



IVANHOE RUNNERS' WORLD

Spring Newsletter, 2017

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Marathon Season here we come!

We've just had a hugely successful Ashby 20, the clocks have gone forward, and the daffodils are out, which can only mean one thing: Marathon season is again upon us! The next couple of months sees a whopping 33 members of Ivanhoe running 6 different marathons between them from late March through to the end of May, and this "Marathon Special" edition gives a little background info on all of those Ivanhoe members taking part. You might also find this information useful for the Club Marathon competition which takes place as usual at the **Marathon Cake and Social Event on Friday 31st March** (details in the social events section on page 3 and also on Facebook)



A note from Club Chair, Heather Swan



Another fantastic start to the year, membership is at an all-time high of over 200 members. The new beginners group is on its 3rd week, being ably led by Jason Green. Great results in the XC league, Men 2nd in Division 2, Ladies 3rd in Division 1 and combined team 2nd Division 1, and many thanks to Captains Teresa & Martin for leading the way.

The Ashby 20 was another resounding success, selling out in a record time of 2 hours and 40 minutes, and an amazing 1,321 people crossed the finish line on March 19th. Our thanks go our Race Director Richard Bebbington and his hardworking Race Committee - job well done guys. Missing from the event was our friend Brian Gough, we wish you well Brian and look forward to seeing you in your red hoody soon.

So now it's time for all the hard work to be put into practice with the Spring marathons/ultras almost upon us. Next Friday (31st March) is our annual Marathon Cake night, where you can come down and see off our spring marathon runners off in style. We'll be doing a competition after the run up in the bar (from 8.15pm onwards), so don't forget your £1s to enter.

Good luck to everyone running, whether in marathons, or in other races over the coming months - looking forward to seeing your medals. Run happy folks

Heather





Team Updates

By Team Captains Nick Rowles & Victoria Smith



The New Year brings lots of challenges, marathon training, DRRL cross country, the start of Winter LRRL and staying injury free. Both the men and ladies have done incredibly well in the XC league season with the ladies finishing third overall, the men finishing second and the mixed team finishing second. A great team effort all round with numbers regularly being easily over 40 in each race representing us. Individual prizes went to Keith Baron and Karen Bell and top three finishes for Nick Rowles, Rosie Dear & Trish Macpherson.

The LRRL season is in full swing with the Kibworth 6, Stilton 7, Markfield 10K already taken place and the start of the BDSL rapidly approaching in April. At the same time, we look forward to the Spring marathon season with Ivanhoe runners running at Manchester, Brighton, Stratford and London. To celebrate this special time don't forget to join us for the marathon cake night on the 31st March.

Not content with league races we have seen members run in a wide range of races including Stamford 30K with Alastair Chambers coming home first for the club in an excellent 2.04.59 which placed him as 46th male and a brilliant second in the v55 category. Clare Fowell made her debut at 30k and had a great run, clocking 2.22.14 to place her 4th in the v45 category. Topping both of these and winning a prize for first in his v65 category was Andy Jeyes, clocking 2.28.47. Charnwood hills proved yet again to be a challenging race, the only official fell race in Leicestershire. Run over a 14 mile plus course from Anstey, the route takes in Bradgate Park including the climb up to Old John, Broombriggs Hill and Beacon Hill then returns via Bradgate Park. In sticky condition, Steve Baggott was first home for the Club in 57th place in 1.51.45.

The most challenging of all had to be the Belvoir challenge. The Belvoir Challenge is a very tough 15 or 26 mile cross-country run from Harby, in the Vale of Belvoir, and is always "popular". With the course being different every year, the one constant is the murderous climb up the escarpment out of the Vale and the mud! This year the conditions were tougher than usual with an extremely steep climb early on that greeted both the 15 and 26 mile entrants.

Good luck to all runners whether you are running a marathon or a league race in the next few weeks.

Nick & Vic



At the start of the Ivanhoe 20

Spring/Summer Social Calendar

By Helen Horn and Bev Jones

"Marathon Cake Run" - Hood Park Leisure Centre

Friday evening - 31st March - 7pm meet - 7.15pm start **optional head torches for dusk light**



4 mile XC run to Packington, returning to Hood Park bar for drinks & cake!!

Please join us for a short XC run to Packington, followed by drinks and celebratory cake in the bar to wish all our club marathon runners the very best of luck in their forthcoming marathon races.

"Guess the finish time" competition to enter on the night too! £1 per entry... 1st, 2nd & 3rd cash prizes to be won!

Spring Bacon Butty Run" - venue tbc

Sunday morning – 14th May - 10am meet for 10.15am start

5-6 mile XC circular route. Families, children, dogs welcome too!

An opportunity to enjoy our beautiful local countryside at any pace and finish with a bacon butty!



Whether you want to run, jog or walk, this will be an occasion for club members and families to get together on what we hope will be a beautiful Spring morning!

"BBQ Run" – venue tbc

Saturday afternoon – 10th June (time tbc)

2 route options. 4 mile and 7 mile routes followed by BBQ & beer (hopefully in the warm sunshine!)



" Geocache Run" – Hicks Lodge



Wednesday evening – 16th August (time tbc)

A chance to show your competitive spirit, navigation skills and teamwork!

We'll supply the co-ordinates and clues, you supply the brain power and running shoes!

5-6 miles if you find all the caches! Prize for the first team back!

Ange Bebbington: running Manchester

Previous marathons: 5 PB: 5:01

Why a marathon? Hmmm.....well I seem to get drunk on the elation of completing a marathon and love the amazing achievement. I then enter another marathon forgetting the previous pain of the actual running, and once long run training season starts the pain comes flooding back and it's too late! And the cycle begins again....

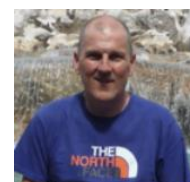
Race fuel: High 5 zero or Dextrose energy sweets & water. Pre-race ritual/Lucky kit? – I seem to tie and re-tie my laces many times – no idea why and not sure it's that lucky!

**Richard Bebbington: running Manchester**

Previous marathons: 19. PB 3:36:30.

Why a marathon? Always an ambition to run one when I was young, and now completed 19 and love them!

Race fuel: Hate gels as they make me ill, so normally water and jelly babies. Pre-race ritual/Lucky kit? – I'm always really nervous and every possible pain appears, though I think it's all in the mind!

**Karen Bell: running Manchester & London**

Previous marathons: 9. PB: 3:26

Why a marathon?: this year, to try and get back under 4 hours after several years of injuries

Race Fuel: Shot Bloks (black cherry flavor) and jelly beans

Lucky piece of kit/pre-race ritual: Kit - my lucky race pants and lucky socks (I have a few pairs!) and I always have to tie my laces at least 3 times before a race.

**Damon Bland: running Manchester**

Previous marathons: 1 PB: 3:57

Why a marathon?: I do struggle to find motivation to get out in the dark, cold winter months so thought a spring marathon might help..it hasn't but I'm really looking forward to Manchester

Race Fuel: SIS gels during a long one, and a banana if there are any going

Lucky piece of kit/pre-race ritual: Kit: If I did have a lucky piece of kit I would only forget it anyway so there is no point

**Amanda Bradbury: running London**

Previous marathons: 7. PB: 3:59

Why a marathon? I am running for the Carers' Centre, a charity that supports Carers in Leicestershire

Race fuel: I will be fuelling on High 5 gels and naproxen!

Lucky piece of kit/Pre-race ritual? None

**Kev Brown: running Manchester**

Previous marathons: 1 PB: 4:15

Why a marathon? Because I like to set myself goals and then work towards achieving them. I'd run a half, and a marathon was next on the list.

Race fuel: I usually eat porridge with slices of banana before a long run (I did try eggs on Midge's recommendation before the Ivanhoe 20, but they didn't work for me! Lucky kit/pre-race ritual: none.



Ruth Cousin: running Brighton

Previous marathons: 2 PB: 4:15

Why a marathon? This one because I had massive marathon envy when a group of friends signed up (having sworn not to do a spring marathon this year!)

Race fuel: High 5 gels with Shot Blocks as Emergency back-up. Pre-race ritual/Lucky kit? – Veggie Bolognese the night before and wearing my Ivanhoe shirt with pride

**Mark Eydman: running Brighton**

Previous marathons: 2 PB: 3:43

Why a marathon? Running a marathon is the “ultimate” challenge. Each step can be a personal battle between stopping and just keeping going, but nothing beats the feeling of getting over the line knowing that I have done my best

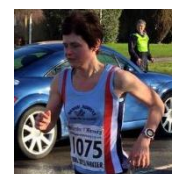
Race fuel: previously struggled with getting food right, but am working on taking on more fuel earlier this year to avoid running out of fuel later on. Pre-race ritual/Lucky kit? Careful not to forget two plasters that prevent any chafing up top!

**Clare Fowell: running London**

Previous marathons: 11 PB: 3:16

Why a marathon? I prefer running longer distances in training, and I'll never be fast a short distances

Race fuel: Isogels and water, but experimenting with UCAN products. Pre-race ritual/Lucky kit? – no lucky piece of kit, but I am particular with my routine on race morning

**Ruth Green: running Canalathon Ultra (50km)**

Previous marathons: 2 PB: 3:57

Why a marathon? Running an Ultra (50km) rather than a marathon, going for a new challenge rather than a better time

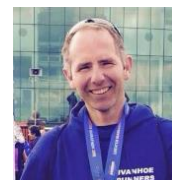
Race fuel: Shot blocks and just discovered peanuts on a recent ultra! Pre-race ritual/Lucky kit? – No lucky kit or rituals

**Jason Green: running Manchester**

Previous marathons: 2 PB: 3:55

Why a marathon? Running for a new PB. Already had a place but had to defer last year due to injury

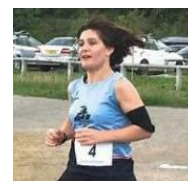
Race fuel: High 5 orange gels and water after having a hearty breakfast Pre-race ritual/Lucky kit? – I write “shut up legs” (as per the cyclist Jens Voigt) on my hand

**Karen Hartland: running Manchester & London**

Previous marathons: 5. PB: 3:49

Pre-marathon meal: Pasta. Post-marathon meal: Burger and chips

Best advice you've ever been given: Get your name printed on your vest. There's nothing like hearing people cheering you on and hearing your name being called out

**Becca Hobbs: running Manchester**

Previous marathons: 3 PB: 3:24

Why a marathon? Needed a focus to get fit again after having Eric...though not sure it's worked!

Race fuel: Dextro energy sweets & water Pre-race ritual/Lucky kit? – nothing lucky, I just hope for the best!

**Dave Hobbs: running Manchester**

Previous marathons: 3 PB: 3:20

Why a marathon? Because I love having a goal and something that pushes me physically.

Race fuel: Dextro energy sweets & water. Pre-race ritual/Lucky kit? – I wear the same boxers for all marathons & half-marathons 9may need to find a replacement soon!)



Andy Jeyes: running London

Previous marathons: 36. PB: 3:06:59

Why a marathon? For the enjoyment

Race fuel: Porridge and banana before; High 5 Energy gel and water during; Sauvignon Blanc after

Lucky piece of kit/Pre-race ritual? Mileage

**Ian Kirk: running Manchester & London**

Previous marathons: 48 PB: 3:25

Why a marathon? Because I'm better at them than short distances, and also use them as training runs for ultras

Race fuel? Energy gels for fuel every 3 miles starting at around 9 miles Pre-race ritual/Lucky kit: No luck kit, but I always run 14 miles in the week of a marathon so my total is always 40 miles for that week

**Hannah Knowles: running Manchester & London**

Previous marathons: 1 PB: 3:58

Why a marathon? Always wanted to do London and after years of applying & not getting in, decided to do a charity place so I could take part and raise for a great cause money too.

Race fuel: a few gels & water, lucozade if there is any. Pre-race ritual/Lucky kit? – always lay my kit out the night before, and write "Helen" on my hand as I run every race in memory of my Auntie Helen

**Andy Lindley: running Manchester, London and Liverpool**

Previous marathons: 12. PB: 3:18

Why a marathon? I love racing, and I'm starting to enjoy marathons. Manchester is the main one, hoping to get as close to my PB as possible and then to enjoy London. Then Liverpool Rock n Roll marathon, which I'm really looking forward to (band playing every mile!)

Race fuel: I'm still stuck on gels, find if I don't take them, I die (as happened at Belvoir!). Pre-race ritual/Lucky kit: No lucky kit or ritual

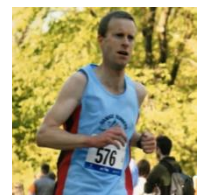
**Richard Martin: running Manchester**

Previous marathons: 6 PB: 2:59

Why a marathon? To set a new PB

Race fuel: Fuel on course, gels about every 5 miles, as much water and sports drinks as possible

Lucky piece of kit/Pre-race ritual? No lucky kit or pre-race ritual

**Mark Parker: running Brighton**

Previous marathons: 2 PB: 4:08

Why a marathon? Because our friends at Newark Striders invited us for a good weekend away – just a shame the running gets in the way!

Race fuel: High 5 gels, jelly babies and jelly babies. Pre-race ritual/Lucky kit: keep my fingers crossed Em has prepared everything on my behalf

**Emily Partridge: running Brighton**

Previous marathons: 3 PB: 4:11

Why a marathon? As above - because our friends at Newark Striders invited us for a good weekend away – just a shame the running gets in the way!

Race fuel: High 5 gels and jelly babies. Red wine gums went down well at on a recent training run too. As for drink, whatever is available. Pre-race ritual/Lucky kit? – Taping my ITB is a must, and a hairband is important as my hair is a big frizz that drives my ad without it!

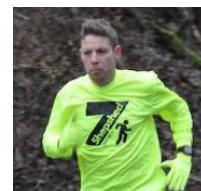


Nick Rowles: running London

Previous marathons: 2. PB: 3:12.

Why a marathon? Running for a personal challenge

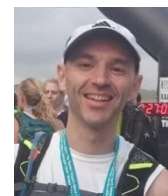
Race fuel: High 5 gels. Pre-race ritual/Lucky kit? – Don't think I've got a lucky bit of kit or ritual!! Does everyone else???

**Ramzi Sidani: running London**

Previous marathons: 11. PB: 2:52

Why a marathon? Love running London, and have done it 5 times before, and it's such a great atmosphere. Also gives me the motivations to train, and gives me a great fitness level for league races and any other long distance events in the year.

Race fuel: 4 energy gels (at miles 6, 12, 18 & 22) and a bit of water every few miles at drinks stations. Pre-race ritual/Lucky kit? – I get organised and well-hydrated the night before, then at the start area I try and relax, soak up the atmosphere and get in the "zone". Last year I was so distracted watching Mo Farah warm up, I forgot to put my Garmin on!

**Tom Smith: running London**

Previous marathons: 1 PB: 3:51

Why a marathon? The London marathon is a bucket-list event, and I was lucky enough to get through in the ballot.

Race fuel: High 5 gels with water. Pre-race ritual/Lucky kit? – no specific kit or ritual, but I do believe I think lucky, be lucky.

**Victoria Smith: running Manchester**

Previous marathons: 3 PB: 4:06

Why a marathon? Because Heather Swan told me to!! Also thought it was time I faced my marathon phobia one more time.

Race fuel: Porridge and bagel with Nutella pre-race, then SIS gels during the race (tropical fruit flavor), plus strawberry flavor Shot Bloks. Pre-race ritual/Lucky kit? – no, but I'm starting to think I should have!

**Tim Sturla: running London and Caythorpe**

Previous marathons: 50. PB: 3:28:10. Favourite marathon: Off-road: Belvoir Challenge.

On-road: Dublin. Pre-marathon meal: Toast and Marmite. Post-marathon meal: Cheese & beer

Best advice you've ever been given: Keep moving

**Teresa Talbott: running Manchester**

Previous marathons: 4 PB: 4:20

Why a marathon? Because I can

Race fuel: Tea & cake. Pre-race ritual/Lucky kit? – Join the queue – wee – rejoin the queue – wee – rejoin the queue – wee.....

**Martin Yeomans: running Stratford**

Previous marathons: 48. PB: 2:54

Why a marathon? I usually do a spring marathon, but haven't been doing a lot of training recently, certainly not as much as I should've done but we'll see

Race fuel: jelly babies and water, occasionally energy source drink. Pre-race ritual/Lucky kit? – my old Ivanhoe vest



.....and our Debut Marathoners

Janet Joyce: running London

Why a marathon? I was quite happy just running parkrun, and never had any ambition to run a marathon until Matthew put me in the ballot for London. I reluctantly decided to go for it, and am now enjoying the training and looking forward to it.

Race fuel: Torq gels (apple crumble and banoffee are amazing!) Pre-race ritual/Lucky kit? – haven't done enough races to answer this – just want to finish.



Sarah Malone: running Stratford

Why a marathon? Just to see if I can!

Race fuel: Still experimenting Pre-race ritual/Lucky kit? – bowl of porridge with blueberries washed down with green tea. I have “special” socks to race in, stress for a while over how many layers to wear, then spend a lot of time in the queue for the loo!



Martin Rowse: running Manchester

Why a marathon? Just wanted to do it for myself. Ran Leicester Half and finishing was fantastic, so looking forward to a full one.

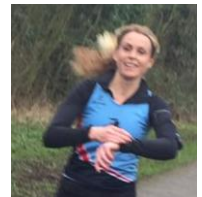
Race fuel: been eating eggs before long training runs and it seems to be working. Pre-race ritual/Lucky kit? – not got any lucky charms yet.



Helen Smith: running London

Why a marathon? I entered as I said it'd be the only one I'll ever run if I was lucky enough to get in through the ballot – and to my surprise I was!

Race fuel: Huma gels (all natural) & jelly babies. Pre-race ritual/Lucky kit? – my Ivanhoe vest (makes me feel like everyone in the club is willing me to do well)



26.2 Marathon Facts

1. The marathon was originally 25 miles (the distance from Marathon in Greece to Athens). Pheidippides, the guy who ran the original 26-mile 'marathon', ran 280 miles and fought in a battle in the days beforehand.
2. The first official marathon took place at the first modern Olympic games in Athens in 1896 when 17 competitors ran around 24.8 miles
3. Distances of around 25 miles continued until the London Olympics in 1908, where the distance was originally intended to be 26 miles finishing at White City Stadium. Queen Alexandra however requested the distance was extended by 385 yards to the East Lawn so that the royal children could watch the race from their nursery. The distance has remained 26.2 miles ever since.
4. Dennis Kimetto hold the men's world marathon record (2:02:57), set in Berlin in 2014, and Paula Radcliffe holds the women's record (2:15:25) set in London in 2003
5. The Boston Marathon, which started in 1897, is the oldest annually run marathon in the world
6. The oldest person to complete a marathon is Fauja Singh, finishing the Toronto Marathon in 2011, aged 100. The youngest was Buddhia Singh, who completed over 40 marathon by the time he was 5 years old!



7. Fewer than 5% of marathon runners achieve a negative split, and the majority of these run under 3.5 hours
8. Women are statistically more likely to run negative splits than men, due to starting the race more conservatively, and often speed up in the last 1-2 miles and finish strongly, whereas men tend to go off much faster at the start.
9. In the 20 weeks before a marathon, the average runner will run 600 miles and use 2 pairs of trainers
10. Runners' bodies are able to store around 2000 calories worth of glycogen, which is enough to fuel 18-20 miles of running (this is why fuelling during a marathon is essential!)
11. 20% of people do not have the "marathon gene" – a Loughborough University study found that 20% of people are not able/will never be able to run a marathon in a good time, despite having sufficient training.
12. Humans are the best long-distance runners on the planet, able to beat horses (and everything else) in marathon distance races
13. In 1967, the first woman to run the Boston Marathon was chased down by organizers, who hadn't realized at the beginning that she was a woman. A race official, attempted to remove her from the race, and is noted to have shouted, "Get the hell out of my race"
14. The average global marathon finishing time is around 4 hours 13 minutes (men) and 4 hours 42 minutes (women)
15. The UK is the second slowest nation in Europe (with only Greece slower). Spain are the fastest European country, but over 90% of finishers are male.
16. Japanese "Marathon Monks" run a marathon a day for 100 days and do this every year for seven years or commit suicide if they fail
17. The toughest mountainous marathon in the world is the Jungfrau marathon in Switzerland, where runners have to climb almost 3000 metres. Another marathon with significant climbing is the Chinese "Great Wall" marathon, where runners have to climb 5,164 steps of the Wall itself.
18. A typical marathon runner's diet is 65% carbs, 25% protein and 10% fat
19. The heaviest person to have completed a marathon weighed 400 pounds, and by the end, his weight only came down to 396.2 pounds
20. The vast majority of people training for a marathon (89%) do not lose weight, and in fact 11% gain weight during training
21. The coldest ("coolest") marathon in the world is the North Pole marathon
22. A marathon is longer than the diameter of a neutron star
23. The first London Marathon was held on 29 March 1981, more than 20,000 applied to run. 6,747 were accepted and 6,255 crossed the finish line on Constitution Hill
24. The most "indulgent" marathon is the Marathon du Medoc in France, which starts with a sip of wine, with runners navigating through vineyards where they are greeted with 22 refreshment stands and gourmet food stalls, and finish the last 200m on a red carpet
25. In the 2013 London marathon, 74% of all runners ran for charity, raising over £52 million
26. Strava shows the slowest mile for most London marathon runners is mile 25
- 26.2.....bananas are still the most popular fuel!



A Great Partnership: Ivanhoe Runners and the Rotary Club of Ashby Castle

By Kevin Sanders

It was no accident that among the 250 volunteers helping to make the Aldi Ashby 20 yet another superb success – probably the best Ashby 20 ever – were 20 volunteers from the Rotary Club of Ashby Castle, 2/3 of the club membership.



The relationship between Ivanhoe Runners and the Ashby Castle Rotary Club goes back a few years, Alan Edwards having been a member of both organisations for some time. Then in 2014 Ivanhoe Runner Kevin Sanders went to the Rotary Club to present the thank you check from the Ashby 20 and was persuaded to join, so the clubs now share two members.

And the support works both ways. Rotary's motto of "service above self" means that while the club often supports local community events, such as the Ashby 20, through providing stewards, marshals and the like, Ivanhoe Runners also support the Rotary Club of Ashby Castle in several ways.

Firstly, for the last few years Ivanhoe Runners have on one evening manned the Rotary Santa sleigh's that tour the streets all through December up to Christmas Eve. The sleigh's, organised by all three Rotary Clubs in Ashby, collect money that is then distributed to three chosen charities. Last December's sleigh runs raised over £17,000 that was shared among Life Education Leicestershire, CLIC Sargent for children with cancer, and Leicestershire Hospitals Charity in support of the children's cancer ward – all massively worthwhile causes.



More recently, with the Rotary Club's Ashby Santa Fun Run and Walk, Ivanhoe Runners have played a large part in that events success. With the "expertise" of both Kevin and Alan on the events organising committee, Ivanhoe Runners provide marshals for the key road crossings, and kit and equipment to stage the event. And, most importantly, Ivanhoe Runners have hugely supported the event by them and their families turning up to take part on the day, a fact that is well recognised by the Rotary Club. Some of them are also sponsors of the event, which in 2016 raised a massive £11,100 for local charities, including £8,500 for Hospice Hope, a local charity providing support to people with life-limiting illnesses.



There are other Rotary and Ivanhoe links. Any Ivanhoe Runners who have done the Race the Train event at Towyn in Wales may have been surprised on their first visit to find that many of the marshals out in the valley are from the Rotary Club of Ashby Castle, and always give the Ivanhoe Runners a huge cheer. Regular Ivanhoe attendees now camp on the Rotary campsite in what has become an annual pilgrimage. Towns like Ashby-de-la-Zouch thrive by making the most of their "community" feel, and events like the Ashby 20 and the Santa Fun Run and Walk that embrace many organisations from across the community reinforce that. And the link between Ivanhoe Runners and the Rotary Club of Ashby Castle helps both organisations, and ultimately the running and local community. Long may it continue!

2017 Race Calendar



Our 2017 Full Race Calendar appears on the next page, and includes the Winter and Summary LRRL Races, as well as the Social Runs.

The Committee are also delighted to announce the 2017 Club Grand Prix: races included in the 2017 competition are highlighted in blue type. Brief details are below, and a further communication will follow on Facebook and email.

- Prize for 1st & 2nd male and female
- All 10 races count
- 30 points for 1st place, 29 for 2nd and so on
- Highest points total at the end of the season wins

2017 Race Calendar

Date	Event	League	Social	Grand Prix
Jan 29th	Bagworth Heath	DRL - XC		
Feb 3rd	Naked Run		Yes	
Feb 12th	Kibworth 6	LRRL - Winter L		
Feb 19th	Allestree	DRL - XC		
Feb 26th	Stilton 7	LRRL - Winter L		
Mar 5th	Battle of Bosworth	DRL -XC		
Mar 12th	Markfield 10K	LRRL - Winter L		
Mar 19th	Ashby 20			
Mar 26th	Desford 5	LRRL - Winter L		
Mar 31st	Cake Run		yes	
April 9th	Run in the Forest	BDSL		
April 30th	Uttoxeter HM*	BDSL		Yes
May 7th	West End 8	LRRL - Summer L		
May 14th	Spring Run		Yes	
May 21st	Burton 10	BDSL		
May 21st	Gaddesby 7	LRRL - Summer L		
June 4th	Swithland 6*	LRRL - Summer L		Yes
June 10th	BBQ Run		Yes	
June 14th	Washland Relays*	BDSL		Yes
June 25th	Gate Gallop	BDSL		
July 5th	Hungarton 7*	LRRL – Summer L		Yes
July 11th	Worthington 5	BDSL		
July 14th	Tara Kinder 10k*			Yes
August 2nd	Joy Cann 5	LRRL Summer L		
August 13th	Burton 10k*	BDSL		Yes
August 13th	Hermitage 10k	LRRL – Summer L		
August 16th	Geocache Run			
September 3rd	John Fraser 10*	LRRL – Summer L		Yes
September 17th	Tamworth 5	BDSL		
September 23rd	Rodbaston 10k Trail Run			Yes
September 30th	Birchfield Trail Poppy Run*			Yes
October 29th	Worksop Half Marathon*			Yes

* 2017 Grand Prix Races in blue type

Marathon Pace Chart

Pace (per mile)	Marathon FINISH TIME	5K	5 Miles	10K	10 Miles	1/2 Marathon
06:30	02:50:25	20:12	32:30:00	40:23:00	01:05:00	01:25:13
06:40	02:54:48	20:43	33:20:00	41:25:00	01:06:40	01:27:24
06:50	02:59:10	21:14	34:10:00	42:28:00	01:08:20	01:29:35
07:00	03:03:32	21:45	35:00:00	43:30:00	01:10:00	01:31:46
07:10	03:07:54	22:16	35:50:00	44:32:00	01:11:40	01:33:57
07:20	03:12:16	22:47	36:40:00	45:34:00	01:13:20	01:36:08
07:30	03:16:38	23:18	37:30:00	46:36:00	01:15:00	01:38:19
07:40	03:21:01	23:49	38:20:00	47:38:00	01:16:40	01:40:30
07:50	03:25:23	00:20:00	39:10:00	48:40:00	01:18:20	01:42:41
08:00	03:29:45	24:51:00	40:00:00	49:43:00	01:20:00	01:44:53
08:10	03:34:07	25:22:00	40:50:00	50:45:00	01:21:40	01:47:04
08:20	03:38:29	25:53:00	41:40:00	51:47:00	01:23:20	01:49:15
08:30	03:42:52	26:24:00	42:30:00	52:49:00	01:25:00	01:51:26
08:40	03:47:14	26:56:00	43:20:00	53:51:00	01:26:40	01:53:37
08:50	03:51:36	27:27:00	44:10:00	54:53:00	01:28:20	01:55:48
09:00	03:55:58	27:58:00	45:00:00	55:55:00	01:30:00	01:57:59
09:10	04:00:20	28:29:00	45:50:00	56:58:00	01:31:40	02:00:10
09:20	04:04:43	29:00:00	46:40:00	58:00:00	01:33:20	02:02:21
09:30	04:09:05	29:31:00	47:30:00	59:02:00	01:35:00	02:04:32
09:40	04:13:27	30:02:00	48:20:00	01:00:04	01:36:40	02:06:43
09:50	04:17:49	30:33:00	49:10:00	01:01:06	01:38:20	02:08:55
10:00	04:22:11	31:04:00	50:00:00	01:02:08	01:40:00	02:11:06
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13:30	05:53:57	41:57:00	01:07:30	01:23:53	02:15:00	02:56:59
13:40	05:58:19	42:28:00	01:08:20	01:24:55	02:16:40	02:59:10
13:50	06:02:42	42:59:00	01:09:10	01:25:57	02:18:20	03:01:21