

Kenilworth Runners Newsletter



JANUARY 2010

Message from the Editor

Firstly: A very Happy New Year to all members! Hopefully the prolonged cold snap and snow did not hinder your New Year training plans and resolutions too much. Perhaps you enjoyed the thrill of slipping and sliding along or just postponed plans for a week or two. Whatever, hopefully 2010 will fulfil all your running aspirations.

With December being a fairly quiet month on the racing front and the editor suffering from a bit of writer's block (And training very hard for the Virgin London Marathon) this is a particularly short Newsletter. If I can be struck with inspiration, maybe next month's issue will be a little more interesting.

Club News

There was high excitement one particularly cold club night in December when Pete Bryan proudly unveiled the new club hoodie – and then went on to sell quite a few of them. Featuring everything you'd expect in a hoodie: long sleeves, a pocket and a hood, and available in two colours, black and 'much nicer than I'd expected'TM, green, the garment looks set to be *the* item to be seen in if you want to promote your running club and look *cool*.*

A Kenilworth Runners emblazoned hoodie costs £12.50 and are available now – whilst stocks last!

*Coolness not guaranteed.

Committee News

December's AGM was covered in the December Newsletter. I'll revert to form and retrospectively report on January's committee meeting (That means it will appear in the February Newsletter).

The committee was elected in the AGM and a couple of roles were finalised in January. The members are as follows:

Chairman: Peter Brian

Vice-Chairman: Stuart Fenton

Treasurer: Sally Hicks

Race Organiser: Richard Simkiss (Club Races), Half Marathon, Hilly Challenge etc. TBC

Kit Manager: Martin Lambert

Club Secretary: Mike Crust

Men's Captain: Phil Gould

Ladies Captain: Pauline Dable

Club Administrator: Peter Matthews

Press Officer: Matthew Kingston-Lee

Wardens Rep: Stewart Fenton

Social Secretary: Ros Matthews

General Committee Members: Mick Williams; Martin Broomfield; Stuart Hopkins; Gwyn Davies, Mandy Crust.

Race Results

December. Traditionally a quiet month for racing - made a little quieter in twenty o'nine as an *hors d'oeuvres* for the 'severe extreme' weather enjoyed at the start of two thousand and ten put pay to some races near the end of the month.

Sunday 13 December saw a chilly but sunny day greet 380 runners who took part in the *Mortimer Forest Hill Race*. Three members of Kenilworth Runners took on this challenging race made doubly tough as they all had represented the club in the cross country the previous afternoon. The runners were treated to spectacular views as the muddy course of approximately ten miles took in 1700ft of ascent, including: Mary Knoll Valley; Bringewood Rise; High Vinal; and Climbing Jack Common.

Pete Matthews, making his debut in this race, came home in 1:36.29, followed by **Tom Dable** 1:49.21, and **Pauline Dable** 2:23.15.

The same day saw the Bedford Harriers A.C. hosted *Bedford Half Marathon*, which has established itself as a highly popular end of year race, with its capacity of 2000 entrants reached weeks ahead of the closing date. Starting from the village of Wootton, the one lap course incorporates mostly quiet country lanes which undulates in a generally upwards direction until around nine miles before runners are treated with nearly four miles of steady descent, before a sting of a climb to the finish in the final half mile. The race is well known for its excellent organisation and generous memento, which changes each year. This year runners were presented with a rugby shirt. Runners also enjoyed excellent weather conditions, on a cold but dry morning.

Any suggestion that our seven members who took part in the race were winding down for Christmas was blown away when four of them returned with new personal bests. First home was **Stuart Hopkins** who ended a season dogged with niggling injuries on a real high with a new PB of 1:16:39, earning him sixteenth position overall. Our next three finishers: **Mark Hall** (1:33.04); **Mike Crust** (1:46:08) and **Rod Goodwin** (1:48:44) all netted new PBs. **Mike Cahill**, **John Woodrow** and **Stewart Fenton** completed a successful day for the club - as a team we finished 29th from 52 teams scoring.

On Sunday 20 December, 180 runners descended on a beautiful sunny winter's morning to the picturesque Cotswold Village of Hook Norton to take part in the third running of the *Hook Norton Christmas Canter*. Due to the severe icy road conditions in the area the race was delayed for thirty minutes to allow for late comers. The out and back multi-terrain course of 6 country miles (i.e. near 7 miles) climbed out of Hook Norton traversing snow covered fields to the village of Great Rollright where it looped around a wooded section before heading back. On finishing runners were treated to a warm mince pie and mulled wine in the new club house of Hook Norton Harriers.

Stan Alexander led our three runners home in 52:50, followed by **Tom Dable** (56:46) and **Pauline Dable** (67:18 ant third V55)

On Christmas Day, a record number of runners took time off from opening presents and preparing Christmas Dinner to take part in the Leamington C&AC hosted annual 3.4 mile *Christmas Day Run* from St Nicholas Park, Warwick.

In ideal conditions **Richard Steele** lead the 11 Kenilworth Runners home in 20.50. He was followed by:

Mick Williams 21:19

Pete Matthews 21:26

Ros Matthews 24:22

Tom Dable 24:24

Colin Underhill 26:02

Rod Goodwin 26:59

Martin Broomfield 28:22

Paul Buchan 28:25

Pauline Dable 28:27

Joan Mason 31:03

Boxing Day saw the second race of four in the *Wedgenock Winter Hills & Spills* series, held at Foxcote Hill, Ilmington. Due to icy conditions, the course was shortened slightly to 9.9km. **Richard Simkiss**, returning from injury, ran superbly to win the race by over a minute, despite doing a commando roll down one of the steep hills. The course took in some severe climbs and downhill stretches - some of which were through snow covered fields. **Tom** and **Pauline Dable** also ran and won their respective V60 categories. The only other Kenilworth Runner present was **Pete Matthews**, who was rewarded with a bottle of wine for marshalling!

Richard Simkiss 41:49

Tom Dable 1st V60 58:01

Pauline Dable 1st V55 73:34

Cross Country

On Saturday 5 December, Kenilworth Runners had a highly successful day at the second race of the *Men's Birmingham League Cross Country* at Blackbridge, Gloucester, finishing third on the day and cementing themselves in a promotion spot with two races remaining.

In cloudy and breezy conditions, the rain thankfully held off long enough for the race to be held mainly in the dry. The largely flat course with a few sharp undulations thrown in was in remarkably good condition considering the volume of rain that had fallen recently, with the going underfoot good in most places with just the odd boggy section.

Kenilworth fielded a near full strength team of eighteen runners for the race, with **Mike Johnson** returning and **Connor Carson** making his long awaited Birmingham League debut, who both ably deputised for **Richard Simkiss** and **Martin Dorrill** who were our headline absentees through injury. Mike had a splendid comeback race from injury battling hard with Men's Team Captain **Phil Gould**. Both finished with the same time, with Phil just edging out Mike at the finish to take 16th position. With Mike next home in 17th the A team of six counters was completed by **Stuart Hopkins** in a fine 24th; **Pat Noonan** 48th; **Graham Birch** 55th and **Matthew Kingston-Lee** 61st.

A total of 221 points meant we finished third on the day and comfortably sit in third in the standings with 444 points, over 100 points behind second placed Gloucester, but 150 points clear of fourth placed Royal Sutton Coldfield. The B team head the overall standings after another impressive display of quality and depth - **Connor Carson; Phil McCorquodale; Mick Williams; Pete Bryan; Richard Steele;** and **Richard Green** making up the successful six, who were first on the day and lead the rest of the field overall by 37 points.

A Team			B Team			Other Finishers		
Position	Name	Time	Position	Name	Time	Position	Name	Time
16	Phil Gould	34:11	66	Connor Carson	37:18	155	Pete Matthews	42:24
17	Mike Johnson	34:11	68	Phil McCorquodale	37:27	186	Mark Hall	45:46
24	Stuart Hopkins	34:59	84	Mick Williams	38:09	205	Tom Dable	48:19
48	Pat Noonan	36:13	96	Pete Bryan	38:42	206	Stef Shillington	49:08
55	Graham Birch	36:51	112	Richard Steele	39:52	213	Paul Buchnan	54:07
61	Matthew Kingston-Lee	37:01	134	Richard Green	41:02	215	Colin Bricher	54:32

The following Saturday (12 December) saw the third race in the *Gloucester Cross Country League*, which was held on a flat but muddy course over farmers' fields in Tewkesbury. The men's race, run over 6.4 miles, saw Men's Team Captain **Phil Gould** put in a superb effort to finish in fifth position. He was joined by five other members of the club. In the Ladies Race, **Pauline Dable** represented the club over the 7.8 km course, finishing in 82nd position with a time of 42:54.

Position	Name	Time
5	Phil Gould	38:07
100	John Dagnan	47:37
104	Pete Matthews	47:59
138	Tom Dable	52:51
145	Colin Underhill	54:10
151	Stef Shillington	55:11

Any Other Business?

Alas, not! Writer's block has not passed in the time it took to write what is above.

So I guess that's all folks!

Thanks as usual to Pauline Dable for providing much of the race results information above, and to Stuart Fenton for providing the list of committee members.