

Aycliffe Running Club News

Welcome to...

New club member Jo Travis!

Congratulations to...

Peter Milburn on setting a new over 55 Club record for 5K at the New Marske Coastal Run in September. He beat Richard Harvey's 1999 time by over half a minute!

Race Reports...

Town Moor Memorial 10k - November 2014

Heaton Harriers held there Town Moor Memorial 10k last Sunday. This takes place in Exhibition Park, Newcastle. This is a good flat course and is ideal for athletes looking for a fast time.

The two ladies representing Aycliffe duly met the challenge! In a field of well over 500 Trish Kay finished 329th in 48:38mins, her fastest time for quite a while and Susan Clark knocked a massive 2 minutes off her time from last year, finishing 528th in 60:48mins.

Maltby Road Race

On the same day three athletes from the club took part in the Maltby Road Race. This is over 7 miles and is quite undulating. First home for the club was Robert Young, 74th in 50:18mins, followed by Sandra Collins, 129th in 54:02mins and Dave Mackenzie, 257th in 63:58mins.

NYSD XC - 15 November 2014

Caedmon School was the venue for the fourth event in the NYSD x-country season. Conditions were good for running and on the one big hill on the course there is a rope to help the tiring runners haul themselves up.

In the ladies event over 5k Sue Milburn was first home for the club and was also 1st V/55, finishing 24th overall in 28:23mins, followed by Clare Rose, 33rd in 29:50mins, Penny Johnson, 35th in 29:56mins and Michelle Dixon 37th in 30:06mins.

Peter Milburn led the men home in their 10k race,

finishing a good 8 minutes ahead of his team mates, 49th in 40:17mins. It was a closer call between Colin Gibson and Kevin Greenall, with Colin finishing 102nd in 48:47mins and Kevin 104th in 49:19mins. Finally, Dave Thompson completed the course in 57:51mins, 110th.

Leeds Abbey Dash - 16 November 2014

Aycliffe athletes were busy again in the Leeds Abbey Dash 10k. This is an out and back road race that is flat, fast and perfect for PB chasers. Aycliffe club generally had a successful day with six runners achieving PBs and one young lady knocked 2 minutes of her time for last year.

Dez Fielden was first Aycliffe finisher to cross the line in the brilliant time of 33:58mins, followed by Floyd Jones, 36:27mins and Richard Campbell, 37:58mins, PB.

Graham Atkins ran well to finish in 40:05mins, followed by Dave Blewitt, 42:05mins PB, Justin Hindmarch, 42:39mins PB, John Burnside, 43:27mins, Graeme Miles, 44:05mins, Cyd Upton, 44:17mins, Sandra Collins, 45:02mins PB, Steve Smith, 66:00mins, Gary Minns, 66:55mins PB, Angela Barrett, 47:23mins PB, Rob Nicholson, 47:56mins, Trish Kay, 48:36mins, Penny Johnson, 50:59mins, Judith Porter, 52:02mins, Kara Ward, 52:49mins, Dave Mackenzie, 54:00mins, Bev Phillippo, 58:22mins, Craig Robinson, 59:13mins, Elaine Morgan, 61:30mins (2 mins. off last year), Elaine Pearson, 75:18mins and Denise Raine, 82:22mins.

NEHL XC - 22 November 2014

In the third fixture of NEHL cross-country even at Aykley Heads, runners had to contend with extremely muddy conditions, so bad that several athletes actually had to drop out.

In the senior men's race over 10k the club produced enough runners to make up a team and finished a commendable fourth in the division 3 group. Mark Wade was first home for the club, 80th in 43:06mins, followed by Peter Milburn, 165th in 45:00mins and Martyn Knox, 250th in 47:22mins.

Dave Blewitt, who had also done a park run earlier in the day, literally revelled in the mud, to finish

411th in 52:26mins and Colin Gibson, who doesn't miss many x/c races was 496th in 56:58mins.

Only two athletes braved the conditions in the ladies senior race. Clare Rose was 230th in 38:45mins and Judith Porter was 271st in 40:53mins.

Commondale Beacon Fell Race - 24 November 2014

Mark Wade was the only runner from the club to compete in the Commondale Beacon Fell Race, over 14k. This is in the North York Moors and has 300metres of ascent in total. The route starts at Commondale, then on to Danby, skirts past Castleton before heading back to Commondale.

This was Mark's first official fell race and he misjudged the big climb at the beginning and suffered for the first third of the race, but then regained his strength to finish strongly in the time of 57:28mins and 15th out of a field of 97.

Stockton Winter Trail Series

Cowpen Bewley Woodland Park was the venue for the second of the Stockton Winter Trail series of races over 5k. This course can be very muddy at times and today was no exception, but in spite of this still attracted a field of over 300 finishers.

Justin Hindmarch led the way home for the club, 52nd in 23:10mins, followed by Steve Smith, 86th in 24:31mins and Dave Blewitt, 87th in 24:33mins.

Cyd Upton ran well to finish 88th in 24:39 and was 2nd F/50, followed by Gary Minns, 103rd in 25:34mins and Alan Wilks, 118th in 26:03mins, who was also 1st V/65.

Angela Barrett was next to cross the line, 160th in 27:59mins, followed by Jodie McMaster, 185th in 29:10mins.

Ravenstonedale 10k - 29 November 2014

Aycliffe Running Club had another successful day in and around the picturesque village of Ravenstonedale. This popular 10k road race is always a big attraction to athletes who like the

challenge of the hills and also enjoy the beautiful scenery.

Three individual prizes were achieved by Aycliffe runners. Dez Fielden got his prize for being 4th overall and was of course first home for the club in the brilliant time of 36:15mins. Anne Kellett was absolutely thrilled to have been awarded the 1st F/55 prize in 56:54mins, a first time for her and not for the first time Judith Porter got the 1st F/60 in 55:28mins.

Peter Milburn was the 2nd Aycliffe finisher and 18th overall in 40:12mins and 2nd V/55, followed by Martin Knox, 41st in 43:39mins and John Burnside, 58th in 46:09mins.

Cyd Upton was first lady home for the club, 66th in 46:55mins, followed by Sandra Collins, 69th in 46:58mins (2nd F/50) and Gary Minns, 82nd in 49:25mins.

Newcomer Susan Cranswick was next to cross the line 96th in 50:45mins, followed by Trish Kay, 98th in 50:58mins and Sarah Moffat, 121st in 53:05mins, who is also new to the club.

Dave Mackenzie was next finisher, 134th in 55:17mins and 2nd V/70, followed by Alan Kellett, 149th in 57:45mins and Bev Phillippo, 162nd in 60:30mins.

NYSD XC - 30 November 2014

The following day saw the fifth meeting in the NYSD cross/country season and the venue was the Croft circuit near Darlington.

In the men's senior race of around 5 miles with what must have been tired legs after competing at Ravenstonedale the previous day, Dez Fielden was once again first home for the club by a mile, 39th in 32:08mins.

Colin Gibson was next to cross the line, 115th in 40:28mins, followed by Kevin Greenall, 118th in 41:28mins, Rob Nicholson, 122nd in 42:19mins and Dave Thompson 127th in 48:35mins.