sheet. They will either be at the end of the funnels or near the cake! Tell the girls your name and the number on your token and give the token to them. Pleeeaaaassssssseeee don't drip sweat or mud or puke over them, 'eww it's gross' they say!!

**Rule #8 Supporting the Ivanhoe team!** If you're one of the early finishers, grab a cuppa and some warm clothes and come back to support and cheer on the rest of the Ivanhoe team as they come in to the finish

**Rule #9 Eat cake.** 'Nuff said. You've earned it.

**Rule #10 Sign up for the next one** 😊



## Ashby 20: More than just a race

by Ruth Enion

Every spring the streets of Ashby are ignited with an influx of up to 1500 excited runners who line up to complete a two lap run course which circuits around the local villages of Packington, Swepestone, Heather, Normington Le Heath finishing on Ashby bath grounds. The event which is ideally placed for pre spring marathon distance runners and in 2014 was voted March's best race, now attracts casual and competitive runners alike from all across the country.

Ashby 20 was born in 1989 by Ivanhoe Runners club members Kevin Sanders, Bob White, Paul Enion and Peter Brown who were confident Ivanhoe could bring a competitive run event to Ashby. The course used to go up Pistern Hill but luckily for the runners a new route was devised in 2002.



But what's so special about the Ashby 20 and why is this much more than just a run race?

Ashby 20 is very much a community event. Over the past 5 years approximately £10,000 has been raised for local charities and organisations. The event has close links with Aldi who are the main sponsor. It also brings money to local business including shops, restaurants and hotels. However, it does rely greatly on the support of Ivanhoe runners, town council, NWLDC leisure services, Rotary club of Ashby Castle, Ashby Endurance Explorer Scouts, Leicestershire search and rescue, Conkers Parkrun and many more. Something the club is very grateful for.

Ivanhoe runners are extremely proud of Ashby 20 but we are also extremely dedicated to improving the event year on year. We are working with the local community and villages to ensure things go as smoothly as possible. This year we are trying to organise a litter pick around the local villages prior to, in addition to, following the event. We are also exploring a children's run on the bath ground to encourage children to participate, have fun and get a sense of achievement.



**Ashby 20: Sunday 19<sup>th</sup> March 2017**  
**Calling all marshal volunteers!**  
by Bob White

So what has 14 Zones and 174 legs? Probably the best team of marshals ever. And the number you are probably trying to calculate is 87!

Our Ashby 20 (yes its ours, be proud) has a fantastic reputation in the running community because;

- It's a race organized by runners, for runners
- You get a cheese cob
- It's a challenging, but scenic course
- It's ideal preparation for a spring - time marathon. That's why we started it in 1987, but now hundreds of runners are entering it as a challenge in its own right and its certainly that
- You get to wear an iconic Ashby 20 Hoodie – but what colour will it be in 2017?
- You get to race a gorilla
- You get a cheese cob. Oh yea, said that..
- It has great feed – stations run by helpful and happy volunteers
- And finally, but most importantly, there are enthusiastic, friendly marshals (and lots of them) who are just as attentive and supportive after 5 hours as they were at the start

We've all taken part in events where the marshalling hasn't been great, probably because they weren't runners themselves and didn't realise that what we runners want in a long race when we are feeling tired is;

- To be kept safe
- To be given clear directions
- To be encouraged

We had an excellent response last year from club members and others, including local Rotary groups who do a great job. I've been helping/making a nuisance of myself at Ashby 20 since we started and really appreciate the useful feedback that marshals gave last year. So we know what we need to do more of and what to change for 2017. And if you have any more (polite) suggestions, please let me know!

If you volunteered last year, we're hoping that you are able to help again on **Sunday 19<sup>th</sup> March** in 2017. Lots of you said that you would like to keep the same role and equally some have said you would like a change. That's fine, just get in touch. And we've picked up some new volunteers already, but I doubt we will ever be in the position of having too many. As a runner (but max of 10k now!) myself, I know how re-assuring it is to see a team of happy hi – vis clad marshals cheering you on, particularly in the latter stages of a long race.

Yes, it's a long day for volunteers, it can be hard work and you'll probably be more tired than the runners at the end of it. But it's a hugely rewarding experience and a great way to give something back to our sport.

We couldn't run the race without your help. And organizing the Ashby 20 means that we are able to provide club members with free entry to the cross - country league events and other winter league races, as well as subsidise the annual Awards evening in January and kit sales.



So if you would like to volunteer again or maybe for the first time, please get in touch by responding to Kevin's post on the club Facebook page on 4 October, stating if you'd prefer to marshal or work on a drinks station. With the assistance of Teresa, I'll be looking after marshals, whilst Tim's 'job for life' is organizing the drinks stations.

Full info will be sent out in February, but if you have any queries in the meantime, please let me know. Many thanks for your support.

Bob (Tel: 07867 908178)

## Trying a Tri!

by Ruth Green & Damon Bland

Following injuries earlier this year, Ruth Green and Damon Bland found themselves taking on a new challenge having taken up cycling and swimming as part of their rehabilitation – they talk about their first experience of triathlon racing below:

### Ruth

I had 2016 all planned in my head - officially moving into the 45-50 age category I was going to go for my gold standard. That was until the niggling pain in my foot that I kept ignoring during the cross country races got worse and worse until I found myself limping around the Ashby 20 course (not running it just providing the medical cover). A quick X-Ray and MRI scan later I was the proud owner of an aircast boot, a pair of crutches, a diagnosis of a fractured metatarsal and that feeling of devastation that you'll recognise if you've been out injured for any length of time. I had already made plans to run on holiday in Mallorca in only four months' time so this provided a great incentive to keep training.



Luckily the aircast boot is removable so with the help off the best swimmer in our family (8 year old Annie) I taught myself front crawl and hopped along to the pool as often as I could. The fracture took ages to heal and I was ordered not to run for at least 3 months so my next move was to buy a road bike off EBay (my best ever purchase).

The boot came off during half term and Jason very patiently taught me how to ride the bike along the quiet but hilly lanes of Anglesey where we were on holiday. I was hooked and entered a ladies only sportive which I loved. You can see where this is going..... thoughts of triathlon which had long been in the back of my mind started to develop. Ivanhoe is packed full of inspirational triathletes and I'd always secretly been in awe of their achievements - GB squad triathletes, Ironmen, Kona qualifiers, podium winners, we've got the lot! Seeing folk such as Sally and Damon having a go for the first time provided further encouragement so I started to test the water by telling a few folk that I fancied a go. When I realised that expert triathletes such as Julia, Carolyn and Teresa actually thought that this was a good idea rather than laughing at me it became a plan.

Once given the all clear to run I got a personal training plan from Trish (Ivanhoe's Kona Ironman and my neighbour) and set back to work. The plan was tough with each session targeted at something - a Fartlek run, hilly cycle, and swim drills.

tough hilly 10+ miler with Bradders (followed by a celebratory beer for breakfast). Next stop the Tour de Mon sportive with a few other Ivanhoe Runners, just the 42 mile route for me but my longest ride yet and great fun. I then took the plunge and entered the East Leak sprint triathlon along with Carolyn, Damon, Simon Hill and my neighbour Hanna (also a triathlon virgin).

My wonderful Ivanhoe support team kicked into gear with fantastic advice and encouragement. Despite her own longstanding injury Julia helped me buy the essential gear (cheap tri suit, tri belt and elastic laces), taught me all about the 4th discipline of transition and helped calm my nerves (terrified I was). Carolyn took me on a couple of rides (including a reccy of the bike route and a brick session (ouch). Damon made it sound great fun and Simon gave me one or two last minute tips. Teresa and Rosie smashed the Ironman Wales the week before and reminded me what a trifling little effort I was attempting! Race day saw Carolyn unfortunately poorly in bed and Damon turning up late as he went to Long Eaton rather than East Leake (!) So Hanna and I were like the blind leading the blind though we must've looked the part as some other "newbie bloke" asked us if we could show him how to rack his bike and set up his gear in transition.

As it was, it was an incredibly friendly and supportive event, really well organised and brilliant fun. For me the swim was awful - I set off too fast, panicked, lost confidence in the front crawl I had practised all summer so did some lengths breast stroke (ooh the shame!) lost count of my laps and having swum the 16 lengths forgot what I should do next so swam 2 more to work it out and to make sure they didn't disqualify me! The bike more than made up for it - the roads were quiet and fairly flat and I was chuffed to average 17 mph compared to my usual 13.5 (slow by some standards but not for me!) I overtook newbie bloke despite him smashing me on the swim, but he took it well ;-)

T2 confused me as someone else had racked their bike in my place so I had to hand mine to the race referee - so much potentially to go wrong that it does add to the excitement! The run was great fun as it was three laps and you got to pass the same people time and again. I crossed the line after 1 hour 32 minutes a brand new "triathlete" feeling that my fractured metatarsal was the best thing that had happened to me.



Newbie bloke came in just behind me but clearly enjoyed it just as much as I had so we shared that lovely sweaty hug of strangers who have just smashed a shared new goal.

If you have ever even vaguely thought about triathlon my advice would be go for it - don't let the swim put you off - it's the shortest part of the event, can be taught, you have nothing to lose and a whole new world to discover. I can't wait for next season!



## Damon



What made me try a tri?...injury and the wait for a knee operation. I got on my bike and started swimming again (after 30years!) to try and keep some fitness up. My inspiration to try a tri though was a young lad called Bailie Matthews (a 9-year-old boy with cerebral palsy who had just completed his second triathlon)

My first was Leicester sprint in May this year: I bought myself a tri suit, everything else is just standard bike stuff, helmet, shoes etc.

I know I can run so I concentrated on the swim mostly, most of my bike training was done on the turbo trainer because of it constantly raining.

I like the fact It's a very friendly sport for all abilities.. I'm not so keen on the transitions because I keep getting lost!

What surprised me was the transition between bike/run, how my legs felt for the first half a mile but I was able to keep a fast pace although it really didn't feel like it. I can recommend triathlon to anyone who wants to try something a little different and have some fun in the process, and I'm already looking forward to the season opener in March.