

STRIDING OUT

Appendix Three 2008



The History of Goole Viking Striders

Continued.....

By Nigel Warner

The same committee as last year agreed, without pressure, to continue for 2008, with the notable exception that Angie Dryden was replaced as Social Secretary by the Dynamic Duo Karen Mitchell and Sandy Midgley. Highlights of the social calendar were:

- 1) The revival of the camping weekend, more in Hope than expectation, which showed a worrying trend towards luxury(!) B&B accommodation. Also there were as many walkers as there were runners, which was indicative of the state of the Striders' fitness at that time.



Camping weekend in Hope





Hope Weekend

- 2) A mini-revival of the club BBQ, at least for this year. A bus load went to Julie Barker's spread out in the wilds at Amcotts for a veritable feast, a few people even went on a training run to work up an appetite.
- 3) This year's Sancton run had a 70's theme and used the Gnu at North Newbald for the post run refreshments. Numbers were down, the atmosphere in the pub was poor, and if you didn't like chilli you went hungry. Some of the people who **do** like chilli went hungry. I doubt we'll go there again.



70's Theme Run - December 2008

The highlight of the financial year was a magnificent £973 profit at the Riverbank Challenge. Who said there's a recession on?

The following are the usual reports to the Goole Times throughout the year.

JANUARY: THIXENDALE CROSS COUNTRY

The tiny village of Thixendale, nestling peacefully deep in the Yorkshire Wolds north of Pocklington, was rudely awakened on Sunday as the Cross Country circus came to town to run the fourth leg of the East Yorkshire Winter League. Recent rain made an already challenging course muddy and slippery underfoot, although nothing like as hazardous as the previous race at Langdale End, and the strong biting cold wind was cheerfully ignored by this hardy branch of the species known as Yorkshire Runner.

Both Viking Striders teams showed improvement from previous outings. The Mens team, boosted by the return of Simon Griffin, snatched 3rd place on the day from a City of Hull squad admittedly even more decimated by absences than the Striders usually are. The men are safe in a mid-table fourth position in the league table, with no danger of being caught but unfortunately with even less chance of doing any catching.

The Striders ladies fielded a full strength team for a change, led as always by Julie Masterman, but their best efforts could only achieve 5th on the day against some very high quality opposition. The team is marooned in 5th place overall, and will need to be on their mettle in the final two rounds to stay ahead of the chasing pack.

Striders times and positions:

7th Simon Griffin 44.36, 20th Dave Hanney 46.13, 21st Martin Midgley 46.32, 38th Mike Baggott 49.43, 40th Nigel Warner 49.51, 42nd David Byas 50.20, 49th Mark Thompson 51.35, 60th Richard Bramham 54.20, 62nd Dave Ryan 55.02, 67th Steve Lund 56.52, 82nd Ray Smith 61.40.

Ladies: 7th Julie Masterman 52.49, 20th Kay Ryan 59.25, 23rd Patsy Fenelon 60.34, 27th Sandy Midgley 68.41, 29th Jo Mouncey 73.05.

FEBRUARY: WELTON CROSS COUNTRY

Once again both the Viking Striders men's and ladies' teams had a depleted air about them for the Welton leg of the East Yorkshire Cross Country League last Sunday. With some Striders out on the course marshalling (good excuse), some injured (reasonable), some at work (poor, where's the commitment?) and some just not liking cross country (hanging offence), the men barely scraped a team together and the ladies didn't.

Those who ran, did their level best on a course mostly frozen solid but treacherous where the sun had got to it, but with even the mighty Simon Griffin outside the top 10, only Mark Thompson and Dave Ryan amongst the men actually improved on their placings in the previous round. Kay Ryan and Patsy Fenelon were magnificent for the ladies, but with only them running the team slipped another place in the league and would be facing relegation if there were a 2nd Division, which fortunately there isn't.

On the previous Sunday Richard Bramham had scored a brilliant victory at the same venue, but since he turned up a week early and ran by himself, it doesn't count.

Striders' positions and times:

11th Simon Griffin 35.16, 22nd Dave Hanney 36.12, 38th Mike Baggott 38.40, 44th Mark Thompson 39.25, 45th David Byas 39.48, 60th Dave Ryan 42.12, 72nd Richard Bramham 45.24, 90th Steve Lund 57.39 (official back marker to make sure everyone got round).

Ladies: 13th Kay Ryan 45.31, 16th Patsy Fenelon 47.07.

FEBRUARY: SNAKE LANE TEN

There must have been something in the air at Pocklington last Sunday, if the impressive performances of the Viking Striders at the annual Snake Lane 10 were anything to go by. Ok, it's a fast course, flat as the proverbial pancake compared to some, and the weather conditions were ideal apart from a blustery wind, but it's only a fast course if you run fast on it, and that the Striders did.

Andy Masterman was first in for the club with another cracking personal best and will surely break the hour mark before long, but even he was outshone, albeit further down the field, by the rampant Jo Mouncey, showing last season was no fluke as she knocked a staggering ten minutes off her previous fastest. Richard Bramham and Craig Taylor knocked four minutes off theirs, while PBs were also achieved by Kay Ryan, first in for the Striders ladies, and Kev Sipling, taking a break from his more usual half marathon distance.

Sandra Brooks continued her excellent progress as she ran the distance for the first time, and the Striders veterans were well represented by Dave Pullman, running as well as he has for years, and Keith Wilson with another PB since his running rebirth two years ago.

Martin Midgley, nursing a hangover in typical Striders' style, started at the back of the field and proceeded to pass 494 runners (out of 640) on his way towards the front, including the large majority of his team mates, two of them in the final straight who thought they were running quite well until he whizzed past.

Striders' times: Andy Masterman 61.09, Simon Griffin 62.18, Martin Midgley 67.34, Mark Thompson 67.36, Nigel Warner 67.38, Richard Bramham 71.44, Craig Taylor 76.51, Kev Sipling 76.51, Kay Ryan 76.57, Dave Pullman 78.10, Keith Wilson 79.34, Richard Anness 82.44, Graham Walker 84.49, Sandra Brooks 85.22, Jo Mouncey 87.13, John Kaye 87.50, Debbie Andrew 89.54, Sandy Midgley 90.28, Dot Pullman 92.25, Marina Booth 92.38, Michaela Shepherd 98.27.

MARCH: JUNIORS CROSS COUNTRY

Sunday's cross country meeting at Baysgarth Park in Barton Upon Humber was another indication of how well the Goole Viking Striders Juniors are progressing under Andy Masterman's guidance. While many of the senior Striders are losing their competitive edge as they get older, and would probably burst into tears at the sight of this hilly course and gale force wind, the Juniors are made of sterner stuff.

They didn't come much sterner on the day than the Under 11 girls who kicked off the event with a 1.25 mile race. Anna Tyson was once again first in for the club with a superb 12th position, followed by Faye Masterman as consistent as ever in 31st and Jennifer Paxton battling bravely to 35th place despite

her recent illness. Under 11 boys Jacob Oldridge and Charlie Stead continued their rise to fame and possible fortune, finishing an excellent 11th and 14th place respectively.

Only two Striders ran in the Under 13 two mile races, Nicole Masterman finishing strongly for the girls in 31st place, while John Boardman was 8th for the boys, a cracking debut against much more experienced runners.

The team performance of the day was undoubtedly the Under 15 girls, who were running against athletes in some cases two years older than them and were also taking a risk by including two debutants, Jodie Lund and Hannah Atkinson, in the team. Against all the odds however the Striders snatched 3rd team place, Jodie leading the way with a brilliant 12th, chased hard by Beth Holroyd in 13th, with Philippa Oldridge and Hannah also running strongly in 16th and 17th.

If you can hear some creaking as you read this, it will be the senior Striders looking over their shoulders.

MARCH: SEWERBY CROSS COUNTRY

The East Yorkshire Cross Country League reached a frenzied climax on Sunday with the final and decisive leg at Sewerby. The only trouble was that it was a bit short in the frenzy department, with only 90 runners turning up compared to the 150 who contested the first leg at Bishop Wilton. This was despite the added incentive of a free buffet in the Ship Inn afterwards, which was excellent by the way.

The unremarkable turn out was matched by the weather, a bit breezy but no freezing gales, and the course, undulating without being mountainous, but what was noteworthy from the Viking Striders' point of view was the attendance of Andy Masterman, whose debut on Sunday was the result of months of nagging by his team mates. Andy's presence certainly boosted the men's team, which finished third on the day but remained fourth overall, but once again the ladies failed to field a full team and slumped to sixth place overall out of eight.

Striders' positions and times: 8th Simon Griffin 34.38, 24th Andy Masterman 36.36, 26th Martin Midgley, 30th Dave Hanney 37.30, 34th Mike Baggott 38.08, 39th Nigel Warner 40.16, 41st Mark Thompson 40.45, 45th Richard Bramham 41.57.

Ladies: 17th Kay Ryan 46.40, 23rd Sandy Midgley 54.30.

The overall individual standings made better reading for the Striders, with Simon Griffin's third place being the highlight although five men in the top 20 was matched only by the top two teams Beverley and Scarborough, both much bigger teams than Goole. To qualify for the individual table you need to complete five out of the six races, and with this in mind Martin Midgley postponed a foot operation until after the series, came straight off the night shift to do one race, altered his shift pattern to fit in with another, only to be thwarted by a late fixture change. Unlucky! Bad luck also for Julie Masterman, prevented by injury of taking her rightful place amongst the ladies' elite.

Dave Hanney, Kay Ryan and Richard Bramham were the only Striders to complete all six races, the seventh year in succession for Dave and the fourth for Kay.

Individual places: 3rd Simon Griffin, 13th Dave Hanney (and 2nd over 50), 17th Mike Baggott, 18th Nigel Warner (and 2nd over 55), 20th Mark Thompson, 23rd Richard Bramham, 33rd Steve Lund.

Ladies: 11th Kay Ryan (and 2nd over 45).

APRIL: LONDON MARATHON

One hundred years ago the Royal Family asked for the Olympic marathon distance to be stretched slightly so that they could see the start of the race from the comfort of their own home at Windsor Castle. The length of the race has been 26 miles 385 yards ever since, and although the Royals have little input these days the marathon has continued to grow in popularity.

On Sunday over 35,000 runners, joggers and walkers lined up for the 28th London Marathon, and for once had perfect conditions in which to run. Rain isn't a problem once you've warmed up, and there was none of the heat which destroyed so many aspirations last year. Unfortunately, thanks to a ballot entry system which steadfastly refuses to recognise the dedicated club runner, only three Viking Striders were there to enjoy it (plus club stalwart Dave Hanney's wife Lynne who incidentally recorded an excellent time of just over five and a half hours).

Giles "Flying Doctor" Harris has been the Striders' best exponent of the art for some time, but even he excelled himself on Sunday with a quite exceptional 2.51.46. To put it into context this was the fastest time by a Strider since Norman Prentice's marvellous 2.51.39 at London in 1991. Of course, according to BBC commentators, anyone slower than two and a half hours is dismissively labelled as a fun runner, but believe me the hard work involved in getting to Giles' level does not include much of a fun element.

Simon Griffin's 3.03.13 was an excellent effort by anybody's standards, although he will have been slightly disappointed not to go under three hours again. Dave Pullman last achieved that target in 1996. Older now, although not necessarily any wiser, Dave was happy to enjoy the experience for the umpteenth time and get round in a highly respectable 4.31.17.

APRIL: ROTHWELL 10K

In the late fourteenth century the last wild boar in England was allegedly killed at Rothwell in West Yorkshire by Sir John of Gaunt, who Shakespeare scholars will remember for his stirring speeches in Henry 4th Part 1. This information may seem incongruous in the sports pages but it explains why the annual Rothwell 10k is called The Wild Boar Stampede by the organisers, and it serves to introduce a note of culture to an otherwise routine sports report.

There are in fact plenty of bores left in England, including some in the running fraternity, but thankfully they remained untroubled by aristocratic marksmen on Sunday as a large field of nearly 700 runners contested the 10k. Just five Viking Striders made the trip, but such was the quality of this little group that four of the five either beat the 40 minute barrier or just missed out by seconds. The only fly in the ointment was the old chap at the back who cited injury as the reason, proving that an experienced runner always has a range of excuses ready for a poor performance.

The two front runners were Andy Masterman (25th overall) and Simon Griffin, both fantastic efforts, Andy because he smashed his previous best by over one and a half minutes, and Simon because he has had no time to recover from the previous week's London Marathon.

Neil "Half Man Half Biscuit" Bentley was in next despite his persistent refusal to train (good to see him back anyway) closely followed by Mark Thompson, who is working harder and harder to beat 40 minutes but this race may have come too early in the season for him. The next attempt is at Askern in a month's time.

Going back to the London Marathon, sincere apologies to Patsy Fenelon, whose remarkable 3.58 last week was studiously ignored by this writer.

Rothwell times: Andy Masterman 35.29, Simon Griffin 37.41, Neil Bentley 40.32, Mark Thompson 40.36, Nigel Warner 44.12.

APRIL: SHEFFIELD HALF MARATHON

Any runner in search of a half marathon personal best shouldn't really go to Sheffield to look for it. The annual Sheffield half marathon, starting and finishing at Don Valley Stadium, has a mass start of over 4500 competitors, and unsurprisingly the course includes more hills than the average Goole runner sees in a year's training. Fortunately however, the average Goole runner laughs in the face of adversity, and so four of the ten Viking Striders who ran Sheffield came away with a supposedly elusive PB.

Richard Bramham did well to knock 35 seconds off his previous best, and Sandra Brooks did even better to dip under two hours for the first time in only her second Half, but the stars of the day had to be Giles Harris and Jo Mouncey.

Giles ran himself to exhaustion for a fantastic time at the London Marathon only two weeks previously, but here he was going under 80 minutes in a half marathon for the first time, finishing in a very respectable 41st position overall. As for Jo, few would have expected her to continue last year's dramatic improvement, but another nine minutes chopped off her previous best on this difficult course would suggest there's plenty more where that came from.

Andy Masterman was the best of the rest, less than a minute outside his PB, but everyone else had the common decency to be well outside theirs. The last thing the Striders want is a bad name for athletic achievement.

Striders' times:

Giles Harris 79.24, Andy Masterman 82.00, Simon Griffin 83.41, Mark Thompson 95.14, Richard Bramham 98.46, Kev Sipling 104.15, Patsy Fenelon 108.49, Richard Anness 114.08, Jo Mouncey 114.58, Sandra Brooks 119.04.

MAY: BEVERLEY 10K & DRIFFIELD MUCKY DUCK

Unfortunately for the Viking Striders, the Beverley 10k wasn't run last Sunday, when it was nice and cool, but the previous weekend on probably the hottest day of the year so far. This is why, possibly for the first time ever, this report contains no mention of any personal bests, because there weren't any. Richard Bramham, a modest man who has much to be modest about, as Winston Churchill might have said, went the closest, one agonizing second outside his best, which given the conditions was an excellent performance.

Fastest Strider of the day was the rampant Andy Masterman, who treated the undulating course with disdain as he left even Simon Griffin in his wake. Tania Davies did well to go under the hour in her first race in Striders' colours, and another promising performance, but for different reasons, came from Julie Masterman in her first race after a long injury lay-off.

Striders' times:

Andy Masterman 36.41, Simon Griffin 38.17, Neil Bentley 44.00, Richard Bramham 44.20, Julie Masterman 49.34, Patsy Fenelon 51.00, Richard Anness 51.12, Keith Wilson 51.16, Jo Mouncey 52.59, Rob Oldridge 53.01, Sandra Brooks 53.29, Debbie Andrew 57.02, Tania Davies 59.45, Michaela Shepherd 61.00.

The 2k Fun Run had taken place earlier, with over 300 competitors including ten Junior Striders. Unlike the adults, all the Juniors ignored the heat and came back with a series of blistering times, including John Boardman in a very impressive 11th place.

Fun Run times:

11th John Boardman 9.38, 21st Charlie Stead 10.08, 25th George Ounsley 10.09, 30th Jodie Lund 10.17, 34th Alexander Peckover 10.27, 53rd Jacob Oldridge 11.04, 57th Phillippa Oldridge 11.13, 76th Hannah Atkinson 12.04, Jennifer Paxton 12.13, 114th Faye Masterman 13.01.

Last Sunday's Mucky Duck 8 and a half miler, on mixed terrain around Driffield, was a much cooler affair, and a small band of Striders revelled in the conditions. Out of over 200 runners, Andy Masterman (4th), Giles Harris (7th) and Mike Baggott (21st) romped to victory in the team competition, with both Mike and Patsy Fenelon having the added bonus of second place in their age categories.

The real surprise of the day was Colette Leetham's much awaited comeback after a long time out. This was a brave decision on a far from easy course, but one which should boost her confidence for future events.

Mucky Duck times:

Andy Masterman 51.48, Giles Harris 52.45, Mike Baggott 55.55, Kev Sipling 67.18, Patsy Fenelon 69.38, Colette Leetham and Ray Smith both 79.30.

MAY: ASKERN 10K

Who would have predicted that Hull City would win promotion to the Premiership, Donny Rovers would go up to the Championship, and Rob Oldridge would break 50 minutes for 10k, all in the same week? Yet they all happened. Rob's achievement may not have received quite the national press coverage of the other two, but it was still a worthy effort all the same, at the distinctly chilly Askern 10k last Wednesday night.

To be fair the 50 minute barrier was being peppered from all directions. Simon Greenwood also beat it for the first time, Nigel Kirby hit it spot on in his first race for the club, and Jo Mouncey was only seconds outside it.

The 40 minute mark was also under attack. Andy Masterman beat it easily with another cracking run to earn him 14th place overall (out of over 400 finishers), and Paul Turner was three minutes inside it in his

first, and very impressive, race in club colours. Dave Hanney was also well inside, but Martin Booth, rapidly returning to form, just missed it as did Neil Bentley and Mark Thompson (again). Another personal best from Richard Bramham suggests he will be knocking on the 40 minute door before long.

Other Askern stars were Julie Barker with a dramatic improvement on her last 10k outing, Maria Stanley with a very encouraging debut, and Tania Davies, another 10k, another PB.

Striders' times:

Andy Masterman 35.31, Paul Turner 37.00, Dave Hanney 38.21, Martin Booth 40.07, Neil Bentley 40.22, Mark Thompson 40.46, Richard Bramham 43.10, Kev Sipling 45.25, Dave Pullman 46.22, Keith Wilson 47.24, Ray Smith 47.25, Richard Anness 48.06, Patsy Fenelon 48.20, Simon Greenwood 49.30, Rob Oldridge 49.50, Nigel Kirby 50.00, Jo Mouncey 50.14, Sandra Brooks 51.20, Debbie Andrew 53.09, Sandy Midgley 53.30, Maria Stanley 53.47, Dot Pullman 54.23, Marina Booth 54.26, Michaela Shepherd 55.19, John Kaye 56.28, Tania Davies 57.51, Julie Barker 61.17, Caroline Walker 61.19.

JUNE: RIVERBANK CHALLENGE

If it's June it must be time for the Riverbank Challenge, the annual third of a marathon run up and down the bank between town and the Rugby Club on Westfield Banks. This year race day attracted around 400 runners, including over 140 just in the 2 mile Fun Run, of which more next week.

In each of the last three years the weather has been warm if not hot, and in each of the last three years the race has been won decisively by Pumlami Bangani of Salford Harriers. Guess what? On Sunday the weather was hot and the race was won decisively by Pumlami Bangani of Salford Harriers (this time by nearly 4 minutes from 2nd placed Andy Whitworth of Meltham AC).

To add to the overall déjà vu feeling, last year a gentleman rode his motor bike all the way from Preston to compete and then rode back again. He enjoyed it so much he did it again this year, which says a lot for the feel good factor of this race which most conventional road races simply don't have.

There was nothing déjà vu about the Viking Striders' performances. Most club members were helping with organising and marshalling, but new recruit Paul Turner stood out with a brilliant 8th place, beating even the flying Andy Masterman in 11th. Jo Mouncey was first Striders lady home, and when did you think you'd ever read that in a race report?

An enormous vote of thanks go to the extremely generous main sponsors Drax Power Station, Boyes and Bonsor Recruitment, and also to the police and St Johns Ambulance for their invaluable assistance on the day.

Results: 1st Pumlami Bangani (Salford) 47.11, 2nd and 1st Vet over 40 Andy Whitworth (Meltham) 51.05, 3rd John Guveja (Doncaster) 51.07, 4th Paul Marchant (Rothwell) 52.13, 5th and 1st vet over 45 Ian Grewar (East Hull) 53.20, 6th Andy Meskimmon (Dewsbury) 53.31.

Other male vets, over 50: Ian Husband (Beverley) 58.51 and over 60 Victor Shipley (unattached) 62.23.

Ladies: 1st Karen Ball (Ackworth) 61.57, 2nd Carrie Milson (Beverley) 63.32, 3rd and 1st vet over 35 Rebecca Hill (City of Hull) 64.17, 4th and 1st vet over 45 Debbie Farrington (Rothwell) 64.44, 5th Carmen Merchant (Rothwell) 68.01, 6th and 1st vet over 40 Sian Morgan (Driffield) 68.15.

Team Prizes: Doncaster (men) and Rothwell (ladies).

JUNE: HEBRIDEAN CHALLENGE & RIVERBANK FUN RUN

Recent weeks have thrown up two shining examples of what's good about running in general and Goole Viking Striders in particular. The first was Giles Harris' quite magnificent performance in the Hebrides last May Bank Holiday, and the second was the collective efforts of the Striders' juniors in last week's Riverbank Fun Run.

Giles' mandate was simple. Travel up to the Western Isles of Scotland, run the Callanish Stones Marathon on the Isle of Lewis on the Saturday, rest on Sunday then run the Isle of Harris Marathon on the Monday. The runner with the lowest aggregate time would then be declared the winner of the Hebridean Two Marathon Challenge.

In the first race, run past the prehistoric monuments that it was named after, Giles was second in 3.08.22, beaten by Ivor Norman of Hunters Bog Trotters, a Scottish club with a daft name but serious athletic credentials. The margin was just one minute, which in a marathon is like the width of a vest in a sprint.

In the second race, Giles was second again, in 3.14.48, but the winner here hadn't done the first race, and crucially Norman the Bog Trotter struggled in 15 minutes later, handing Giles a famous victory on aggregate by a considerable margin. No matter that the races were poorly attended (just 49 people managed to complete both), this was a fantastic effort, on difficult terrain, by the club's top marathon man, and great publicity for Goole in an area where most people would ask "Where?"

In contrast the Fun Run didn't require quite the same level of stamina but was thoroughly enjoyed by a record entry of 140 runners, including an excellent turn out from Boothferry Primary School. Although the race was won by Josh Rowe of Beverley AC with Jack Derham of Goole AC in second place, the Striders' George Marwood and John Boardman weren't far behind, and with Jodie Lund leading the girls in, the whole team displayed the enthusiasm and camaraderie that has typified all their performances since the group was set up last year.

Positions and times: 5th George Marwood 13.04, 6th John Boardman 13.06, 9th Adam Lund 13.44, 14th George Ounsley 14.36, 19th Charlie Stead 15.06, 29th Alexander Peckover 15.32, 30th Jodie Lund 15.33, 32nd Dennis Marwood 15.37, 33rd Jacob Oldridge 15.54, 36th Connor Broughton 16.12, 44th Philippa Oldridge 16.53, 52nd Laura Robson 17.31, 54th Jennifer Paxton 17.37, 56th Nicole Masterman 17.54, 76th Faye Masterman 19.27, 81st Billy Redshaw 19.39, 82nd Samantha Peckover 19.47, 83rd Kevin Broughton 19.53, 87th Hannah Beare 20.21, 93rd Shaun Paxton 20.55.

JULY: LAXTON 10K

The Laxton 10k is a comparatively new entry in the racing calendar but is showing signs of increasing popularity, with nearly 100 runners braving last Wednesday night's incessant rain.

The Viking Striders have dominated this event in the past, but with greater numbers comes greater competition, and even Andy Masterman with another sub 36 minute performance could only manage

3rd place, although he did win his age group. Other top ten placings were Giles Harris in 5th and Dave Hanney in 9th, Dave also winning his age category.

Surprisingly for a flat course personal bests were few and far between. Both Brian Cook and Simon Greenwood improved by appreciable amounts, and Julie Barker edged ever closer to the 60 minute barrier, but the up and coming star of the day was Daniel Durose in his first race of the year, convincingly beating his dad although to be fair Steve is a bit past his sell by date!

Patsy Fenelon isn't getting any younger either, in fact as the comic George Burns might have said, when she was a girl the Dead Sea was only sick, but Patsy still won her age category as she so often does. Richard Bramham's seasons best was close to his all time PB, but the cigar will have to wait.

Striders' times:

Andy Masterman 35.50, Giles Harris 36.28, Dave Hanney 39.21, Mark Thompson 41.31, Neil Bentley 41.51, Richard Bramham 42.36, Daniel Durose 44.38, Craig Taylor 45.15, Julie Masterman 45.34, Ray Smith 46.41, Dave Pullman 46.58, Keith Wilson 47.23, Steve Durose 47.57, Simon Greenwood 47.57, Patsy Fenelon 48.45, Richard Anness 48.47, Brian Cook 50.04, Jo Mouncey 51.07, Roger Maguire 51.13, Rob Oldridge 51.27, Graham Walker 52.23, Sandra Brooks 53.57, Maria Stanley 54.40, Debbie Andrew 55.00, Marina Booth 56.07, John Kaye 59.12, Julie Barker and Linda Cook both 60.23.

JULY: WALKINGTON 10K

Goole Viking Striders is predominantly a jogging and social club, organised largely for the enjoyment of its members, providing that enjoyment doesn't involve the expenditure of excessive or undue effort. Some people however can't seem to embrace that philosophy, and although naming and shaming isn't usually the club's policy, it has to be said that Andy Masterman and Giles Harris are two of the worst offenders.

To go under 37 minutes in a 10k, as they did last Friday night, is a good enough effort by any standards, but to do it on a difficult and undulating course like Walkington near Beverley makes it quite exceptional.

Others failing to grasp what the Striders are all about were Richard Bramham and Maria Stanley, both close to their target times in the handicap league despite the tough course. Neil Bentley, who races but doesn't train, and Rob Oldridge, who does plenty of both, competed well, but that could be said of the entire Striders' contingent, who all came in comfortably inside the hour. Good to see Julie Masterman and Graham Walker getting back into the swing after their respective injuries.

Striders' times:

Andy Masterman 36.34, Giles Harris 36.58, Neil Bentley 41.30, Mark Thompson 42.03, Richard Bramham 43.05, Julie Masterman 46.02, Dave Pullman 47.47, Ray Smith 48.23, Keith Wilson 48.55, Patsy Fenelon 50.29, Richard Anness 51.05, Rob Oldridge, 51.27, Graham Walker 52.55, Jo Mouncey 53.02, Maria Stanley 53.56, Debbie Andrew and Sandra Brooks both 54.12, Dot Pullman 55.54.

AUGUST: LONDON TRIATHLON & ASKERN 10

Stalwart Striders Karen Mitchell and Dot Pullman, investigating the possibility that life exists outside running, have been in not-so-secret triathlon training for some time. When they started turning up to running sessions wearing wetsuits and riding bikes, it became obvious that their minds were on higher things, and the completion of one or two low key triathlon events has reinforced their determination to succeed at their new disciplines.

The London Triathlon at the weekend was proof that their training is paying off. The so-called Sprint Triathlon consists of a 750 metre swim, 21k on the bike followed by a 5.2 k run. There is little to choose between Karen and Dot running and cycling, but Karen's fantastic swim phase gave her the bragging rights with an excellent 165th place out of 715 female finishers. Dot was slightly further back in 327th place, but factoring in age and lack of experience these were both quite sensational performances.

Split times: Karen swim 14.28, bike 45.40, run 29.05. Dot swim 23.15, bike 47.13, run 27.29.

The mere mortals who, rather pathetically, restrict themselves to running, contested the Askern Ten Miler the following day. Sensational is not a description you will find repeated here, with a series of times lacklustre but just about creditable in view of the tough course. Emerging with credit however were Giles Harris, 27th out of 379 finishers, Michaela Shepherd, three minutes off her PB, and Karen Harper, a very encouraging debut.

Striders' times: Giles Harris 62.43, Mark Thompson 74.22, Julie Masterman 75.42, Ray Smith 80.37, Keith Wilson 83.17, Patsy Fenelon 83.23, Rob Oldridge 89.40, Debbie Andrew 90.55, Jo Mouncey 91.46, Maria Stanley 93.15, Michaela Shepherd 94.45, Sandra Brooks 96.45, Karen Harper 100.30.

AUGUST: DAVE HANNEY'S COAST TO COAST

Dave Hanney of the Viking Striders has never been one to refuse a challenge, for example his Midsummer Madness last year when he ran all six cross country league courses in one day. Ever since he was inspired years ago by the Coast to Coast memorabilia in the Bay Hotel, he has been determined to run the famous route from St Bees to Robin Hoods Bay, all 192 miles of it. Martin and Sandy Midgley had already cycled the route earlier in the year, in the mistaken belief that the club was changing its name to Goole Biking Striders. But this was running, and as he stood a couple of weeks ago at St Bees Head on the westernmost tip of Cumbria, contemplating the enormity of his task, Dave must have wondered what he was letting himself in for.

In typical fashion he was doing it the hard way, without support, taking the train to St Bees (four trains as it happens, including the iconic journey from Settle to Carlisle, at a total cost of just eleven of your English pounds) and backpacking all his camping gear and spare clothing. He gave himself seven days to reach the east coast, which meant running more than a marathon each day. He camped overnight where he could, sometimes in pub gardens, which sounds idyllic until you consider that Dave had disciplined himself not to have a drink until he reached his destination. For some Striders that would be more of a challenge than running seven marathons!

Naturally the glorious British summer threw everything at him. If it wasn't baking hot, which it was in the Lakes when he had to drink from mountain streams and hope no dead sheep were festering upstream, there was the inevitable rain and low cloud, when navigation was by compass only. Of

course the journey had its compensations in terms of glorious scenery, from the Lakes through the Yorkshire Dales and on to the North York Moors, but what a relief to finally reach Robin Hoods Bay exhausted but crucially within the target time.

If you want to know how good a pint of beer can taste, just try running 192 miles in seven days! This was a fantastic display of both physical and mental strength, but there will be no resting on laurels -- the Hanney Monster is already planning his next challenge. We wait with bated breath.

OCTOBER: GREAT NORTH RUN

The Great North Run always takes centre stage at this time of year, but the running season has continued unabated throughout the year, and one or two recent Viking Striders' performances are well worth highlighting.

Carlie Payling's first races for the club (48.47 at the Clumber Park 10k and 113.56 at the Major Stone Half Marathon in Hull) have been rich in promise, and how the club needs a challenger for the number one ladies spot currently held by Julie Masterman. Julie cemented that position with an excellent 3.34 at the Robin Hood Marathon in Nottingham, never an easy course.

At the same meeting Giles Harris (81.39) and Andy Masterman (83.45) were doing the club proud in the Half Marathon. Their positions of 78th and 111th may not sound all that good, but when you consider there were over six and a half thousand finishers, those positions suddenly take on a superhuman quality!

But back to the Great North Run, a race which continues to attract well over 50,000 entries despite the ludicrously high entry fee. The credit crunch has clearly not invaded the world of athletics, and it was certainly at the back of the minds of the ten Striders as they lined up for the race on Sunday.

Steve Durose was so keen to complete his 20th consecutive Great North that he fell over after seven miles and sprained his ankle, but somehow complete it he did and in a very creditable time, along with his son Daniel who was doing the first of his twenty.

Andy Masterman had a stormer to lead the Striders in, and Julie of course was the first Striders' lady. Nigel Kirkby ran his first half marathon for the club despite only having a short time to prepare, and like Carlie has the potential to go much faster.

Great North times: Andy Masterman 81.49, Julie Masterman 95.57, Keith Wilson 109.44, Steve and Daniel Durose 113.06, Dave Pullman 113.15, Rob Oldridge 121.33, Graham Walker 121.34, Michaela Shepherd 124.48, Nigel Kirkby 127.47.

OCTOBER: BISHOP WILTON CROSS COUNTRY

While the glory hunters were doing the Great North Run last week, Goole Viking Striders (Masochist Section) contested the first round of the East Yorkshire Cross Country League on a quagmire of a course at Bishop Wilton.

Times were down on last year thanks to the atrocious underfoot conditions, but it's positions that count for league points. With Simon Griffin coming back to form in 5th place, Martin Midgley racing again after his operation, and Richard Bramham powering into the 6th and final scoring position, the men's team finished a very satisfactory 3rd on the day.

With the first three ladies of each team to count, Kay Ryan and Patsy Fenelon's two-pronged attack was always going to struggle and without any support finished down in 5th place out of eight. And that was only because the three teams behind the Striders could only field one lady runner between them, which goes to show there's always someone worse off than yourself.

Striders' positions and times:

5th Simon Griffin 41.01, 15th Giles Harris 44.13, 20th Dave Hanney 44.36, 27th Martin Booth 45.40, 34th Martin Midgley 46.50, 40th Richard Bramham 47.53, 43rd Mike Baggott 48.47, 62nd Dave Ryan 52.53, 66th Nick Cooper (a very encouraging debut) 53.39, 71st Steve Lund 54.22, 73rd Nigel Warner 54.43, 92nd Craig Taylor (finished despite a bad fall) 60.26, 95th Greg Harris 71.05.

Ladies: 16th Kay Ryan 56.14, 22nd Patsy Fenelon 59.17.

Great North Run footnote: No fewer than four Striders were omitted from last week's report. Carlie Payling once again impressed with an excellent 1.48.16, Kev Sipling continued his march towards a hundred half marathons with a rock solid 1.50.35, Maria Stanley was just under two hours with her charity fund raiser, and Karen Harper's debut half marathon (also for charity) was completed with joyful celebration in 2.18.33.

OCTOBER: HOWDEN 10K & SURVIVAL OF THE FITTEST

After a relatively quiet summer in running terms, the Viking Striders have exploded into activity with the Great North Run, the Howden 10k and the first leg of the East Yorkshire Cross Country League in quick succession. Everybody deserves a medal just for running these things, but several Striders deserve a special mention.

Andy Masterman, for his magnificent victory in the inaugural 10k. **Karen Harper** and **Maria Stanley**, for their Great North fund raising efforts followed by 10k personal bests. **Julie Masterman**, coming back to form with a season's best at Howden. **Linda Cook**, going under the hour in a 10k for the first time. **Leona Milburn**, an excellent debut for the club at Howden. **Kev Sipling**, whose Great North run would have been his 100th half marathon had it not been for injury earlier in the year. **Carlie Payling**, for her improvement across the board, including an excellent Great North.

But all these performances pale into insignificance when compared to **Simon Griffin's** remarkable victory in the so-called Survival of the Fittest in Nottingham. This was a 10k with a difference, incorporating 10 obstacles in the form of, amongst other things, a 5 metre high wall, an assault course, a lake to get across, even running up and down the terraces at the Forest stadium. Simon's time was 54.57, a decent enough effort on a flat 10k but truly fantastic on this course. This was on the Saturday, Andy Masterman's win was on the Sunday, the first time the Striders have ever won two races on the same weekend.

Striders at Howden: Andy Masterman 36.04, Paul Turner 37.34, Giles Harris 38.13, Mike Baggott 39.17, Mark Thompson 42.12, Julie Masterman 43.47, Neil Bentley 45.17, Nigel Warner 47.27, Ray Smith 47.36, Dave Pullman 47.50, Keith Wilson 48.42, Patsy Fenelon 48.59, Simon Greenwood 51.00, Richard Anness 52.26, Maria Stanley 53.04, Sandra Brooks 53.31, Debbie Andrew 54.26, Karen Harper 57.38, Linda Cook 58.08, Leona Milburn 64.00.

DECEMBER: RUDOLPH'S ROMP & LANGDALE END XC

After a lacklustre November, when the only running event of note was an eminently forgettable cross country meeting at South Cave, the Viking Striders have burst into life in December with some excellent performances in the winter mud.

As always with Rudolph's Romp, the frivolous title masks the truly harsh nature of the course, which comprises 24 miles of very undulating countryside complete with atrocious underfoot conditions. Most people take the sensible option and walk it, but of those who ran, Julie Masterman's effort in leading the Striders home in well under four hours was quite exceptional. Also deserving a mention was Neil Bentley, who doesn't race very much these days and trains even less. It was the first time Neil has run more than 13 miles in one go, so to finish in a decent time shows what a naturally talented runner he is.

Hot on the heels of the Romp came the latest leg of the Cross Country League, possibly the most difficult course of the lot, at Langdale End near Scarborough. Both men's and women's teams consolidated their mid table positions, although for once the ladies took the honours with an excellent 3rd on the day, with Julie Masterman, Kay Ryan and Patsy Fenelon well to the fore. Simon Griffin led the men in as usual, with good support from Martin Booth and Martin Midgley despite their works party being the night before. The team was weakened by the absence through injury of team captain Dave Hanney, the first cross country race he's had to miss for seven years.

However the performance of the year so far has to be Giles Harris' simply fantastic 2.50.41 at the New York Marathon, not an easy course by any means. This was the fastest marathon time by a Strider in over 20 years. Enough said.

Rudolph's Romp times: Julie Masterman 3 hours 53, Richard Bramham 4.07, Neil Bentley 4.31, Craig Taylor 4.40, Patsy Fenelon, Ray Smith and Colette Leetham all 6.23.

Cross Country times: 4th Simon Griffin 40.46, 25th Martin Booth 45.33, 28th Martin Midgley 46.12, 40th Mike Baggott 49.00, 43rd Richard Bramham 49.50, 54th Mark Thompson 53.13, 58th Dave Ryan 54.24, 61st Steve Durose 55.09, 62nd Daniel Durose 55.09, 63rd Steve Lund 55.16, 80th Ray Smith 74.14.
Ladies: 9th Julie Masterman 53.22, 12th Kay Ryan 57.32, 14th Patsy Fenelon 58.51, 20th Jo Mouncey 74.14, 21st Sandy Midgley 74.14.



Langdale End XC start line - December 2008

ANNUAL AWARDS 2008

Another year of athletic achievement was celebrated at the Vikings last Saturday as the Viking Striders held their Annual Awards ceremony. The big winners on the night were **Andy Masterman** and **Richard Bramham**. A series of blistering times, including victory in the Howden 10k, earned Andy both the Male Runner and Male Veteran of the Year titles, in addition to Top 3 finishes in both the club's Handicap Leagues. Richard won both leagues for the second year in succession, and with those sorts of performances it was no surprise that he was the Most Improved Male Runner.

Julie Masterman won Female Runner of the Year for the second time despite not being at her best because of injury, and **Jo Mouncey's** dramatic progress earned her Most Improved Lady, also for the second year, along with 3rd place in the Multi Distance League.

Nigel Kirkby and **Karen Harper** have made great progress since joining the club last year, culminating in hard fought Great North Runs, and were deserving winners of the Beginners of the Year trophies. In the Mud Sweat and Tears section, the Cross Country awards were won by **Kay Ryan**, a great servant to the ladies' team who hasn't missed a league race in five years, and **Simon Griffin**, who consistently finishes in the top few in each race. Simon's superb victory in the Survival of the Fittest challenge in Nottingham shows what a strong runner he is.

Patsy Fenelon completed a hat trick of wins in the Female Veteran category as well as 2nd in the 10k League, while **Martin Midgley** won the Marjorie Firth Trophy for a year of exceptional endeavour as he battled back to fitness after a foot operation. **Dave Hanney** won the Invercargill Trophy for his epic Coast to coast run, a small matter of 192 unsupported miles, and Club Person of the Year was

shared by **Steve and Gill Lund** for providing sustenance to exhausted runners at the end of each and every cross country race.

The best runner not to receive an award was undoubtedly **Giles Harris**, whose victory in the Hebridean Challenge, involving back to back marathons, plus a fantastic time in New York, would have brought him certain victory in the Marathon section. If only there had been one.



Presentation Night - January 2009