

www.longeatonrunningclub.co.uk

The Finishing Line



Welcome to the 2nd edition of the Official Long Eaton Running Club 'Newsletter'.

Judging by the feedback from the first issue it proved to be a hit, so providing we get a similar response then we'll keep compiling "The Finishing Line" every six months, but remember we really do rely on your input so please send us anything that might be of interest or amusement to your fellow club members.

We've tried to ensure that all the info in this issue is correct (or most of it anyway!) and therefore apologise most profusely if this is not the case... but if you're a particularly sensitive soul or you know Greta Waitz personally then do not read on...

YOU HAVE BEEN WARNED!

IN THIS ISSUE

- **Marlon beats baby**
- shock!
- **Toilet nightmare**
- horror!
- **Ashok admits**
- probe?

PLUS

- **WIN!** a 'T-pack'
- **Dash Special**
- **Race reports**
- **Memory Lane**
- **Pin Amnesty**

...AND MUCH,
MUCH,
MORE!

Late News

Long Eaton RC took part in the 2003 Flora London Marathon with some fine performances from the 21 runners that made the trip down to the capital. Andy Dickenson was first for the club in 2 hours 45 minutes, although he admitted later that his 'sub 6 minute/mile' pace over the first 8 miles was perhaps a little ambitious! Despite the rising temperatures, Phil Farmer, Vreni Verhoeven, Sue Klotschkow and Carole Birch all recorded 'pb's for the distance.

For some of the Long Eaton runners this was their first ever marathon outing made even more memorable by Paula Radcliffe's 2:15 world record, so well done to Chris Forrest, Stuart Pugh, Lee Cooper, Lynn Evans and June Law. (Continued on page 2)



Up & Running on Derby Road will be handing out a special prize to the first Long Eaton resident (male and female) to reach their shop in the Long Eaton 5 on June 15th.

Sorry folks, this does not include running club members.... but why not encourage your family, friends, work mates or neighbours to race this year? Especially if they live in the Long Eaton postal code area.

Profile of a Long Eaton runner

Chairman Ashok Patel took time out from another wedding to answer some questions:

When did you start running? I came to the Club in April 1989. I used to play cricket and one match I scored 28 runs, all singles, and you can imagine the state I was in after getting out! So after the match (with a few pints in me) I came to a conclusion that jogging might be the answer to my problem in getting fitter for the next few matches. So I started jogging around Nottingham University and "bingo!" I felt that jogging was going to be my new sport. So I gave up cricket, came down to the club and met Don Pitman and Martin Goodall and with their help they got me further into running.

Most memorable race? The Robin Hood Marathon in 2001. I did a PB of 2:57. It was very hard but the day was perfect with good weather and support from club members and friends. I had enjoyed 4 months of good training and camaraderie with the club runners that also did marathons that year - Dale, Glen, Richard and John and that made the event even more memorable.

Any other special PBs? In 1998, sub 60 mins for the Erewash Classic 10 mile and 1:19 for the Vale of Belvoir ½ Marathon.

What's your next running goal? More races around Nottingham that I have not done before such as the Mansfield ½ Marathon and the Newark ½ Marathon.

What do you think of the club now? Since the early days the club has grown to a considerable size and we are no longer a small club but not exactly a big club either. I believe we have got the right mixture of members to keep the club pleasant and I take great joy in members achieving their individual goals may it be just keeping fit or doing this 'pb' business!

How do you see the club's future? First is to maintain the approach of encouraging new members as well as old. We need to improve the organisational side of the club may it be a committee matter or by arranging different races and social events. I would like to see the more experienced runners taking a more active role on Tuesday and Thursday nights and to encourage the ladies to take part in more races.

A final message to club members? If you want to achieve a goal in running, an effort from yourself and support from the Club will definitely make your dream come true. Thanks for your support over the years and may you continue to enjoy running with the club.



Marathon News

(continued from page 1)

On the same day in the Rotterdam Marathon, Zoe Fletcher took 8 mins off her 'pb' with a time of 3:36:18 and over in France, Peter Fowles, Pete Thorburn and Derek Henderson ran in the **Marathon de la Cote d'Opale**. So even if you can't get in to London there are plenty of other options!

Full London Marathon results: Andy Dickenson 2:45:43, Phil Farmer 3:08:26, Dale Corner 3:12:28, Ian Whyte 3:17:25, John Birch 3:18:42, Vrent Verhoeven 3:24:30, Martin Tilling 3:25:53, Colin Restock 3:32:26, Chris Forrest 3:29:11, Steve Dorelli 3:36:26, Stuart Pugh 3:37:23, John Hammond 3:39:59, Phil Wallis 3:42:08, Paul Gillingwater 3:54:58, Sue Klotzschow 3:55:24, Carole Birch 4:01:18, Bob Warburton 4:08:35, Lee Cooper 4:16:07, Lynn Evans 4:23:40, June Law 4:36:56, Sandra Colley 6:19:54

Touquet: P Fowles 3:25, D Henderson 3:39, P Thorburn 4:12.

NEW MEMBERS

We are very pleased to welcome the following new members that have joined the club in recent months and wish them all the best in the future.

Rebecca Barton	Stuart Bell
Claire Doyle	Alan Brett
Kate Edmunds	Nigel Brockman
Bridget Ellis	Lee Cooper
Monica Fee	Andy Dickenson
Abigail Gibson	Geoff Foulston
Kerry Gregson	Stuart Pugh
Audrey Rothwell	Richard Wheat
Kathryn Straw	

"Thanks"

I just wanted to take this opportunity to thank Long Eaton Running Club and its members for the inspiration and encouragement over the past twelve months.

I was always a runner at school but over the years my career and other commitments got in the way. I needed to keep fit though and after endless hours running on the treadmill, watching the same dull spot through the window, I made the decision to join the club. And I am so glad I did.

Anybody out there who wants to get in to running should go for it. The sport has given me so much, not only strength and stamina but a great sense of achievement and some good friends. From the beginning everybody was very welcoming and they continue to be supportive and encouraging through training and competition. Now on Sunday morning, instead of eating a fried breakfast in bed, my feet are itching for the buzz of a race. So thanks, and keep up the good work!

Rod Harris

Nice Belvoir!

'Dyno-Rod' adds to his excellent performances since joining us by completing the **Vale of Belvoir ½ Marathon** on Sunday 6th April in a time of 1:19:19, a good 3 mins off his previous best for the distance and just reward for all his hard work over the last year.

Congratulations also go to Shaun Burton and Dave Wilkinson. Shaun was delighted to achieve another pb by completing the distance in 1:34 and Dave also recorded a fast time of 1:26.

News from LARA

Over the past year I have been absolutely delighted by the support that members of LERC have given to my events, including some fine duathlon performances. Many sincere thanks for that support. Unfortunately the number of entries for the duathlons has not been what one had hoped for and so I am not promoting them any more on a regular basis. I shall try them from time to time and would even be prepared to promote one so that LERC could hold a club championship (possibly based on a handicap). What do you think?

Below is a list of our forthcoming events in the area and I hope to see some of you at the races. The Southwell Trail race is the FLATTEST course possible, so ideal for a fast time and a pint afterwards!

Sun 20th April

LARA Easter Sunday Shiring Cliff Fall Races

Hurt Arms, Ambergate; 12 noon - 5M and 2.5M races: good food and beer afterwards

Mon 5th May

LARA Southwell 5km Trail Race

Newcastle Arms, Southwell 7.30pm: out and back course

Fri 23rd to Mon 26th May

Hilly Clothing Company Tour of the Derwent Valley

4 races in 4 days at Duffield (8pm), Wlksworth (3pm), Milford (10am) and Rowsley (11am) respectively - a classic friendly event over the Bank Holiday.

Best wishes. Enjoy your sport. Keep injury free.

David Denton

Don't forget!
Marshals required for June 15th.
Please see Ian Adkin.



BABY JOGGER

The Newark Half Marathon is in our Summer league this year on Sunday 17th August.
Marlon Cole relates his experiences in last year's race:

I was lined up for the start of the Newark ½ with 600 others, not having run the course before, so subject to the usual feelings of voyaging slightly in to the unknown. I've drawn a line above being 24 and am working from there in my current 'era' - mainly because I stopped running back then and started again aged 37. My 'current' pb of 1:34:27 had been set a month previously in the sadistically hilly Mansfield ½ so with Newark promising to be fairly flat and with good weather I seriously thought that another pb was attainable. On the down side, I'd not been training particularly consistently over the last month.

It started well with 1 mile splits clocking up at around 7 minute/mile pace and it felt, not exactly comfortable, but at least maintainable. But around halfway I was passed by a guy motoring along behind a 3-wheel "ALL-TERRAIN-TERMINATOR-WE-BRAKE-FOR-NO-ONE" pushchair. Huh? So just before he skipped daintily off in to the distance I made polite enquiries and it turned out he was going for the World Record for pushing a pram over the ½ marathon distance!

The current mark was apparently 1:30:51. He'd started some 2 minutes behind the rest of the field in order to have his own clock running for ratification of the attempt and was now in full sway. So off he went, but after moving 100m ahead of me the gap remained fairly constant and over the next couple of miles I reduced the margin until mile 9 when I was just a couple of paces behind. He popped an energy gel then reached for the water bottle in its holster on the pushchair for that important washing down of the goo, put it to his mouth - and dropped it! Fortunately I had just enough time and reactions to bend down in mid-stride to catch it on the first bounce and then take a couple of extra strides to catch up to return it to him. He looked so relieved!

So I ran with him for a couple of miles and learned the identity of the 11-month old occupant of the pushchair by his pleas of "PLEASE STOP CRYING GEORGINA!" Between miles 10 and 11 there was a huge hill. He slowed and I kicked on a little but he was never too far behind. Mile 12 featured a long slow incline and my split slipped to 7:44 - yet I passed a couple of people and no-one passed me, so we must have all 'died' together. I just wanted it to end.

Fortunately it soon did but not without a nasty little climb over the last 200m. The crowd ahead erupted as I approached the finish. My oxygen-starved brain was confused as to how the massed crowd of spectators knew I was on for a pb. I looked behind to see Georgina motoring up the hill to finish just a few metres behind me. I'd managed 1:32:37, so a nice little pb... but he'd done it. He'd broken the World Record by 14 seconds! I felt honoured to be there. Congratulations to James Haskey-Jones and baby Georgina.

Marlon Cole

The World record for pram pushing in a 10K race is 34:26 held by Mal Grimmer who pushed his daughter at a fun run in Melbourne, Australia on 21st November 1999.

In the Abingdon Marathon on October 20th 2002, Pat Read pushed his four year old daughter Rowan around the course in a record 4:06:30. A few days later Gary Harris who is a member of the same running club, borrowed Rowan for the Stroud Half Marathon where he smashed the World record in a time of 1:23:39.

The Drunken Dash

As the banter was flying around in the changing rooms one Thursday night after one of those hard sessions around the Wilne, I heard someone say...

"This Drinking Club has got a Running Problem!"

Well it is true that the social scene at the club is good (as well as the running of course!) and we have been known to let our hair down on the odd occasion ok, most Friday nights! One of those events is "The Drunken Dash".

As its name suggests it basically involves running from pub to pub with a drink in each one.

The first Drunken Dash was around 1992 according to Jimmy Willan and came about because April Fools Day coincided with a Sunday morning run....what more of an excuse do you need? The route ran out to Stanton and was about 12 miles, starting at 10.30am till about 3pm. Apparently it was not uncommon for club members to be found crashed out in their neighbour's front gardens! It did lose its way for a few years but was recently revived for a Friday in June. It's more relaxed these days and you're even allowed to have soft drinks. It involves about 7 miles of running and has 10 pubs along the route with a starting and finishing point in Sawley - convenient for bus, trains, etc.

So if you are up for a bit of fun, this year's Drunken Dash is on Friday June 13th with a starting point at the Railway Inn in Sawley at 7.00pm. Club kit is not essential but most people wear a LERC vest or T-Shirt, depending on weather conditions, as it is a chance to promote the club. My first experience was in 2001 and to be honest I didn't fancy the thought of spoiling all that good hard work with running but I'd have a go. It was even worse when soon after leaving the first pub in Sawley we were met with the biggest downpour I think I've ever seen which naturally was on the longest leg (about 3 miles to the Rose & Crown in Draycott). Almost dried out and a quick dash to the Traveller's Rest and 'Ash's chip shop stop'. Try saying that after a few pints! The pubs are closer together here (phew! less running) then it's 'Richard's X-country alternative' route from the Olympic to The Navigation in Breaston. This is where Zoe Fletcher set her first sub-5 minute mile. It might have been down to hard training or the fact that Jimmy could be heard shouting "Zoe! Am Ganna Gait Yee!" Two more pubs in Breaston; The Chequers and The Bulls Head, and then the long run along Sawley Road to finish in the Bell Inn. Another pint in here and I'm now well away and listening to accounts of Drunken Dash's gone by.

The next day I woke with sore limbs and a sore head. But my first thought.....roll on next year!

CA

for the diary!

Tue 24th April	Pot Luck Pairs	6.45pm	West Park
Fri 30th May	Presentation/Social Evening	tbc	European Restaurant, Long Eaton
Fri 13th Jun	Drunken Dash	7.00pm	Railway Inn, Sawley
Sun 15th Jun	Long Eaton 5 - help please!	early am	West Park
Thu 3rd July	Heritage Series Presentation	after race	Colwick Park Racecourse, North
Fri 12th Jul	25th Derby Beer Festival	all day	Assembly Rooms, Derby
Tue 2nd Sep	Autumn Handicap Shield	6.45pm	Navigation, Breaston
?	Others (e.g.sausage party)		Check notice board / web site / etc

MEMORY LANE

There are many races that have fallen into obscurity over the years but the Sawley/Harrington Arms was always a popular event with LERC, as well as with Erewash RC. Last run in 2000, the route began in Sawley turning left towards Breaston then on to Draycott and back along the Wilne. This photo was taken on 16th July 1993 and shows 31 members lined up in the car park outside The Harrington Arms. But how many of them can you identify? By the way, No. 1 is *not* Liam!



Score: 0 - 2 Fair enough - after all you only joined the club last week
 3 - 6 Not bad - but you really should get out more
 7 - 10 Impressive stuff - if you're not in the photo
 11 - 14 Wow! You're still as sharp as ever...mentally if not physically
 15 and over Well done Jimmy - but it was your photo remember?
 (some) answers at bottom of page 11

Track Update

A 6 lane, floodlit athletics track is being built in Ilkeston (why Ilkeston you ask?). EBC will also be putting in showers/changing facilities, a restaurant and a bar (it just keeps getting better!).

The track itself will not be finished until September but anyone interested in training on a track can still use Moorways in Derby for a small fee (about £25!)

IN THE LEBANON

Are you bored with the same old races? Fancy doing something a bit different this year? Well you could enter the Beirut Marathon taking place for the very first time on 19th October 2003. Registration fees are €35 and there is a course map on www.beirutmarathon.org. According to the entry form, participants should make sure "that running does pose any specific hazard to their health" ?!

Pin Amnesty

Race organisers and local authorities are considering a 'no questions asked' pin amnesty to encourage runners to hand in their unwanted safety pins.

The move is the latest response to a huge increase in pin numbers in the East Midlands and local councillors welcomed proposals to introduce a mandatory 2 year sentence for anyone caught carrying excessive numbers of pins.

Safety pins reached record levels in 2002 and it is expected that figures for 2003 will show yet another rise.

One race organiser said, "The problem is that people don't return them and it's no good trying to prick their conscience about it."

An anonymous, private collector admitted yesterday that he had well over 1000 safety pins in all shapes and sizes:

"It started with a handful, I thought nothing of it", he said. "But with every race I took four more and the chain just kept getting bigger and bigger. Now my family and friends think that I have some sort of perverted pin fetish... I've even been to counselling sessions with a metallurgist!"

Prof. S. Vicious of Huggabugabug University, Arizona said that his research showed a 27% increase in an athlete's adrenaline levels by stabbing him with a pin.



A Long Eaton runner showing off his private stash of safety pins at a secret location somewhere in Breaston.

He did not want to be identified for legal reasons and, hiding behind a balaclava, warned that he had absolutely no intention of handing any pins over...

"They'll 'ave to take 'em out a me cold, dead 'ands', he muffled.

Hold on - I recognise that watch!

RF

Ashby

Twenty one LERC members made the short journey along the A42 to take part in a 20 mile road race at Ashby de la Zouch on 16th March 2003.

The trio of Vreni Verhoeven, Zoe Fletcher and Sue Klotschkow all boasted personal bests with Vreni picking up 5th place Lady Veteran. Their combined effort was rewarded with the 1st Team Prize.

Carole Birch, Phil Farmer, Martin Tilling and Paul Gillingwater achieved 'pb's while Lynn Evans, Lynn Andrews, June Law, Dave Wilkinson and Peter Fowles, in their first 20 mile event, finished with good times.

John Birch was first home for the club in 61st position overall. Congratulations also to Stuart Pugh and Lee Cooper - both representing the club for the first time.



Sue and Zoe at Ashby

Keyworth

Thirty seven LERC members took part in the Keyworth Turkey Trot Half Marathon on 8 December 2002. There were some excellent performances to note with 10 ladies and 7 men achieving 'pb's on this hilly, scenic but challenging course. The 10th mile on the course was particularly harrowing as it is a long incline on an exposed straight with a headwind that slows runners down further.

Vreni Verhoeven was first home for the ladies in a pb of 1:32:21 and Richard Ford was first for the men (in 16th position overall) with a pb of 1:19:34. Congratulations also to Kate Edmonds in her first race for Long Eaton.



Richard at Keyworth

SCARED

Finally the day has come. This is it. You've been training for months, pounding the streets mile after mile after mile and today is the day of reckoning. The start is frantic but things soon settle down and you ease in to race pace with a growing sense of confidence and determination as each mile marker passes by

..... So far so good!

But what's that? An uncomfortable feeling down below that seems to be getting worse. You try to relax and focus on the race but the increasing pressure is straining your stomach. There's a **gallon of fizzy gravy in the bomb bay** and the marathon dream has turned in to a **nightmare!**

..... Forget the PB..... Where's the WC?

Not a particularly savoury subject, but one that most runners have had to contend with at some point, either in races or training. Running shakes up the most resilient bowel with the increased jolting and decrease in blood supply to the intestine thought to be the main cause of gut problems.

Around 40% of all endurance athletes suffer from some form of lower or upper gastrointestinal disturbance. There are several unpleasant incidents; Joyce Chepchumba threw up and simultaneously evacuated her bowels upon crossing the finish line in the London Marathon and top Norwegian athlete, Greta Waitz used the relative privacy of the underpass on the Embankment to **scoop out the chocolate fudge cake** in her shorts.

.... So what can you do to avoid disaster?

Never get caught out again! Here is your chance to win the Ortlieb T-Pack courtesy of Lion Pack in Dent, Cumbria. The pack allows fast and easy access to a full toilet roll and keeps it completely dry - even in use. Just complete the following sentence on a separate (clean/unsoiled) piece of paper and hand it to Richard or Clive. Closing date 6 June 2003.

"I personally don't suffer from the squits, never have and never will, but....."



- Prevention is better than cure so don't eat anything beforehand that may cause stomach problems, such as hot or spicy foods. Try to limit your intake of dairy products, high fibre and gas-forming foods.
- Eat at least 2½ hours before the start of the race.
- Don't try a new carbo-drink or supplement for the first time in a race and always keep well hydrated.
- Go to the toilet before the race (a warm-up jog can help get things moving).
- Inside pockets are handy for keeping toilet paper and a re-sealable sandwich bag/stops it going soggy from rain or spilt drinks. If you really want to impress your friends then you could purchase an Ortlieb T-Pack for £20 (pictured above).
- If caught unprepared use leaves, grass, smooth rocks, snow or, as a last resort, items of clothing - but consider the environmental impact of your deposit.
- If in any doubt, make an appointment with your GP.

Inspirational thoughts of the famous

"Those who say that I will lose and am finished will have to run over my body to beat me."

- Said Aouita

"Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what we are made of. This is what we do. This is what it's all about." - *Patricia Sue Plummer, U.S. Olympian*

"Never, Never, Never Quit!" - *Winston Churchill*

"A pint of Stella please" - *Phil Farmer*

Sutton Park Relays

Long Eaton Running Club took part in the **Midland Relay Championships** at Sutton Park, Birmingham on Saturday 5th April with both male and female teams entered in the event which attracts all of the major running clubs in the Midlands and has been held since 1975. In the men's 12 stage event we managed a creditable 24th place and in the ladies 6 stage event we came 16th overall.

This is the first time that the club has taken part in the event and the respective results mean both teams have qualified for the "Nationals" to be held on 26th April. Long Eaton will be up against Tipton, Birchfield, Sale, Morpeth, Blackheath, Belgrave ... no problem!

Now that's scary!

Ladies Team: V Verhoeven, B Ellis, Z Fletcher, S Kloitschkow, J Hawkyard, V Thorpe.

Mens Team (below): A Dickenson, P Farmer, P Fowles, R Ford, M Hawkyard, C Allison, R Harris, A Patel, J Birch, R Fox

(minus D Corner and T Adkin who were looking for the tent!)



Web Site

Are you interested in the latest records, athletics times, facts and stats? Then you might like to visit the following web site as it is packed full of World, European and UK best times:

www.gbrathletics.com

Yes Wey!

A one-off event is taking place on Sunday 8 June at 9.30am. The Wey Navigation 19.4 is a race from Godalming to Weybridge along the tow path but runners also have to solve logic problems and observation tests on the way. Runners start at 30 second intervals. Entry for teams of 2 is £25 - further details on

www.wokingac.com

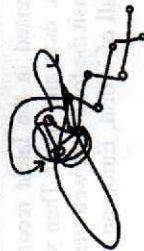
Parlez Vous Francais?

Monsieur: Je veux acheter un tracksuit.
Assistant: Bon. Nous avons beaucoup de lovely tracksuits! Il y a le cheap 'n' Vilain Jogsuit a £4.99, pour le on-off jogger. Pour le jogger qui est dans le PR. Il y a le Postersuit a £8, avec mediaspace au dos. Il y a le Tracksuit Incognito a £15 avec hood, specs de soleil et fausse moustache, pour le bloke qui revient dans le petites heures de l'apartment de sa maitresse, ou morceau de stuff. Il y a
Monsieur: Je desire seulement un simple jogsuit. Pas de frills.
Assistant: Pas de sweat, pas de bother. Voila! Le Frill-Free Jogsuit. C'est £16.99. Basiquement, c'est le meme que le jogsuit Addidas a £14.99.
Monsieur: Pourquoi les deux quid extra?
Assistant: Pour couvrir l'expense de remover le label Adidas.
Monsieur: Bon. Aussi, dans le trotsuit, je desire des poches tres expansifs.
Assistant: Eh bien, il y a des poches. Il y a a pocketespace pour un hanky, un latchkey, une carte de donor de kidney...
Monsieur: Non, non! Dans les poches je veux porter le journal, un paquet de cigars et une bouteille de Scotch, comme Professeurs, Cloches etc.
Assistant: Monsieur, vous n'etes pas un sportsman serieux!
Monsieur: Vous avez frappe le nail sur la tete. Je suis un malingerer. L'exercice me degoute.
Assistant: Mais... mais pourquoi vous achetez un tracksuit, alors!
Monsieur: Parce que ma femme est sous l'impression que je fais jogging. Chaque soir a 1800 heures, je laisse la maison. "Au revoir, la femme!" je dis. "Bon jog" dit-elle. A 1802 heures je suis dans le snug bar du local avec un jar. A 1830 heures je reviens, avec un puff et un pant.
Assistant: Mais... si vous allez au pub, pourquoi vous desirez un jogsuit avec les poches pour le Scotch, etc....?
Monsieur: Parce que maintenant, ma femme va au pub. Et moi, je vais au parc avec mon Scotch etc.
Assistant: Mais... si votre femme est au pub, pourquoi pas rester chez vous pour un snifter silencieux?
Monsieur: Parce que la budgie me deteste. A la retour de ma femme, elle dirait: "He never went jogging". Sale bete.
Assistant: Hmm. Vous etes dans un no-go situation, monsieur.... Ah! J'ai la solution! Ce tracksuit top a £3.99!
Monsieur: Je ne vois pas....
Assistant: Pour metre sur la cage de la budgie! Pour cacher ses yeux.
Monsieur: Vous avez absolument raison. Voila £3.99
Assistant: Bon non-jogging monsieur.

Classic Knots

Jo Hawkyard recently demonstrated "The Shanklin Sheepshank" to her team mates at Sutton Park (pictured left) Vivien Thorpe, Bridget Ellis, Vreni Verhoeven and Zoe Fletcher.

HOW TO TIE A SHANKLIN SHEEPSHANK



Next issue: "The Monkey's Fist"



David Fordham

Roll of Honour

	Senior Mens	Senior Ladies	Vet Mens	Vet Ladies
Summer 2003	ICBY	ICBY	ICBY	ICBY
Winter 2002/2003	to be announced at the presentation evening on Friday 15 th May			
Summer 2002	P Farmer	R Forrest	J Birch	S Klotschkow
Winter 2001/2002	D Stuart	S Klotschkow	J Birch	Z Fletcher
Summer 2001	R Ford	L Lee	J Birch	
Winter 2000/2001	P Walters	A Knight	C Bostock	
Summer 2000	J Casswell	Z Fletcher	J Birch	
Winter 1999/2000	R Ford	Z Fletcher	R Warburton	
Summer 1999	J Tuck	D Tuck	A Patel	
Winter 1998/1999	A Patel	H Baines	C Bostock	
Summer 1998	G Coleman	G Clarke	A Patel	
Winter 1997/1998	D Boot	H Baines	C Robson	
Summer 1997	G Coleman	C Johnson		
Winter 1996/1997	D Boot	L Collison		
Summer 1996	G Coleman	G Clarke		
Winter 1995/1996	R Jackson	A Heathcote		
Summer 1995	J Fee	J Hallam		
Winter 1994/1995	M Goodall	A Gardiner		
Summer 1994	D Pitman	J Webster		
Winter 1993/1994	R Jackson	N Swithenbank		
Summer 1993	A Heathcote	N Swithenbank		
Winter 1992/1993	J Fee	C Holmes		
Summer 1992	A Heathcote	S Sheppard		

Thanks to John Birch for supplying the list of LERC League Trophy Winners. Please let us know if there are any names missing e.g. pre-92....and ICBY means "IT COULD BE YOU!"

Weston 5 Miler

Sixteen runners from LERC took part in the Weston upon Trent 5 mile road race on 6 April 2003. This was the final race in the club's winter league series and some good performances were achieved including personal bests for Catherine Rowe 36:27, Lesley Crowther 38:52, Lynn Andrews 39:36 and Patrick Fitzgerald 32:17.



Harrington Arms photos:

1. Peter Hayes, 2. John Fee, 3. Ashok Patel, 4. Peter Hayes, 5. Ian Whyte, 6. Dale Conner, 7. Willie Henderson, 8. Martin Goodall, 9. Steve Ingers, 10. J. L. Roff, 11. L. Roff, 12. J. L. Roff, 13. J. L. Roff, 14. Nick Lees, 15. Liz Potter, 16. Dave Muir, 17. Andy Heathcote, 18. J. L. Roff, 19. Peter Thurburn, 20. J. L. Roff, 21. Nigel Birch, 22. J. L. Roff, 23. Don Pinnar, 24. Annette Curly, 25. Ian Baxter, 26. J. L. Roff, 27. J. L. Roff, 28. Jim Stephenson, 29. J. L. Roff, 30. Ian Harris, 31. Jimmy Wilkin.

Vreni good indeed!

Vreni Verhoeven is pictured here with the Notts AAA's Shield for being the first Notts lady in the 2002 Robin Hood Marathon. This was a great performance and the club recognised this by awarding her the Bill Camm Trophy for Outstanding Athletic Achievement which was presented at the Christmas Social Evening.

Summer League Fixtures 2003



APRIL

- 20th Ambergate Fell Race 5m
- 21st Wollaton 10K
- 23rd Epperstone (RRL1)

MAY

- 5th Southwell 5K
- 18th Pride Park 10K
- 21st Holme Pierrepont (RRL2)
- 23rd Duffield 4.5M
- 24th Wirksworth 4.2M
- 25th Milford 5M
- 26th Rowsley 4M

JUNE

- 1st Sinfin 10K
- 6th Notts 10M
- 18th Erewash (RRL3)
- 24th Heritage 1 10K*
- 26th Heritage 2 5K*

JULY

- 1st Heritage 3 3M*
- 3rd Heritage 4 5M*
- 6th Mansfield ½ Marathon
- 11th Tara Kinder 10K
- 16th Worksop (RRL4)
- 20th Race for Life 5K
- 25th Notts 5M

AUGUST

- 6th Milford 4.5M
- 15th Newark (RRL5)
- 17th Newark ½ Marathon
- 31st Cropwell 10*

SEPTEMBER

- 14th Robin Hood Marathon*
& ½ Marathon*

The Summer League is LERC's internal league consisting of a series of races where members gain points depending on where they come in the results. First Long Eaton runner home gets 150 points, second gets 149, third gets 148... etc. Ladies are scored separately to the men and the current positions are displayed on the notice board. Your best 10 results count and prizes are awarded at the Christmas social evening in various categories including Vets.

[See "Roll of Honour" for list of previous winners].

There are 26 races in the 2003 Summer League plus the 'Race for Life' - a women only race at Colwick Park this year.

The Heritage Series of four races is extremely popular among LERC members, along with the Cropwell 10 and, of course, The Robin Hood Marathon and Half Marathon.

A new (*ish*) race this year is the Pride Park 10K on 18th May. The Notts fans will be looking forward to the finish in the stadium!

Within the League are five races (**in bold**) that are completely free to Long Eaton RC members - just another good reason to be part of the club! These are team events and we really need to get as many members along as possible. It still counts towards the Long Eaton results even if you just fancy a jog around - you'll certainly get plenty of encouragement from your team mates.

So please come along and take part. Don't forget to wear club colours though - see Jimmy Willan or Carol Birch for kit.

Finishing Line

We hope you enjoyed this issue of 'The Finishing Line' - any feedback would be appreciated. Please send all contributions for the next issue by 7th September to Richard or Clive, e-mail cliveallison@ntlworld.com or richford44@tiscali.co.uk or see you on a club night.

& Keep on runnin'