



IVANHOE RUNNERS' WORLD

Newsletter Spring 2018

Editorial – by Kevin Sanders

So, welcome to my first epistle back as newsletter editor. And firstly the apologies – this is both a bit later than I wanted it to be and a bit shorter, but unfortunately something called the Aldi Ashby 20 got in the way.... Or didn't !

You will have seen all the Facebook posts both from the Race Committee and the responses – which have been overwhelmingly positive about the way we handled the awful situation of cancelling the race – especially compared to the way other cancelled events handled their situations !

Being “on the inside”, I can say that the way the whole thing was handled was brilliantly professional – from the “gang of three” who applying pre-defined protocols were forced to call the decision (Race Director Richard, Chief Marshal Bob and Medical Director Ruth), through to the Race Committee which then met several times that weekend, made critical decisions to protect the future of the race and the club, drafted and issued several communications across social media and handled numerous queries. And then the helpers, still getting hoodies out to 1,500 runners. All of these people are volunteers, but acting in a very professional way – which remarkably has only further enhanced the reputation of the race and the club! Well done all in a very difficult situation.

Hopefully all the various “beasts” are leaving us alone and we can enjoy some Spring weather at last ! Which means it is lambing time, and you may have seen our newest addition – Jasper Ray Alfred Sanders - and as I go to press we wait for Ingrid and Phil to produce. Ta ra.....

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Heather Swan**

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Latest News..

A note from our Chairman – Heather Swan

In case you hadn't noticed, it's now officially Spring, which can only mean one thing - Marathon time. With 25+ members doing marathons it's going to be a busy few weeks. I'd love to see the stats for how many miles you've run collectively in the build up. Whether it's your first or 51st make sure you stick to your plan and enjoy it.



I'd like to mention our own Ian Kirk who will be running his 1st Marathon de Sables. Starting on 6th April over just six days he will run over 250km (156 miles) :- Day 1: 30.3km, Day 2: 39km, Day 3: 31.6km, Day 4: 86.2km, Day 5: 42.2km, Day 6: 7.7km.

Through endless dunes, over rocky jebels (a range of hills), and across white-hot salt plains. Temperatures regularly reaching 50 centigrade. The sand will be his constant companion, clouds of it under his feet, sheets of it stinging his eyes and lots of it chafing where it shouldn't. The long stage has become a legend in itself. He will run out of a Saharan morning, into the dusk and then the dark, many not finishing the 80+km (52 miles) till well into the next day.

Good luck Ian, we know you can do it.

Ashby 20, well what a hectic couple of weeks it's been for the organising committee. Well done to the core team for making the right decision early enough for the competitors. Richard and his team have done an incredible job keeping everyone in the loop with excellent communication to all our competitors, meaning the reputation of the Ashby 20 once again goes from strength to strength, well done all.

So, go put all the hard training into practice and have great runs over the next few weeks - looking forward to hearing all your stories, run happy folks xx



Team Captain's Updates - Nick Rowles and Victoria Smith



As marathon season rapidly approaches its time to reflect on some performances that have taken places so far this year. It was a pleasure to hand out so many standard awards and team trophies for all three leagues we ran in 2017. Both the men's and ladies teams were consistent in the DRLXC this year with both finishing runners up in their respective divisions. The outstanding performance was by Helen Finn who won her age category. The BDSL has proved a successful hunting ground with both teams finishing runners up, with the men narrowly missing winning on count back.

So far this year the running season has been hit by the poor weather with one LRRL race and a XC being cancelled due to poor conditions, along with the Ivanhoe 20 and its award winning counterpart the Ashby 20. However you continue to show your enthusiasm with big teams at the cross countries and perseverance to get into the LRRL races. It was great to take teams to the county XC and Midlands XC at Wollaton Hall to represent the club. Looking back since the start of the year over 40 different races have been run by our members and this is meant to be the quiet part of the year!

Numbers continue to grow at quality sessions, and track sessions are enthusiastically attended at Tamworth. Shortly we will be switching to use venues outside Ashby as we benefit from the clocks changing. So if you are injured or are having a rest week, help is always appreciated with sessions. Alternatively we are always looking for pace groups leaders – don't be shy.

The last thing to say is good luck to all those of you that are tackling a Spring marathon and don't forget the 1st BDSL race is 15th April with the Run in the Forest.

Happy and speedy running, Nick and Vic

Aldi Ashby 20 2018 – the Race that Never Was

The week before this year's Aldi Ashby 20, many of us were watching the weather forecast with interest. With cold easterly winds and -10 wind chills forecast it wasn't looking very promising. We weren't too worried at this time as we all know things can change rapidly, which they did! On Friday morning the Met Office announced an amber weather warning for our area, freezing conditions with ice and possible snow. We had no alternative other than to cancel the 2018 event. This was very surreal as at the time of cancelling the event it was a bright sunny day and good running conditions. Had we really just cancelled the Ashby 20??

However, making the early decision allowed us to cancel many of our supplies, including Aldi who were just filling their vehicle with the provisions they kindly donate to us for the event. The message soon got out and messages of support came flooding in, such as: "Absolutely spot on decision making, must have been a nightmare for you as race organisers but you have dealt with this perfectly. The early communication was excellent, as has been the follow up communication".

Inevitably there were some concerns raised as no-one wanted to miss this 'iconic' race. Nevertheless, the decision was made - there was no going back.

Saturday came, and the temperature had dramatically dropped and we got our first glimpses of snow flakes, albeit few and far between. This soon changed as the snow came with a vengeance during Saturday night. On Sunday morning, never have so many of us been so pleased to see snow on when opening the curtains! However, snow or no snow, it was the right decision to take. Would you really have wanted to stand out there for 5 hours or more, in temperatures of -10?

Ensuring that our suppliers, runners and volunteers have been kept up to date at all times, words of encouragement continued to come in during the days/weeks after the cancellation. All our runners have been offered £10 refund and their famous hoodie. In addition all registered runners on the day of the race have been guaranteed a place in next year's race. These actions have been truly welcomed.

Many of you [Ivanhoe Runners] have offered much support and assistance at this challenging time. This is something which has been really appreciated by the Ashby 20 committee. Although this year's event didn't take place, it has been a tremendous success in its own way, along with being a steep learning curve! With the committee and Ivanhoe Runners pulling together it has been a true team effort to get through this. Many thanks to you all.

Finally you will all be aware this year's event was dedicated to the memory of Brian Gough, our dear friend. The hoodies are all emblazoned with 'BG' in his memory. We all wanted a race not to forget, however none of us imagined anything like this. At least it made local headlines on the front page, "Mini beast from the east stops iconic race". Above all it will be remembered as the 'Aldi Ashby 20, 2018, the race that never was, in loving memory of our dear friend Brian'.

Richard Bebbington – Race Director

IT'S MARATHON TIME !!

As we head into Spring marathon season, it is time to wish all our Ivanhoe marathoners good luck. More importantly, we celebrate by having cake and a competition – marathon cake night, Friday 6h April at HPLC. And to help with the competition, here are this year's Spring runners and riders with their "form".



Alistair Chambers – doing Brighton on 15th April for the first time.
PB – 2.46.59, 73rd marathon !
Looking for around 3 hours.



Andy Jeyes – doing London again after 6th in his age group last year with 3. 18.39 . Also going to New York with good-for-age. PB – 3.06.59.



Andy Lindley – doing London on 22nd April. PB – 3.18.52 in Edinburgh 2016. Did 12 marathons in 2017, injury niggles now.



Andrew Stanley – doing Brighton. Second marathon after 8 years gap. Aiming for 3.29, running it backwards as the rear end of a horse for Macmillan (one of those statements is true).



Damon Bland – doing London. First London but third marathon, PB is 3.43. Raising money and awareness for Lupus UK.



Emily Wideman – doing London on good for age. First London, third marathon. PB of 3.42.



Fiona Betts – doing Manchester. On 8th April. 18 years since her last marathon ! PB 4.35 ish but looking for sub 4 / 3.50 in London.



Helen Brandon – doing Manchester, her first marathon s no time goals! Raising money for Alzheimers Society.

Helen Finn – first marathon, Edinburgh May 27th .



Ian Kirk – not doing a marathon, doing several back to back in the desert – the evil Marathon des Sables in the Sahara desert. Starting 6th April, 156 miles over 6 days, in 50 degrees C temperature... Mad...





Judy Mouncer – doing her first marathon, in Edinburgh. Aiming just to finish but would like sub 4.30.



Karen Hartland – doing her third London, marathon no.9 overall. PB 3.49.27. Wants to be sub 4 so will have done all Spring marathons in under 4 hours.



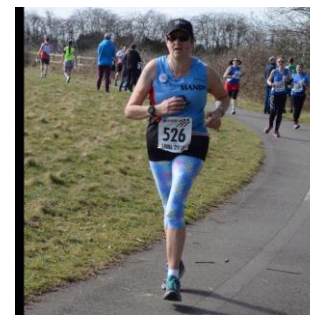
Karl Smith – doing Brighton. Marathon no.6, PB 3.43.43 and aiming for sub-3.50.



Liam Buckler – doing Brighton for the third time. Aiming for sub-4.30.



Louis Barnes – doing Liverpool on May 20th. Second marathon, debut in London 2012 with 3.54. Would like 3.30 ish...



Mandy Morris – doing Southampton 22nd April. Third marathon after two London's. Would love to be sub-6 hours.



Mark Harriott – doing his second London Marathon but 59th overall ! Mark has joined Ivanhoe second-claim but is well know to us. PB 3.01.41 from Berlin 2013.



Martin Yeomans – doing Longhorn Marathon on 22nd April. 48th marathon, PB of 2.54.03 from London 1998. Using this as training for his first Ironman tri.



Matthew Joyce – doing his third London marathon, sixth marathon in total. PB 3.43.10 but after injuries aiming between 4 and 6 hours !



Nick Rowles – men's captain, doing London (his second London). PB is 3.12.42 from Brighton 2016.



Patrick Horn – another marathon debutante, doing Manchester. Looking for sub 4.



Ramzi Sidani – doing Manchester AND London – marathons number 16 and 17. PB 2.15 London last year, looking to be sub 3 hours again.



Richard Bebbington – doing Manchester, done 20 ish marathons. PB around 3.36.



Richard Martin – Manchester, his eighth marathon. PB 2.59.37 but due to the weather interrupted training expecting 3 hours +.



Victoria Smith – ladies captain, doing London for the second time and her 5th marathon. PB 3.57.58 and would love to be sub 4.



Ian Bolton – doing London for fourth time in a row. PB of 2.59.09 but will be happy to be sub 3.10.

GOOD LUCK EVERYONE, ENJOY THE EXPERIENCE AND FINISH INJURY-FREE. AND SMILE FOR THE CAMERAS.

RACE DIARY – WHAT RACES ARE UP NEXT ??

April 8 th	Paris Marathon
April 8 th	Manchester Marathon
April 15 th	Brighton Marathon
April 15 th	Run in the Forest 5 - BDSL
April 22 nd	London Marathon
April 22 nd	Longhorn Marathon
April 22 nd	Southampton Marathon
May 6 th	Uttoxeter Half - BDSL
May 13 th	Bosworth Half - LRRL
May 20 th	Liverpool Marathon
May 20 th	Burton 10 - BDSL
June 3 rd	Swithland 6 - LRRL

June 13 th	Washlands Relays - BDSL
June 24 th	Prestwold 10k - LRRL
July 8 th	Hungarton 7 - LRRL
July 10 th	Worthington 5 - BDSL
August 1 st	Joy Cann 5 - LRRL
August 12 th	Hermitage 10k - LRRL
Sept 2 nd	John Fraser 10 - LRRL
Sept 16 th	Tamworth 5 - BDSL

SOCIAL AND SPECIAL EVENTS DIARY – CAKE !!!!!

April 6 th	Marathon Cake Night
April 27 th	Last Friday of the Month Social
May 25 th	Last Friday of the Month Social
June 29 th	Last Friday of the Month Social
July 27 th	Last Friday of the Month Social
October 7 th	Club Trip - Budapest
December 2 nd	Ashby Santa Fun Run and Walk

Other things to watch out for : Ivanhoe 20 rescheduled for Autumn,
Adrian Smith 10k handicap, Summer Family Funday.....



SO WHO ARE THE COMMITTEE ?

For new members or anyone who has joined in the last three years and has never seen Kevin Sanders running, here is a brief “fun” profile of the 2018 Ivanhoe Runners committee.



Fixtures Secretary – Damon Bland

Running history: 10 yrs, 4 with Ivanhoe.

If I was a car, I would be a: Mk2 Jag, still looks classy but prone to rust!

Favourite Race: Swithland 6..usually get a bit of a sun tan.

Favourite singer / band: Can't beat a bit of Led Zeppelin.

Best Performance: Huncote 2016 first and only time my mile splits have been under 7 minute miles.

Favourite food: Warm malt loaf with a bit of best butter.

2018 goals: It's all about London for me this season, I haven't really thought about anything else for 2018.

Favourite destination: Isle of Wight.

Something we don't know about you: Ive got the worst sense of direction of anyone I've ever known. I've done a few triathlons and on 2 of them I have actually lost my bike!



Social Secretary – Gemma Shaw

Running history: Just over a year!

If I was a car, I would be a: I'd be a 2 seater sports car. Totally impractical, uses a lot of juice, constantly needs fixing, but fast (because I'm always late!).

Favourite Race: My fave race is the Gold Cup at Royal Ascot!

Favourite singer / band: More of a genre than artist - House music!

Best Performance: When I was Mary in the school play! Just kidding....my Half Marathon in Slovenia. I was terrified! Didn't think my legs could manage a car journey, but they did. High five legs!

Favourite food: Sunday Roast and glass of wine.

2018 goals: Trying (again) to get my standard, (hoping for Copper) and to possibly talk myself into another go at a half!

Favourite destination: Ibiza.

Something we don't know about you: I can wiggle my ears without touching them and say the alphabet backwards!



Chairman – Heather Swan

Running history: Since 2009, joined Ivanhoe in 2010

If I was a car, I would be a: Red Rolls Royce, understated elegance - hahahaha

Favourite Race: Seagrave Wolds Challenge

Favourite singer / band: Bob Marley

Best Performance: London 2016, pb 4.00.19, still chasing sub 4

Favourite food: Burgers

2018 goals: Reykjavic Marathon, August 2018 - 4 Gals on Tour

Favourite destination: Maldives.

Something we don't know about you: I used to have a proper job



Special Events – Julie Taylor

Running history: Erm about 15 years.

If I was a car, I would be a: A VW transporter van - good for holidays!

Favourite Race: 20 miles, off road, the muddier the better

Favourite singer / band: Dolly Parton (but don't tell anyone that!)

Best Performance: Difficult one... I'll have to think about it.....

Favourite food: Thai green curry. Or if it's post run, fish finger sandwich!

2018 goals: An ultra (if I keep saying it, it might happen)

Favourite destination: Scotland.....via Tebay services.

Something we don't know about you: I'm a keen cyclist, cycled Lands End to John o Groats last year, it rained every day!

Newsletter Editor – Kevin Sanders

Running history: Since 1985 – blimey!

If I was a car, I would be a: Land Rover Defender.... reliable, been around a long time, loves cross-country..

Favourite Race: It was the marathon, especially London. Now parkruns.

Favourite singer / band: Bruce. Best live artist in the world. Ever.

Best Performance: Rotterdam marathon - PB of 3.08.35..

Favourite food: Bacon. Gammon. Pork. Anything from a pig I guess.

2018 goals: To clock up my 100th different parkrun venue, and get back to a decent time.

Favourite destination: USA.

Something we don't know about you: I used to be quite nippy.... 5k in 19.00, 10k in 38.02, half in 1.22.48. And I was a 2012 Olympic Torch Bearer when it came through Burton.... proud moment.



Secretary – Marie Miller

Running history: Just over 2 years.

If I was a car, I would be a: VW Beetle. Nostalgic, not one to follow the crowd and can be expensive to run!

Favourite Race: Any 10k as long as it's flat!

Favourite singer / band: Nick Cave – shivers down the spine stuff.

Best Performance: Completing my first 10k in my home town.

Favourite food: Pasta, pizza, bella italia!

2018 goals: To be fitter, faster and to conquer “that hill”.

Favourite destination: Doesn't feel like I've had a holiday until I've been to Cornwall.

Something we don't know about you: I clean my teeth way too many times a day!

Results Secretary – Mark Parker

Running history: I first tried out running back in 2012 through doing the occasional parkrun, however didn't really get into it until 2014. I then joined a club and it kind of snowballed from there.

If I was a car, I would be a: Audi RS3 no real running reason it's just a car I'd like to own one day.

Favourite Race: Favourite distance has to be 5k as this is the distance I'm best at. Favourite race would have to be Great North Run as the atmosphere is amazing.

Favourite singer / band: Don't really have one, just whatever is on the radio.

Best Performance: Liverpool Rock & Roll half marathon last year. Distance running isn't my biggest strength so was really happy running 1:28:00 which was an 8 min PB.

Favourite food: Could name a few but got to be Steak and chips.

2018 goals: I have a few goals for 2018, however the main 2 I'm working towards are:

1. Something I'm calling Project Conkers 1659 - attempt to run Conkers parkrun in under 17 minutes (current PB is 17:51).
2. Equinox 24 solo – a 24hr endurance event where you attempt to complete as many 10km laps of a course as possible in 24hrs. I did this 2 years ago and completed 14 laps (86.8 miles) and this year I'm going back with the aim of completing over 100miles so 17 laps.

Favourite destination: Anywhere hot. Greek islands are always a good one.

Something we don't know about you: Running isn't actually isn't my main hobby. I've played Golf most of my life and currently play off a 1 handicap representing Derbyshire at county level.



Men's Captain – Nick Rowles

Running history: 6 years.

If I was a car, I would be a: Seat Leon – not too much to look at but deceptively nippy!

Favourite Race: Anything over 5k.

Favourite singer / band: U2

Best Performance: GFA for London.

Favourite food: Every runners favourite – cake!

2018 goals: To beat my PB's and for the men to win the BDSL after being so close for the last two seasons.

Favourite destination: Australia.

Something we don't know about you: I used to be a ski instructor.





Treasurer – Phil Stevenson

Running history: Since 2008, I started running/walking a mile out and back on a Sunday morning.

If I was a car, I would be a: Mondeo – does the job!

Favourite Race: The Wymeswold Waddle it's a good honest test and a nice event. The first Brian strong armed me into for Ivanhoe.

Favourite singer / band: Something upbeat and easy listening.

Best Performance: The Paris-Roubaix Challenge (I did RUN a bath afterwards).

Favourite food: A good baked potato.

2018 goals: Ride more, keep running and fight off sleep deprivation !

Favourite destination: I'm obliged to say Ireland.

Something we don't know about you: I taught myself not to heel strike.



Social Secretary – Sam Toon

Running history: I've run on and off since childhood but this will be my 3rd year with Ivanhoe.

If I was a car, I would be a: I have aspirations of being an Aston Martin but I am more of a Land Rover right now.

Favourite Race: I really enjoyed the last club trip. The atmosphere of a marathon weekend in Slovenia was amazing.

Favourite singer / band: I have eclectic tastes ranging from 80's rock to dance music.

Best Performance: Bosworth half marathon 2017. I knocked 15 mins off my previous half marathon time.

Favourite food: Roast beef.

2018 goals: To run my copper standard.

Favourite destination: Too many to choose but I really enjoyed LA and New York.

Something we don't know about you: That my pets all seem to be having some sort of identity crisis. A dog who thinks it's a cat, a cat who thinks it's a dog and a horse who thinks she's a goose.

Publicity Officer – Sarah Malone

Running history: 6 years.

If I was a car, I would be a: A Ford Galaxy, full of kids.

Favourite Race: Belvoir Challenge, Cross country especially Bradgate and muddy Bosworth!

Favourite singer / band: Like a lot of bands but Foo Fighters are current fav

Best Performance: Running my first Marathon at Stratford last year in 4.27, Training didn't always go to plan with ITB issues, family commitments and nerves but it came together on the day!

Favourite food: Partial to homemade carrot cake.

2018 goals: To get my parkrun time back under 25 mins... and just to keep running.

Favourite destination: Cromer every year, not very exotic but we love it.

Something we don't know about you: nothing very interesting...



Ladies Captain – Victoria Smith

Running history: About 8 years but didn't do that much until I joined the club in 2013

If I was a car, I would be a: As a 70s child I'm going for a classic 1970s Ford Capri.

Favourite Race: Woodhouse May Day Challenge - scenic, social, cake!

Favourite singer / band: George Michael – I wanted to be in Wham!!

Best Performance: London marathon 2014, when I started running I never thought I'd get to half marathon distance so running London for my first marathon is my proudest running day

Favourite food: Cheese and beetroot sandwich with salad cream in brown bread.

2018 goals: A Parkrun PB and a sub 4 marathon - can I then retire?!

Favourite destination: South west Florida - warm sea, empty beaches and its flat - makes running easier!

Something we don't know about you: I'm intrigued by space and space travel



Latest News....

SUBS ARE DUE !!

Your annual subscriptions held this year at £35.00 becomes due on 1st March 2018, however if you pay before the 31st March 2018 you will qualify for a £5.00 discount and are only required to pay £30.00. All payments received after 31st March will revert to the full subscription price of £35.00.

You can make your payment to sort code: 40-08-31
account no: 81422278

If you choose not to renew for any reason please let Club Secretary – Marie Miller (osciotter@gmail.com) and I know by return.

BORING STUFF – GENERAL DATA PROTECTION REGULATIONS (GDPR)

These are new regulations that come into effect on May 25th this year, which require that organisations are more explicit about the data being collected and what it is used for.

So, when you re-joined this year or joined as a new member you will have seen the following statement:

“When you become a member of, or renew your membership with, Ivanhoe Runners, The Club will collect and retain relevant personal data (including contact details and medical conditions). This data will be shared as required with Governing Bodies (including England Athletics), Race Organisers and Leagues to enter events and compile results. Additionally, data will be used to communicate club information, create press reports and to facilitate the organisation of The Club. The data held by The Club will be kept for up to four years after you have resigned from The Club.”

We are currently working on our Privacy Statement and Privacy Policy so watch out for those emerging....