

## Aycliffe Running Club News

### Welcome to...

New club members Julie Spring, Sean Lawless, Diane Nicholson, Melanie Rowlands, Julie Hodds

### Race Reports...

#### Purple Predictor Run - 1 May 2015

There was a great turnout for the Purple Predictor run in aid of Young Epilepsy on Wednesday 1st May, organised By Jodie McMaster of Aycliffe Running Club.

35 participants ran without a watch and predicted their time over a 3 mile course, with participants winning prizes for best predicted time and spot prizes for "best smile at the finish" and "best fancy dress".

The overall amount raised on the night including donations from other members of the public was £110.00. If you wish to donate money to the Young Epilepsy Foundation for which Jodie is running the Redcar Half Marathon in September, you can donate at [www.justgiving.com/Jodie-Mcmaster1](http://www.justgiving.com/Jodie-Mcmaster1).

#### Keswick Half Marathon -3 May 2015

Trish Kay recently travelled to the Lake District to compete in the Keswick Half Marathon only to be told on arrival that the race had been re-routed and it was either a 50 minute walk or a boat ride to get to the start, but with torrential rain all morning she may as well have swam it, she couldn't have got any more soaked. The weather cleared up during the race and Trish began to enjoy the scenery, but the steep downhill sections began to take its toll on her calves and hamstrings.

The finishing line was a welcome sight but even this was on a water-logged rugby pitch. Considering all this she got a time of 1:56:40mins. Another member of the club, Callum Terry also ran in this

#### Tees Barrage 10k - 4 May 2015

Four members of the club competed in the Tees Barrage 10k on Bank Holiday Monday. This popular race and his time was 1:49:32mins.

race attracted a field of over 450 runners.

First to finish for the club was Dave Blewitt 77<sup>th</sup> in 43:31mins, followed by Robert Young 94<sup>th</sup> in 44:53mins, Mike Brunskill 165<sup>th</sup> in 49:02mins and Paul Stretton 169<sup>th</sup> in 49:13mins.

#### Pier to Pier Race - 17 May 2015

The father and son team of John and Robert Young took part in the Pier to Pier race last weekend. This race starts on the beach at South Shields and follows coastal paths to finish about 7 miles later on the beach at Sunderland.

In a field of nearly a 1,000 athletes, Robert came home 150<sup>th</sup> in 50:53mins and John wasn't far behind 374<sup>th</sup> in 57:15mins.

#### Ripon 10 Mile - 17 May 2015

Three ladies from the club bravely tackled the longer distance of the Ripon 10 Mile. Judith Porter was first home in the excellent time of 1:36:50mins in 270<sup>th</sup> position, followed by Vivianne Pow, 353<sup>rd</sup> in 2:08:02mins and Amanda Garvey Kovac, 355<sup>th</sup> in 2:18:26mins.

#### Raby Castle 10k - 17 May 2015

This two lap course takes runners through the scenic grounds of Raby Castle Estate and is quite hilly in places.

First home for the club in 6<sup>th</sup> place was Dez Fielden in the time of 36:59mins, followed by John Surtees 20<sup>th</sup> in 38:56mins and Dave Blewitt 73<sup>rd</sup> in 44:26mins.

Tracy Surtees was the first female finisher for the club 76<sup>th</sup> in 44:34mins and Sandra Collins was 1<sup>st</sup> F/50 and 122<sup>nd</sup> overall in 47:51mins.

Next to cross the line was Steve Smith 137<sup>th</sup> in 48:26mins, followed by John Heywood 154<sup>th</sup> in 49:38mins and Austin Donoghue 176<sup>th</sup> in 51:12mins.

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Trish Kay, suffering with sore calves from a previous half marathon, taped them up and battled round the course to finish 183<sup>rd</sup> in 51:38mins, followed by Gary Minns 188<sup>th</sup> in 51:58mins and Carla Norton 269<sup>th</sup> in 61:03mins.

Susan Clark was second F/60 in 64:58mins and Yvonne Williams wasn't far behind in 66:43mins. Amanda Heywood chose the shorter option and ran in the 5K race finishing 90<sup>th</sup> in 34:02mins.

### Summer Tees Trail Series: Lordstones - 21 May 2015

The venue was the Lordstones near Carlton Bank, North York Moors. With spectacular views across the coast, following the Cleveland Way, this was a challenging but rewarding event.

Dez Fielden was first finisher for the club in 20:05mins and 3<sup>rd</sup> place, also 1<sup>st</sup> M/40, followed by John Burnside 37<sup>th</sup> in 24:36mins and 1<sup>st</sup> M/55 and Cyd Upton 45<sup>th</sup> in 25:07mins and 1<sup>st</sup> F/50. Finally, Paul Stetton finished the course in 28:36mins, 98<sup>th</sup>.

### Edinburgh Marathon Weekend - 30 - 31 May 2015

Several members of the club travelled up to Edinburgh last weekend to compete in either the Marathon or Half Marathon. On what is generally regarded as one of the world's fastest marathon courses, strong winds hampered the athletes at times, but this didn't stop our Aycliffe athletes producing some outstanding performances, and in the marathon two of our runners got under 4 hrs.

Angela Barrett, competing in her first marathon was first home for the club in 3:47:07mins and Rob Nicholson was not far behind in 3:52:21mins. Mick Casey completed the marathon team finishing in 5:10:17mins.

In the half marathon Viv Pow just wanted to finish in under 2hrs and this she did with minutes to spare in 1:56:11mins and 60 year old Judith Porter ran another solid race finishing in 2:17:03mins. Finally, Amanda Garvey Kovac was pleased with the fact that she didn't stop once to walk and got herself a PB of 2:40:52mins.

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### Middlesbrough Riverside 5k - 31 May 2015

This run attracted a field of over 1,200 finishers. First home for the club was John Surtees, 60<sup>th</sup> in 17:40mins, followed by Dave Blewitt, 162<sup>nd</sup> in 20:06mins and Tracy Surtees, 186<sup>th</sup> in 20:45mins. Trish Kay was next to cross the line, 411<sup>th</sup> in 24:20mins, followed by Yvonne Williams in 30:20mins.

### Durham Coastal Half Marathon - 7 June 2015

Two members of the club took part in the Durham Coastal Half Marathon. This challenging race starts at Seaham and finishes at Crimdon Dene, following coastal paths and ascents and descents through various denes.

Dez Fielden ran a brilliant race to finish 2nd overall and also got the 1st V/40 prize in 1:26:48mins. Peter Milburn just jogged round the course taking photos and finished in 2:15:38mins.

Coniston Lakeland Trails Marathon Challenge  
Clare Rose ran in the Coniston Lakeland Trails Marathon Challenge. This event was for those looking for something less competitive than the Marathon Race and wanted to enjoy the scenery. The course had to be completed in 8hrs or under, this Clare did with plenty to spare, finishing in 5:46:11mins.

### Mulgrave Castle 10k - 7 June 2015

Trish Kay and Susan Millburn chose a slightly shorter distance for their race, which was the Mulgrave Castle 10K. However, this was still a demanding race, completely off road. The course followed woodland paths around the Mulgrave Estate at Lythe near Sandsend and towards the end of the race there was a massive hill to contend with! All this was reflected in the slightly slower times. Trish finished in 56:20mins and Susan was rewarded with the F/55 prize and her time was 57:13mins.

### Swaledale Marathon - 13 June 2015

Five of Aycliffe Running Club's members braved the brutal but picturesque Swaledale Marathon on 13<sup>th</sup> June. It was the Club Captain Lee Wren's first attempt and he was first home for the club in 4hrs 10mins, finishing in 58<sup>th</sup> position. Wendy Bake was

next in 4hrs 24mins, improving on last years' time by half an hour finishing 80<sup>th</sup>. Next home was Matt Heron who suffered badly with an injury with 6 miles to go but still managed to finish in 4hrs 27mins, 84<sup>th</sup>. Next home was Mike Brunskill in 5hrs 21mins, 195<sup>th</sup>. Finally, Rob Nicholson, with the Edinburgh Marathon still in his legs got round the course in 5hrs 24mins, 199<sup>th</sup> in a field of 454 competitors.

### Everyone Active 10k - 14 June 2015

Four members of the club competed in the Everyone Active 10K, previously known as the Victorian.

John Surtees was first home for the club in 15<sup>th</sup> position and his time of 36:47mins was a PB, followed by Robert Young, 75<sup>th</sup> in 43:22mins, Tracy Surtees, 80<sup>th</sup> in 43:38mins and Sandra Collins, 108<sup>th</sup> in 46:32mins.

### Liverpool Marathon - 14 June 2015

Mark Wade competed in his first marathon at Liverpool and finished in the superb time of 3:19:56mins.

### Aycliffe 10k - Sunday 21 June 2015

Aycliffe Running Club staged their annual 10k on Sunday 21 June 2015. Most of the club's members were committed to marshalling duties, but those that did run made the most of the good conditions. Tracy Surtees led the way home for the club, 59<sup>th</sup> in 43:44mins and John Surtees was just a few seconds behind, 60<sup>th</sup> in 43:49mins, followed by Christine Mudd, 82<sup>nd</sup> in 44:54mins and Susan Cranswick, 130<sup>th</sup> in 48:30mins.

Michelle Jane was next to cross the line, 135<sup>th</sup> in 48:44mins and Geoff Miles, recovering from injury ran well in the M/60 category finishing 173<sup>rd</sup> in 52:29mins. Mandy Heywood was next home, 183<sup>rd</sup> in 53:20mins, followed by Heather Fenwick, 217<sup>th</sup> in

57:35mins and Amanda Garvey Kovac, 262<sup>nd</sup> in 72:33mins.

### Summer Tees Trail Series: Ropner Park -18 June 2015

In the third 5K race of the current Summer Trail Series held at Ropner Park, in form John Surtees was first home for the club, 8<sup>th</sup> in 17:38mins, followed by Steve Smith 42<sup>nd</sup> and Dave Blewitt 43<sup>rd</sup>, who were both given the same time of 20:38mins. Next to cross the line was John Burnside, 50<sup>th</sup> and also 1<sup>st</sup> M/55 in 21:01mins, followed by Jodie McMaster, 89<sup>th</sup> in 23:14mins and Paul Stretton, 96<sup>th</sup> in 23:43mins.

Kelly Smith was next home 103<sup>rd</sup> in 24:07mins, followed by Yvonne Williams, 188<sup>th</sup> in 30:26mins and Michael Smith, 212<sup>th</sup> in 33:31mins.

### Lambton 10k - 21 June 2015

Trish Kay ran in the Lambton 10k; this is mixed terrain course within the grounds of Lambton Castle. It was a bright and breezy day and Trish really enjoyed the run, but was slightly disappointed with her time of 51:44mins.

### Round Sheffield Run - 28 June 2015

Dez Fielden travelled to Sheffield to defend his title in the Round Sheffield Run. This is a new concept in running; 24.5k around lovely Sheffield parks, of which 20k is raced, split into 11 stages from 0.4 - 3k, walking/jogging road sections in between. Dez was first solo runner home last year and although popularity and standards have increased he still managed a creditable 4<sup>th</sup> quickest time this year, which was good enough to win the over 40 prize.

