

Peter Burton and Bob Carter enjoy a sprint finish to the Cascades bar:

"No running in the corridors please gents ..."



Footnotes

The Newsletter of Istead and Ifield Harriers
Newsletter No. 76, July 2006

www.isteadandifield.org.uk

After a thorough and lengthy search, the sun finally found his long-lost hat. Hip hooray. He even made some brief appearances up at the Monday night track sessions. And I'd begun to suspect that Deangate Hoo had it's own bleak and blustery micro-climate ...

Actually, the cool April drizzle probably helped towards some fast times at the Flora London Marathon (see report on page 6). The club continues to go from strength to strength, now topping more than 100 members. We've seen the usual good turnout at summer road races and enjoyed another fantastically successful North Downs Run, thanks to some hard graft by many, but particularly by a select few (see article by Race Co-Director **Andrew Archer** over the next few pages). Our thanks as always go to those who contribute so much of their time and energy to make our club such a success.

Hearty thanks also to those who contributed to this edition of Footnotes. Whilst I enjoy a good ole nag as much as the next woman, it's always a pleasure to receive unsolicited articles. As I've said before, this is **YOUR** newsletter. 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 not a confident writer or don't have a computer.

Thanks to our Presidential cover models - **Peter Burton** (ex) and **Bob Carter** (current).

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North Downs Run 2006

By Race Co-Director, **Andrew Archer**

Firstly, my personal thanks to all the marshals and other contributors who again helped make the race so special. In particular, I would like to highlight the enormous effort made by **Allan Giles** in signing up so many marshals, with many coming from outside I&I.

In terms of organisation, our team of **Bob Carter, Bill Archer, Allan Giles, Bryan Owen, Dave Willing** and myself, worked harder than ever before to ensure the race would be a success. On the day, the **Thompson 'clan'** packed in numbers to ensure a smooth operation was enjoyed by all. Also providing pre-race help were **Andy Francis, Paul Bunch** and **Duncan Howell**. They, and all of the committee, did lots of work out there in the wilds ensuring the course was both 'delivered' and set up in tip-top condition.

I hope all club members appreciate the considerable efforts made to put on a race of this magnitude.

NDR Race Diary - The Director's Cut

Wednesday, 21st June

Sitting on the beach in sunny Spain ... NDR, what the hell is that?

Thursday, 22nd June

Back home at 3 am and I wake up to a sunny UK morning ... e-mails, letters, messages, etc, all for the NDR (though not too many as I had back-up while I was away) ...

The nightmare begins ... should I catch the next plane back to Spain? By mid morning, I am armed with shears, etc to tackle the Downs' triffid nettles. These stingers certainly pack a punch! Despite gloves etc, I still get stung several times.

Friday, 23rd June

At work (no I can't escape, lots of NDR things keep me extra busy).

Saturday, 24th June

I've got the trophies. Let's face it, I'm never going to win one of these again. I've bought extra spot prizes, sorted out water volumes, etc for the stations and most importantly, sorted out the distribution of the Jelly Babies.

Saturday evening

Armed with a pack of signs, stakes, spray and tape, I set off for the Downs to mark up ... by 10:30 pm it's almost pitch black and there's still over 1km left to mark up and no torch! Give up, arriving home at 11:15 pm to a beer or two. Message on answer phone that the BBC, with Alan Titchmarsh, will be filming on our course and we are asked to re-route ... Race Director - "it's a mugs game".

Sunday, 25th June

Race Day. 6:30 am and I am back on the Downs ... ah, this is a beautiful morning. Reality clicks in. I've finished marking up and it's now 7:30 am. Promised I would be at Cascades for 7:30 am set up ... I'll be late again (now there's a surprise!). Arrive 7.45 am and the Thompson clan are on top of things to my great relief. The new, previously unopened jumbo size gazebo is erected and looking splendid. Representatives of Alan Titchmarsh are informed that we are not re-routing. Suggest he takes a tea break and enjoys the fantastic view of runners passing by.

10:30 am. The race starts - relief at HQ - all has gone perfectly to plan.

11:00 am. The Fun Run starts.

2:30 pm. Presentation.

3:00 pm. It's all ended.

Everyone has gone home happy and there are still many cakes to eat. Oh dear, is there anyone left to help pack away? No, only the usual suspects yet again. Same crew as last year, and the year before.

Monday, 26th June

The reviews arrive - all very good.

For the race we had a larger than expected entry of 496 runners which is certainly a record in recent times, though well short of the best over the 22 year race history. At the start line were +/- 422 starting including the ladies hot favourite, Lizzy Hawker, who is due to represent the UK in the 100k championships in Japan. Also, regulars like Andrew Green (Dartford RR) and Greg Stevens (Sevenoaks AC). However, it was Tonbridge AC athlete Julian Rendall who brushed aside the competition to win in 1:55:11, followed by Philip Sanger of Epsom & Ewell in 1:59:06. Lizzy Hawker took top ladies honours by finishing in 5th place overall in an incredible time of 2:04:42. With that sort of time on this course, she is a definite candidate for the GB Ladies Olympic Marathon Team.

Our leading runner, **Ray Pearce** finished in 9th place in 2:09:56, taking the local resident trophy (Gravesham resident). Ray was backed up by 18th placed **Steve Cable** and 21st placed **Mark Champion** ensuring that I&I's men won the team trophy.

See the full I&I placings in the results round-up on page 12.



Ray Pearce



Mark Champion

For me, the emotions were stirred by seeing 80 year old **Dave Willing** (naturally wearing race number 80) cross the line in 4:11:59. This is a fantastic achievement, Dave. Also, watching the fun run was an absolute pleasure, with latest Archer athlete, **Christopher**, participating in his first run. Will we have 3 generations of Archers running in the 2020 London Marathon?



Dave Willing



*Christopher, with coach
Lesley Archer*

To those who may be unaware, our 2006 Runner's World race rating stands at 97% which is an impressive achievement, ranking us amongst the best races in the country (we were ranked 4th in the entire country last year).

Below you can read runners' comments on our race which I hope give an indication of the level of admiration and success our event enjoys.

A special thank you to all club members who helped, with special mention to:

Rita Ford - for procuring our bananas at such an incredibly low price;
Andy Francis, Duncan Howell and Paul Bunch - assisting with course clearance;
Thompson Family ++ - we can't thank you enough - **Chris** you were superb!
Jason Horne - providing 2,500 cups and SIS sports drinks;
Celia Poke - helping at Race HQ;
Bill Archer - countless hours to organise race numbers, packs, race documents, equipment purchases etc, course mark up, gardening and many other NDR jobs;

Bob Carter, race co-director - juggling a considerable NDR workload including feed stations, chief marshal, course mark up, clearance/gardening and organisation of many other I&I "jobs";

Bryan Owen - risk assessment, feed station and excellent organisation of section 5;

Dave Willing - course mark up and clearance/gardening;

Allan Giles - marshal organisation, course clearance/gardening, HQ help etc.

Also to **Maisie, Ena, Lesley, Sheila** and **Mrs Willing** for supporting the long-suffering committee members through their months of NDR hell (not really!).

I would also like to make special mention of **Mrs Owen (Ena)**, who celebrated her 70th birthday on our race day ... she was in charge of the Randall Heath feed station ... that's real commitment to our race!

Overall, the event will again raise many hundreds of pounds for charity, as it has done these last 22 years.

Selected comments from the Runner's World forum

A beautiful way to suffer!

The best long-distance off-road summer race in the south.

The course directions are faultless. There are numerous marshals and signs plus hazard warnings with red/white tape and orange dayglo paint on things like exposed tree roots - you really are spoilt.

Hats off to the organisers and marshals, you make a great race the best.

This is simply superb, the scenery is so good you even notice it through the grey haze that is descending through your mind as you reach the top of the leg-crumbling climbs. The route is the challenge that it is billed as, what amazed me was the exceptional marking throughout, every single root had Day-Glo paint! However the best thing about the race is the people, organisation and marshalling that cannot be rivalled anywhere.

Brilliant race-great fun, excellently organised, stunning poppy fields and Jelly babies around the course - what more could any runner want ... did I mention WI home-made cakes and bananas! Thank you to everyone who organised such a fabulous event.

Thank you I&I for putting on this unique race! The scenery is amazing. The race is well-organised with friendly marshals. There is even great encouragement from the other runners as you make your way round the course!

Simply unmissable - there's nothing else like it.

This is a truly great race. As well as fantastic scenery and a great atmosphere before, during and after the race, what stands out is the sheer effort I & I put in to make it as good as it is. The course is very well marked and the marshals, water stations etc were plentiful and extremely efficient. It's also exceptional value, with very generous facilities at the finish. In summary, it's a fantastic race that deserves its growing reputation.

Everything is well organised, especially the finish - good PA system, better than average T shirt and free cakes!

Brilliantly organised, friendly marshals, superbly marked route with marshals, signs and red paint on every tree root on the path!

Fabulous Race, but my God does it hurt. This is a great race, but hard, I keep on forgetting how many hills there and how steep they are. However, brilliantly organised and big thanks to all the marshals. Every event should aspire to be as good as this.

Anyone who relishes a challenge should do this. Marvellous.

Having competed over the world and from beautiful NZ where we train and race in paradise the North Downs Run was up there with the best. For a local race for only £13 it was brutally tough but very scenic. The marshalling was amazing and plentiful as well.

Running through woods, orchards and open farm land with some wonderful views what great way to spend a Sunday morning.

Surely the most supportive and encouraging marshals anywhere!

Track and field report

The men have once again been competing in the Athletics Southern League Division 4. Well done to all who have competed, coached or supported on the day. With special thanks to our younger team members, Luke Hayes and Aaron 'Asafa' Farnell.

The 2006 club records to date are:

100m	Aaron Farnell	13.00	Kingston
200m	Luke Hayes	26.10	Deangate
3000ST	Mark Champion	12.09.80	Kingston
Hammer	Paul Bunch	19.50m	Tooting
Discus	Paul Bunch	21.87m	Tooting
Shot	Mark Caller	8.39m	Deangate
4 x100m	Andrew Archer Derek George Aaron Farnell Steve Powell	} 54.90	Kingston

Monday night track sessions, 7:30 pm



Following the success of our Monday night track training, this will continue at Deangate track, Hoo for the summer. Both the track and some field equipment will be available for practice.

Please come along and join in with the sessions. They really do improve your running, no matter what your goal is. And they aren't that scary. Honest.

THE DA CARTER CODE

Join the quest, unravel the code ... and understand who *on earth* Bob is talking about. Let's face it, we've all been there. Mid conversation and Bob says 'oh, you want to talk to Tom'. 'Tom?' you think. 'I don't know any Toms at the Club, do I?' And that's when you realise who he really means ...

For: Allison	Bob probably means:	Lisa
Lisa		Allison
Mike		Mark
George		Derek
Maisie		Mrs Bob

Hope that clears things up a bit.

Club conundrum

I promise, these are the last few. I'm running low on decent anagrams. I might resurrect this if we have some amusingly-anagramable newcomers, but for now here's the last lot:

Ace prayer

Fancy drains

Ha! Manslayer

And just for fun, here are a few scarily accurate celebrity anagrams that I found ...

Britney Spears - Best PR in years
Madonna Louise Ciccone - One cool dance musician AND occasional nude income.
Axl Rose - (unprintable - you work it out!)
David and Victoria Beckham - Combative kid and arch diva

For he's a jolly good fellow
... and so say all of us



CONGRATULATIONS to Dave Willing, I&I's most senior member, who celebrated his 80th birthday on 4th June. As you will have read in the North Down's Run report, Dave is very active in the club, helping to organise this year's NDR, acting as a sector marshal AND completing the race in 4:11:59. Thanks as ever for all of your help, Dave. We salute you.

Winter break

By Men's Team Captain, Derek George

Well, it's time again to start organising our winter break and this year the plan is not to go to Benidorm, although I did find a week for £135! This year's chosen destination is Club La Santa in Lanzarote.

Club La Santa is a purpose built sports complex. The price includes access to over 30 sports including tennis, swimming, windsurfing, cycling, aerobics and even boxing. They have a daily programme of events aimed at all ages and abilities with qualified instructors.

You don't have to be totally sport mad as there is a superb leisure pool, sandy beach and a private lagoon. There is also a good selection of bars, restaurants and cafés. Plus it is the Lanzarote Marathon Festival on 2nd December.

We fly Thursday, 30th November - Thursday, 7th December. The cost of flights, accommodation and transfers will be around £300.

If you are interested please email me, Derek George, at d.george602@btinternet.com or call on 07885 981516. I need to know by 25th July 2006. Hope you can make it.

Flora London Marathon report

It seems ages ago now, but let's not forget some superb performances from our 15 London Marathon runners. The cool rain made for some excellent running conditions. Our runners were well spread across the race with Martin Forder the first I&I finisher in 2:40, a phenomenal first attempt at the distance. See also the special report by our leading lady Claire Gaskill on page 12.

Well done to all the runners (results on page 11). Thanks also to the hardy baggage handlers - Judy Bain, Bob Carter, Lynne and Mark Champion, Peter Gibson, John Gillis, Vickie Goodchild, Jon Gurney, Roseann Kealy, Simon Parrin and Allison Thompson. Congratulations to Allison who was outright winner of the 'most sweaty hugs of the day' competition. That's the runners who were sweaty. Not Allison.

Bin man's marathon run is far from rubbish

From bin men to firefighters, Gravesend's workers took on the London Marathon challenge

by Graham Russell
grussell@themgroup.co.uk

If you have noticed your rubbish bins being collected a bit quicker recently, it may be down to Martin Forder, Gravesend's super-fit bin man.

Mr Forder, from Gravesend, completed his first attempt at the London Marathon in the astonishing time of two hours 40 minutes, arriving 214th.

The incredible run puts him in the Elite Runner category, rubbing shoulders with the world's top athletes.

Dubbed "the fastest bin man in the west" by his council colleagues, Martin, 35, ran the first 10 kilometres in just 37 minutes.

Martin said: "My training suffered a bit over the festive period as I was ill. I reckon if I ran it again and trained properly, I'd get in under two-and-a-half hours."

"I felt strong all the way through - it's only when I stopped that my legs turned to jelly".

Martin, who is still totting up the sponsorship money, ran in aid of the Demelza House Children's Hospice in Sittingbourne.



Lee Murray, Julie Taylor and Lee Murphy from Thameside Fire Station ran in the London Marathon.

Firefighters from Thameside fire station also joined the jogging masses.

"I will never do it again, not in a million years," joked firefighter Lee Murphy, describing his first marathon.

Exhausted Mr Murphy hit the wall after 19 miles, but pipped his two colleagues, Julie Taylor and Lee Murray, to the post.

Lee Murray came 16,094th in four hours 18 minutes, Julie Taylor came 18,502nd in four hours 27 minutes and Lee Murray came 19,666th in four hours 32 minutes.

Lee Murphy and Julie Taylor ran for Children with Leukaemia and Lee Murray for Breast Cancer Research UK.

It is anticipated the trio will raise around £2,000.



Binman Martin Forder, 35, of Queens Road, Gravesend, who competed in the 2006 London Marathon and right: Carol Mason, who ran in the 2006 London Marathon



Camera shy Mel Moore and Mark Caller



Ian Creasy

Steve Cable



Ian Drew

Ray Pearce

He's a star: Article from the Gravesend Messenger, published on 27th April 2006



Ian Morrison



Martin Charlton



Suiling Chan



Derek George



Annette Thomas



Lisa Duce

Gravesend CTC Hop Garden Audax

By Richard Storr

This event has been run for many years in mid May with a start and finish at Nell's café, but a change of organiser a few years ago led to a new start and route from Meopham scout hut. Having been running injured for most of the last year I have been using the bike more, so decided to make a return to this event.

Audax riding, in case you are not familiar, is a challenge ride not a race. You get a printed route sheet and have to find your way around to check points within the time limits. This event offers 3 distances 100km, 160km/100 miles or 200km. Being a wimp, I went for the 100km route.

Sunday 14th May saw a motley bunch roll out from the scout hut heading for the countryside of Kent. The route went via Longfield Hill, Hartley Bottom to Stansted passing the Black Horse and across the A20. The proximity of the telecoms mast indicates

that you are at one of the highest points in Kent prior to a plummet down to the Pilgrims Way and a right turn through Kemsing and onto Seal and the first check point.

By now a series of much smaller groups has formed and as we cross the A25 and begin the drag up Seal Chart its just me and a guy from Sussex. On through Stone Street and Ivy Hatch to the A227 where we meet 3 guys studying the route sheet and scratching their heads, but as I know this part of the route they tag on behind as we pass through Plaxtol and Claygate to cross the A26 near Tonbridge.

Up until this point the route would be best described as lumpy but we now enter the pancake area as we head for East Peckham and the 2nd check. A slightly longer stop here to use the public toilet, stretch the legs and consume some energy bar.

None of us knows the route for the next section but by actually reading the route sheet we trundle without taking a wrong turn via Laddingford and Marden Beech towards Staplehurst. The weather may be completely cloudy but at least it is dry with

no wind. Kent is at her late spring best with an ocean of bluebells in the woods and blossom in the Orchards. On this section we see our only hop field of the ride.

Into Staplehurst and the final check at Iden Croft Herbs. The cycling equivalent of the wall is bonk (and this has nothing to do with horizontal jogging with a partner either!) and is easily avoided by consuming large numbers of calories. As refreshments are available here I fuel up with 2 cups of tea and a large wodge of homemade fruit cake in preparation for the final section. The 3 riders who tagged on near Ivy Hatch decide the cakes are so good they are going to stay for a 2nd helping so only 2 of us roll out on the home stretch. Route sheets are safely folded away as I now know the route via Marden, Collier Street and on to Yalding. Here the pancake section runs out and we are back into lumpy country. At Wateringbury the level crossing closes behind us and riders are trapped behind just like this year's Paris-Roubaix as we continue across the traffic lights and slog up Red Hill. On via West Malling to cross the A20 heading for Ryarsh and Birling where a left turn leads to ¾ mile of drag to the foot of Holly Hill. My companion tells me he had to walk this hill last year and has fitted a lower bottom gear (34x32) but as the ¾ mile climb starts he's soon off again. By honking up the 2 steepest pitches on 30x26 I avoid foot slogging and then it's a trundle via Harvel and back to Meopham. A right turn opposite The George and then it's just a short 25mph big ring burst down the Wrotham Road to the finish. The computer says 63.3 miles at 12.8mph and the fat lady is definitely in full voice at the final check in where more refreshments are available.

These events are a social way to do lots of miles without having to ride on your own. They generally cost £3/£4 to enter plus £1 3rd party insurance if you are not a CTC or AUK member. The next local events are 9th July 160km/100 miles and 13th August 100km.

Further details at www.westkentctc.org.uk or for a list of events nationwide try www.ctc.org.uk or better www.audax.uk.net. See you on the road.

Forthcoming road races

12 th Jul	** Mob match **
23 rd Jul	Dartford Half Marathon
26 th Jul	Gatton Summer 10k Joyden's Wood 5k Race 2
30 th Jul	Club Boundary Run
3 rd Sep	Shorne Wood 5 *Please help* Thanet Marathon
17 th Sep	Eridge 10 Faversham 10k
1 st Oct	Quicksand 15
5 th Nov	Deal 5
3 rd Nov	Thanet 10

Welcome

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

Paul 'Hammer-Man' Bunch
Julie Fisher
Duncan Howell
Sandra Howell
Jackie King
Emma Penfold
Jon Penfold

We hope you enjoy your time at the club.

I&I's Committee

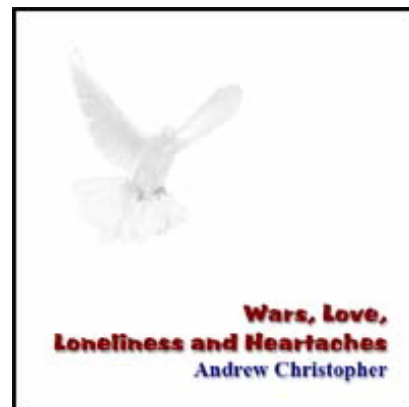
The 2006/07 Committee was voted in at the AGM in March. The Committee comprises:

President: **Bob Carter**
Honorary Secretary: **Helen Fooks**
Mens Capt: **Derek George / Andrew Archer**
Ladies Capt: **Allan Giles**
Membership: **Mark Champion**
Treasurer: **John Gillis**
Stock Controller: **TBA**
Social Secretary: **Allison & Chris Thompson**

We are still desperately in need of a Stock Controller to oversee the ordering and distribution of club kit. If you're able to take on this position, please contact any Committee member.

Andy Alison AKA Andrew Christopher

For those who don't know, I&I's Andy Alison has been writing and recording for some time under the name Andrew Christopher.



Find out more about his musical talents and hear

4 tracks from his current album 'Wars, Love, Loneliness and Heartaches' at www.myspace.com/andrewchristophermusic or see www.andrewchristophermusic.com. Contact Andy at acjalison@blueyonder.co.uk.

So what do we want? By Bob Carter

Roughly 2 years ago we had an idea. Instead of just doing the Kent Fitness League Sunday cross-country, we would also have a go at the Kent League fixtures which are Saturday cross-country events. This league would be a bit tougher, we needed to have a team of 4 men and/or 12. Prior to this we had never managed to have a team of 4 let alone 12. Being full of enthusiasm, we went through the season with at least 12 runners in the field. We were 8th in the 4-men team and 2nd with the 12-men team. From this the idea of entering the National Athletics League sprung and we entered the South Eastern Athletic League Division 4. We won our first match and finished the league in 8th place out of 16.

This last winter in the Kent League there were rarely 4 runners for the men let alone 12. On the other hand the ladies who needed 3 runners, managed a team all season until injury broke the numbers, but they never disgraced themselves. Yes, Kent League is tougher than the Fitness League, but it is still open to all ages as was seen.

Now for the summer athletics - again we started with a full team but when we got to Tooting, about an hour's drive away, the

team was **Paul Bunch**, there to take part, and me, there to judge. I have to say that Paul and I had a great afternoon; Paul broke two PBs, and I did events I didn't think of ever doing. We avoided total humiliation by coming 3rd with 39 points. We have 2 more league meetings in July and August. Is there a chance that we can get a team of 9 together?

Do we want to keep going as a Saturday league club in any way, or have we been there and done that? Answers please.

Burton and Steve Cable. Volunteers are welcome. We also need members to assist with the organisation.

So, if you are not running Shorne, we need your help in ensuring that I&I come through the day with another successful race. Remember, marshalling at one of our events entitles you to enter our 2007 London Marathon place draw.

Please contact **Steve Cable**, **Chris Thompson** or **Andrew Archer** to let them know you will be available.

CLUB MERCHANDISE

Summer is here.
Grab a new I&I T-Shirt.

LADY FIT T-SHIRTS (VIOLET) £5
UNISEX T-SHIRTS (ASH GREY) £5

VESTS £13
MEN M / L / XL IN STOCK
LADIES S / M / L / XL IN STOCK

BLUE NORTH DOWNS T-SHIRTS £2

CROP TOPS NEW £11
CROP TOPS £5

Tracksters, hats, etc also available.

A selection of stock is occasionally available on Wednesday club nights. Alternatively contact **Andrew Archer** on archistead@aol.com or 01732 521097.

R.I.P. Sally Whitelaw

... that's Remarkably Improved Performance
To the contrary, relative newcomer Sally is very much alive and kicking some serious a*se in the women's grand prix, with some great race results at Whitstable and Harvel. She's also been sighted regularly chasing the boys (metaphorically, of course) round the track. You go, girl.

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

SHORNE WOOD 5 - Your help is needed Article by Andrew Archer

Our popular race returns on Sunday 3rd September, and we need your help!

Minimally, we need 15 marshals to cover the course, plus water station helpers, car park helpers, race entry desk, results desk, time keepers and helpers to prepare the start/finish area, hand out medals, etc and clear up afterwards.

On the day before the race, the course needs to be marked up and the HQ organised, with the course checked even very early on the day of the run. This has been mainly done in the past by Andrew Archer, Bill Archer, Peter

PB Corner

Judy Bain	Shakespeare Full	4:44:58
Sue Beecham	Larkfield 10k	53:22
Steve Cason	Larkfield 10k	45:25
Lynne Champion	Harvel 5	36:46
Mark Champion	Hildenborough 5	28:59
Martin Forder	London Marathon	2:40:29
Claire Gaskill	Harvel 5	35:17
Claire Gaskill	London Marathon	3:24:49
Claire Gaskill	Silverstone Half	1:36:33
Derek George	London Marathon	2:57:12
Vickie Goodchild	Shakespeare Full	4:41:14
Andy Mace	Darent Valley 10k	41:40
Andy Mace	Hastings Half	1:42:50
Ian Morrison	London Marathon	3:34:45
Ivo Olejak	London Marathon	2:54:36
Sally Whitelaw	Harvel 5	36:39
Sally Whitelaw	Whitstable 10k	46:20

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.

What were you thinking?

This is a new feature that has nothing whatsoever to do with running. But who needs another article about boring running when we can poke fun at each other and laugh at how we looked when we thought we were oh so cool.

C'mon, play fair everybody. I've humiliated myself and Mark to get this started, so let's see some hideous photos of you in the next issue. If I don't manage to prise any photos out of you willingly, I'll start work on your partners and mates, who'll no doubt be more than happy to smuggle me some corkers. The choice is yours.



From our 'The Good Life' phase, when hair was BIG and jumpers were cosy



From my Romany phase. Poor quality photo, but I think the outline is humiliating enough, don't you? Weren't perms wonderful?

Let's face it, no caption could do this justice. Then again, maybe he's just laughing at my hair

Results round-up, March to June

GREENWICH 10K - 5th March

Steve Cason	47:17	161 st
Sue Beecham	56:13	346 th
Linda Baxter	65:55	512 th
<i>541 finishers</i>		

STEYNING STINGER HALF - 5th March

Claire Gaskill	1:59:12	68 th (3 rd lady)
<i>218 finishers</i>		

STEYNING STINGER MARATHON - 5th March

Ray Pearce	3:12:58	4 th
Ian Drew	3:16:09	6 th
Shaun Graves	3:59:27	21 st
Gillian Calliste	5:34:49	90 th
<i>96 finishers</i>		

THANET 20 - 5th March

John Gillis	2:36:59	123 rd
Bob Carter	3:10:48	298 th
Annette Thomas	3:11:05	300 th
Lisa Duce	3:42:20	384 th
Jan Giles	3:51:41	391 st
<i>402 finishers</i>		

HASTINGS HALF - 12th March

Derek George	1:21:09	44 th
Mark Champion	1:22:44	67 th
Peter Gibson	1:36:32	491 st
Andy Mace	1:42:50	832 nd *PB*
Ian Creasy	1:47:35	1138 th
<i>3,401 finishers</i>		

SILVERSTONE HALF - 19th March

Claire Gaskill	1:36:33	516 th *PB*
<i>5,003 finishers</i>		

DARENT VALLEY 10K - 9th April

Martin Forder	33:54	1 st *Course record*
Derek George	38:10	11 th
Andy Alison	38:13	12 th
Steve Cable	40:08	29 th
Shaun Graves	40:31	32 nd
Jon Gurney	41:20	47 th
Andy Mace	41:40	57 th *PB*
Peter Burton	42:12	58 th (1 st V60)
Andy Archer	43:24	75 th
Steve Cason	47:01	146 th
Sally Whitelaw	48:11	179 th
Tania Yates	50:32	244 th

Gillian Calliste	54:17	316 th
Vickie Goodchild	55:55	352 nd
Judy Bain	55:56	353 rd
Sue Beecham	58:12	377 th
Debbie Tyler	61:11	420 th
Mary Penfold	61:11	421 st
Lesley Irvine	62:29	420 th
Alaina Mahon	78:57	486 th
<i>494 finishers</i>		

FOLKESTONE 10 - 14th April

Ray Pearce	60:03	7 th
Derek George	60:47	11 th
Steve Cable	61:43	15 th
Shaun Graves	66:03	40 th
Jon Gurney	68:23	61 st
Peter Burton	70:26	80 th
Andy Mace	73:16	113 th
Nick Claydon	75:42	146 th
Mark Scott	82:40	239 th
Ben Rogers	83:55	250 th
Gillian Calliste	90:53	334 th
Mary Penfold	103:25	409 th
<i>439 finishers</i>		

LONDON MARATHON - 23rd April

Martin Forder	2:40:29	214 th	*PB*
Ray Pearce	2:44:32	328 th	
Ivo Olejak	2:54:36	770 th	*PB*
Derek George	2:57:12	959 th	*PB*
Steve Cable	3:05:03	1580 th	
Ian Drew	3:07:06	1765 th	
Claire Gaskill	3:24:49	3913 th	*PB*
Ian Morrison	3:34:45	5621 st	*PB*
Martin Charlton	3:58:08	11206 th	
Annette Thomas	4:20:46	16801 st	
Mel Moore	4:26:56	18488 th	
Mark Caller	4:43:28	22427 th	
Ian Creasy	4:50:35	23955 th	
Lisa Duce	4:54:48	24846 th	
Suiling Chan	4:54:48	24850 th	
<i>32,924 finishers</i>			

HILDENBOROUGH 5 - 1st May

Mark Champion	28:59	4 th	*PB*
Steve Cable	30:14	7 th	
Andy Archer	32:30	12 th	
Lynne Champion	37:06	34 th	
Mary Penfold	52:04	92 nd	
Debbie Tyler	52:05	93 rd	
<i>96 finishers</i>			

TED PEPPER 10K - 1st May

Peter Burton	41:48	81 st	(2 nd M60)
Steve Cason	47:17	151 st	
Bob Carter	54:13	199 th	(3 rd M65)
Sue Beecham	54:46	200 th	
<i>217 finishers</i>			

WHITSTABLE 10K - 1st May

Dave Aberly	44:29	105 th	
Sally Whitelaw	46:20	147 th	*PB*
Tania Yates	48:53	213 th	
Richard Storr	50:57	246 th	
Lesley Irvine	60:06	444 th	
<i>549 finishers</i>			

SHAKESPEARE HALF - 7th May

Jan Giles	2:27:35	1442 nd	
<i>1,638 finishers</i>			

SHAKESPEARE MARATHON - 7th May

Vickie Goodchild	4:41:14	583 rd	*PB*
Judy Bain	4:44:58	597 th	*PB*
Mark Caller	4:57:18	632 nd	
<i>701 finishers</i>			

KENT VETS 5K CHAMPIONSHIPS - 14th May

Andy Alison	17:55	4 th	
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SEVENOAKS 7 - 14th May

Simon Parrin	44:52	22 nd	
John Gillis	48:51	62 nd	
Luke Hayes	51:11	105 th	
Peter Burton	52:04	127 th	
Steve Cason	52:48	137 th	
Alan Cowan	53:04	144 th	
Sue Beecham	66:06	354 th	
<i>426 finishers</i>			

LARKFIELD 10K - 21st May

Mark Champion	37:29	23 rd	
Steve Cable	37:43	26 th	
Simon Parrin	38:12	31 st	
Derek George	38:25	32 nd	
Andy Alison	39:15	47 th	
John Gillis	41:18	83 rd	
Jon Gurney	41:43	89 th	
Shaun Graves	41:52	91 st	
Andrew Archer	42:27	103 rd	
Dave Aberly	42:30	105 th	
Peter Burton	43:15	120 th	
Nick Claydon	44:22	145 th	
Steve Cason	45:25	165 th	*PB*

Lynne Champion	46:47	194 th	
Richard Storr	48:23	232 nd	
Bill Archer	49:49	265 th	
Robin Manley	51:03	290 th	
Julie Fisher	52:51	312 th	
Sue Beecham	53:22	321 st	*PB*
Debbie Tyler	58:26	386 th	
Mary Penfold	58:31	387 th	
Lesley Irvine	1:02:34	414 th	
Jan Giles	1:02:52	418 th	
Celia Poke	1:08:02	442 nd	

456 finishers

MYRA GARRETT 10K - 28th May

Luke Hayes	42:31	31 st	
Jon Gurney	42:50	35 th	
Steve Cason	45:59	71 st	
Sue Beecham	53:33	157 th	
Bob Carter	57:49	187 th	
Debbie Tyler	59:04	201 st	
Mary Penfold	59:23	202 nd	
Lesley Irvine	1:08:39	232 nd	

248 finishers

HARVEL 5 - 3rd June

Steve Cable	30:19	16 th	
Andy Archer	31:10	23 rd	
John Gillis	33:01	43 rd	
Shaun Graves	33:44	52 nd	
Mike Smith	35:05	71 st	
Claire Gaskill	35:17	77 th	*PB*
Steve Cason	36:03	89 th	
Sally Whitelaw	36:39	102 nd	*PB*
Lynne Champion	36:46	103 rd	*PB*
Richard Storr	38:38	135 th	
Bill Archer	40:42	176 th	
Gillian Calliste	41:37	189 th	
Robin Manley	42:20	195 th	
Sue Beecham	43:19	211 th	
Lesley Archer	43:37	219 th	
Julie Fisher	44:44	241 st	
Allison Thompson	46:22	264 th	
Judy Bain	46:48	269 th	
Lesley Irvine	49:42	313 th	
Nick Claydon	54:41	364 th	

399 finishers

NORTH DOWNS RUN - 25th June

Ray Pearce	2:09:56	9 th	
Steve Cable	2:13:58	18 th	
Mark Champion	2:17:26	21 st	
Steve Lelliott	2:24:37	33 rd	
Andy Francis	2:27:46	47 th	

Jason Horne	2:29:48	57 th	
Claire Gaskill	2:42:45	111 th	
Steve Cason	2:49:45	136 th	
Duncan Howell	2:53:22	164 th	
Jon Gurney	2:53:32	165 th	
Stuart Champion	2:53:32	166 th	
Barry Bell	3:05:24	224 th	
Martin Charlton	3:09:11	243 rd	
Gillian Calliste	3:20:16	299 th	
Annette Thomas	3:23:21	305 th	
Susan Holland	3:27:07	316 th	
Mark Caller	3:45:05	357 th	
Lakhbir Sangha	3:53:48	372 nd	
David Willing	4:11:59	393 rd	

400 finishers

Wardrobes, wheelie bins and a sub 3:30 marathon by Claire Gaskill

For those of you who have trained for a marathon you'll know that not everything goes according to plan and I for one am no exception and have had a few slight hiccups along my marathon journey.

Being very clumsy as a child I was forever treading in doggy doo-doo. It didn't matter how short or long my trip was I always managed to find some to tread in (well there's always one isn't there?). Not much has changed some 20 years on apart from now it's more likely to be a giant cowpat in a field somewhere along the North Downs during a training session.

So this brings me to tell you about my first little hiccup, which was 3 days prior to racing a half marathon. I'm not quite sure how I managed to do it (well, I do but I'm not telling). I had a rather nasty fall out of bed and landed quite awkwardly on my bum, also smashing my ankle on the wardrobe door handle at the same time. I can honestly say that I really did feel like Rocky doing 12 rounds with



Clubber Lang and the bruise developing on my butt was a corker. There was no way I could race a half marathon in a few days time, but there must be a running God up

there because, although I was walking like John Wayne, I raced and managed to knock 9 minutes off my half marathon PB. This was very surprising to me considering the state my body was in.

My other little hiccup was only 2 days before the marathon and consisted of a wheelie bin and no, before you ask, I was not doing a Paula Radcliffe ice bath. There I was standing in the street minding my own business when bam a Dartford Borough Council wheelie bin rammed into my left shin. I looked a right idiot hopping all over the place and having a sudden attack of Tourettes. That's it, I thought, all of my hard work down the drain as my shin began to swell up with another corker of a bruise starting to develop. When I got home I iced and nursed my poor shin, but to no avail. I had to accept that it would be unlikely I'd be running the marathon with less than 48 hours to recover. Once again my prayers were answered. I'm convinced God runs marathons because less than 2 days after my accident my shin had made a miraculous recovery. The only thing left to show was my nice bruise to match the one on my butt.

Just briefly, marathon day couldn't have

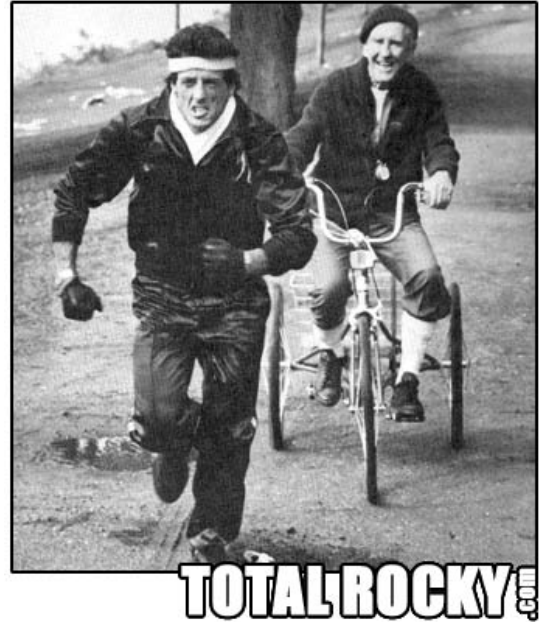


The real Claire in action at London

gone much better and I exceeded my own expectations and finished with a time of 3:24:49. All my hard work of running 60 miles a week had eventually paid off and the memory of my ambulance experience at Abingdon was a thing of the past.

I've loved every moment of my marathon training and hope those of you who trained through the winter months for future marathons and races have done too.

Thanks to all of you who have helped me out with my running, particularly Allan Giles for all his hard work and support. I now consider myself no longer your problem child but the Rocky Girl!



Claire received tremendous support from her coach, Allan Giles

Name that 'toon

Footnotes' very own Rita Skeeter has noticed a couple more 'toon looky-likeys. Any guesses who these could be?



Bart Simpson?



Crystal Tipps (& Alastair)?

Future nominations are welcomed.

' ... That's all folks!'

HINT

***Please feel free to use this blank page to draft your contribution
for the next edition of Footnotes ... !***