

BIRSTALL **RUNNING CLUB**

NEWSLETTER
DECEMBER 2009



A VERY MERRY CHRISTMAS
AND A HEALTHY 2010
TO ALL AT
THE BIRSTALL RUNNING CLUB

NEWS UPDATE ON ALYSON PYRAH



Aly is still in NZ, staying at our Mum's since leaving rehab 3 weeks ago. She has been told that she is only covered for a maximum of 6 hours outpatient physio treatment which was a little disappointing initially however she has now decided to return to Australia and look to continue rehab here. That will involve looking for a specialist spinal chord injury physiotherapist when she gets here. She arrives next Wednesday (16th Dec) and will be staying with us until things become a bit clearer. She has every intention of returning to her studies later on next year once she is settled and back into the swing of things. In terms of her physical progress, she is walking unaided, however has the use of walking sticks if she needs them (she has told me that she hasn't used them so far). There is still some lasting damage which causes her

legs to spasm sometimes, however she appears to be controlling this quite well. I understand she is completely off all medication now, which is great. She will need to keep focused on her rehab - probably for the next 12-18 months, as it can take this long for the body to recover from injury, so she has a lot of hard work left to do, but is definitely over the worst! Nothing short of a miracle really, considering her early prognosis. I know one thing for sure - she is desperate to run again one day soon!

I haven't seen Aly since October (other than on Skype) so am really excited about her coming home to Oz. We also have Suzanne and Tamsyn next week, and then a houseful for xmas!! All is good this end - we have been renovating like mad over the past few months, trying to get the house ready for xmas, visitors and festivities etc! Its starting to look really good.

On the running front - James and I have been soft sand running on Collaroy beach a few times each week. James has developed a spur on his foot which is causing him a lot of pain, so the soft sand is OK for him, however road running is out (much to his disappointment!). We are trying to get back into our exercise routines but its been a bit hard over the last 6 months as life has been a bit unsettled. We have started taking a regular dip in the ocean now as the water temperature is starting to warm up - its fantastic - great way to cool off at the end of the day!! Maybe a tad warmer than the lakes!!

Thomas has finished school for the year and is working 2 jobs, rolling in the money (actually I think he spends it before it hits his pocket!).

James' job is going well, he is on the way back from Perth as I write, hopefully with a 'salesman of the year' badge!!

I am back at college next February, in my final year - woo hoo!! Can't wait to finish now, so I can start practising and earn some money.

I think that's all the goss from Oz at the mo, the rest is just life....(with lots of sunshine!)

Hi to all at the running club, we would love to see you someday on the sunny side!

Take care Jane & James xx

WANDA GROOMEND IN SEX-TEST SHOCK

FOLLOWING her success in the Heanor 5 Mile race recently (*Rural Race Review, this issue*), local runner Wanda Groomend is facing a probe by the sport's governing body, the International Rural Road Running Race Committee (IRRRRC).

FASTER

Speaking from the wooden veranda in front of Changing Hut House, the IRRRRC headquarters, the secretary for Rules, Regulations and Morals, Danny O'Dogma, said in a statement to the press, "The IRRRRC intends to conduct some tests to determine the actual gender of the runner Wanda Groomend." He continued, "Recent race results appear to indicate that she is faster than some other lady runners, and this may show that she is not as female as her name implies."

FASTER

When our reporter asked for further evidence, O'Dogma cited the results of the 2009 Glooston 10k. "In this race she (Groomend) came 42nd in a field of 137. Of these runners, 50 were ladies, and she finished 6th in the female category," he claimed. "You will remember that she is aged 62, and the leading lady, who came second overall, was only 11 minutes faster than Groomend. You have to

be a bit suspicious when such an old runner almost wins," he added.

FASTER

One of Groomend's neighbours told our reporter, "Wanda keeps herself pretty much to herself, but I often see her going off for a training run. She has recently been laying some slabs and building a shed, and I have to tell you, she is getting faster at both of these tasks. I have also seen her maintaining her car, such as changing the oil at the correct service interval of 10,000 miles, or every 12 months, whichever occurs first." Doris Jones, the neighbour, asked our reporter not to reveal her identity.



Are these feet female? (© PapPics)

Danny O'Dogma refused to divulge the exact nature of the proposed tests, but they are expected to include a thorough inspection of the contents of Groomend's sports bag and her trol-
(Continued on Page 38)

OUT WITH THE OLD, IN WITH THE NEW!

Hi All

I would just like to thank everyone for the flowers that were given to me at the AGM in October when I stepped down as Ladies Captain, it was a lovely gesture.

I have had a great time over the last few years being Ladies Captain, especially with the walk / run group, it has been wonderful helping people, mainly ladies, overcome their thoughts about not being good enough to run with a club. Everybody has to start somewhere, and it has been great to see these ladies improve and run distances they never thought they would be able to achieve.

I have not been running very well lately so this gives me the opportunity to take a back seat and do some 'social jogging'.

I will be there at the winter league runs to support everyone but might give the country a miss. Brrrrr, but I will be thinking about you all on those cold mornings while I'm tucked up in bed!!!! Ta Ta for now and Good Luck to Sarah! - Angie

Meet your new Ladies Captain

Hello I'm Sarah. I'd like to take this opportunity to introduce myself and give you a brief run-down of who I am and where I'm running to, so to speak!

I'm pretty new to running. I started running in earnest this time last year, when I thought it was time to have a new challenge and a break from my cycling. Being a competitive soul, I decided to compete in a race to test out my new found love of running. This race was the Charnwood Hills Race. It's right on my doorstep, and not knowing anything else, I thought it would be fun and a change from my usual sport of cycling. I then discovered that the distance was 14 miles and takes in all most of the hills in the area. I knew I had some work to do and needed some help, so upon recommendation, I joined Birstall Running Club.

I soon got hooked and now I balance my work, home life with my new found passion for running, taking the hills and the mud firmly in my stride.

So here I am, a few months down the line and your new Ladies Captain. I'll be keeping in touch with you all via text or email when the races are coming up. If you haven't had a text from me yet, log on to the club forum and send me a private message (I'm racing_snake) with your number and email address if you have one. Likewise, if you don't want me to text or email you either let me know at the training nights or by email/text.

If you haven't done so already, join the forum on the club's website. It only takes a few moments to register and you'll find the latest news, race events and chat on there.

There's plenty of races coming up and something to suit everyone. Let's make 2010 a great year for the Ladies' Team. If you've never thought of racing and think it's not for you, think again. There's such a wide range of ability of people racing, that there's usually always someone to run with. We'll always be around to cheer you on as you come into the finish, and then there's the well deserved drink in the local pub afterwards to look forward to!

Hope to see you out there. - Sarah

BIRSTALL RC AGM – MONDAY 26TH OCTOBER 2009

1. MEMBERS PRESENT – 42 APOLOGIES – 12
2. LAST YEAR'S MINUTES ACCEPTED
3. NO MATTERS ARISING
4. HON. PRESIDENT (MIKE POWELL) Mike was honoured to be elected President again for the club's 25th year. Due to being away he hadn't been able to attend many events but had enjoyed the Round Leicester Relay and driving the Lead Car in the Leicester Marathon.
5. HON. TREASURER (JOHN STARBUCK) John presented the club's audited statement of accounts for 2008/9. Provided written accounts for 1/. Main A/C and 2/. Race A/C and explained the content. John expressed various thank yous for help during the year with finances including the auditors. Subs at present cover various surpluses.
6. HON. SECRETARY (DERYK WOODS) Current membership is 124 (108 full, 12 social and 4 second claim) An electronic version of the club constitution will be available soon. Thanks to Tony Drake and John Brennon for erecting the new sign. CRB checks are now in place for 4 members.
7. CLUB CAPTAIN (STEVE POWELL) Pretty good year overall. Outlined highlights and tables for various leagues and relays with the main achievement putting 3 teams in the Round Leicester Relay.
8. LADY'S CAPTAIN (ANGIE BUDGE) Angie reminded how well the women had done in the LRRL this year. Mentioned Jo's group who did the Great North Run. Very successful day at the 100 lap relay and brilliant performance at the 24 hour relay. Angie has had a brilliant year but will be stepping down.
9. AMENDMENTS TO CONSTITUTION It was agreed unanimously to hold club subscriptions at existing rates.
10. ELECTION OF OFFICERS The following people were elected to committee posts: - Chairman – Mick Newton Treasurer – John Starbuck Secretary – Deryk Woods Social Secretary – Sarah Mayoh-Smith Club Captain – Steve Powell Lady's Captain – Sarah Collins Press Liaison – Angie Budge Race Director – Bob Budge Committee posts – Tom Burbidge and John Brennan Non committee posts: - Club Vice Captain – Tom Burbidge Lady's Vice Captain – Liz Jones Race Secretary – Bob Budge Social Sec Assistants – Colin Rimmer and Adam Warner Auditors – Nick Cutts and Tom Burbidge
11. ANY OTHER BUSINESS
 - a. A few words of thanks to Angie and presented with flowers from the ladies
 - b. The club presentation evening will be Friday 15th January 2010.
 - c. Club entries for London marathon are Steve Cherry, Tom Burbidge and Ian Black (later changed to Julie Young)
 - d. Appeal by Angie for press items
 - e. High viz vests now being used successfully (mandatory after the AGM for club nights in the winter).

- f. Book now being run by treasurer for anyone wanting to save for the club trip.
- g. Silver Jubilee ball to be held in July 2010.
- h. Committee planning club trip for May/June. May change from Saturday to Monday to Friday to Sunday.
- i. Other unofficial trips are being organised.

MEETING CLOSED 9.30 p.m.

SPEED SESSIONS

Back by popular demand (mainly Bob!) I will be starting the Wednesday speed sessions again early January.

We will be meeting at the Bristish Legion in Birstall at 18.30 (if this time suits the majority?). The session is for anyone who has any ambition to run faster regardless of your fitness level. I will structure the session so everyone gets something out of it. This is a great way to get some early speed for upcoming races (winter league, half or full marathons, specific race goals). Especially for those who maybe want to beat a club mate or pb.

As not many of us (Dave Richards apart!) have done a speed session for a while we will start fairly easy and progress throughout the end of the winter into the summer. Start early and reap the benefits! Please don't feel put off by the word 'speed'.

Speed is relative. We all have runners faster than us but equally we know of slower! Any questions feel free to give me a shout. I will keep you up to date via the forum of the first session.

Powelly.

Birstall R.C Voting Form

Enclosed with this newsletter is a voting form which needs to be handed to Deryk **before** the Presentation Evening on January 15th. so by the 11th Jan please.

I hope this will help as a guide, for those not sure what you are voting for: **Club person of the year** could be anyone you consider has done the most for the club during the year. This covers everything from promoting the club as a runner, to working on the committee or just contributing a lot on club nights.

Most improved runner could be anyone you consider has most improved their running throughout the year, from the top runners to a walk / run member but obviously this is easier to judge from the year's race times.

If you are not sure or feel you have not been a member of the club for long enough, then it is best to abstain but every member is entitled to a vote.

THE GREAT NORTH RUN

A few of the walk/run group decided earlier in the year that it was time we put some real effort in & started acting like "proper" athletes!! So, impulsively, after running one Monday evening back in February, we went online & kept our fingers crossed that we'd get an entry(some of us secretly hoping we were "rejects"!!)....several months later & after building up slowly, our Sunday runs were very "teambuilding" to say the least, knocking on doors in Rothley to replenish our water bottles on hot summer mornings, stopping off at the Red Lion, Rothley to use the "ladies" & having a good old laugh along the way (Suzanne ,I'll never forget asking the man at no 42 if we could have some water, use his toilet & make us a bit of toast before we went on our way.....!!)

Anyway, we got to July/August & it was suggested, reluctantly, that we should start pushing to 10m...this we did, but there was always a bit of controversy over the accuracy of Anne & Karens Garmin, the "scores on the doors" never quite matched up, but we were running for a couple of hours & knew we must've been about there...I wasn't very popular on the morning we decided to do the Swithland 6, parking at the waterworks - but then realising that as we ran up towards Roecliffe Manor, we'd parked in the wrong place, it was going to be more like 8/9m, rather than a nice "easy" 6m that we'd intended!! But hey, what did it matter, we had time to admire the "fast boys" along the way doing their routine 9/10m without a murmur!!

So the big day finally arrived, Anne, Catherine, Jo & Karen were in the pens ready to go, Jo managed to spot Anne & Karen, leapt over the barrier (having queued for the ladies "portaloo" for half an hour & nearly missed the start!!) It'll be a day we'll never forget, especially as some of us thought we'd never run 2/3m let alone a half marathon, the atmosphere was great, the weather superb & the bands along the way really gave us the adrenalin boost we needed when we were flagging, ladies at the side of the road handing out ice-pops, the "run-through" showers, so many memories... it's a great feeling when you cross the finish line to be greeted by such scenery. I think we were all relieved it was over but enjoyed every minute??

A big thanks also to some of the ladies that ran with us that weren't even doing the race, Shobha, Suzanne & Fiona, your support & mentoring helped us all!! Jo and Dean



Tom, Jo and Dean



Karen, Jo, Dean and Anne

LEAGUE PRESENTATION DO

I was enjoying my Monday night run with a few of the ladies when Deryk and a few others ran by “I hope you are coming to the league presentation a week on Friday” said Deryk, “No, we are away in Newcastle” but he hadn’t heard my reply. A few minutes later Mick Newton whizzed by me “Hope you and Bob are coming to the League do”, “No, I’ve just said we are away”, “Well you will have to cancel it” was his reply. Trying to keep up with him, I gasped “Why what’s the urgency?”

Well reluctantly Mick had to tell me that the League had selected Bob for the Adversity award, this is given to someone who they consider has overcome major problems usually health related. Well I thought no chance; we had been planning this weekend for months as it was Bobs National slot car weekend and my family all live a few miles away from the hotel we were staying in and I don’t see them very often.

I tried to think of a way round it, even telling Bob that it was me that was getting an award but I think he saw through it and in the end had to tell him the truth. He was very surprised and sad that we couldn’t be in two places at once. I did hear it was a very good night and both Deryk and Mick did an excellent job in Bob’s absence.

Bob considered it an honour to be given this award as there have been a lot of ,what he considers, more worthy previous winners.

Many thanks to all. - Angie

BOB’S 60th BIRTHDAY BASH

Thanks to everyone who came to my birthday bash and made it such an enjoyable and memorable evening for me. I hope you all enjoyed the choir, I realise choirs are not to everyone’s taste but I think Amika Choir are that bit different. The food seemed to go down well, special thanks to Sarah and her helpers Jo and Karen for such a good spread. The cake was good too, made by Sarah’s sister, Ruth. It was also good to see so many people dancing once the DJ started so thanks to Matt for getting the music right. Sorry if I didn’t get much chance to speak to some of you on the night, with so many people there that I hadn’t seen for a long while, I had a lot of catching up to do.

My 60th was particularly special with all the worries over my operation last year and what the outcome would be so it was good to celebrate. Even better is the news this week that the results of my first annual CT scan are good and there is no sign of the disease.

Thanks again, - Bob



The Amika Choir



Bob and sarah

Florida Ironman 2009

2.4 mile swim, 112 mile bike, 26.2 mile run.

The 7th November had finally arrived. After 12 months of waiting it had was here. I had decided to enter the Florida Ironman to 'celebrate' my 40th birthday! In 2000 I had completed a few sprints and a couple of Olympic distance triathlons but this was a different ball game. Training started in earnest around the end of January. Having not swam or biked properly since 2000 I knew I had to concentrate on these disciplines. Apart from a few sessions with Gary (thanks for all your help and advice matey) and Ian I had completed my training programme alone. Up to 6 hours on the bike followed by a 50 minute run alone on a Sunday certainly tests your mental resolve. Things began to fall into place. I had a couple of pleasing results at the Liverpool Olympic and Trentham half Ironman triathlon. Apart from someone knocking me off my bike (cracked ribs, front tooth knocked out, black eye and usual scratches and scrapes) and a couple of colds things went pretty good training wise. Reaching taper time my coach had given me a 3 week slow down. This felt quite strange to knock training down from a maximum 20 hour week to 10-12.

We left the U.K a week before race day, to spend in a fantastic hotel only yards from the beach and 100 metres from the start of the race. The week leading up to the race was spent chilling and relaxing. This suited Veronica as she was 6 and a half months pregnant! The whole area was buzzing: fit lean, athletic triathletes everywhere! I registered on the Wednesday where I received my Ironman wristband. It's getting real now!

Despite yet another cold I felt pretty good race morning after 8 hours sleep! The wind was quite strong as usual but the sun was shining. We made our way to transition. Check my kit, pump up the tyres, make sure my drinks, gels and energy bars are correctly attached to my bike. The area was buzzing. The national anthem was played just before the start, Americans clutching their chests in tears. Then the countdown, 10-1 then boom, the cannon goes off and we are on our way. 2500 athletes charging into the water at the same time. This was my first proper swim in the sea and what a baptism of fire. There were bodies everywhere. I had to keep reassuring myself as it was quite un-nerving. I was being punched, kicked, dunked under and swam over virtually every stroke. It never really eased off only getting more congested around the turnaround buoys. The wind picked up on the second lap and this caused me a little sea sickness but not too bad. Exiting the swim was crazy, 100's leaving at the same time. Halfway up the beach there was the 'wetsuit strippers!' Volunteers who would wrench off your wetsuit as you lay on the ground! Overall swim 1 hour 14 minutes.

Fairly pleased, 4 minutes over target but feeling strong and fresh throughout. Transition was fairly non-eventful, 6 minutes from leaving the water to starting the bike. Covered in sun cream (again applied by a volunteer) I was on my way. I had spent many a long hour alone on my bike so I was quite looking forward to this. The course was flat, very long roads but windy. The first 30 miles flew by. Gels and bars every 20 minutes and a bottle of Gatorade or water every 45. Nutrition was going well. The aid stations were a sight to be-hold. 200 metres packed with more fantastic volunteers offering all sorts of goodies. The next 45-50 miles was into a strong headwind. Quite mind numbing as you could see for mile after mile of straight roads.

I was still feeling strong as saw Veronica and Chris who had drove out to cheer me on. A great boost. At mile 100 I started to feel as if my right cycling shoe was too tight.

I had to scrunch my toes up to relieve the pain. I knew I was nearly there, so not too much of a problem. Sub 11 hours was certainly still on. I arrived back in transition and had a super fast turnaround, 3 minutes. Bike time, 5 hours 32 minutes, average speed 20.5 mph. Spot on.

More suntan cream applied and I was off on my strongest discipline. Unfortunately this is where things went horribly wrong. The pain in my foot was now a lot worse in running shoes. After only half a mile I took my orthotic out, by 1 mile my sock was off and at 1.5 miles I was attempting to run barefoot. This proved impossible as the road had too many stones. Luckily around the corner was Veronica who gave me a couple of Ibuprofen. This helped for a very short time! I had never experienced pain like it ever. I have struggled at mile 20-22 in a couple of marathons, but not with 26 miles to go. I knew this would now take every bit of mental strength I possessed. Strangely the rest of my body felt great! After 6 more pills Veronica refused to give me any more on the grounds it could wreck my insides! I hobbled round deciding to walk the aid stations then run in between as this gave me small targets to conquer. Briefly I felt better after a guy I was passing asked me how many more miles to go. I replied '4', his reply was 'I've got 17'!

As I approached the last mile Gary's words of 'milk it' were ringing in my ears. I'm gonna make it! I turned the corner to see thousands of spectators and those infamous Ironman balloons and banners. As I ran down the final straight I heard those immortal words 'Steve Powell you are an Ironman'! Amazing. 4.20 marathon, only 1 hour 20 off my best and 30-40 minutes off target but hey-ho I'm an Ironman. 11 hours 23 minutes placed me 590th out of 2500 starters. Not too bad on my first attempt.

Overall impression of race- Fantastic! Crowd support- incredible, volunteers- priceless and organisation-top drawer.

Overall impression of my race- What could have been! Felt incredibly strong throughout race despite pesky foot problems. Not sure I would change anything. Nutrition-fine, pacing-fine, training- maybe more but everyone says that!

Post race recovery- Quads tight for a couple of days but other than that great. Apart from foot! Foot nearly double the size, toes like bananas, ankle bones not visible. Took nearly 2 weeks to return to normal, although still tender now (4 weeks after)

Thank you so much to Veronica who, without her help and support throughout training I would never have reached the start line. Thanks to Chris and Rudy for their support en-route.

Conclusion- amazing atmosphere. Will never whinge about 'hard' races like Olympic distance tri's and 10km runs again! Found out what the body can put up with but more importantly the mind. Would I do another?..... Bring it on in 2011. I can't possibly leave at that, that time needs sorting!

Powelly.



PRESENTATION DO
FRIDAY 15TH JANUARY 2010

No fancy dress this year folks!!

Put on your best smart / casual for an evening of dancing,
chatting and frivolities!!

Doors open at 7.30pm with the presentation at 8.00pm.

Plenty of food, drink and a raffle.

Tickets are on sale at £5 very soon from all of the committee members
as well as from Sarah and Adam.

Simply no excuse for you not to come.

Either ring any of the committee members who are listed on the
front inside page, or speak to them on a club night.

Please come along and support the people who have worked hard during the
year either by running achievements
or helping towards the running of the club.

Bring along other members of the family or friends they will be most
welcome and may even want to join the club.

MAKE IT A NIGHT TO REMEMBER.

SUBS ARE DUE

£20 for full membership and
£15 for non-competing membership.

See Mick after any training session in the bar or give it to
Deryk in an envelope-WITH YOUR NAME ON!

If neither are there any committee member will get it to me.

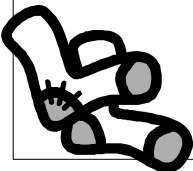
If you get your subs in before the end of December,
We will throw in NOT ONE but TWO, yes TWO pairs
of designer socks from the Birstall box of bargains!!!

WHAT AN INCENTIVE!!!!

GET IN QUICK BEFORE THEY ALL GO!!!

Membership form available on the
web site

www.birstallrc.org.uk



SOME MARATHON THOUGHTS

As London marathon comes into focus, I can't help but reflect on my own experience in 2007. I am still inclined to believe that London is the best marathon in the world delivering to an extraordinary standard every year. In 2008, as a spectator, it was cool to witness so much support and a great atmosphere even in awful weather. Last year's surprise Christmas gift was a year's subscription to Runners World magazine and I remember that one of the issues listed London marathon as major to the running world along with Paris, Berlin and New York.

When I joined the club four years ago it was primarily for health and fitness but also because I liked running. When training for London, my first marathon, the attitude amongst most of us older runners had been much the same but even with this casual way of thinking a lot of us went on to discover our full potential and complete our first marathon. John Brennan was one who trained in our group, offering loads of support and encouragement in training. I would never have reckoned that he would go on to do three marathons in three cities (Paris, Dublin and now London) in consecutive years (two being "major events"). I hold my hat up to him; I think the club has someone to be proud of.

As we look towards 2010, I wish everyone running London, and other marathons, good luck in training and in the marathon, raise the 'bar' and bring it home again.

Hoping everyone has a Merry Christmas, a fantastic New Year and good running in 2010.

Sue Smith

NEW WEBSITE

As some of you may know, we have a re-designed web site. Angie and I have been working on it for a while now, we had to learn a new program then decide on the format before testing it all out and putting everything into place. We hope you find it modern and professional looking.

The idea was to make an attractive first page to give visitors a good impression of the club and enough information to make them interested. We didn't want to keep crowding the first page with more and more stuff that was only of interest to existing members. The main page for members is the INFORMATION page, that's where you will find all the latest updates so I would suggest you select that page as your favourite. Angie has retained the RESULTS page although only recent results are on it, similarly the latest pictures are on the PHOTO ARCHIVE page.

My contribution was to get the calendar working, you won't find a list of races or social events anywhere as they should all be on the calendar. You can see a list of winter league races, for instance, by selecting that option at the top and displaying the year view. There are various other calendar options like Derby Runner and Social events, have a look around and try it. If you want more information about an event just click on it. Please let us know if you find any errors, want us to include more information or add an event.

We hope you like the new format, we want to keep it up to date and informative so that it is useful to you. Please let us know if you can think of ways to improve it.

Bob and Angie

1ST DERBY RUNNER 22ND NOVEMBER 2009

Great runs by the Birstall posse. Superb debut's by Dave Hesketh (3rd Birstall runner) and Helen Brackenbury (2nd lady)

22 runners in total competing in the biggest field ever for a Derby runner.

Thanks to Ish for collecting discs after as I couldn't feel my fingers (despite wearing gloves!) 2 weeks until the next one at Aylestone Meadows. Great work Birstall. Best races of the year! - Powelly



2ND DERBY RUNNER 6TH DECEMBER 2009

TIME	NAME	TIME	NAME
35:39:00	S.Powell	40:50:00	H.Brackenbury
37:06:00	G.Price	42:03:00	S.Collins
38:42:00	A.Baldwin	44:41:00	C.Mawer
39:24:00	D.Richards	49:20:00	J.White
42:52:00	A.Warner	49:38:00	C.Cobley
43:03:00	D.Snutch		
43:45:00	J.Brennan		

A great mornings work by Birstall runners in what ended up being perfect racing conditions. On a unusually easy course we had some good runs. Helen is ever improving and swapped places with Sarah this time to be first lady.

Chris Mawer and Jane White completed the ladies counting team. Jonesy had man-flu so couldn't run! Tom was a DNS for the men with a bad back caused on race morning! All together now.....arrrrrrrrr! Good to see Adam running and even better to see him running minus his grandmas knickers on his head like round Leicester relay! A great debut by Andy also. Nice pint and carvery at the Craddock after. Great work again Birstall.



EARPHONES AND IPODS

The committee believe that the use of earphones during training constitutes a risk not only to the wearer but also to other runners and could affect our insurance so with immediate effect no one will be allowed to train whilst wearing earphones.

WINTER TRAINING

With club training nights now finishing in darkness the committee have decided to implement a "high visibility" approach for the safety of the members, as many other clubs already do.

Every one will be required to wear some form of reflective, high visibility top, arm bands or flashing lights preferably with white/light garment underneath.

Windproof running tops are often black or dark so a lightweight high vis.

Tabbard over the top would be ideal.

Remember- The more you can be seen the safer you'll be.

Mick Newton - Club Chairman

NEW VESTS FOR 2010

The new blue vest is the approved one, so should be worn for all Derby Runner and Winter League races.

Steve Powell has some vests in stock and will be ordering more soon, see him on a club night and order one soon.

LONDON MARATHON DRAW WINNERS

Well done to Tom, Chessa and Julie who got her entry after Blacky decided that the training might be a bit too soon after his recent health problems.

Well done to the three of them and good luck to all who are training for the London.

SILVER JUBILEE DINNER DANCE

Don't forget about the clubs Silver Jubilee Dinner Dance on 2nd July 2010

Limited to 120 people it is a first come first served so put it in your calendar.

Dinner jackets and posh frocks the ladies can wear what they want!! Only joking!!!

This is a celebration of 25 years of Birstall Running Club

so we want to make it a great occasion.

Watch out for information nearer the time in the newsletter or on the web site or forum.

www.birstallrc.org.uk

RETURN TO RUNNING

Great to see the return of Lou Hall and Tony Illston at the club after they have both been off with health problems. Also helping Lou with his come back is Fiona she is now trying to get fit again after having her baby.

TRAINING NIGHTS OVER CHRISTMAS AND NEW YEAR

No training on Friday 25th December and Friday 1st January.

Normal Monday night training throughout December and January.

Keep your eye on the web site and forum for any changes

www.birstallrc.org.uk

DATE	EVENT
26/12/2009	Barrow boxing day handicap 11am
03/01/2010	Huncote Hash
09/01/2010	Leicester and Rutland x country
10/01/2010	3rd Derby Runner - Bagworth Heath
17/01/2010	Ashby 5 - Hood Leisure Centre - 10.30am - Winter league Race
24/01/2010	Barrow 6 - Humphrey Perkins School-10.30am - Winter league Race
31/01/2010	The Marrakesh Half Marathon
31/01/2010	4th Derby Runner - Grace Dieu - Shepshed
07/02/2010	Charnwood Hills
14/02/2010	5th Derby Runner - Bosworth Battlefield
21/02/2010	Kibworth 6 - 10.30am - Winter league Race
27/02/2010	Belvoir Challenge
28/02/2010	Derby Runner Area X-Country Finals
07/03/2010	Stilton 7 - 10.30am - Winter league Race
14/03/2010	Markfield 10k - 10.30am - Winter league Race
21/03/2010	Ashby 20
28/03/2010	Desford 10k - Winter League Race
04/04/2010	Livingstone Relays
25/04/2010	London Marathon
25/04/2010	Stratford Marathon
09/05/2010	Hinckley Half
15/05/2010	Bratton Hilly
23/05/2010	Edinburgh Marathon
06/06/2010	Swithland 10k - Summer League
27/06/2010	Prestwold 10k - Summer League
07/07/2010	Hungarton 7 - Summer League
04/08/2010	Joy Cann 5 - Summer League
05/09/2010	John Fraser 10 - Summer League