



HEANOR Running Club

Newsletter winter 2005/06

Committee contact numbers:

Chairman – Rob Rainsford	01332 881611
Secretary – Lee Perkins	01773 531283
Treasurer – Pete Edwards	0115 8419234
Memberships – Russ Wilkinson	01773 763416
Team Captain – Rob Rainsford	07963037991

Christmas Walk

This year's walk will be on December 27th and planned/led by Brian Manning, the walk will take approximately 3 to 4 hours in duration with a brief pub stop at the halfway point. Please ensure you wear suitable clothing, good waterproofs and sturdy footwear, as at this time of the year the weather can be unpredictable. A flask with a warm drink will be welcome as will a mobile phone just in case.

The details:

The meeting point is on Heanor market place at 9.30am prompt, then a short drive of about 40 minutes to the start, I am told its somewhere near Chatsworth and we aim to be back at the cars for 3pm before it gets dark.



Christmas Training Times

Our final club night of 2005 from Heanor Leisure Centre will be on Thursday 22nd December at the normal time, due to the shortened opening hours at the centre over the holiday the club will meet on Shipley Park on Thursday 29th Dec start at 9.30am.

We will resume training at the Leisure centre on Tuesday 3rd January 2006 normal times.

On behalf of the committee at Heanor Running Club may I wish you all a very merry Christmas and a prosperous new year.

Christmas pub run

A winter pub run is on for Monday 2nd January 1.45pm start from Shipley Park car park. To make it a bit more interesting it will be run as a three-person team event if enough people wish to take part, juniors are welcome to take part and be included in the teams. Two men and one Lady are to make up the team with the names to be drawn from a hat, each runners time will be added together to determine the winning team with the quickest total time the winners. Meet in the park at 1.30pm for the team draw to take place.

The course will be approximately 5 mile long and predominantly road! Don't forget your money for the pub afterwards, which incidentally is that mighty fine watering hole ' The Old Oak' in Horsley Woodhouse

Three marshall's will be needed for safety purposes, any takers?



2006 Membership Subscriptions

The annual subscriptions became due on October 1st and the vast majority of members have already renewed, enabling them to take advantage of the cheaper ticket prices for the awards night. However one or two people have yet to renew and should be aware that membership of Heanor Running Club will cease on January 1st 2006 if subscriptions are not brought up to date, this means you will not be able to represent Heanor in races, score club championship points or claim entry to races as an attached runner. We are duty bound to inform the North of England AA of termination of membership, please be aware that you will not be able to compete for another club until we have received an official resignation letter and the appropriate ban has been served.



North of England Athletic Association

The 'Northerns' will take place on Saturday 28th January 2006 in Witton Park, Blackburn. Everyone who put their name on the list for the coach should now pay £3 deposit to Rob/Pete before Xmas please with the total cost being £7, the club will then pay the entry fees for the race. Price for non-members £9.

The closing date for race entries was December 12th so the club has already paid your entry, if you change your mind about going you will be expected to pay the club the entry fee back.

The coach will be leaving from outside Heanor Miners Welfare at 7.30am PROMPT, which should ensure that we arrive in good time for the first race at 11.00am, we aim to be back at the welfare for 6pm. As usual with these kinds of trips it will be advisable to take some warm clothes food and drink, as these can be expensive at the site.

Junior Mini League, Cross Country

This year, Heanor juniors are taking part in the Derbyshire Cross Country Mini League. This comprises of three venues; Charles Hill playing fields, Loscoe; Kirk Hallam Community School and Moorways, Derby. We fielded competitors in the under 13 boys, under 11s fun race with all finishing in very respectable positions. Congratulations to the under 13 boys team comprising Joe Rainsford, Marcus McKensie and Josh Naylor who won at the Kirk Hallam meeting and go into the final race at Moorway's on 17th December with a very real chance of winning, all supporters are welcome at the final fixture. Well done to Sophia and Josephine McEnruig for their committed enthusiasm in the U11s races.

2005 Awards Night at Conservative Club 7pm

As we go to print we are experimenting with a change of venue for our awards/presentation evening. Heanor Conservative Club are providing the facilities, buffet and bar whilst we are being entertained by the resident disco. Total Replay are the excellent duo whom I have been assured are about to turn professional by signing a contract very soon.

The awards as outlined below, have once again been keenly contested by all involved, and I am sure will once again be a hard fought battle for next years category winners. Club standards will also be presented to those who have claimed them. The club allocated places for the London Marathon will be drawn during the evening, as will the raffle. Please arrive early!

The vote for Runners Runner will also take place on the night!

The 2005 Stuart Manning 3 Mile Time Trial Trophy:

Senior Champion	Chris Mountford
Junior Champion	Joe Rainsford

2005 CATEGORY WINNERS:

Senior Men Champion	Adam Grice
Senior Men R/Up	Chris Rainsford
Male Vet Champion	Rob Rainsford
Male Vet R/Up	Russ Wilkinson
Senior Lady Champion	Jayne Lynas
Senior Lady R/Up	Kerry Belfield
Lady Vet Champion	Glenda Alton
Junior Champion	Joe Rainsford
Most Improved	Adam Grice
Runners Runner	To be decided by you!

CLUB KIT

If you require any kit then see Rob on a club night or call **079630 37991**

Heanor RC vests are on sale at - £12

Fluorescent yellow long sleeve training tops - £15

High visibility Showerproof jackets - £25

Ladies Crop Top - £12

What's on in the next few weeks!

December

- Sat 17th Junior X/C League 11am, Moorways, support the juniors
Sun 18th Bolsover 10k, **SOLD OUT**
Fri 23rd Xmas drinks in Heanor 7.30pm at Red Lion, see treasurer!
Mon 26th Furnace Inn, Derby 3 mile charity race 11am, enter on day only
Tue 27th Christmas walk, 2 – 3 hours, 10.30am. Nice bit of fresh air
Sat 31st Southwell 10k & fun run. Last chance for a pb

January 2006

- Mon 2nd Heanor mixed team road race, 2pm. Good fun & social
Sat 7th North Mids X/C League, Ashfield School, Sutton 1pm
Sat 14th County Championship X/C, Markeaton Park. Various times
Sun 15th Sunday X/C League 11am, Berry Hill, Mansfield
Sat 28th North of England X/C Championships, Witton Park, Blackburn

RACE THE TRAIN 2006

The annual pilgrimage to Tywyn in Wales will be taking shape again next August, the campsites we normally use are limiting the amount of pitch's they allocate to runners, instead they prefer people to book for the week rather than 2 or 3 days. With this in mind it will be sensible to get on the phone ASAP to reserve your pitch with a £10 deposit. I know members of other clubs are looking to do the same, it's first come first served so if you don't want to miss out **GET ON THE PHONE NOW! Tel 01654-710370**

The race is on Saturday 19th August; the general feeling amongst us is to go on 15th until 20th. It's up to you!

Heanor 5 mile Road Race 2006

The Heanor 5 miler will go ahead on Friday 28th July from Shipley Hall Cricket Club; at present we are still trying to attract a main sponsor for the race after Louis Booth's generous sponsorship has come to an end after three years. On behalf of everyone at Heanor Running Club I would like to thank Louis for his dedicated and enthusiastic support over the past 3 years and look forward to seeing him continue his association with us for the foreseeable future.

Meeting!

We will be holding a wash up meeting in January to discuss the recent pudding race and also the arrangements for the 5 mile race, food for thought until the meeting, what about the possibility of staging a fun run to compliment the 5 mile race? A date for the meeting and Agenda will be circulated when finalised.

Welcome to the new members!

Since the last newsletter we welcome on board Stephen Skelton, Alan Smith, Lizzie Davies, Vanessa Stewart, Nigel Scollins, Alastair Hobday, Yvonne Crawley, Gary James, Marcus McKensie, Luke Hart,

English Cross-Country Relays

The meeting at Berry Hill in November saw Heanor enter the high quality relays competing against runners from all over England.

As well as the men's and women's senior teams, Heanor had the under 13 boys running in this event for the first time and they finished a credible 22nd.

The team were led by Joe Rainsford on 1st leg, Marcus McKensie on 2nd leg and Josh Naylor playing the anchorman on the 3rd leg produced some good times and the lads can be well pleased with their debut at this level.

The under 17 Men's team were up against some top quality opposition in the 3k race.

The team of Luke James, Dan Barnes and Phillip Baynes found the going tough but will benefit from the experience considering this is their first season together, hopefully we can get them out again at Blackburn.

Top Performance

The highlight for Heanor was the performance of the under 20 men's team.

Steven Bonnington ran a solid 1st leg and was well supported by Chris Rainsford who handed over to Adam Grice.

The team really worked hard for each other and can be proud of finishing in 15th place out of 71 teams to become the top team in the midlands area, taking some notable scalps in the process, unfortunately for Chris, Steve and Adam will move up to senior category next year, but with the emerging Luke James joining Chris we will need to recruit at least one more runner to make up next years under 20 men's team.

Hectic weekend 26/27 November

Heanors dedicated race merchants travelled to various parts of the country this weekend in search of a race, after last weeks magnificent showing in our own Matthew Walker Christmas Pudding run.

The first ones to take the stage on Saturday were our up and coming stars in the u13 boy's team who took part in the Derbyshire cross-country mini league at Kirk Hallam Community School. Josh Naylor, Joe Rainsford and Marcus McKensie took 1st place in the team honours beating their local rivals. Josh won the race and was ably supported by Joe in 4th with Marcus 6th giving them a total points score of 11. Well-done lads! Also on Saturday Chris Rainsford took part in an indoor open race meeting at The English Institute of Sport in Sheffield, racing in the 600m and 2000m Chris won his heat in the 600m in 1.30.04 narrowly missing out on the final qualifying time by .02 of a second. In the 2000m Chris did extremely well to record a time of 6.00.02 taking some well-known scalps in the process. Darren Ridout was flying the Heanor flag over in Cheddleton in a local 10k road race, over 3 laps Darren did well enough to finish in 34.18 and scoop 2nd prize.

Sunday 27th saw Adam Grice smash his personal best by over 40 seconds in the Leeds/Abbey dash 10k road race, Adam recorded 32.03 to end the week on a high after being unable to run the pudding race due to illness. Meanwhile down in Portsmouth Liz Radbourne was competing in the Great south Run over 10 miles finishing 5th Lady in 63.30. Over in the Clowne ½ Marathon Nigel Scollins finished in 1.50 on an undulating course.

Northern Indoor Championship's at Sheffield in January, entry forms on NoEAA website

PUDDING RACE PRIDE

THE 19th staging of the Matthew Walker 10k Christmas pudding race was held on Sunday November 20th.

More than 650 runners entered the race with 561 actual finishers on a cold, crisp but beautifully sunny Sunday morning in Heanor. The army of Heanor volunteers were out in force to set up the course, marshal and man the drinks stations, with support from Heanor Miners Welfare, the Red Cross, and Derby's Police. The race went off at 10.30am from Stainsby Avenue with the runners weaving their way through Heanor into the Industrial Estate and out to Smalley, Bell Lane and Shipley Park. The keenly contested men's race saw Redhill RR Andy Tarry and Heanor RC Colin Hawkins battling it out from the start, with the Redhill man eventually emerging victorious to win in a time of 32.14 with Hawkins second in 32.24. In third and fourth places were Neil Renault 32.48, Andrew McNeil 33.41 both of Long Eaton RC, Peter Tallents fifth of Retford AC in 33.57, Darren Ridout of Heanor RC sixth in 34.11 and Chris Rainsford seventh in 34.42 Women's

In the Women's results the 1st Lady back was Christine Howard of Matlock AC in 37.09. Second was Sharon Orridge of Notts AC 39.00 and third Jill Burke from Derby & County in 39.08, Liz Radbourne of Heanor fourth in 39.43, fifth Solene Moisan from Queen Elizabeth Grammar School in 39.56, sixth Sheila Coyle from Charnwood AC 40.23, Ann Ford of Redhill R-R40.24.

Heanor's men took the senior men's team prize for the second successive year. Supporting Colin Hawkins was Darren Ridout 6th, Chris Rainsford 7th and Tony Weatherson 18th Heanor's Ladies team consisting of Liz Radbourne 45th in 39.43, 59th Glenda Alton 40.49 and Liz Davies making her Heanor debut with a splendid 42.24 to finish in 86th place.



They're off, the start of the Matthew Walker 10k

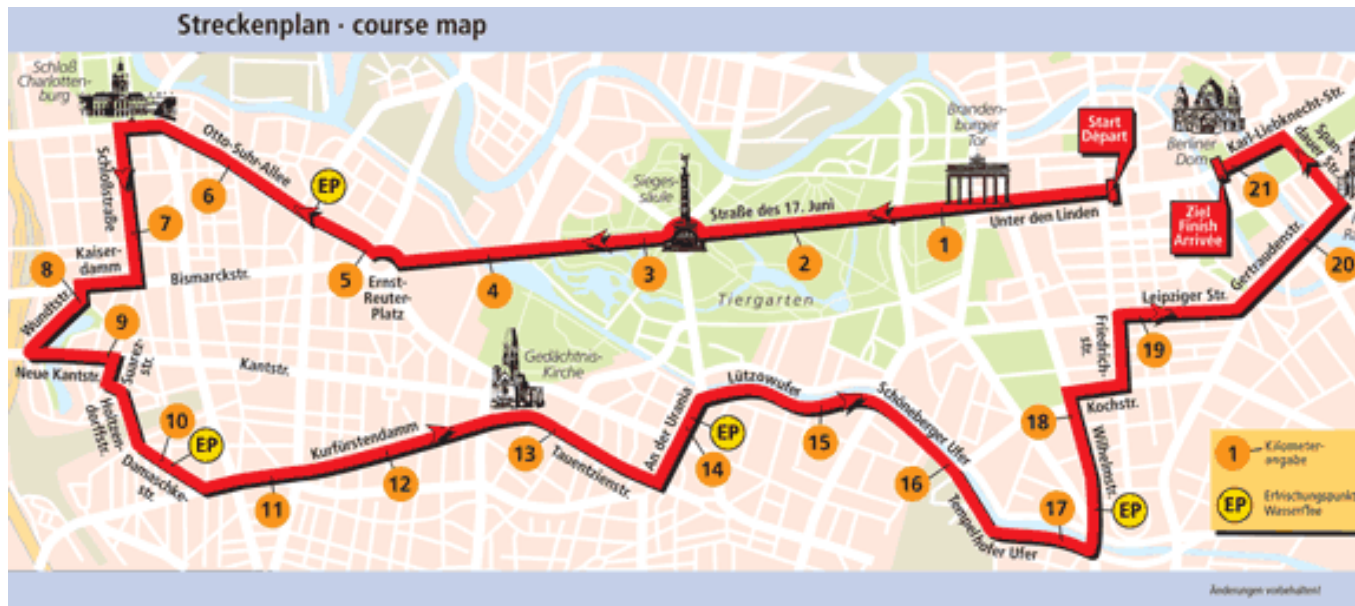


For this years Heanor Running Club European jaunt, 43 of us (members, friends and family) are making the slightly shorter trip to the German capital for the 26th Berliner Halbmaraton (or Berlin Half Marathon). After two (in my opinion) successful trips to Prague, it was felt that maybe a change of scenery was needed (and certainly a different race after all those cobbles last year). So on April 2nd 2006, we'll be lining up with the Brandenburg Gate in sight. But quite what it was that attracted so many to make the trip to Berlin is open to debate. Popular opinion is split between:

1. The fast flat course that gives everyone a chance of a personal best
2. Ideal London Marathon preparation for those who'll be pounding the streets of the UK's capital
3. The chance to take in some culture in one of Europe's most historic cities or
4. Germany serves some of the world's finest beers and lagers

At this time of the year when the nights get longer and darker, it's not easy to think ahead to spring and that big city half (or full) marathon especially when it's cold and wet on Heanor Gate Industrial Estate and the weekends are taken up with running on cold, wet muddy fields (and that's before the snow and ice takes over). But the flights are now booked and the deposits paid for the 22 rooms so if you are one of the runners thinking about it (if only briefly) you should. Entering the race is fairly straight forward; I've managed it so it can't be that difficult.

Just visit http://www.scc-events.com/events/berliner_halfmarathon/2006/index.en.php for more information and a paper entry form and/or <http://www.davengo.com/loader.php?target=EventDetail> to enter on line. The map of the course (below) gives some idea of what we'll be letting ourselves in for. So, do try and squeeze a few long runs in before Spring.



The only other thing to look out for is a letter from me!
 If you're booked into the hotel, you'll be no doubt aware that you've not yet fully paid up. Over the next few weeks I'll be letting you know just how much you owe and when you'll need to pay up.
 So even though the nights are getting still longer, colder and darker, one thing is certain; it will be April 2nd before you know it.
 Pete.

A contribution to the news from Adam Grice

Where did it start? Where is it now? Where is it Going

How did I get into running? . . . This is something I like to tell because I think it is a really nice story. My mum came home from work one evening and asked if I wanted to do a sponsored run raising money for the Anthony Nolan Trust who helps a condition called leukaemia. Brian and Pat Manning were the people who were organising a group of us to run the Matthew Walker 10Km Pudding Run, an event that Heanor RC hold, which you will be aware of! So I started training on my own doing 5 miles in the morning before sixth form and Pat also introduced me to the club where I started training. The race was my first race and I achieved a time of 41:04 minutes and a very nice letter and some photos from Brian and Pat. This was November 2002.

What happened next? . . . I stayed with the club and trained on a Tuesday and a Thursday also competing in some cross country and road races and just enjoying running. It came to the Heanor RC presentation evening of 2003 where I specifically remember being hypnotised and playing a fake guitar in front of everybody! Anyway I had a good conversation with Rob that night, at the time there was a runner who was a lot further ahead than me and I didn't think I would ever be as good as him, this was Steven Bonnington a runner who inspired me. I asked "would I ever be as good, can I improve" because at the time I felt I couldn't get any better! Rob said "Yes of course you can!

Just keep turning up to training regularly, put the effort in and you will see improvement, any more advice just contact me". I had to have some time off in January because of exams but soon after I did another few cross country league races and I saw some improvement over them. In March was the National Cross Country final from the leagues and I asked Rob how I could improve my training he got straight back to me and I ended up having a great run coming 1st back for Heanor! Training went on into the summer of 2004 and I had ran well in a few road racing leagues with constant support from the club and one of my big achievements that year was getting the record time for the time trial of 16:00 minutes dead!

University. . . It was time to leave home and try and fend for myself, it was very hard trying to settle in to studying doing a very hard course of "Medicine", living on my own, training and keeping up with the social life that University has. I settled straight into Leeds University Cross Country Club though and was very enthusiastic going from training just twice a week to 3 times a week and racing every weekend just about. I started to see improvement straight away with a new personal best in Merill 10Km of 35:15 minutes. It came to our home University Event of Leeds Relays in December and at the social in the evening I spoke to Greg Hull a very talented veteran of Leeds City AC, again I thought I had reached my peak at 35:15, I didn't think I could get any better. He said "No, No, No! You wait keep training you will see that time come down believe me 35, 34, 33, 32, 31, 30. . .!" So I did I kept training and a big honour came at the 2004 Heanor Awards Night of being made most improved runner; a very nice trophy that sits on a shelf with my photos of my first race. I kept improving and did fairly well at Northern's and Nationals and had a good winter. A big thanks must go to Martin Roscoe my coach in Leeds who helps me loads while I am University.

Summer 2004. . . Back home after exams and a very hard year "stressful!!!". I was now training everyday and sometimes twice a day about 70 miles a week and I saw lots of personal bests in the summer and also lots of illness too; Time Trial new record: 15:05 minutes, 55 seconds quicker than the previous year, first half Marathon of 1:14.16 a very happy time and thanks to Rob for making me taper down properly for the race we had a very structured week of training preceding this and the reason for my time. Also another 10Km PB of 32:47, a personal best by over 2 minutes from October. There was always constant support from the people at Heanor and I recall a nice annual trip to Wales where we claimed 1st team prize and lots of good finishes. In the summer training just got better and better with a strong group now consistently training together and the club seemed to grow and improve. New faces kept coming and a lot of this is down to how friendly and welcoming the club is which is so good I always feel welcome even though I am not there for a lot of the year!

Back to University. . .A big year ahead of me now being captain of the university squad and a hard term of training and work ahead of me and what a better way to start that a week in the Lake District of base training. Staying in a mountain hut training 3 times a day and jumping in icy cold rivers to ease

those niggles got me ready for the winter ahead. Throughout the year I concentrated really hard on balancing my course and training and sitting here now having just done two of the biggest exams of my life I feel I have achieved that, having to learn all 57 muscles in the arm and the brain is not easy!!! Anyway throughout the term I had a lot of support from Rob talking about races and plans, I ended up going on a course by the BMC which I wouldn't have known about if it wasn't for Rob and me and Chris, who also went, learnt a lot from the weekend, I changed some habits and my diet as a result and have seen benefits. Also a big honour came from that weekend being made athlete of the course!

Highlights of this term must be the English Cross Country Association Relays where me, Chris and Bonno tried really really hard and managed to come 15th out of 73 teams an amazing improvement on the year before and my time was nearly a minute quicker than that year. Also a few weeks later came another 10km PB and probably showing my current state of fitness this was the Leeds Abbey Dash a time of 32:02 a PB by over 3 minutes in a year and 9 minutes in 3 years, a lot of this is due to support and listening to people which is so crucial; your coach, family, friends and your own body, know when to rest!

Where is it going? . . . I have never been more focussed in what I want in life than I have about running. It is something that I thrive on so much and I just want to get better and better and see how far I can go, I know I haven't peaked yet!

My big aims next year are to win the North of England Cross Country Championships, which I know sounds like a big goal, but you have got to aim high to get high! Also to go under 31 minutes for 10Km in the summer and to continue to wear my bright yellow vest and as a team showing others what we can achieve because it is an ever improving ever growing club and that is where I started, and that is the reason where I am today in running plus lots of other help along the way.

Thank you,
Adam Grice

North mids x/c race

Berry Hill 3rd Dec 05

A rather depleted Heanor Running Club took to the muddy course at Mansfield on Saturday. Illness and injury's meant Heanor had to prioritise their races with the Booths decorators League meeting the following day.

Heanor under 13 boys continued their superb form over the 3k route with a 4th place for the team. The ever improving Josh Naylor 10.51 showed quick feet in a close finish to fend off a local rival to claim 2nd place, ably supported by Joe Rainsford 8th in 11.18 and Marcus McKensie 12.25 in 27th.

Chris Rainsford struggling with a heavy cold battled on to finish 7th in the u17 mens race over 6k with a time of 21.06.

Heanor men's severely depleted team had a reasonable result with Colin Hawkins producing a bright spark by coming in 3rd in 29.59, Steven Bonnington 27th 31.48, Stephen Ashmore 99th 36.30 and Rob Rainsford 37.49 in 121st.

Deb Haslam after a good start accidentally clashed with another runner and sustained a heavy fall early on but bravely carried on to finish 12th in 19.07 over 5k in the u17 women's race.

Liz Radbourne had a very encouraging run in the women's race over 6k finishing 8th in 23.46, Nicky Godridge also had a solid run to come in 66th at 30.40

Summer seaside trip 2006

It's possible the club will organise a trip to the Mablethorpe Marathon, ½ Marathon, 10k and fun runs in September 2006. More info nearer the day.

Heanor Top of the Booths Decorators league

Heanor men and women take maximum points from 3 matches

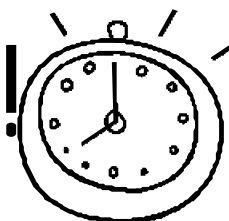
Alfreton Park 4th Dec 05

In the BDL Heanor had to dig deep into the energy resources to keep hold of the top spot in the Sunday league, most of the runners from the previous day were out again albeit a little leg weary. As the race unfolded Heanor runners dominated with 7 scoring men finishing inside the first 13 and Heanor Ladies taking positions 1, 2 and 3 to really hammer the opposition and virtually secure the League title with two races to go before the National final in March.

Positions and Times

Carrying over from Saturday's North Mids x/c race Colin Hawkins won the race quite easily, the 4.3 mile course proving no problem as he clocked 23.45, 4th was Chris Rainsford 24.38, 5 Steven Bonnington 24.42, 6 Dave Jordan 24.48, 7 Darren Ridout 25.20, 9 Lee Perkins 25.52, 13 Chris Riley 26.51, 23 Kieran Davis 27.37, 26 Stephen Ashmore 27.57, 38 Liz Radbourne 29.08, 43 Rob Rainsford 29.47, 44 Glenda Alton 29.50, 47 Ryan Blake 30.07, 49 Yvonne Crawley 30.20, 74 Louis Booth 33.10, 81 Nigel Scollin 33.36, 87 Deb Haslam 34.47, 89 Jayne Lynas 34.57, 112 Kathryn Spendlove 40.02

It's an education!



Due to the continuing growth of the Club the volume of participants on the Tuesday and Thursday training nights has been inevitably growing at a similar rate. To help ease the pressure on each training group we're looking for volunteers who may be interested in obtaining a coaching qualification with a view to either splitting the large group into 2 or 3 smaller groups or assisting others during the sessions.

There is a recognised coaching structure within the AAA of England and UK Athletics. The first step on the ladder is the Level 1 (Assistant Coach) award. The first level is predominantly based around coaching skills, giving the coach the knowledge of "how" to coach, along with a basic introduction to the key principles of the event group areas. Level 2 builds on the knowledge gained at Level 1, includes a whole day on a specific group of events, and qualifies and insures the coach to work with athletes unsupervised. At Level 3 and 4 topics are covered in greater depth and the coach has the opportunity to choose whether they want to specialise in performance or development coaching.

For those interested there are a number of Level 1 courses being held locally in the next few months. The Level 1 is a one day course and the only criteria is that you are 16 years of age or older.

4 th February 2006	Loughborough University
26 th February 2006	Moorways Stadium, Derby
18 th March 2006	Berry Hill Park

The Level 1 course costs £50.00, although funding may be available subject to status, which the Club will look into on application.

For further information see the UK Athletics website or Lee.

New North Mids X/C Timetable

A new timetable is to be tried at the final fixture at Sutton in Ashfield on January 7th 2006. This is in an attempt to prevent the race mix up that was experienced at the Derby fixture, which subsequently voided the u15 boys and u17 women's results when they joined the senior women's race.

If successful this timetable will be implemented for next season.

1.00pm	-	u15 boys/u17 women
1.10pm	-	u13 boys
1.15pm	-	Women
1.30pm	-	u15 girls
1.45pm	-	Men
1.55pm	-	u11s fun run
2.20pm	-	u17 men

2.25pm - u13 girls

The hosting club can adjust the times to suit, but may only make the races later, not earlier.

2006/7 Fixtures

October 14 th	Markeaton Park
November 4 th	Shiple Park
December 2 nd	Berry Hill
January 6 th	Wollaton Park

Finally

We hope you find this newsletter interesting/informative, if not please tell us!
Or even write down your own contribution for the next issue. So just one thing left to say:

In the style of Porky Pig

th th th th That's all folks!