

STAMFORD 30K - SUNDAY 15TH FEB 2009

This race is seen as a good training event for runners with marathons looming in the very near future, and although the recent bad weather had caused some concern, after anxiously checking the race website during the days leading up to this, it was confirmed by the Organisers that it would indeed still go ahead!

Race Conditions:

A total of eight from the club made the trip to Stamford to compete, and were there because who knows? Probably couldn't think of anything else to do on Valentines weekend!

The race was a tough, undulating course (why don't people just say 'hilly?') and seemed to have more ups than downs!

The start the race was very congested, many country lanes very narrow, and it wasn't until about 5km that you could find a little bit of room to run in. However, some of the runners who had shot off too fast at the start, had subsequently 'blown up' and didn't help the flow of the race making it difficult at times to pass on these lanes.

The Hill training that the club offers obviously payed dividends, as this was where places were gained, many others seeming to struggle on them.

Conditions were cold, but dry, although on some of the roads the ice had not shifted, ensuring you had to keep a close eye on foot placement.

Results:



Geoff Brown, after executing a race plan almost to perfection, was the 1st Sutton Member over the finish line in just a couple of seconds over 2:29 - nearly 4 min faster than he recorded last year.

A couple of seconds after Geoff, after shadowing him all of the way (and next finisher in the race placings), was **Nigel Paylor**. Thanks must go to Geoff for coaching Nige all the way around and not allowing him to run off early in the race and then 'blow up'!



Heather Pike proved that her recent training was bearing fruit, as the next club member to finish. Last year Hev walked part of the course, this year she ran all the way and finished with a time of 2:37, an 8min improvement on last year. On route to the finish line, around the boggy, muddy school playing field, Heather gained several places by gritting her teeth and finishing strongly.



Coming in a few seconds after Hev, was **Tony Foreman**, who obviously hasn't let all of the



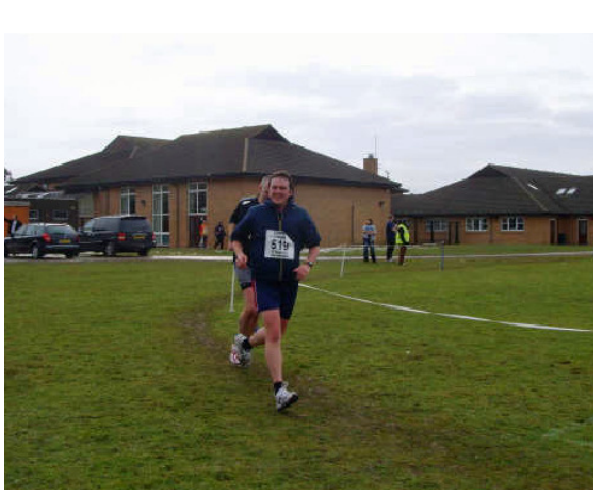
and



detract from his!



Andrew Longmead and **Chris Taylor**, using this as a training run for the FLM, started the race together, and in the spirit of it being a Valentine occasion, finished the race together by going over the finish line in what could be called a 'cuddle', both finishing a little over 2:47.





Tina Brown, belying the fact she had never run this distance before, finished strongly and looked comfortable coming towards the finish line, overtaking quite a few runners on the final straight, to get over the line in a time just over 3:03.



Mick Bird was the final club member to complete this challenging course in the veteran male over 55 category and crossed the line in a gun time of just over 3:29.

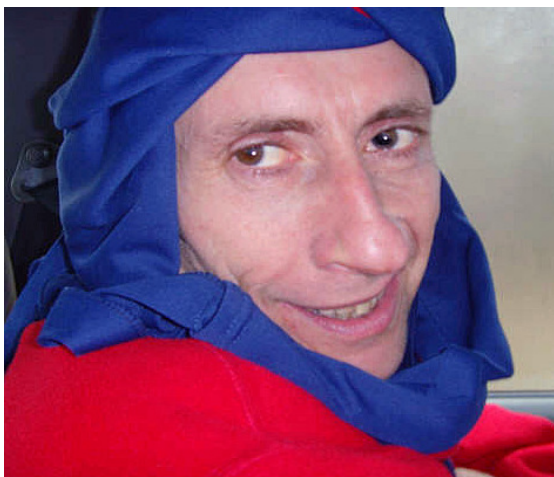
With the exception of Mick, all times in this report are based on the club members watch times, due to the length of time it took to get to the start line once the race began because of the congested field.

The runners had to smile through their pain coming up to the finish line, to allow head cheerleader Sally Paylor to take their photos! Thanks go to Sally, Jenny Foreman & Mick Bird's Wife for being there cheering us all on.

By Nigel Paylor

Piccies from Sally Paylor (Photographer to the stars), Camera from Tina Brown

PS: An added funny from Tina – Geoff was cold on the way home so guess what he used to keep his head warm....



NOTE: Any of the photos can be viewed and downloaded from the Photos page on the website (apart from the last one – thats in The Browns private collection 😊)