



Watford

JANUARY



NEWSLETTER

BELATED HAPPY NEW YEAR

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Another great turn out for the x country yesterday. Snow, mud and hills - perfect.

Highlights (apart from the great running) were:

- the team snowman (thank you Thomas)
- success with putting away the tent (thank you Peter)
- and the muddy cake!!! (Thank you Lee!!)

Thank you to everyone who turned out to run, score and support.

There are some great photos from the event on the following 2 links:

<https://kwperry.smugmug.com/Running/Sunday-League-201516/XC4-Watford/i-PMfcfHQ>

<http://markeaston.zenfolio.com/p719651115>

We hope to see lots of you running (or marshalling) at the last cross country race of the season - at Royston!

Many thanks, Isabel & Peter

Watford Cross Country League Results

Individual

Overall Position	First Name	Surname	Age Category	Time
9	Paul	Makowski	M40	36:21
10	Lee	Pretlove	SM	36:25
11	Daire	Brennan	SM	36:28
13	James	Tansley	SM	37:00
17	Graham	Hill	M40	37:27
21	Jaime	Reed	SM	37:38
25	Richard	Lowden	SM	37:57
27	Grant	Chapman	SM	38:03
29	Richard	Harrison	M40	38:19
38	Peter	Allen	SM	38:59
41	Brian	White	M50	39:05
43	Karl	Cable	M50	39:13
47	Vince	Long	M40	39:41
50	Dean	Reilly	SM	39:53
53	Gus	Rees	SM	40:09
66	David	Carter	SM	40:55
96	Toby	Stevens	SM	42:34
135	Paul	Green	M50	45:41
147	Aimee	Clark	SW	46:25
150	Ian	Wilkinson	M50	46:27
153	Lauren	Davison	SW	46:31
157	Ruth	Sturgess	SW	46:39
186	Robin	Chapple	M40	48:49
214	Malcolm	Hall	M40	50:24
215	Tina	Le	W35	50:25
221	Paul	Haynes	SM	50:46
222	Isabel	Marriage	W45	50:47
224	Fatima	Santos	W35	50:51
249	Julie	Calvert	W45	52:57
263	Susan	Wilkinson	W45	54:12
266	Libby	Mitchell	W55	54:17
293	Kim	Monti	W45	56:49
311	Dave	Evans	M70	60:41



Team

Combined	1st
Mens A	1st
Mens B	1st
Mens Vets	1st
Ladies A	4th
Ladies B	2nd

Results After Four Races

In each race, the 1st place team in that category is the team that has lowest cumulative total from their positions. The 1st place team in that category will then score 20 points, 2nd will score 19, 3rd 18, etc...

The scores below is how it stands in the team competitions after four races, meaning that if we maintain the fantastic turn outs and performances seen at previous races then we got a good chance of claiming some trophies for the club.

Category	Club	Points
Mens A	Royston	77
	Trent Park	75
	Fairlands Valley	73
Mens B	Royston	78
	Trent Park	75
	Harpden Arrows	72
Mens Vets	Royston	78
	Harpden Arrows	74
	Garden City Runners	70
Ladies A	Harpden Arrows	74
	Ealing Eagles	71
	Garden City Runners	68
	Trent Park	65
	Royston	62
Ladies B	Harpden Arrows	72
	Ealing Eagles	71
	Garden City Runners	68
	Royston	66

Dear All,

We are hosting the final fixture in this year's cross country competition on Sunday 14th February. Our team of runners have performed really well in the competition this year and we are looking forward to another great result in front of the home crowd. We are very keen that all those people who want to run the cross country do so on the day.

So if cross country is not your thing then please support the team and the club by marshalling on the day. Thank you to all those people who have already offered their help. Please let Lynne (chairman@roystonrunners.co.uk) or Peter (menscaptain@roystonrunners.co.uk) know if you can spare a few hours on the Sunday morning. As it is '**Valentines Day**' you could bring your loved one along to keep you company!

If you can help please come to The Heath between 9am - 9.30am and report to Don Lay who will allocate you a Marshall position. Those people helping on the car park will obviously need to be there earlier but Kim will let you know the details.

We really do rely on the help of all our members at events like this.

Many thanks, Isabel and Peter



Important Announcement

Just as you are purging yourselves of all things delightful, we hereby call upon you to look ahead to the end of February. We ask you to join us for food, drinks, dancing and awards to celebrate the great and the good of our fabulous club.

This year's jaunt will take place again at the
Royston Golf Club at 7pm on Friday 26 Feb.

The ticket cost is £29.00 per head and will include a 3-course dinner, a complimentary glass of wine and of course the all-important disco (Mr Karl Lattion).

Please see attached a booking form to enable you to make your food choices and return with a cheque payable to Royston Runners to Nic or Robin. There will be the opportunity to fill the form in online via the website but the PayPal option is not applicable for this event so cheques or cash please if you will? Envelopes in the drawer at the club (not advisable for cash) or you are welcome to pop them through my door at number 43 Gower Road.

The closing date for bookings is Friday 19 Feb or when we've sold all of the tickets and we will of course notify you.

Please make a note on the form if there are people that you would like to sit with and we will accommodate you as best we can on the seating plan, also if you have specific dietary requirements these can also be noted and dealt with.

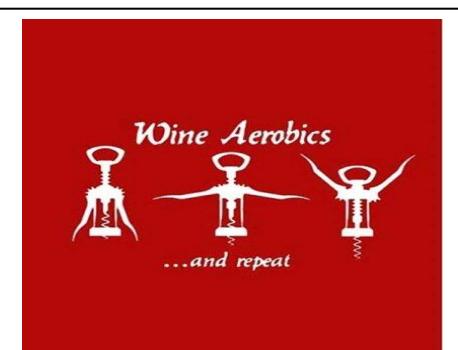
We will as ever be hoping to raise lots of money for our chosen charity 'Team Ev' by way of a raffle.

Evan Humphreys has been diagnosed with cancer for the second time at the age of 12 and decided to set up a fundraising page to raise money for Ward C2 (Children's oncology and haematology) and the paediatric Day Unit at Addenbrookes Hospital. You may recall seeing his brave mother Sarah at the Christmas run for those of you that attended?

If you are able to donate any raffle prizes then we would be very grateful, we want to raise as much money for our chap as we can.

Again, please speak to either myself or Robin, we'll be happy to receive the prizes from you.

The link for Evan's page is <http://act4addenbrookes.org.uk/supporter/TeamEv> please take a look.



On Saturday, a merry band of mavericks joined some of the finest athletes in the country at the Southern Counties XC Championships at Parliament Hill. As many of you will know, Parliament Hill is synonymous with cross country racing in the UK with thousands of people competing in either the Southern or National Championships that take place there on alternate years.

It is also famous for the sheer amount of mud that greets the runners in the latter races. So we just want to say a huge 'well done' to all those who competed. It was great to take part in such a prestigious event. The course was tough, the mud was sticky and the standard was incredibly high but the RR team spirit was fantastic. It was great to be part of the team and we hope even more people will join us next time. Thank you also to Melanie, Thomas and Vicky for the support.

Peter and Isabel

Participants: Ladies Race

- Ruth Sturgess
- Lauren Davison
- Isabel Marriage
- Libby Mitchell

Mens Race

- Richard Lowdon
- Graham Hill
- Richard Harrison
- Toby Staines
- Paul Haynes
- Kevin Stigwood
- Peter Allen
- Dean Reilly
- Karl Cable
- Daire Brennan (running for Enfield and Haringey)
- Grant Chapman

Cambridgeshire County Championships – 3rd January

6 Royston Runners brave the wind and rain at St Neots for the Cambridgeshire event, with James Tansley, Peter Allen, Paul Haynes and Kevin Stigwood taking part in the 10.6km men's race and the Isabel Marriage and Libby Mitchell taking part in the 5.8km ladies race. The boggy, muddy course was tough going, especially with the wind, and even featured refreshing river crossing. In the men's race, James lead the Royston contingent in 30th with 41:29, followed by Peter in 55th with 44:17, Paul in 124th with 55:46 and Kevin in 127th with 58:00. Isabel was the first Royston home in the ladies race, holding off a fast approaching runner from Ely in a dramatic sprint to the line to finish 41st in 28:27, followed by Libby in 52nd with 30:21. The winners of both races were both the respective winners at the Buntingford 10, with Graham Rush winning the men's race in 35:37 and Victoria Knight winning the ladies race in 20:57.



Peter Allen, Paul Haynes, Kevin Stigwood, Isabel Marriage and Libby Mitchell before their races.

Hertfordshire County Championships – 10th January

Jaime Reed, Graham Hill, Richard Harrison, Vince Long, Richard Lowdon, Paul Martin and Robin Chapple took part in the Hertfordshire event at Fairlands Valley Park, with Daire Brennan competing under Enfield & Harringey (due to various rules it was Daire's only option!). A rare appearance by the sun made for some very pleasant running conditions, although the twisty, slippery 3 lap 12km course that included some long drags and a nasty climb up the dam made for a tough race. Daire lead the Royston men home in 27th with 45:42, followed by Jaime in 36th with 46:59, Graham in 42nd with 48:03, Richard H in 45th with 48:03, Vince in 50th with 49:23, Richard L in 70th with 52:52, Paul in 90th with 55:52 and Robin in 119th with 62:54. A special mention for Robin taking part in his first championship race and making up two places in a sprint finish.



Paul Martin, Robin Chapple, Graham Hill, Richard Lowdon, Richard Harrison, Jaime Reed and Vince Long before their

Circuit Training

When: Monday evenings at 6.15pm - 7.15-7.30pm

Where: Meridian School, Garden Walk How much? £3

Our circuit sessions are at the bargain price of £3 per person/session. All fees go towards solely covering the cost of the hire of Hall / Gym.

All are welcome, members, non members, friends and family!!!

Circuit training is an efficient and challenging form of conditioning. It works well for developing strength, endurance (both aerobic and anaerobic), flexibility and coordination.

It's one of the best types of training for improving strength endurance be it for any running related sport such as x-country, road running, speed sessions or a classic endurance event like the marathon or triathlon.

ALL ABILITIES WELCOME

*****STOP PRESS***STOP PRESS***STOP PRESS*****

For those interested I will also be running a Bleep Test (or variation) at 5.50pm each week prior to the circuits

1. Get Maximum Results in Minimum Time

Unless fitness is your job, nobody has hours a day to spend in the gym. Circuit training is the perfect workout for the time-crunched fitness fiend. You can set up as many or as few stations as you like and then continue through the circuit until your time runs out. You can fit it in effective, total-body workout whether you have 15 minutes or an hour.

2. Challenge Your Whole Body

Ever found yourself just wandering around the gym floor and winging your workout? (It's ok, we've all done it!) By incorporating individual "stations" as part of a whole-body circuit, you're guaranteed to hit every major--and minor--muscle group.

3. Mix Cardio and Strength Training

You love cardio but know you should do weights too (or vice versa), and forcing yourself to do an entire workout you don't enjoy can be tedious (and much easier to skip). Circuit training offers the best of both worlds by allowing you to combine intervals of high-intensity cardio with heavy weight lifting for a comprehensive--and seriously kick-butt--workout.

4. Send Your Metabolism Soaring

Thanks to the many benefits of high-intensity interval training (HIIT) and heavy weight lifting, circuit training kicks your fat-burning furnace into high gear. You'll torch more calories in 20 minutes than you would in an entire hour on the elliptical reading a magazine. Plus, the afterburn effect will have you torching calories for up to 48 hours after your workout ends.

This year, the Essex 20, organised by Essex AAA, will incorporate an inter-counties competition. Hertfordshire has agreed to enter a Men's team and a Women's team. The teams will comprise 6 runners, with 4 to score. (Entry has already been paid by Herts AA&RC.)

The race will be held on Sunday 6 March 2016. It comprises a Challenging 3 lap course around the quiet country lanes of North East Essex and is ideal for those training for London or another Spring Marathon. It is run under UKA rules.

On behalf of Herts AA&RC I am inviting individuals, who are Hertfordshire qualified by birth or residence, to put them-selves forward to be considered to represent the County in this race. All applications are welcome as we are keen to field full teams.

Best regards

Richard

Richard Bloom [mailto:rj.bloom@btinternet.com]