

Sutton in Ashfield Harriers

Newsletter—January 2011



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What can I say....I liken this newsletter to a movie where the main character is dying and just when you think they have had their last breath they manage a few more gasps....

Harold has completed a Cross Country write up for the last 2 races and I thought it was worth sending out a shortnered newsletter based on the fact that Sutton have qualified for the National Cross Country Championships—**BRILLIANT NEWS.**

I hope everyone has decided on their goals for this year from losing weight, getting back to fitness to gaining PBs or even achieving a distance or event that you have never tried before. Good Luck with whatever your personal aims are.



And lets hope it starts warming up although it looks like some hardened Sutton Runners wear shorts whatever the weather!

Matlock March (AKA Xmas Crucifier)

What better way to run off some of those excess calories than complete the Matlock Run with your fellow club members. 12 of us started at Jacksdale (Messus Williams and Beasley were late hence not on the piccie and Mr Bird carried bags to end location). We had a very scenic route at a very easy pace and were expecting to catch up with Charlies Angels (Sue Lomas, Jean Drury and Sally Paylor) at the Excavator Pub but they had already started off and beat us to Matlock Weatherspoon's Pub but Anne Cook joined our ranks at that stage. Further along the route Mick Moakes and Joe Ball set off and they too beat us to the Pub!

All in all 18 ran to Matlock and with Julie Powis, Phil Bird, Keith Brown and Messus Lomas, Cook & Pike we had a few drinks to celebrate the season.

Thanks to Julie for taking the piccie on her nice new phone, thanks to Phil Bird for not only being taxi taking people to Jacksdale but also taking everyone's bags in his car to Matlock and even carrying them into the pub for us – much appreciated.



“ I burnt off over 1,500 calories on my run—thats a good few mince pies”

Booth Decorators Cross Country League - Part One

Race 3 - 16 January 2011 at Trent Meadow Long Eaton

On a tough muddy course the smallest Sutton team so far turned out. Great credit must be given to the few athletes who ran the day before in the North Midland League at Wollaton Park, notably Nikita Pembleton and Carl Allwood.

With the ladies team finishing in first place in the first two races and without three of our scorers from these events a lot of pressure was put on the team.



Carl Allwood had a excellent run and after leading for the first lap finished in 4th place with Frankie Thornley, who since winning the clubs Portland Cup last year, has now started to produce more consistent runs in his races, had another good run in 22nd place. He was closely followed by Paul Whittingham in 27th after pacing Nikita round for 3/4 of the race and she continued her good form after winning the County Championships and North Midland League at U20s to

be first lady. She was well supported by young Florin Bailey having her first Booths Cross Country race in 98th place and backed up by Alison Whittingham in 115th with Melanie Hodson in 124th, and the ever reliable Bev Dawes in 135th.

The Men's team slipped down to 5th place, with the Ladies again finishing 1st, with the club 3rd combined on the day behind Heanor and Belper but still retaining 2nd place overall.



Special mention to Robert Williams having his first race for the club (*what a course to pick for this*) supported by his wife and family, who then went off to compete for the club in the Sportshall at Newark. WELL DONE

By Harold Billings

Booth Decorators Cross Country League - Part Two

Race 4 held on 30 January 2011 at Bramcote Country Park



The Sutton team went into the last race of this year's competition knowing that they had to finish in 2nd place overall to be able to compete in the National final and Plate race. With two of the top male runners out, the clubs men's team had to better than in the previous race at Trent Meadows. The team's spirits were lifted when Dean Cross turned up, but sadly informed us that if we made the finals he would not be able to compete due to a Hospital appointment..

With Dean leading the men's team in 9th the men's team responded magnificently and placed very well with Frankie Thornley in 20th, followed by Rob Roper 25th, Sean Martin 26th and Liam Hodson 28th (his best run this year). The final two team scorers were Brian Bailey 42th again after being at work the previous night, Rob Cockayne 53rd and newcomer Matt Curran 62nd. Our male runners were completed with Carl Beasley 64th, Paul Sleate 96th, Tony Staniland 113rd and Rob Williams 130th. This enabled the men's team to finish an excellent 3rd place on the day behind Long Eaton and Belper, and 4th overall with 29pts, behind Heanor 37pts, Belper 34pts, Long Eaton 30pts.

The ladies also responded marvellously to their task, and for the first lap of two it was led by the youngest lady Florin Bailey who finished in 85th, however her training partner Laititia Moakes showed that her marathon training was coming on fine by overtaking Florin on the second lap and finishing in an excellent 80th place. Mel Hodson (103rd) and Bev Dawes (123rd) also had their best run of the four race series enabling the ladies team to finish in 3rd place behind Ripley and Belper, but 1st overall.



Combined on the day Sutton finished in 2nd Place. Overall in the four race series the club finished 2nd with 67pts to Heanor who had 69pts

Therefore
By Harold Billings

Booth Decorators Cross Country League - Finals

Therefore the club has qualified for the National Cross Country Final and Plate race to be held on Sunday 27 March 2011 at Shobnall Leisure Complex, Shobnall Road, Burton Upon Trent.

The rules are that to run in the finals runners must have run in two races in the series. Teams' scorers must comprise of 7 men, of which at least 2 must be veterans, and 3 women of which at least 1 must be a veteran

Anyone interested in taking part in the final contact Harold Billings, Phil Bird or Mick Moakes



Overall Prize Winners for 2010/11 series

1st Junior Lady Florin Bailey,
 2nd Junior Man Frankie Thornley,
 2nd Vet Lady Alison Whittingham
 2nd Vet Man 40 Rob Roper
 2nd Vet Man 55 Rob Cockayne
 2nd Vet Man 65 Tony Staniland
 3rd Vet Man 65 Bryan Timmons

Other Sutton Runners who didn't get into the top 3 but qualified none the less were...

Laetitia Moakes (6th) Senior Ladies

Melanie Hodson (6th) V40 Ladies

Bev Dawes (6th) V45 Ladies

Sean Martin (11th), Liam Hodson (12th), Carl Beasley (20th) Senior Men

Brian Bailey (4th), Paul Sleate (13th) V40 Mens

Eric Round (6th) V60 Mens

Midland road relay championships are on the Saturday 19th March. This event is Sutton Park Birmingham. Anybody wanting to do these should contact Whitto so he can get the entries put in.

We need 6 ladies per team and 12 men per team, there's also a Veterans Mens race run in conjunction with the Senior Mens race which needs 6 men per team.

**A big thanks to
 Kev Dawes for
 providing photos
 at the 3rd XC
 event**

Coaches Xmas 5k Handicap Race

This was finally held Thursday 3 February 2011 after postponed due to the very bad cold spell that we had in December. 36 runners turned out at this now annual event and competition was friendly but fierce. The runners are split into teams of 3 per team without the teams being made known until the results are announced.



Richard Robinson finished first in a excellent time of 17mins 27 secs, 18 secs under his handicap time, but would this be enough for his team—whoever they were? Richard finished 1min 35 secs in front of the second runner. The race for 2nd proved to be very close between Rob Roper and the ever improving Sean Martin with Rob just holding Sean off by 10 secs. The ladies was equally close with Tracy Holmes and Hannah Laverty being separated by only 10 secs.

In the team competition, Richard Robinson, Mel Hodson and Rob Williams finished comfortable winners thanks mainly to the continued improvement of Mel Hodson running the course 1min 04 secs under her Handicap time, to give their team the winning handicap time of minus 0.47 secs, 2nd team was Rob Roper, Bev Dawes and Ken Hensby, only 5 secs in front of the team of Steve Williams, Tracy Holmes & Adam Cox.

After the race, many retired to the Bentinck Welfare for the Buffet and Prize Presentation, with these prizes being donated by the coaches. A raffle was also held with the proceeds going to the Help the Heroes fund.

This evening is now becoming an Annual Social event in the Club Calender. It's good to see so many runners turning out then attending the Buffet afterwards. Hopefully the next one will be back to its usual place just before Christmas.

The results are on the website under Road Runners

A big thanks

to all those that helped out marshalling and officiating