



Footnotes

The Newsletter of Istead and Ifield Harriers
Newsletter No. 75, March 2006

www.isteadandifield.org.uk

Spring has sprung, as they say. Very soon we'll be leaving behind the mean-streets of Gravesend to gallop gracefully once again through our glorious Kentish garden (so what, I'm a dreamer). I'm feeling a little sad as we wave goodbye to another triumphant, team-building, cross-country season. Perhaps I'll make it through the entire season next year ...

The end of this year's XC was a tale of woe for me ... well, anatomically, it was a tale of toe. My malingering big toe to be precise. Who'd have thought one tiny digit could cause so much trouble. This time it really had to be punished. I've stopped it's fun having had the entire toenail, nail-plate and nail-bed permanently removed this time. There really is nothing left to get infected ... that is until someone spikes me during the next XC season. Yikes. Anyway, enough of toes. Be thankful that I spared you the photos.

I hope you enjoy this edition of Footnotes. Please remember that this is **YOUR** newsletter. Feel free to pass on your comments to me - good or bad. Suggestions, articles and photos for future editions are warmly welcomed. I'm happy to type up, edit or reformat contributions so don't worry if you're a nervous writer or don't have a PC.

Thanks to our cover stars - **Jan Giles** (fantastic legs) and **Steve Lelliott** (fantastic colour co-ordination).

Lynne Champion
Tel: 01634 222463
wearethechampionsmyfriend@btopenworld.com

A belated word from your President

Tradition has it that the last newsletter of the year contains a few words from the President. In our reorganisation of the newsletter, with it's new style and new editor, coupled with an anxiety to show it off, it was produced in early November when the end of the year was far from anybody's mind. So, for 2005 the President's message is a New Year(ish) message to kick-start 2006.

As a club we have grown a bit larger and spread our wings a lot further than we expected. The Kent League proved to be a success that could not be matched in the autumn. We took to the track and field with much enthusiasm, particularly after winning our first match and more club members have done marathons than ever before. Some have raised the effort to ultras.

This year we are joining the British Triathlon Association so that those who will can have a go at multi-sport events.

I wish you all good luck and great success in your running, jumping, weight-throwing, javelin-throwing, cycling and swimming efforts throughout the year, regardless of whether you aim to come first or to set yourself new times and achievements during the year.

Bob Carter, President
Tel: 01322 665472
robert.carter26@btopenworld.com

XC report

What a great I&I turnout at both the Kent League (Saturdays) and Kent Fitness League (Sundays) this season.

In the Kent Fitness League, I&I's combined team finished 4th out of 17 teams, behind Medway and Maidstone, Invicta EK and Dartford RR. The ladies team finished 10th - see ladies report by Allan Giles.

For those who ran the qualifying 5 or more races, consolidated results are below:

Derek George	14 th	89.20%	5 races run
Steve Lelliott	18 th	86.20%	6 races run
Mark Champion	21 st	85.10%	5 races run
Andy Francis	23 rd	85.10%	7 races run
John Gillis	40 th	71.70%	7 races run
Jason Horne	52 nd	65.70%	5 races run
Luke Hayes	56 th	62.00%	5 races run
Mike Smith	71 st	52.60%	5 races run
Peter Burton	73 rd	51.10%	6 races run
Nick Claydon	87 th	42.70%	6 races run
Barry Bell	116 th	19.30%	5 races run
Bob Carter	125 th	14.00%	6 races run

Dawn McDonald	16 th	77.00%	5 races run
Tania Yates	27 th	56.20%	6 races run
Sandra Barbuti	36 th	38.60%	6 races run
Susan Holland	43 rd	26.70%	5 races run
Vickie Goodchild	46 th	16.40%	5 races run
Jan Giles	51 st	5.70%	7 races run

CONGRATULATIONS to **Jan Giles, Andy Francis** and **John Gillis**, the only I&I runners to complete all 7 races.

Pictured right, I&I's consolidated Kent Fitness League winner, Derek George, in action at Oxleas Wood in December.



Photo courtesy of Gazza Photographic Images

On 19th February, the KFL season finished with a relay at Swanley Park, followed by the presentation of the season's trophies. Teams consisted of 1 lady and 4 men, each running 2 to 2.5 miles. I&I managed to raise two teams, finishing 7th and 17th out of 27.

1st team (total time 80:34) - Dawn McDonald (18:18), Jon Gurney (15:53), Steve Lelliott (15:26), Andy Francis (15:07) and Mark Champion (15:50).

2nd team (total time 87:18) - Lesley Archer (19:55), Bob Carter (18:48), Andrew Archer (16:17), John Gillis (16:41) and Nick Claydon (16:37).

XC KFL ladies report by Allan Giles

A total of 198 ladies took part in the 7 KFL races. In all, 19 ladies represented I&I and on many occasions the number of I&I ladies reached double figures. It was good to see so many supporting each other and finishing strongly no matter who was in front of them from other clubs. It was hard, muddy, cold and windy at times, but this season has shown what we can do if we run without too many interruptions from sickness and injury.

Although we finished in 10th place from 17 teams in the female standings, we are just a few points behind those immediately above us. Something to aim for next year ... ?

From my vantage points around the various courses, I have seen some good strong runs and I'm sure this will be reflected in your times during the coming road race season.

My thanks go to all of you who took part this season. I have seen some excellent running and hope to see you back next season, raring to go. I will look forward to seeing more of you all competing together against the opposition. There cannot be anything better to watch and support when there are so many of our club members running in the same race. Yes, it's hard at the time of the race, but I know from experience that it pays off in the long run.

Allan Giles, Ladies Captain
Tel: 01474 745856

In the Kent League, last year's runner-up position in the 12-man duodec competition was hard to match. This year I&I had a qualifying men's team (4 runners) at 2 out of the 4 races. Well done to all those who took part including Andy Alison, Andrew Archer, Steve Cable, Bob Carter, Mark Champion, Martin Forder, Andy Francis, Derek George, Andrew Mace, Ray Pearce and Chris Thompson. Apologies to anybody I may have missed.

The Kent League was a relatively new venture for the ladies, who managed a qualifying team (3 runners) at 2 out of the 4 races. It would be good to see many more ladies at this event next season. If you are interested, please speak to Allan Giles or to any of the ladies who have participated - Lynne Champion, Jackie King, Dawn McDonald and Tania Yates.

Here's to next season ...



*I&I ladies at Kent League, Sparrow's Den, Bromley ... 'mmm, anyone seen the men?'
L-R: Allan 'Farmer' Giles, Lynne Champion, Dawn McDonald and Tania Yates*

Other XC races

Congratulations to those who represented I&I in the Kent Vet Clubmans (Goodnestone Park, Canterbury, 10th December) and the Kent Championships (Wilderness School, Sevenoaks, 7th January). Details of both races appear in the race results section on page 8 and 9.

Sports Massage

Tania Yates, *ITEC dip*

Sports massage to aid rehabilitation and prevent sports injuries

Special rates for I&I members

For more details contact Tania Yates:

Mobile: 07908 789456

Home: 01474 815344

Club conundrum

A few more anagrams to keep you busy. A word of warning; one of these is not a club member, but a long-time friend of I&I who runs for another Kent club. Their club is one of the anagrams too ...

To pestilent hell

Relentless banana

Brainy lemon

Er ... grand, ravenous nerds

Dear son-in-law

Social events

Social Secretaries **Alli** and **Chris Thompson** are proposing two social events - a bowling night and a quiz night. They aim to organise these for late spring - April/May. All I&I members, their families and friends are welcome. First, we need to know how many people are interested before any firm plans are made. If you're interested, please contact Alli or Chris on 01634 221544.

I&I thank Alli and Chris for their hard work over the past year, and particularly for opening their home to us for the summer barbecue (which saw some nasty bouncy castle injuries) and fireworks night.

Crystal Palace Athletics by Alli Thompson

For the last few years the Thompson, Duce and Nicholls families have gone off on a July Friday night to Crystal Palace to see the Norwich Union Grand Prix. Each evening has been spectacular, not just with the weather, but also the quality of the athletics.

Depending where you sit, it can be worth taking some sunglasses in case you end up facing the sun until it drops behind the roof. A light jacket or 'cardy' is also worth taking as it can be a bit chilly at the end. It is definitely worth taking a picnic as the gates open at tea time so there's plenty of time to find your seats and have a snack, or in our case a 3-course meal (of the finger food and snacky variety - thank goodness for M&S).

Outside the arena itself snacks, ice cream and beer are available. Getting in is easy, but getting out of the parking area is not always so speedy, so it's worth doing some deep breathing exercises or listening to a little Mozart or Motörhead, whatever takes your fancy.

This year the date is 22nd July. I imagine that the prime seats have gone by now, but if you fancy a trip to CP to have a great evening, then phone for tickets on 0870 402 8000. Website is www.norwichunion.com. Alternatively, if there are a number of people from the club who want to go, I can try and get a group booking - but let me know ASAP. I would require money up front though to ensure a firm commitment.

'Show me the money!' - A call for membership subs by Mark Champion
Hopefully you have all now received a letter asking for your subs for 2006/07.

Charges for the year 1st April 2006 to 31st March 2007 are as follows:

Single membership.....	£14
Joint membership (husband & wife/partner) ...	£21
Second claim membership	£6
Student membership	£6
Over 65s	£6

To renew your membership, please make your cheque payable to ISTEAD & IFIELD HARRIERS and forward to **Mark Champion** at The Granary, Spendiff, Cooling, Rochester ME3 8DD. Alternatively, give the cheque (or cash) to me or Lynne on any Wednesday club night. If you do not wish to renew your membership, contact me on 01634 222463.

Finally the committee have decided that to qualify for the Xmas London Marathon Draw we must receive your annual subs before 1st June 2006. There will be additional changes to the draw and these will be announced at the AGM.

Welcome

Istead and Ifield Harriers extend a very warm welcome to the following new club members:

**Sue Beecham
Sally Whitelaw**

We hope you enjoy your time at the club.

Bramley 20 report by Allan Giles

In the past, this race has proved to be very fast and well supported by some very fast runners from all over the South East and some from northern clubs. The 2006 race looked to be no exception, aside from the weather which was extremely cold and wet to start and worsening as the race progressed.

Claire Gaskill and Jan Giles, both in training for the London marathon, were the two brave I&I ladies to take part this year and both achieve their ambitions to finish strongly in a controlled race. Claire finished in a time of 2:40:49 (328th) and Jan in 3:39:31 (628th) from a field of 640 runners. Their times are a good indicator of what they can expect for their respective marathons.

Tough Guy report by Steve Cable

Whether writing these brief notes some weeks after the event is a good or bad thing I don't know. Perhaps having the clarity of mind and not the pain of flesh can allow at least the chance for reflection and maybe the exorcism of past torments. What this account is not is impartial.

On Sunday 29th Jan, 6 members of I&I toed the start line of the annual winter Tough Guy. This year's theme '*winged warrior versus the Vikings*' ... ? Bizarre cult rituals aside, Andy Archer, Lakhbir Sangha (LB), Derek George, Allison & Chris Thompson and myself travelled to Wolverhampton to face the challenge. It was I who had coerced our team into enduring this event, and it was I who would ultimately fall on my sword.

From the moment wary, nervous competitors poked at the broken ice (-8°) with twigs to the final step across the finish line, 5,000 would brave the mud, water, woods, ordeals, water, hills, water ... and more water. 3,310 would finish; each one unidentifiable from the other, covered in a uniform coating of the dirtiest, filthiest muddied water. Like photographs of miners in bygone ages the only thing visible was the smile.

*Tough
Guys
indeed:*

*Steve
Cable
&
Andrew
Archer*



You all know that I can at times have a big mouth. I'm a shy retiring type at heart, but some psychological defect stemming from a tortured childhood has left me with the gift of being able to open my mouth without thinking first about the trouble it might lead to. With all big mouths they tend to get even bigger after a few beers and so it was with me, suggesting brashly at the summer BBQ that we should send a team to TG.

Needless to say, in time-honoured tradition, our I&I heroes arose to and conquered the challenge. Their brave efforts rewarded by the presentation of the TG horse brass and associated bragging rights.

Nothing I could write would ever do justice or begin to describe the ordeal that awaits competitors. Look at the pictures and visit the website www.toughguy.co.uk; that will tell you half the story. The rest is up to you to find out personally. I will, however, leave you with my own interpretation of this event that has its own cult following.

TG is medieval. It is akin to the ordeal by ducking stool used in the Middle Ages as a crude way to discover the identity of witches. It ducks you, then pulls you out, again and again and again, until eventually you either drag your weary remains across the finishing line or succumb to its brutality. All of our I&I finishers were true witches surviving the ordeal. The only thing they didn't have to endure was being burnt at the stake, although were it not for the fiercest objections from health and safety officials, TG would do it.

For my part I was one of the failures not up to the challenge on the day. I will be back next year because I have to. For anyone else that feels up to the challenge you're welcome to join me. Ask any one of our brave I&I finishers this year and you'll see a strength of character that comes with those who battle against adversity and win. What they may also tell you is that once you have completed the TG challenge you will never take another step backward.

'Fall down seven times, stand up eight' - Old Japanese proverb.

Contact details please

We're hoping to quash our Luddite ways by starting to communicate by e-mail whenever possible. If you have an active e-mail account, please pass it to **Lynne Champion** (see contact details on front page). Rest assured it will not be passed on to anyone outside the club or used for circulating junk. Thanks.



Track and field dates

- Are you tough enough?

This year I&I won't have to travel quite as far to their track meets. Dates and venues as follows:

29 th Apr	Deangate Ridge, Hoo
20 th May	Kingston (Surrey, not Jamaica)
3 rd Jun	Tooting
8 th Jul	Erith
5 th Aug	Bracknell

At least 8-10 men are needed to make up a team. Please contact **Andrew Archer** on 01732 521097 to register your interest.

Any ladies interested in entering the women's league should contact **Allan Giles** on 01474 745856 for further information.

Letter from Sue Horahan and family

Following the death of Derek Horahan last year, I&I donated a sum in his memory to the Heart of Kent Hospice, a charity which provides support and care to people with life-threatening illnesses in Maidstone and the surrounding area.

Printed below is a letter from Derek's family, received by Gillian Calliste:

Thank you everyone at Istead and Ifield Harriers for the donation to the Heart of Kent Hospice. I have received so many cards and letters since Derek died telling me how much he will be missed and how dedicated he was to coaching.

It is so good to know how much he was appreciated and loved. I am so glad so many of his friends were able to say goodbye. It did help me and my family get through such a difficult day.

*Thank you again. Yours,
Sue, Greg and Sarah Horahan*

For more information on the hospice visit their site at www.hokh.co.uk.

Forthcoming road races

2 nd Apr	Paddock Wood Half Marathon*
9 th Apr	Darent Valley 10k
14 th Apr	Folkestone 10
23 rd Apr	Flora London Marathon
1 st May	Ted Pepper 10k*
	Whitstable 10k
3 rd May	Beckenham Relay
14 th May	Hailsham Town 10
	Sevenoaks 7
21 st May	Larkfield 10k*
28 th May	Myra Garrett 10k
3 rd Jun	Harvel 5
25 th Jun	North Downs Run
2 nd Jul	Bewl 15
9 th Jul	Cliffe Woods*
23 rd Jul	Dartford Half Marathon
26 th Jul	Gatton Summer 10k
3 rd Sep	Shorne Wood 5

* indicates qualifying races for Kent Grand Prix - see below for complete list.

Kent Grand Prix

To qualify, runners must be born in Kent or resident for at least 9 months, and complete 6 of the following 10 races:

29 th Jan	Canterbury 10
12 th Feb	Sidcup 10
5 th Mar	Thanet 20
2 nd Apr	Paddock Wood Half Marathon
1 st May	Ted Pepper 10k
21 st May	Larkfield 10k
9 th Jul	Cliffe Woods 10k
3 rd Sep	Thanet Marathon
? Oct	Ashford Quest 10k
22 nd Oct	Maidstone Half Marathon

Was it worth being a Tough Girl?

By Allison Thompson

How do things fall apart so easily? Just when things start to pick up and serious progress is being made, something else comes along and gives you a kick in the proverbial pants!

So what am I talking about? Well, it's my running of course. Since about October, I had been enjoying my running again at long last. It seems to have been a long time since I really enjoyed it. As you all know I can take or leave road running, but I love to be off road and the muddier the better. So, in preparation for Tough Guy (which I foolishly agreed to whilst sat in my garden, after the Cliffe Woods 10k in 90° sunshine), I decided to get my off-road shoes out and start again.

Great, I got a pattern going again, 05:45 Monday and Friday mornings before work, Wednesday evenings (where possible, or another early morning) and 08:00 Sunday mornings. Fab! It actually didn't take long to get back to running, albeit slowly in comparison to some of you, but without stopping and just enjoying the great scenery we have on the North Downs. I didn't even mind getting up at 06:00 on Sundays for breakfast before the pleasure. Stamina and mud endurance were coming along nicely, all ready for TG on 29th January.

What went wrong then, you may well ask? Well, a bit of a niggly throat is where it began a few days before TG. Not a huge problem as these things come and go (usually). But, I have learned that TG needs you to be fully functioning, without any little niggles! I won't go into the details of TG itself, but since completing it in one piece, the pieces seem to have been dropping off.

Niggly throat turned into monstrous chesty cough, disturbing all and sundry. Monstrous chesty cough lessened long enough for Vermont skiing, to return in the form of disgusting cold! I struggled to run 2 miles on Monday morning. What a disaster!

Am I disheartened though? Well, a bit especially as I was actually running faster than Lisa, which is most unusual for me.

But, I know I am very resilient and once this cold disappears I know I will get back to something I actually really love. Running is a part of my life - it's that simple.

So, going back to the question at the top, was it worth being a Tough Girl, in spite of all the health problems I seem to have had since then? **Damn right it was!** But once was enough.



Tough Guy survivors, Alli and Chris Thompson

Races organised by I&I

It's official. Runner's World readers have rated our very own **North Downs Run** 27th best race of 2005. Factors such as PB potential, toughness, atmosphere, organisation and value for money were taken into account in the poll, published in the February edition of RW.

Here's a selection of views taken from the RW forum and the Serpentine AC website:

- I feel I must reiterate just how well organised this race was ... perfect. The Istead boys really do deserve a pat on the back for this.*
- Well I did it and I am never doing it again! Can't fault the course, the marshals were brilliant, the weather was kind but I hated every minute I was out there!!*

- *Loved it, loved it, loved it!!!! This was the best race I have ever run - can't fault it one little bit, ten out of ten.*
- *Thanks to all the marshals, especially the one who apologised when she answered 'no' to my rather desperate enquiry - is that the last of the hills?*

Although it didn't feature in the top 100, the **Shorne Wood 5** was listed as the toughest 5-miler, albeit with the rather peculiar comment ... *'there was no questioning its splendour, but the quads felt like they'd done rather more than 5k' (sic)*. Mmm, that's probably because they had.

Enormous thanks go to both race committees for their continued hard work, and to all who helped to make the races such a huge success. Here's to 2006.

I&I Boundary Handicap run

This popular event, organised and co-ordinated by **Allan Giles**, will take place this year on Sunday, 30th July. Instead of ladies vs men, this year we hope to run two MIXED teams (yes, men and women!). Don't worry, we'll make sure you're matched with runners of a similar ability. Whichever team has the fastest calculated 'paper' time based on previous 10k or 10 mile times, will be given the appropriate handicap.

A letter will be sent out soon with further details. If you'd like any information in the meantime, please contact **Allan Giles** on 01474 745856.

PB Corner

Lesley Archer	Benidorm Half	1:51:22
Sue Beecham	Chelmsford 10k	53:54
Steve Cason	Chelmsford 10k	46:31
Steve Cason	Sidcup 10	75:17
Lynne Champion	Thanet 10	74:27
Mark Champion	Thanet 10	60:54
Claire Gaskill	Bramley 20	2:40:49
Claire Gaskill	Sidcup 10	73:39
Andrew Mace	Sidcup 10	73:16
Simon Parrin	Thanet 10	60:58
Mike Smith	Benidorm Half	1:31:46

Apologies for any missed PBs. Please tell either your team captain or Lynne Champion when you run a PB so that you can be included in the next round-up.

Results round-up, November to February

DEAL CASTLE 5 - 6th November

Steve Lelliott	29:30	23 rd
Steve Cason	39:12	218 th
Sue Beecham	45:06	319 th

416 finishers

CHELMSFORD 10K - 20th November

Steve Cason	46:31	228 th *PB*
Sue Beecham	53:54	370 th *PB*

502 finishers

BENIDORM HALF - 27th November

Derek George	1:20:27	44 th
Andrew Archer	1:29:54	199 th
Mike Smith	1:31:46	245 th *PB*
Ian Morrison	1:43:10	624 th
Lesley Archer (76 th lady)	1:51:22	n/k *PB*

1,457 finishers (210 ladies)

THANET 10 - 4th December

Steve Lelliott	60:51	13 th
Mark Champion	60:54	15 th *PB*
Simon Parrin	60:58	17 th *PB*
Peter Gibson	66:56	62 nd
Shaun Graves	67:44	76 th
John Gillis	68:11	80 th
Mike Smith	70:15	111 th
Lynne Champion	74:27	157 th *PB*
Steve Cason	76:29	193 rd
Claire Gaskill	77:08	204 th
Bob Carter	82:08	281 st
Vickie Goodchild	90:36	372 nd
Jan Giles	99:31	449 th

519 finishers

KENT XC CLUBMANS V40 (9.5k) - 10th December GOODNESTONE PARK, CANTERBURY

Ian Drew	35:58	16 th
Andy Alison	36:23	18 th
Steve Lelliott	36:42	21 st
Andy Francis	37:08	23 rd
Steve Cable	37:31	27 th

Placed 4th V40 team

61 finishers

KENT XC CLUBMANS V60 (5k) - 10th December GOODNESTONE PARK, CANTERBURY

Bob Carter	25:20	13 th
Bill Archer	25:46	14 th
Bryan Owen	26:34	15 th

Placed 4th V60 team

19 finishers

LUTON MARATHON - 10th December

Gillian Calliste	4:35:01	364 th
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426 finishers

SWANLEY XMAS CAPER 4.2 - 11th December

John Gillis	28:20	31 st
Jackie King	29:41	58 th
Alan Cowan	31:02	86 th
Peter Burton	33:21	141 st
Andrew Mace	34:07	164 th
Gillian Calliste	36:37	218 th
Lesley Irvine	41:53	381 st

539 finishers

DITTON TURKEY RUN 7ish - 11th December

Mark Champion	39:56	6 th
Simon Parrin	40:54	10 th
Peter Gibson	42:30	20 th
Andrew Archer	46:10	37 th
Steve Cason	50:24	72 nd
Lynne Champion	51:57	91 st
Sue Beecham	59:20	154 th
Allison Thompson	59:24	155 th
Lisa Duce	1:01:49	171 st
Jan Giles	1:13:26	208 th

225 finishers

SERPENTINE 10K - 1st January

Gillian Calliste	51:41	254 th
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422 finishers

KENT XC CHAMPS - MEN (11.5k) - 7th January

WILDERNESS SCHOOL, SEVENOAKS

Ray Pearce	45:15	52 nd
Andy Alison	46:35	66 th
Derek George	48:27	80 th
Steve Cable	50:09	97 th
Bob Carter	64:45	181 st

184 finishers

KENT XC CHAMPS - LADIES (7k) - 7th January

WILDERNESS SCHOOL, SEVENOAKS

Tania Yates	31:31	52 nd
Dawn McDonald	33:32	66 th

74 finishers

THANET MTB DUATHLON - 15th January

Run 2.4 mls, bike 9 mls, run 4.5 mls

Steve Cable	1:42:36	23 rd
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69 finishers

BENFLEET 15 - 29th January

Ray Pearce	1:35:31	9 th
Ian Drew	1:39:30	23 rd

465 finishers

TOUGH GUY - 29th January

Andrew Archer	2:32:50	1,384 th
Derek George	2:37:37	1,507 th
Chris Thompson	3:19:15	2,563 th
Allison Thompson	3:19:21	2,565 th
Lakhbir Sangha	3:30:16	2,778 th

3,310 finishers

CANTERBURY 10 - 29th January

Steve Lelliott	62:01	28 th
Simon Parrin	64:15	46 th
Jon Gurney	69:15	124 th
John Gillis	70:51	148 th
Peter Burton	72:24	179 th
Alan Cowan	73:37	211 th
Ian Morrison	76:26	271 st
Stuart Champion	78:50	338 th
Bob Carter	85:40	472 nd
Vickie Goodchild	94:57	664 th
Jan Giles	99:36	743 rd
Sarah Manley	101:29	760 th
Lesley Irvine	102:21	765 th
Lisa Duce	103:06	776 th
Suiling Chan	103:07	777 th

862 finishers

ASHFORD 10k - 5th February

Steve Cason	50:28	276 th
Sue Beecham	55:02	367 th

508 finishers

COCK INN CHALLENGE 10 - 5th February

Ray Pearce	1:08:13	2 nd
Andy Alison	1:10:56	3 rd
Mark Champion	1:12:22	4 th
Andy Francis	1:13:04	5 th
Steve Cable	1:15:18	6 th
Jon Gurney	1:20:21	9 th
John Gillis	1:21:20	10 th
Andrew Archer	1:30:23	19 th
Barry Bell	1:33:01	21 st
Andrew Mace	1:38:34	25 th
Bill Archer	1:40:22	26 th
Alan Cowan	1:40:44	27 th
Lesley Archer	1:42:05	30 th
Gillian Calliste	1:43:03	33 rd

50 finishers

BRANDS HATCH HALF- 11th February
Steve Lelliott 1:24:55 14th
467 finishers

SIDCUP 10 - 12th February
Mark Champion 61:07 27th
Peter Burton 70:37 132nd
Andrew Mace 73:16 176th *PB*
Claire Gaskill 73:39 188th *PB*
Steve Cason 75:17 203rd *PB*
Sue Beecham 91:51 335th
369 finishers

BRAMLEY 20 - 19th February
Claire Gaskill 2:40:49 324th *PB*
Jan Giles 3:39:21 628th
640 finishers

TUNBRIDGE WELLS HALF - 26th February
Derek George 1:23:07 19th
Jon Gurney 1:32:33 119th
Steve Cason 1:45:54 456th
Ian Creasy 1:47:55 506th
Nick Claydon 1:48:06 515th
Annette Thomas 1:56:40 731st
Gillian Calliste 2:11:30 947th
1,089 finishers

EASTBOURNE HALF - 26th February
Mark Champion 1:26:17 18th
Lisa Duce 2:19:02 527th
Suiling Chan 2:20:28 535th
596 finishers

R.I.P. Andrew Archer

... that's Recently Injured PosterBoy
Fear not, Andrew is still very much alive, although somewhat impaired. The all-round glamour-puss, wanton winner of endless spot-prizes and first-nutter-home-at-the-Tough-Guy has picked up a rather nasty ankle injury. Stoic as ever, he's following a strict COR regime (that's Carry-On-Regardless to those who don't subscribe).

Take care, Andrew. Please.

Future R.I.P. nominations are welcomed by the Editor.



Draw results - The draw for the club places in the 2006 Flora London Marathon took place on Boxing Day. The following slips were drawn. Congratulations to:

Mark Caller
Helen Fooks
Annette Thomas
Irena Tobiasova

We wish the very best of luck to all who run on 23rd April. Come on, Istead!

Helpers required - Four more people are required to make up the full team required for this year's race. This involves being in The Mall from 9:30 am to roughly 4:30 pm. You get a packed lunch and 2 garments, usually a top and a light jacket, plus £10 to cover your travel expenses. As we're doing the first lorry which holds the front-runners baggage, we will also get to look after the worn-out and distressed runners, helping them with their blankets and water bottles. We will also get to see our club members from Ray Pearce and Ian Drew, down to whoever is last home for I&I. Anyone interested in helping out should contact Bob Carter at Cascades on Wednesday nights or on 01322 665472.

Draw for 2007 places - As mentioned previously, the committee have decided that to qualify for the Xmas London Marathon Draw we must receive your annual subs before 1st June 2006. There will be additional changes to the draw and these will be announced at the AGM.

3:30 or bust

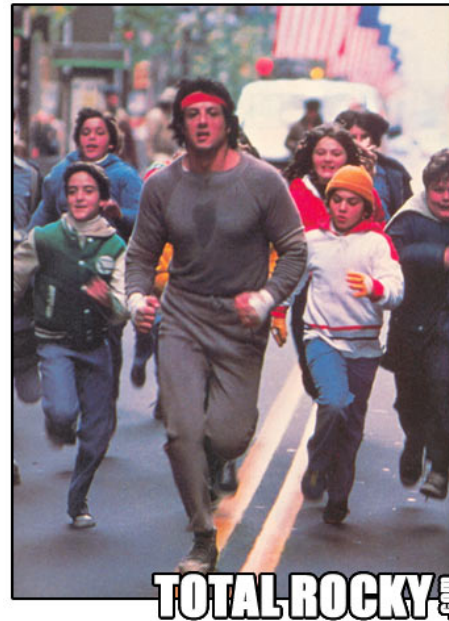
Marathon training the Gaskill way by Claire 'Gazza' Gaskill

After a disastrous Abingdon Marathon back in October I made a promise to myself that I never again want to feel the disappointment of a DNF. I still cringe when I think of my ambulance experience when the medical crew restrained me in my seat as I shouted 'let me out, let me out, I want to carry on, I feel okay, I want to finish'. Not a pretty sight with Barbara Cartland-style mascara smeared over my face and vomit over my beloved I&I club vest. (Sorry Istead.)

So, when I discovered I'd gained a ballot place for the Flora London Marathon it was a chance for me to put things right and run a time I'd be proud of. As soon as January came around, marathon training began to take over my life. Allan Giles very kindly put together a 6-day a week training plan with hill reps, speed sessions and my favourite - the good old long run. The plan allowed me to run an average 50-mile a week total and achieve a sub 3:45 marathon, but me being me (and I call myself Allan's problem child) secretly wanted a 3:30 and have been running more around the 60-65 mile mark. Sorry Allan. If it's any consolation I feel absolutely knackered.

Marathon training is tough. Most of you know yourselves that you feel like you're on a constant rollercoaster. You have up days and plenty of down days too. Muscles hurt, toe nails go black, you chafe in places you wouldn't think was possible (thank God for Vaseline), and you have headaches from dehydration. Oh, and then there's the food side too; pasta, pasta, pasta and more pasta washed down with Lucozade Sport. Yum yum. Who'd have thought you could have so much fun when you train for a marathon. Best of all, the biggest bonus - which will particularly interest the ladies - I've lost a stone in weight. Hurrah, I'm no longer a lardy arse!

With only a month or two to go I'm looking forward to it and am gaining more and more confidence each day (God, I feel like Rocky).



Pictured left, Claire Gaskill on a mid-week training run in Denton, Gravesend.

'She's getting strong now.'

I'm very lucky that I never lack any motivation, which is half the battle with training. So, all you club mates who are training for a spring marathon whether it's London, Shakespeare or Three Forts, I wish you the best of luck. It's not easy. Stick with it because what you put in you'll get back, and if I don't get my 3:30 then you'll know I'm talking a load of old rubbish, which I do most of the time anyway. Go Istead!!

Name that 'toon

Here at *Footnotes Towers*, we've noticed an uncanny resemblance between I&I runners and the 'toons pictured below.

Any guesses who?



Barney Rubble?



Booboo and Yogi Bear?

Future 'toon nominations are welcomed by the Editor.

' ... *That's all folks!*

CLUB GRAND PRIX 2005/06 - Final results by Bob Carter
 Top 20 men and women for period 01-Mar-05 to 28-Feb-06
 CAPITALS denote runners who completed all 6 races.

Scoring criteria: The best results of four 5-10 mile races, plus the best two longer races count towards the Grand Prix total points

MEN		5m to 10k	5m to 10k	5m to 10k	10 miles	10 miles	10 miles	1/2 mar+	1/2 mar+	Longer race	Total Pts
STEVE	LELLIOTT	97	96		97	98		97	98		583
MARK	CHAMPION	98	93	98	97			96		92	574
SIMON	PARRIN	94	96		97	95		96	95		573
ANDY	ARCHER	97	96	95	84			86	86		544
PETER	BURTON	88	86	87	79			85	84		509
JON	GURNEY	86	86	89	86			81	81		509
Ray	Pearce	94	98		96			99		99	486
IAN	MORRISON	74	64	75	69			81	81		444
NICK	CLAYDON	77	82	84	60			70	67		440
Peter	Gibson	94	92	92	88					53	419
Mike	Smith	85	82	84	79			83			413
Martin	Forder	99	100	100	100						399
Derek	George	96	98					99	97		390
Ivo	Olejak	95	97	98				99			389
Steve	Cable	93	94	93				92			372
Steve	Cason	73	73	69	63			63			341
Shaun	Graves	92			86			92	64		334
BOB	CARTER	58	68	57	46			60	44		333
Ian	Drew	98						99		99	296
John	Gillis				83			91	84		258

WOMEN		5m to 10k	5m to 10k	5m to 10k	10 miles	10 miles	10 miles	1/2 mar+	1/2 mar+	Longer race	Total Pts
LYNNE	CHAMPION	67	67	71	70			65	39		379
CLAIRE	GASKILL	60			55	61	49	78	70		373
Gillian	Calliste	55	59	44				39		60	257
VICKIE	GOODCHILD	38	30		29	23		7		35	162
Lesley	Archer	49	53					33		13	148
Lisa	Duce	22	26		10			26		50	134
JAN	GILES	16	9		14	8		16	24		87
Irena	Tobiasova	31	47								78
Sue	Beecham	33	28					9			70
Lesley	Irvine	21	12	16	11			8			68
Wendy	Kershaw	19	25					7		16	67
Annette	Thomas	40			26						66
Sarah	Nicholls				10	9		18	26		63
Allison	Thompson	8	2	33	15						58
Helen	Fooks	13	13	24							50
Sally	Whitelaw	49									49
Sandra	Barbuti	49									49
Tania	Yates	49									49
Mandy	McMahon	12	4						7	21	44
Judy	Bain							19		21	40