

## Aycliffe Running Club News

### Welcome to...

New club members Linda Brown, Megan Riley, Kate Dixon, Heather Fenwick and Kyle Cook.

### Congratulations to...

Our Stockton Winter Trail Series winners: Graham Atkins V/50, Peter Milburn V/55 and Alan Wilks V65.

### Race Reports...

#### Stockton Winter Trail Series: Ropner Park -1 March 2015

Ropner Park was the venue for the penultimate event in the Stockton Winter Trail series of races over 5K.

Newcomer Shane Doe had a brilliant debut for Aycliffe, finishing 38<sup>th</sup> in the time of 21:46mins, but John Surtees was first home for the club, 4<sup>th</sup> in 18:09mins, followed by Graham Atkins, 15<sup>th</sup> in 20:19mins and 1<sup>st</sup> V/50 and Dave Blewitt, 27<sup>th</sup> in 21:15mins. Next to cross the line was John Burnside, 29<sup>th</sup> in 21:20mins, and Tracy Surtees was not far behind, 32<sup>nd</sup> in 21:25mins, followed by Steve Smith, 41<sup>st</sup> in 21:55mins and Sandra Collins, 54<sup>th</sup> in 22:32mins.

Alan Wilks was once again 1<sup>st</sup> V/65 in 23:07mins and is almost certain to win the series prize in his age group. Gary Minns was next finisher, 71<sup>st</sup> in 23:37mins, followed by Paul Stretton, 117<sup>th</sup> in 26:31mins and Dave Mackenzie, 119<sup>th</sup> in 26:45mins.

#### Harewood House 10k - 8 March 2015

In the Harewood House 10k near Leeds, on a course which included some stiff hills, Mark Wade finished 20<sup>th</sup> in a field of nearly 2,000 in the time of 39:34mins and Geoff Miles completed the course in 53:56mins.

#### Dalton Dash 10k - 8 March 2015

An undulating and challenging course in the picturesque Yorkshire Wolds, Dave Mackenzie finished in 55:31mins.

#### Surrey Half Marathon - 8 March 2015

In the Surrey Half Marathon Naomi Kellett achieved a PB of 1hr 43mins.

#### Maratona di Roma - 22 March 2015

Congratulations to Viv Powell who has just competed in the Rome Marathon in which she finished in 4:03:40mins Knocking more than 15 minutes off her PB time. Accompanying Vivian on her trip to Rome were Judith Porter, who finished the course in 4hrs 30mins and Amanda Garvey Kovac who finished in 5hrs 45mins.

#### Blakey Blitz Fell Race - 22 March 2015

Two of our members competed in the Blakey Blitz Fell Race. This is a tough race over 17k and 855m of ascent. Dez Fielding came in 10<sup>th</sup> in 95:05mins followed by Matt Heron, 31<sup>st</sup> in 107:32mins.

#### Thirsk 10 - 22 March 2015

Competing for the first time in the Thirsk 10 and in perfect weather conditions, Mark Wade finished in 62:34mins in 81<sup>st</sup> position.

#### Hartlepool Marina 5 Miler - 22 March 2015

Hartlepool Marina 5 Miler attracted a good turnout from Aycliffe Running Club. This race also incorporates the Northeast Masters 5 Miles Road Race Championships.

There were some notable performances from the club. Judith Porter was 1<sup>st</sup> F/60 in the time of 43:09mins and Dave Mackenzie was 2<sup>nd</sup> M/70 in 41:38mins. In the NE Masters Championships Alan Wilks was placed 3<sup>rd</sup> in the M/65 category finishing in 36:55mins.

Leading the way home for the club was John Surtees, 23<sup>rd</sup> in 29:14mins and a PB, followed by Graham Atkinson, 77<sup>th</sup> in 32:07mins, PB and Tracey Surtees 113<sup>th</sup> in 34mins, PB. Next to cross the line was Dave Blewitt, 116<sup>th</sup> in 33:58mins, followed by John Burnside, 121<sup>st</sup> in 34:16mins and Steve Smith, 134<sup>th</sup> in 34:34mins.

Sandra Collins was the 2<sup>nd</sup> lady home for the club, 171<sup>st</sup> in 36:22mins, followed by Jodie McMasters, 181<sup>st</sup> in 36:58mins and Rob Nicholson who also got a PB, 191<sup>st</sup> in 37:16mins. Gary Minns was the next finisher, 220<sup>th</sup> in 38:34mins, followed by Mike Brunskill, 227<sup>th</sup> in 38:47mins and Geoff Miles, 241<sup>st</sup> in 39:26mins.

Viviane Pow, recovering from a recent marathon,

still managed a good race finishing 253<sup>rd</sup> in 39:44mins. Paul Stretton finished 300<sup>th</sup> in 42:05mins and Yvonne Williams was 461<sup>st</sup> in 51:47mins.

### **Northumberland Half Marathon - 29 March 2015**

Eight ladies from the club travelled north to compete in the Northumberland Half Marathon. This race started and finished in the grounds of Kirkley Hall near Ponteland. Cold weather with short sunny spells and heavy showers made it quite challenging at times, but the route itself was pleasant enough.

Relative newcomer Christine Mudd was first home for the club in 1:43:07mins, followed by Shelley McCormack, 1:47:14mins, Wendy Bake, 1:47:37mins, Susan Cranswick, 1:48:02mins, Trish Kay, 1:48:12mins, Carla Morton, 2:18:01mins and Susan Clark, 2:18:12mins.

### **Winter Stockton Trail Series: Cowpen Bewley -29 March 2015**

Cowpen Bewley was the venue for the last race in the Winter Stockton Trail series and probably because of races elsewhere attracted a much smaller field of runners than usual.

Susan Milburn battled the muddy conditions to finish 35<sup>th</sup> in 26:34mins and not far behind was Kevin Greenall, 40<sup>th</sup> in 27:17mins.

### **Mermaid 10k - 3 April 2015**

Conditions were good for the Mermaid 10K which took place at Marske on Good Friday. Although it was dull with drizzle, there was no wind which made it ideal for running.

Trish Kay was pleased with her time of 48:02mins which she has only bettered once and that was 6 years ago, and Tracy Surtees was 2<sup>nd</sup> female finisher in 42:31mins and 68<sup>th</sup> overall.

John Surtees was first home for the club, 23<sup>rd</sup> in 37:25mins, followed by Graham Atkins, 54<sup>th</sup> in 40:10mins, Gary Minns, 110<sup>th</sup> in 47:06mins and Dave Mackenzie 163<sup>rd</sup> in 52:59mins.

### **North Tyneside 10k - 5 April 2015**

Trish Kay also competed in the North Tyneside 10k on Easter Sunday. This race starts at North Shields Parks Leisure centre and the route makes its way along coastal paths to eventually finish at St. Mary's lighthouse in Whitley Bay.

It was a nice sunny day and the few spectators along the course helped Trish achieve another good performance and she was again pleased with her time of 48:07mins.

### **Schneider Electric Paris Marathon - 10 April 2015**

Two of our members took part in Schneider Electric Paris Marathon. The race attracted a record entry of over 41,000.

Both Aycliffe runners thoroughly enjoyed the gala atmosphere with colourful streamers on display throughout the city all helped by exceptional clement spring weather.

Clare Rose completed the course in 4:21:25mins and Craig Robinson's time was 5:30:38mins.

### **Redcar Coastal Runs 5k - 29 April 2015**

There was another good turnout from Aycliffe Running Club in the first of the Redcar Coastal Runs 5k and the strong wind didn't prevent the club from performing well with some really fast times. John Surtees was first home for the club in 12<sup>th</sup> position in 17:23mins, followed by Lee Wren, 36<sup>th</sup> in 19:02mins and Dave Blewitt, 54<sup>th</sup> in 20:12mins.

Tracy Surtees was the first lady home for the club, 59<sup>th</sup> in 20:28mins, followed by John Burnside 64<sup>th</sup> in 20:44mins, Cyd Upton 74<sup>th</sup> in 21:31mins, Jodie McMaster 87<sup>th</sup> in 22:24mins, Michelle Zamir 90<sup>th</sup> in 22:37mins, Kelly Smith 95<sup>th</sup> in 22:57mins, Rob Nicholson 99<sup>th</sup> 23:18mins, Trish Kay 107<sup>th</sup> in 23:42mins, Dave Mackenzie 139<sup>th</sup> in 26:21mins and Yvonne Williams 155<sup>th</sup> in 29:59mins.