



Evesham Vale Running Club



Newsletter July 2011

Hello and Welcome

Welcome to the July edition of the EVRC newsletter. It's been a busy month, with club members running various races and the club hosting the annual Vale 10k race, which proved to be another great success.

Results

Castle to Castle 10k

Paul Shrimpton 46.04

Malvern 10k

14 Richard Gill 41:49
15 Dave Reid 42:19
29 Dave Mitchell 44:41
41 Chris Taylor 45:52
42 Mark Zikking 45:54
69 Bob Pope 48:10
100 Maz Day 50:55
102 Tash Day 51:04
130 Johann Importante 52:59
160 Kate Tarplee 56:04
188 Emma Poole 59:23
216 Di Icke 1:03:15
241 Tess Bailey 1:09:41

Cheltenham circular challenge

Congratulations to Robert Hale and Virginia Pawlyn who completed this marathon course. Virginia walked with her two sons today, in a PB for this course 7 hours 40 mins (to be confirmed) taking about ten mins off last year's PB

Roy, Chris and Idris (a four legged friend who managed the full circuit and finished with a very waggy tail) said how it was "A really great event, and would encourage anyone to do it. Time for us all 5h 54m (to be confirmed)--although Idris probably did a few more miles of running than us and a few swims as well!"

Malvern Midsummer Marathon

Tash, Maz and Roger Day did this 26mile multi-terrain walk/ jog on Saturday. The race started up the Malvern Beacon then descended to Ledbury and on to Eastnor Castle and then back to Malvern. Negotiating 10 summits from Ledbury back to Malvern.

Definitely a tougher second half to this event. It took the Day team 8 hours 45minutes to complete this event

Bredon Bash

A big thank you to Chris and Jess Taylor for organising the above race.

Here are the results, well done to all that ran.

1 Phil Parsons MV40 Evesham 37.19
2 Iain Jennings M Evesham 38.08
3 Danny Harris M Evesham 38.45
5 Richard Gill M Evesham 40.36
7 David Reid M Evesham 40.49
12 Ned Lammas MV40 Evesham 42.17
15 Mark Zikking MV40 Evesham 44.54
16 Mark Howe MV40 Evesham 45.09
26 Paul Cashman MV50 Evesham 46.06
30 Bob Pope MV40 Evesham 46.32
34 Sheila Barbour LV40 Evesham 47.03
35 Julian Gillico M Evesham 47.19
36 Kurt Dusterhoff M Evesham 47.25
38 Robin Coll MV50 Evesham 48
46 Marianne Day L Evesham 50.28
47 Adam Spiers M Evesham 50.35
48 Colin Thether MV60 Evesham 51.15
51 Sara Turner L Evesham 52.4
53 Katy Tarplee LV40 Evesham 53.47
58 David Hughes MV60 Evesham 57.04
59 Adrian Barradell MV40 Evesham 57.51
60 Christine Lloyd LV50 Evesham 58.3
61 Nicola Dusterhoff L Evesham 59.02
Robert Hale MV60 Evesham 1.00.52
70 Dave May MV60 Evesham 1.02.57
72 Virginia Pawlyn LV70 Evesham 1.05.37



LDWA South Downs Marathon

Sheila Barbour and Ned Lammas ran this race on Sunday 26th - 28 miles / 4000' ascent on the South Downs not far from Eastbourne. Ned said "There were about 50 walkers and 25 runners (runners start an hour later). We thought we were doing OK, and finally managed to shake off the last runner who had stuck with us, with about 1/2m to go, Sheila and I both finished in 4:53.

It turned out that the only other runner who we thought was in front of us had pulled out because of the heat, so we were actually the first of the runners back. That's just typical - the only time I ever get to win anything, it's an event with no prizes and no prize-giving!!!! Brilliant fun (though it was a little bit warm, even for me).

Lakeland Trails Coniston Marathon and Mini Marathon

"It was warm. Then it was hot. Then the terrain turned into a mass of rocks, bogs, and tree roots. The river crossing due to a downed bridge was a blessing and a joy! The lake looked splendid for this inaugural event. Who knew it could be a day of unbroken sun in the Lakes?" said Kurt.

Marathon (Kurt): 4:19:31 (unofficial time)

16k (Nicola): 1:44:19 (unofficial time)

This was Kurt's tenth marathon in ten months, and a trail marathon PB – well done Kurt.

Osmotherley Phoenix

Phil C stated that "This turned out to be a damage limitation 8hr event. My first attempt at an ultra will be remembered for all the wrong reasons I think it was probably a combination of hills (4500ft) heat, and not really getting the balance of food and fluid right. Whatever the reason, the wheels fell off my wagon at about 24 miles where I had the choice of heading back to base to complete the marathon or heading further away to go for the 33."

In order to acknowledge the accomplishments of our many members in the various events in which they participate, running races, triathlons, ultra running ect, please send your results to Linzi at linzilp@hotmail.co.uk Remember, articles about your event are always welcome.

Forthcoming Events

Don't forget every Wednesday at 7pm meet at the Vauxhall Inn, where Kurt (Volunteer Level 1 Coach) will be conducting speed/hill sessions. These are great for both beginners and the most experienced runner. More details on the sessions are available on the front of the main EVRC site, or there is the option of running in a group like Mondays sessions.

Wednesday 27th July 2011

Meet at the Vauxhall Inn for an effort session with Rob Minton a coach from Stratford Athletic Club.

All abilities welcome.

Friday 29th July

The EVRC Summer BBQ and Rounder's night will be held at the Evesham Sports Club from 7.30pm onwards. The committee will be providing salads and pudding so you will just need to provide food to be cooked on the BBQ – I'll even cook it for you!

This event is an excellent way to get to know members of the running club so please do pop along; partners and friends are also welcome.

If you would like to meet on weekends for a more social run please feel free to post the time and place to start on the forum.

The next Speed session to be held at the Stratford Athletic Club Track at 7pm is Monday 8th August 2011.

Put the date in your diary. No need to book, just turn up, £2 per session. All abilities welcome.

Race League

The next race on the League is the Bugatti 10k. To be held on Wednesday 3rd August 2011 at 7.30pm. Entry forms are below

http://www.athleticprowess.co.uk/images/bugatti/bugatti_2011_entry.pdf

Congratulations

This month's WELL DONE cheer goes to Katy Tarplee and her team, Sara Turner, Marie Lord, Nikki Holden, Paul Pitts, Robert Hale, Simon Hall and all the volunteers that made this year's 10k race a huge success. The amount of work that the team put in to make it the event that it was shouldn't be under estimated – thank you all and well done.

Suggestions for next month's WELL DONE cheer are welcome. Send an e-mail to linzilp@hotmail.co.uk

You're Input

If you have any comments, suggestions or contributions about this newsletter or the club in general please send me an e-mail at linzilp@hotmail.co.uk or see me at the club on Monday's and Wednesday's.