

The Runs - YTRRC Newsletter - January



Captions so far...

You know that programme
“Shameless”???

’ere, come an sit on my
knee!!!

Did you hear the one about
the drunk who nicked a Santa
suit???

Have you seen the film “Bad
Santa”???

...and we haven’t even
started on the peg-leg yet!!!

The newsletter is to have a new format this year. Rather than focusing on what has been achieved, which has been appearing in the Sunday e-mail with far more regularity, we shall try to keep members informed of up-coming events and races that YTRRC will be highlighting to its members. Many thanks to those who have submitted Race Reports in the past, please direct these immediately to Terry for the Sunday e-mail.

Please excuse me for missing details as this is a new format and may take some time to get up and running (ha ha). Always check race websites rather than relying on me!

Any suggestions or reports for exciting, well organised or good otherwise events will be gratefully received.

Club Championship Events

The Club Points Championship has a new format this year which allows everyone to get involved and take part in lots of races. Although some of the races have already happened, this doesn't mean you can't catch up. The whole point of the new rules is to ensure participation right up to the final races.

The races are organised into "rounds" from which your best result will score. Some round races are on the same day to allow/disallow tactical racing, depending on how you see it!

Full details on our website, or speak with Nigel Moysey or Lee Holloway.

Round One

The Chard Flyer - January 1st 2012

A very well supported race by YTRRC, and a rather obvious points scorer for the men as Paul Rose took overall third place. Paul Allen was 8th and Richard Boulter 11th, with good points being scored for the rest, including a surprise as Dickie Wythe also wore green and white! As for the ladies, Kirsty Norman and Kyra Hawkins will have bagged loads of points too.

Milborne St. Andrew - January 8th 2012

Another race with plenty of YTRRC runners but with a more surprising result as Matt Driver took the top points coming in 58th position as there was some real quality there from deepest Dorset! Crispian Macpherson was second Yeovil and Terry Byrne the third male. In between the men, Rose Harvey starts her defence of the Championship with another 50 female points, Kirsty Norman was 2nd female and Sophie Brooke 3rd. Other runners included Malcolm Maxted, Jon Rowe, Tony Watts (but not in Green & White, tut, tut), Nick Brooke with a dodgy back (too much wine again???), and Flora Brooke.

Street 5k – Wednesday January 11th

7:30 pm start, on road

From 6:30pm in the United Reformed Church, just off the High Street.

This is a five 1km lap course around the town and includes the 1km and 2km races for the kids. Unfortunately, some of those kids are pretty hot on their heels and show you just how old you are beginning to feel! Run by Wells City Harriers, this is the winter series which operates opposite to our 5k series across the summer. Quite low key, except for the kids who are pretty serious about the whole thing, this is a good venue for seeing how winter training has kept you fit. It was a beautiful night with a touch of frost in the air and no wind, perfect for running, although you might not have been! Anyway, after a bit of YTRRC banter Paul Chadwick said go and off everybody charged. In 16:38mins, Keiran Young from Bristol had

finished his five laps and it wasn't too long before John Morgan had shot over the line in 19:05 to claim the 1st YTRRC position and his 50 points. Nick Brooke was 2nd Yeovil with Matt Driver edging Sam Harvey out for 3rd. Sophie Brooke pipped Lesley Nesbitt for 1st lady, with Rebecca Burns 3rd. Also running well were Crispian Macpherson, Richard Boulter, Dave Boyer, Flora Brooke, Deb Stanfield, while Adam Hawkings was very pleased to finish in under the 30 minutes, so well done all!

Round Two

Ham Hill Cross Country - see details lower down...

Hestercombe Humdinger - 9.5 miles or 5km - Mainly Road

29th January, 2012 - 10:30am

Hestercombe Gardens,

Cheddon Fitzpaine, Taunton, TA2 8LG

Shorter route available of 5k which also appears to be in the Championship, this is a hilly course going up towards the highest part of the Quantock Hills, including the "infamous Humdinger Hill". The video on the website is informative, and as the race is organised by runners they do know what runners want. Mike Shead, Mike Harvey, Michelle Lane, Rose Harvey, Judith Wilson all competed last year.

<http://www.thehestercombehumdinger.co.uk/index.php>

Blackmore Vale Half Marathon, Bishops Caundle

5th February, 2012 - 11:00am

13.1 miles - Roads

This is a weird race, in as much as it can be quick in places but has some hilly bits too. The finish is up a very steep hill, but its only a short climb so its not too bad. This course can be a bit exposed in bad weather so if you're struggling it becomes very hard, but on a good day with nice weather its a really pleasant and picturesque route. Very little crowd support as it goes from village to village, but adequate water stops and friendly marshalling makes it a good local event. Personally, I've had real difficulties on this one year, and the next I followed it up with a good result - like I say "weird".

You must pre-enter as there are no entries on the day.

£10 and this year you get a t-shirt!

<http://www.bvlions.yolasite.com/>

Speak with Matt Driver, Mike Harvey, Rod Appleby, Lisa Gunning, Lesley Nesbitt, Julie Green or anyone else on the results list from last year.

Longleat 10K, Warminster

5th February, 2012 - 10:00am

10km - Roads

A figure of eight course, which is good for spectators, starts in Longleat and finishes down the drive towards the mansion! A couple of stiff hills but nothing that a YTRRC runner would balk at. Chip timed so a little extra cost. I think you must pre-enter this race too, and there is an on-line admin cost, however check the website as they will accept postal entries if you're quick.

<http://www.209events.com/>

Nigel Moysey, Judith Wilson, Anita Rufus and Darren O'Donnell all have experienced this event so conversations with them will prove fruitful.

Street 5k – Wednesday February 8th

7:30 pm start, on road

From 6:30pm in the United Reformed Church, just off the High Street.

This is a five 1km lap course around the town and includes the 1km and 2km races for the kids. Organised by Wells City Harriers, this is an excellent low key event to see how Winter training is progressing. Speak to any of our quicker guys and gals to see how friendly it is.

Adam Hawkins is a true stalwart of this race and will be happy to share his thoughts too.

Usually, there is a good-sized YTRRC group that warm-up and cool down in groups to ensure everyone is included and happy.

Entry on the night is fine, and for a fiver this is a good testing blast that really gets your lungs heaving – go on, you know you want to...

Round Three

Lychett Manor 10miles – Sunday February 19th

10:30 pm start - on roads

From Lytchett Matravers School

Organised by those @%\$**'s who are always in front wearing their green and red shirts, this is a 10mile road race on roads and pavements, with a small and large loop.

Terry Byrne did this last year and as our sole representative you will have to catch up with him to have a chat about the experience.

<http://www.lytchettmanorstriders.org/lytchett10.php>

£10 on the day, cheaper pre-entries.

Babcary 7.5 miles – Sunday February 26th

No details yet!!!

Unfortunately, I can't find details of this race as yet. I've done it in the past and remember it as quite a flat course, so much so that Gareth Ashmead has used it as a preparation for marathon running (he ran round early before doing the race making it a good 15mile long run). Annie Ashmead has done it too, along with last year's racers such as Katie Pearce, Jo Whaites, Nick and Flora Brooke, and Lee Harwood. Ask around, I'm sure you can enter on the day too.

Cross Country - Wessex League

The next round of the local Cross Country league is coming up too:-

Ham Hill, Montacute

(Championship Round Two event)

January 22nd 2012 – 10:30am

Distance 8K men, 6.5K women – Off-road, muddy footpaths and fields, depends on the weather.

Free entry to members in YTRRC colours

<http://www.wessexleague.com/>

I was injured last year, but went along to watch. YTRRC had a huge number of runners making up around half of the total! Speak with anyone, they were probably there. Pete Jakeman, Lee Holloway, Kat Jones, Deb Neal, Deb Stansfield were all there and others. As our local fixture, we do like to get a lot of our mob out there so please come along for a free race!

YTRRC want to make this competition something that we can win across all the key classes (male/female, ages, etc.) so we would love as many as possible to turn up to ensure good positions.

This event is also part of the YTRRC Club Championship so lots of incentive to race!

Unfortunately, the website isn't regularly updated so we can't guarantee the time, parking is in Stanchester School and if you arrive early we can all keep warm together! Listen out at Club nights for any changes in details.

Bournemouth,

March 4th 2012 – 10:30am

Distance 8K men, 6.5K women – Probably off-road, muddy footpaths and fields, depends on the weather.

Free entry to members in YTRRC colours

<http://www.wessexleague.com/>

Similarly to Ham Hill, I was still injured (poor me) but we had others go so please ask around.

YTRRC event - INCA TRAIL

Our own event, and the first of the year is The Inca Trail, with club race director Richard Dodge taking charge for the first time. He will want help with marshalling, refreshments, results, and other administrative affairs, but there is also the opportunity to run:-

Ilchester Sports Field, Ilchester.

February 12th 2012 – 10:30am

Distance 7 miles – Multi-terrain, hopefully as muddy as possible, can be knee deep in places.

£10 affiliated on the day

<http://www.yeoviltownrrc.com/incatrail.html>

This is the drier course this year as some of the land we have used in the past is private. It means a little more road, but still the chance to get down and dirty. One year we were wading knee deep in water, and it's always muddy, so make use of the showers after!

Personally, I love this event. It's a chance to run as hard as you can, because 7 miles shouldn't kill you, but it is tough and you know you've been tested when you finish! If you do run, please help with the car-parking, race entries or laying the course before doing so (course laying is done the morning before and usually ends up with a lemonade (or stronger) afterwards).

There are shorter routes available, including youth distances, so bring the family!

Extra Championship points are available for help with marshalling, entries, course marking, car-parking, etc.

British Masters Cross Country – age 35+

Bath University, Bath

March 25th 2012 – 12:00 men, 1:00 ladies

Distance 8K men, 6K women – Probably off-road, muddy footpaths and fields, depends on the weather as with the race above.

Free entry to members in YTRRC colours

Again, talk to Tim Hawkins about this race. As teams, we need 3 to count, but you run individually and can get a ranking! There is a closing date of 20th March so don't leave it too late. As teams, we need to collate age groups so please talk to Tim to arrange this correctly (Deb Neal can put you in touch with Tim).

<http://www.bmaf.org.uk/fix/bmaf2012xc-entry.pdf>