

STRIDING OUT

Appendix Four 2009



The History of Goole Viking Striders

Continued.....

By Nigel Warner

2009 was an excellent year for the club in many ways, ending with a very healthy membership figure of 89. The Riverbank Challenge profit was only £62.75, but as long as we don't make a loss that's OK. The same committee as last year continued, with Social Secretaries Sandy and Karen excelling themselves in what was to be their swansong prior to handing over the reins for 2010.

Social activities included an evening at Beverley races, a night out at the Capricorn, a Guy Fawkes supper at the Rugby Club, but the highlight for me was the fancy dress Christmas run from the Cricket Club. This was a brave new departure from the usual Sancton cross country format, entirely vindicated by the sight of 30 odd Santas running through the streets of Goole and Howden, which in itself garnered good publicity both on the day and in the Goole Times afterwards.



Santa Run - December 2009



Another notable success was the camping weekend at Robin Hood's Bay, blessed with unusually good weather. Between all the eating and drinking we managed to squeeze in a cracking run on the Saturday which incorporated all types of terrain known to man, including a finish along the beach.



Camping weekend at Robin Hood's Bay - 2009

Another Very Good Thing was the installation of lighting down the path from the Club to Carr Lane. No more guessing where the dog poo might be.

We also did a few running events during the year, as follows.

JANUARY: THIXENDALE CROSS COUNTRY

A race in the East Yorkshire Cross Country League usually means mud up to the armpits, but it was so cold for the fourth round at Thixendale last Sunday, the course was frozen solid. Runners were coming back as clean, if not cleaner, than when they went out, and times were generally quicker because of the better underfoot conditions.

The Viking Striders men's team in particular suffered from being under strength but still managed to retain their mid table position. Mr Consistent Simon Griffin was five minutes faster than last year as he battled to fourth place, and Martin Midgley did well to come in next having come straight from the night shift. Mike Baggott was a very creditable third for the club, while Richard Bramham knocked a full seven minutes off last year's time. Daniel Durose was in next in only his third league race, and David Byas did well to snatch the final scoring position.

Julie Masterman led the ladies in as usual, with Kay Ryan and Patsy Fenelon finishing strongly in supporting roles to ensure the team kept their fifth overall place.

Positions and times (excuses for slow times in brackets):

4th Simon Griffin 39.42, 26th Martin Midgley 44.00 (straight off night shift), 38th Mike Baggott 45.51, 45th Richard Bramham 47.19, 49th Daniel Durose 47.39, 56th David Byas 49.12, 59th Dave Ryan 50.37, 73rd Simon Greenwood 58.51, 78th Dave Hanney (dodgy hamstring), Ray Smith and Steve Lund (shingles) all 62.41.

Ladies: 7th Julie Masterman 49.20, 20th Kay Ryan 56.45, 22nd Patsy Fenelon 58.00.



Thixendale XC race start - January 2009



Simon Griffin at Thixendale



Martin Midgley at Thixendale



Goole Viking Strugglers - Dave Hanney (dodgy hamstring), Steve Lund (shingles), Ray Smith

FEBRUARY: WELTON CROSS COUNTRY

Despite the potentially hazardous underfoot conditions at Welton on Sunday, over 100 hardy enthusiasts turned up to contest the latest round of the East Yorkshire Cross Country League. They needed to be hardy as well, with it being cold enough for plenty of snow and ice to remain from the recent arctic weather, but warm enough for there to be plenty of mud where the snow had thawed.

Ideal conditions, really, for a proper cross country, if only there had been more Viking Striders to enjoy them. We are used to the Ladies' team being depleted, but this time it was the men's turn to suffer as they struggled to make up a squad of six due to a number of reasons, not the least of which was having to provide marshals around the course.

Simon Griffin and Martin Midgley were the only Striders in the top 30, and with Ray Smith operating as sweeper to make sure nobody expired in the mud, it was left to Rob Oldridge to fill the final scoring position. This he did heroically, but it was not enough to prevent the team from slumping to 7th place on the day out of only eight teams, their worst ever position in a single race since the league started in 1994.

The ladies, led as usual by Julie Masterman, fared marginally better with 5th place on the day, but certainly from the men's perspective it can only get better at the final round at Sewerby next month.

Striders' positions and times:

6th Simon Griffin 34.49, 29th Martin Midgley 38.53, 50th Mike Baggott 42.27, 64th Steve Lund 47.16, 66th Dave Ryan 49.35, 67th Rob Oldridge 51.45, 75th Ray Smith 60.08.

Ladies: 9th Julie Masterman 43.29, 17th Kay Ryan 46.49, 25th Patsy Fenelon 51.03.

FEBRUARY: SNAKE LANE TEN

The long-established Snake Lane Ten road race at Pocklington attracts such a large field that runners have to enter early to make sure of getting in. Most of the Striders didn't, which explains why only six of them lined up at the start.

The six consisted of three men and three women, and guess who filled the first three places? You don't need to trawl back through Striders' archives to know that this was the first ever time ladies had come first, second and third for the club in one race, led magnificently by a resurgent Julie Masterman, second in her age category in a top quality field.

It has to be said that the men had a bit of a B team out, with a dramatically reduced Mark Smith concentrating on his marathon training and Dave Pullman trying to come back from injury in time for London in April. In any case Mark had the last laugh as he scooped maximum points in the club's handicap league, beating his target time by a very impressive five minutes.

Striders' times: Julie Masterman 71.07, Kay Ryan 80.33, Patsy Fenelon 80.46, Mark Smith 80.51, Ray Smith 80.52, Dave Pullman 88.04.

FEBRUARY: JUNIORS CROSS COUNTRY AT BARTON

When Andy Masterman put forward the idea of a Junior Section at the Viking Striders' AGM in 2007, a number of sceptics, based on previous experience, thought it unlikely to last the year. How fantastic then to report the start of the Juniors' third year of competition. Far from dwindling away to nothing, the juniors are going from strength to strength not only in terms of numbers but also in ability, as their latest outing in the Barton Upon Humber Cross Country meeting proves.

The Striders competed in four different sections at Barton according to age, as follows:

Girls Under 11

Hollie Raddings (5th), Jennifer Paxton (18th) and Faye Masterman (19th) secured the first medal of the day with a bronze in the team competition, followed closely by Samantha Peckover (20th) and Lucy Pollard (21st). Lucy's performance was all the more impressive because it was her debut for the club.

Boys Under 11

Jacob Oldridge (5th), Alexander Peckover (9th) and George Ounsley (13th) stormed to a silver medal in their team race, with Ewan Derby (19th) not far behind.

Boys Under 13

John Boardman (12th) and Charlie Stead (20th) ran as well as ever and would no doubt have continued the medal winning streak if their team had been up to strength.

Girls Under 15

Jodie Lund (20th), Philippa Oldridge (21st) and Nicole Masterman (23rd) all battled well but just missed out on a medal in what was probably the most competitive section of the day. They were closely followed by Hannah Atkinson (24th) who shepherded home Michaela Cooper (25th) and Rebecca Fielding (26th), both doing well in their racing debuts.

MARCH: SEWERBY CROSS COUNTRY

The final race in the East Yorkshire Cross Country League, at Sewerby on Sunday, resulted in a distinctly average 5th place for both men's and ladies' Viking Striders teams. There was a gale blowing on the cliff top for the race but at least the heavens had the decency to wait until everybody was in the Ship Inn for the presentation before opening.

With the Striders' well-documented history of social as well as athletic achievement, it must have been tempting to keep warm in the Ship Inn while the race was being run. Once again the Striders' teams were ravaged by injury or absence without leave, mainly, it has to be said, the latter, although Daniel Durose and debutant Ian Scoffin injected some much-needed fresh blood.

Without Simon Griffin, whose magnificent running throughout the series had already earned him 4th place overall, Andy Masterman stepped into the breach with a rare appearance, leading the Striders in. Not far behind were Martin Midgley and Mike Baggott, who along with Kay Ryan for the ladies, were the only Striders to have completed all six league races. Julie Masterman as usual led the Ladies team of two in, and was immediately rewarded with 1st place overall in her age category.

Striders' placings and times:

25th Andy Masterman 37.48, 35th Martin Midgley 39.00, 40th Mike Baggott 39.40, 49th Daniel Durose 41.47, 52nd Mark Thompson 42.18, 63rd Dave Hanney 44.59, 65th Nigel Warner 45.12, 68th Steve Durose 45.20, 71st Ray Smith 46.25, 77th Ian Scoffin 50.18.

Ladies: 9th Julie Masterman 43.39, 14th Kay Ryan 47.49.

MARCH: SPEN 20

The Spen 20, run from Liversedge in West Yorkshire, is probably the last opportunity, with the exception of the featureless East Hull 20, to test how much fuel is in the tank prior to the London Marathon in April. Unlike London, Spen isn't an easy flat course, nor does it have streets lined with cheering spectators. One man and his dog is more par for the course here.

258 runners finished the race last Sunday, including four marathon hopefuls from the Viking Striders. Simon Griffin had a tremendous run, finishing 25th in 2.09.45, and must have an excellent chance of beating three hours in London by a distance. Giles Harris and Martin Midgley are more than capable of doing the same when fully fit but ran rather more sedately at Spen, finishing together in 2.25.08. That's sedate by their standards of course, it still equates to each mile in 7 minutes 15 seconds, just in case anyone thinks they jogged round.

The fourth Strider, the evergreen Patsy Fenelon, was delighted to beat 3 hours to finish in 2.59.51, which is simply fantastic for a lady who will be the wrong side of sixty later this year. Female ages should not normally be disclosed of course but in Patsy's case it serves to put her achievement into perspective.

APRIL: LONDON MARATHON

As if 26.2 miles of tarmac isn't enough, the 35000 or so runners in last Sunday's London Marathon had heat exhaustion to contend with as well, as the unusually warm weather continued into the weekend before normal service was resumed on Monday with cold and drizzle. How the nine Goole Viking Striders could have done with those conditions a day early as they battled round an unforgiving course which never gets any easier despite looking quite harmless from the comfort of the average sofa.

This was not a time for personal bests, although Martin Booth knocked nine minutes off his and Julie Masterman was only five minutes outside hers, both performances being excellent efforts in the conditions.

Giles Harris was first in for the club with yet another sub-three hour time, not quite matching last year's brilliance but his preparations have been hampered by illness. Simon Griffin and Martin Midgley weren't at the peak of their capabilities either, but both achieved times that 90% of the field would give their right arms for.

Patsy Fenelon continues to ignore the rule that says runners slow down with age, finishing the race in 21st place in her age group, which is remarkable for such a huge event. Dave Pullman isn't getting any younger either, but his umpteenth marathon was by no means a personal worst.

If there had been an award for courageous runner of the day, it would probably have been shared by Mark Smith and Mike Pollard. Mark had worked so hard to be able to fulfil his marathon potential only to suffer one injury after another in the lead up, and just completing the course was a major achievement. Like Dave his time wasn't a personal worst but it could have been so much better. Mike meanwhile was doing the distance for the first time and also did fantastically well to finish. A marathon debut is a steep learning curve and Mike will be stronger for his next one.

Striders' times:

Giles Harris 2 hours 55 minutes 18 seconds, Simon Griffin 3.09.55, Martin Midgley 3.17.33, Martin Booth 3.22.18, Julie Masterman 3.33.45, Patsy Fenelon 3.47.38, Dave Pullman 4.30.30, Mark Smith 4.48.27, Mike Pollard 5.16.05.

MAY: ROTHWELL 10K AND SHEFFIELD HALF

Bank Holiday Monday's Rothwell 10k is always a good race for decent times, partly because it is one of the few events which boasts a net descent, starting and finishing as it does in different places.

The Viking Striders took full advantage, with the front three of Nigel Holden, Andy Masterman and Mike Baggott going under 40 minutes with ease, being joined for the first ever time by Mark Thompson who has been trying to beat the barrier for years, failing by just a few seconds on every occasion.

Nigel Kirkby, Karen Harper, Michaela Shepherd and Dan Sweeting all registered personal bests, Nigel and Karen having achieved the same at the previous week's Sheffield Half Marathon, not an easy course by any means. Kevin Sipling had led the Striders in on that occasion, so often the unsung hero at the distance.

The Striders' first lady at Rothwell, Julie Masterman, is nearly back to top form, and in fact the whole group ran well, all going under 55 minutes which is a feat in itself. Ray Smith was taking it easy for once, having completed the small matter of the Woldsman 50 miler the previous week. Along with Craig Taylor, Ray finished in 12 hours 21, a remarkable feat of endurance on a course which involved over 700 feet of ascent.

Rothwell times: Nigel Holden 35.39, Andy Masterman 36.21, Mike Baggott 38.39, Mark Thompson 39.58, Julie Masterman 42.34, Nigel Warner 46.26, Ray Smith 46.56, Nigel Kirkby 48.59, Patsy Fenelon 49.15, Richard Anness 49.20, Dan Sweeting 49.38, Mark Smith 51.52, Debbie Andrew 52.39, Michaela Shepherd 53.34, Karen Harper 53.45, John Kaye 54.00.

Sheffield times: Kev Sipling 105.44, Nigel Kirkby 115.36, Jo Mouncey (1st Striders lady) 118.36, Debbie Andrew 122.57, Karen Harper 124.43, Michaela Shepherd 130.25, Sandra Brooks 133.48.



Rothwell 10K – May 2009



Sheffield Half - May 2009

MAY: BEVERLEY 10K

Beverley is never an easy place to come if you want a 10k personal best, but Carlie Payling, Nigel Kirkby and Dan Sweeting all ran faster than ever before with all three being well under 50 minutes, not a bad return from a notoriously undulating course. They were among a magnificent turnout of nearly 30 Viking Striders and are at the forefront of a wave of new, enthusiastic and very promising runners in the Striders ranks at the moment.

Four others registered PBs by virtue of making their debuts for the club at the distance. Jack Crawford burst onto the scene with an excellent sub 45 minute time, Tim Harper did well to break the hour mark, while Nicola Thresh and Claire Tylor both completed the course in fine style. Mike Pollard also did well in his first 10k which must have felt like a sprint after his London Marathon heroics.

Other marathon returnees included Julie Masterman and Mark Smith, both of whom used all that long distance training to record their best 10k times for years.

Earlier Nigel Holden had led the Striders in for the second time in a week, hotly pursued by Andy Masterman with Mike Baggott also going under 40 minutes.

Striders' times:

Nigel Holden 36.08, Andy Masterman 36.43, Mike Baggott 39.29, Neil Bentley 41.22, Mark Thompson 41.37, Julie Masterman 42.07, Richard Bramham 43.30, Jack Crawford 44.41, Carlie Payling 47.12, Dave Pullman 47.22, Nigel Kirkby 48.05, Dan Sweeting 49.27, Mike Pollard 49.59, Patsy Fenelon 50.11, Richard Anness 50.16, Mark Smith 50.47, Ray Smith 50.48, Jo Mouncey 51.02, Graham Walker 51.04, Rob Oldridge 51.48, Debbie Andrew 53.50, Karen Harper 54.23, Norman Walsh 55.00, Dot Pullman 57.20, Tim Harper 59.46, Mike Harvey (welcome back after a long injury lay off) 60.15, Caroline Walker 60.59, Nicola Thresh 68.00, Claire Tylor 69.00.

MAY: JUNIORS BEVERLEY 2K

19 young athletes from the Viking Striders Junior section took to the field at the recent Beverley 2k, once again producing some magnificent times.

Leading the Striders in was John Boardman in an amazing 6th place, closely followed by debutant Luke Reynolds. Another debut runner Jack Martin ran the last 100 metres faster than any other Strider to fend off the challenge of two Beverley AC runners.

Other debutants showing excellent potential included Reece Almond and Bentley Abbey in impressively high positions, while Joseph Ounsley easily beat his mum Joanne and Nina Reynolds would have picked up first prize for biggest smile down the home straight if there had been one.

A special mention for the parents who stayed to cheer in the seniors in the subsequent 10k race, which was a big boost to the older runners who need all the moral support they can get.

Juniors' positions:

6th John Boardman, 13th Luke Reynolds, 19th George Ounsley, 20th Reece Almond, 33rd Jacob Oldridge, 37th Alexander Peckover, 47th Jodie Lund, 50th Charlie Stead, 55th Jack Martin, 63rd Philippa Oldridge,

64th Bentley Abbey, 79th Ewan Derby, 87th Nicole Masterman, 109th Nina Reynolds, 116th Hollie Raddings, 117th Jennifer Paxton, 129th Joseph Ounsley, 166th Samantha Peckover, 167th Lucy Pollard.

MAY: ASKERN 10K

A magnificent turn out of 38 Viking Striders attended the Askern 10k last week, including some excellent prospects who are breathing new life into the Striders as well as bringing the average age down by a distance. Paul McCarton and Laura Hibbard made impressive debuts at Askern, and with Mike Pollard, Nigel Kirkby, Tim Harper and Carlie Payling all registering personal bests, things are looking very good for the forthcoming year.

Swept along by this wave of enthusiasm, the old school didn't do too badly either. The front three of Simon Griffin, Andy Masterman (2nd in age category) and Giles Harris all stormed in around the 36 minute mark, not a PB in sight unfortunately but all three close to their best. Brian Cook beat his PB by 2 seconds but Richard Bramham was an agonising 4 seconds outside his. Mark Smith has to go back to 2001 for a faster time, and Roger Maguire dusted off his fast slippers to record his best time since 2005.

Great to see Alison Hoggarth and Dave Ryan back from injury, while Steve Lund announced his return to the 10k circuit with a fantastic effort after serious back problems. He deserved a prize almost as much as Striders first lady Julie Masterman and the unbelievable Patsy Fenelon, who both won their age categories.

Striders times: Simon Griffin 35.57, Andy Masterman 36.05, Giles Harris 36.38, Neil Bentley 40.29, Dave Hanney 41.16, Richard Bramham 42.40, Mark Thompson 42.48, Julie Masterman 42.55, Paul McCarton 44.23, Steve Lund 45.20, Ray Smith 45.30, Nigel Warner 45.32, Dave Pullman 46.10, Nigel Kirkby 46.40, Carlie Payling 46.47, Dave Ryan 47.06, Laura Hibbard 47.13, Patsy Fenelon 47.35, Kev Sipling 47.39, Mike Pollard 48.03, Mark Smith 49.32, Brian Cook and Graham Walker both 50.02, Roger Maguire 50.49, Jo Mouncey 50.53, Rob Oldridge 51.26, Debbie Andrew 52.48, Karen Harper 54.41, Michaela Shepherd 54.45, Dot Pullman, Karen Mitchell and Marina Booth all 56.57, Alison Hoggarth 57.46, Tim Harper 57.50, Linda Cook and Mike Harvey both 59.16, Caroline Walker 60.05, John Kaye 61.50.

JUNE: RIVERBANK CHALLENGE

With a fell race in Snowdonia being abandoned because of atrocious weather, and with flash flooding hitting the South West, the omens weren't good for Sunday's Riverbank Challenge. Fortunately for the Striders however the sun shone on the righteous, and strong winds, specially ordered for the occasion, kept the bad weather at bay.

Certainly the sun always shines on Pumlani Bangani when he comes to Goole. The Salford Harrier won the race for the fourth successive time, not as convincing as in previous years but they all count. If he wins again next year he will surely be offered the freedom of the city. If he wants it.

Andy Masterman was the Striders' leading man in an excellent fifth place, but the most pleasing aspect from the club's point of view was the potential of this year's new recruits. Jack Crawford and Andrew

Hoyle were both in the top 30, and with Paul McCartan and Daniel Durose also showing well and Ian Scoffin making a promising debut, the Striders are certainly going in the right direction.

The Ladies race was won convincingly by Michaela Sill of Rothwell Harriers, but no Striders ladies competed because they were all marshalling the course along with many of their male colleagues, ably led by Julie Masterman making an impressive debut as Race Director. Many thanks also to Bonser Recruitment and Boyes for their consistently generous sponsorship which makes it all possible.

Race Results: 1st Pumlani Bangani (Salford) 49.55, 2nd Phil Taylor (Brid) 50.07, 3rd John Guyeva (Doncaster) 51.03, 4th J Metcalfe (York) 52.01, 5th and 1st Over 40 Andy Masterman (GVS) 53.06, 6th James Clark (Pudsey) 53.21, 7th and 1st Over 45 George Rutter (Rothwell) 53.27, 8th Peter Baker (City of Hull) 53.29, 9th Mark Dalton (Beverley) 53.58, 10th and 1st Over 50 Mike Jackson (East Hull) 54.16.

Ladies: 1st and 1st over 35 Michaela Sill (Rothwell) 63.57, 2nd and 1st Over 50 Karen Parry (unattached) 66.00, 3rd Jeanette Wilson (East Hull) 66.08, 4th Helen Horrobin (East Hull) 66.29, 5th and 1st Over 45 Karen Osbourne (unattached) 68.51.

Striders' Times: 5th Andy Masterman 53.06, 23rd Mike Baggott 58.39, 26th Jack Crawford 59.16, 29th Andrew Hoyle 59.55, 47th Richard Bramham 62.46, 49th Paul McCartan 63.06, 58th Daniel Durose 65.31, 72nd Mark Thompson 67.24, 104th Brian Cook 72.34, 112th Rob Oldridge 73.36, 115th Richard Anness 73.49, 159th Ian Scoffin 80.34, 172nd Mike Harvey 84.38, 201st Clive Dowie 95.51.

Earlier the 2 mile Fun Run had been won again by Josh Rowe of Beverley with Goole Youth AC's Jack Derham in second. Striders Juniors George Marwood and John Boardman were in 4th and 5th. A full round up of the other junior Strider performances will appear next week.



Goole Riverbank Challenge 2009



Goole Riverbank Challenge 2009



JUNE: RIVERBANK CHALLENGE FUN RUN

It was the new recruits to the Striders' senior ranks who drew most of the plaudits at last week's Riverbank Challenge, but undoubtedly the stars of the future were competing in the Fun Run. Heaven knows why they call it a Fun Run, because make no mistake this was deadly serious stuff, with local rivalries to be resolved and bragging rights to be established.

21 Viking Striders Juniors, including William Broadley making his debut, took part in an impressive field of 131 mostly young athletes. To their eternal credit eight of them improved on their previous best times for the distance, with Jacob Oldridge knocking nearly two minutes off his PB.

Jacob was second in for the club behind the flying John Boardman, with Jack Martin just behind and George Ounsley and Reece Almond also in the top 20. Jodie Lund was the Striders' first lady, with Hollie Raddings in second.

Striders' times and positions:

5th John Boardman 13.12, 10th Jacob Oldridge 13.56, 11th Jack Martin 14.02, 15th George Ounsley 14.14, 17th Reece Almond 14.26, 22nd Alexander Peckover 14.35, 28th Luke Reynolds 14.49, 29th Harry Lloyd 14.57, 36th Jodie Lund 15.29, 37th Charlie Stead 15.36, 50th Alfie Drakeley 15.59, 56th Hollie Raddings 16.27, 58th Ewan Darby 16.29, 59th William Broadley 16.41, 65th Philippa Oldridge 17.13, 67th Michaela Cooper 17.46, 76th Joseph Ounsley 18.41, 78th Faye Masterman 18.54, 81st Billy Redshaw 19.07, 88th Nina Reynolds 19.19, 109th Samantha Peckover 22.09.

JUNE: ISLE OF MAN PARISH WALK

The annual Isle of Man Parish Walk took place recently, involving a course which touches on all seventeen of the island's parishes, covering a small matter of 85 miles as it does so. This is a recognised walking race subject to standard walking rules, in other words you can't run, and the simple but slightly daunting object of the exercise is to complete the course within 24 hours.

Goole was represented by two of the Viking Striders' best runners, Andy and Julie Masterman, but were they up to the walking challenge? Andy is a great 10k runner but this was equivalent to walking nearly fourteen 10k's back to back. From Julie's point of view, although the race can trace its origins back to 1852, it wasn't until 1963 that a lady managed to complete the course. So it wasn't going to be easy.

A record field of 1621 lined up for the start, many with no hope of reaching the finish. At the 55 mile point only about 300 remained, and at this stage Andy decided he too was unlikely to make the finish in the required time, and he pulled out. Which left Julie to plough on regardless, muttering about "Positive Mental Attitude" as if that was all it took. Keep in mind that the schedule demands an average speed of over three and a half miles an hour, which doesn't allow a great deal in the way of sleeping or eating breaks.

In the end Julie was one of just 187 who completed the course within the time, finishing exhausted and blistered in 175th place in a time of 23.28.56. This was an incredible achievement which involved plenty of Positive Mental Attitude certainly, but also reserves of strength and stamina that the rest of us mere mortals can only wonder at.

JUNE/JULY: HULL 24 HOURS/WINTERTON/WALKINGTON/LAXTON

The Striders have run three races in the last couple of weeks, a very hot Winterton 10, a cooler but slightly more undulating 10k at Walkington, and a nicely flat Laxton 10k. However all pale into insignificance when you consider Colette Leetham's performance at the 24 hour Challenge at Costello Stadium last Saturday. This involves running or walking round the track to get in as many miles as possible in the 24 hour period, not at all boring because you get to change direction every four hours!

This is very much a mental as well as a physical challenge, but Colette rose to both as she completed a staggering (literally) 63.2 miles, more than 100 kilometres, in the time allowed.

By comparison the race at Winterton was a doddle, although try telling that to Andy Masterman, 2nd overall just outside his personal best, or to Richard Bramham, 1st Over 45, or indeed to Julie Masterman, 1st lady. The heat of the day meant that ultra fast times were out of the question, but Karen Harper was on hand to rescue the club from being a PB-free zone by going under 100 minutes for the first time.

The Walkington 10k was no picnic either, with only Mr Bramham, in a Rich vein of form, beating his previous best despite the difficult course. Mick Pollard and Carlie Payling were close to their best, and Steve Lund and Mark Smith only just missed out on a season's best, but apart from them the only other smiles were on the faces of Mike Baggott, Julie Masterman and Patsy Fenelon, all first in their age categories.

Dave Ryan did well at Laxton coming back from injury, Neil Neesham broke 40 minutes in his first 10k for the club, and appropriately the first local runner in was organiser Dan Sweeting, but the big star here was Jack Crawford. Jack knocks lumps off his PB every time he runs and is perilously close to the 40 minute barrier already.

Winterton 10 times: Andy Masterman 61.28, Giles Harris 64.37, Richard Bramham 72.37, Julie Masterman 73.01, Nigel Warner 82.02, Dave Pullman 82.14, Patsy Fenelon 83.43, Richard Anness 92.43, Jo Mouncey 97.06, Debbie Andrew 97.13, Karen Harper 99.13.

Walkington 10k times: Andy Masterman 36.44, Mike Baggott 39.42, Richard Bramham 42.16, Julie Masterman 43.10, Steve Lund 45.45, Carlie Payling 47.27, Mick Pollard 48.37, Patsy Fenelon 48.59, Nigel Kirkby 49.16, Mark Smith 50.08, Graham Walker 51.40, Debbie Andrew 52.12, Rob Oldridge 52.15, Jo Mouncey 55.41, Karen Harper 56.14, Tim Harper 59.03, Caroline Walker 60.33.

Laxton 10k times: Andy Masterman 36.04, Giles Harris 37.58, Neil Neesham 39.50, Nigel Holden 41.03, Jack Crawford 41.09, Richard Bramham 42.24, Julie Masterman 43.25, Neil Bentley 43.40, Dave Ryan 45.11, Steve Lund 46.45, Carlie Payling 47.26, Steve Durose 48.34, Ray Smith 48.34, Dave Pullman 48.51, Mick Pollard 52.27, Dan Sweeting 50.06, Nigel Kirkby 50.33, Mark Smith 51.36, Graham Walker 52.08, Mike Harvey 52.27, Phil Ounsley 52.55, Debbie Andrew 53.12, Jo Mouncey 55.37, Karen Harper 55.38, Sandra Brooks 56.49, Tim Harper 58.16, Linda Cook 59.44, Julie Barker 60.59.



Winterton 10 – July 2009



AUGUST: JUNIORS AT ELLOUGHTON / ASKERN 10

At last someone has realised that Fun Runs are no such thing! The Junior Viking Striders who competed in the Elloughton 2 mile Mini run last week certainly didn't think so, as they produced probably their best performance since the formation of the group three years ago.

As a very proud coach Andy Masterman looked on, John Boardman led the Striders in with a fantastic 2nd place overall in 14.58, in one of the strongest fields he has raced against. 8 year old Jack Martin was equally astonishing in 8th place (17.20), beating much older and more experienced runners, while Bentley Abbey (10th in 17.55) just improves with every race. Jack Hancock in only his second race showed great potential as he achieved an excellent top 20 finish, 18th in 19.57.

Nicole Masterman, 21st in 20.16, was the Striders' leading lady, with her sister Faye not far behind, finishing well to snatch 27th place in 22.38 to ensure that all the young Striders were easily in the top half of the race.

The senior Striders meanwhile were tackling an undulating Askern 10 mile course on a similarly hot day. Star performers here were Andrew Hoyle, leading the Striders in on his first excursion at the distance, Richard Bramham, close to a personal best, and Mike Harvey, five minutes off his previous best despite a long injury lay-off.

Meanwhile at the Yorkshire Wolds Half Marathon at Bishop Wilton, Giles Harris was an excellent 19th out of 324 in 85.58 and Julie Masterman's 101.05 was enough for 3rd place in her age category. Slightly further down the field Kath Powell was possibly regretting having chosen one of the country's toughest half marathons as her debut for the Striders, finishing strongly nevertheless in 149 minutes.

Askern Times: Andrew Hoyle 70.55, Richard Bramham 72.06, Steve Lund 83.04, Carlie Payling 85.09, Patsy Fenelon 85.40, Mike Pollard 86.11, Nigel Kirkby 86.20, Richard Anness 87.33, Mike Harvey 88.03, Karen Harper 100.13, Tim Harper 102.36.

SEPTEMBER: WISTOW 10

The Indian Summer ended just in time last weekend for the Viking Striders to resume racing activities in pleasantly cool conditions. The main venue was the inaugural Wistow 10, organised by Selby Striders to replace the now defunct Selby Half Marathon, and it was soon apparent that the Striders haven't been idle during the long hot summer.

Andy Masterman as usual was first in for the club, collecting first Over 40, but it was Tim and Karen Harper, vying for family bragging rights, who produced the most startling performances of the day as they carved 15 and 8 minutes respectively off their previous best 10 mile times. Others going PB-tastic were Carlie Payling with a four minute improvement and Richard Bramham, ducking under 70 minutes for the first time.

Other Striders might not have been achieving PBs but they were collecting prizes. Julie Masterman was 3rd lady overall, Joanne Mouncey and Patsy Fenelon won their age categories, and the ladies' team of Julie, Carlie and Patsy tied for first place with Abbey Runners of Leeds.

Striders' times: Andy Masterman 62.01, Richard Bramham 69.38, Julie Masterman 71.11, Dave Ryan 73.30, Ray Smith 77.34, Carlie Payling 80.48, Patsy Fenelon 80.27, Graham Walker 86.20, Tim Harper 87.40, Jo Mouncey 89.51, Debbie Andrew 91.13, Karen Harper 91.21, Sandra Brooks 92.39, Michaela Shepherd 95.15.

Elsewhere at Nottingham, Dave Pullman was continuing his love affair with the marathon distance, and his outstanding 4.38 shows his metronomic consistency at the event. Mike Pollard went for the more sensible option of the half marathon at the same venue, completing a far from easy course in an excellent 1.58.

SEPTEMBER: GREAT NORTH RUN

The Great North Run, the biggest half marathon in the world (not the longest, they're all 13.1 miles), shows no sign of abating in popularity, continuing to attract 50,000 accepted entries and many more rejected.

Forget the fact that it costs a fortune to enter. Forget also that the creaking infrastructure of South Shields, where the race ends, couldn't cope with the massive influx of people 20 years ago so it certainly can't cope now. And forget that the race is always won under the hour by some bloke in desperate need of a square meal.

This is a run, possibly the only one outside the London Marathon, which people enter for the atmosphere and to be part of a huge sporting occasion, to be carried along by the euphoria of the day and the wave of support from the unfailingly appreciative Geordie crowd. Times don't matter, just as well in many cases, because this is a run not just for the dedicated club runner but for the man or woman in the street who wants to do his or her bit for charity or who simply wants to prove to themselves that they can do such a thing.

The fourteen Viking Striders who ran don't need to prove anything to anybody, being well used to this sort of thing, all except Tim Harper who was making an excellent half marathon debut.

Striders' times:

Andy Masterman 83.49 first in for the club again, Martin Midgley 95.01 a brilliant return to racing after his metatarsal fracture, Julie Masterman a season's best 96.27, Keith Wilson a fantastic 106.20 considering his shall we say advancing years, Carly Payling a great personal best 107.20, Danny Durose 118.00 running with his dad Steve who ran almost the entire distance with an injured calf (the RSPCA have been informed), Graham Walker just about recovered from swine flu 119.37, Dave Pullman 124.50, Jo Mouncey 127.33, Sandra Brooks 132.00, Karen and Tim Harper 132.10 and finally club stalwart Dave Hanney 134.58, providing moral support for his future son in law doing the run for the first time.

OCTOBER: HOWDEN 10K / BISHOP WILTON XC

Last Sunday's perfectly flat Howden 10k provided a welcome relief for the Viking Striders compared to the mountainous, but mercifully dry, cross country at Bishop Wilton the previous week. Having said

that, it's all the same to Simon Griffin, who starred for the club at both venues with tremendous third place finishes.

Andrew Hoyle was the pick of the personal bests at Howden, only seconds away from the 40 minute barrier, and Mike Harvey continues to improve with every race, but it was more towards the rear of the field that most of the heroics took place. Tim Harper, Linda Cook, Caroline Walker and Nicola Thresh all achieved PBs, while Debbie Butcher and Joanne Whiteley both went under the hour in their first races for the club, and Claire White nearly collapsed over the line in a glorious but unsuccessful attempt to do the same.

Ashley Andrew and Josh Moore also made impressive debuts and certainly succeeded in bringing the club's average age down a notch.

The official start of winter had taken place the previous Sunday with the first race of the East Yorkshire Cross Country League. Unfortunately the Striders didn't exactly cover themselves with glory as both men's and ladies' teams slumped to sixth place out of eight. Everybody did their best, and indeed did well to turn up, but they were swamped by the increasingly high standard and competitive nature of the other, larger, teams.

Apart from Simon's superhuman effort, other bright spots were the performances of Danny Durose and also Kay Ryan, who was first in for the ladies.

While all these races were going on, Giles Harris was completing the Loch Ness Marathon, almost unnoticed, in the magnificent time of 2.53.44.

Howden times: Simon Griffin 35.19, Andrew Hoyle 40.03, Mike Baggott 40.20, Richard Bramham 42.24, Ashley Andrew 45.05, Nigel Warner 45.30, Carlie Payling 46.58, Mike Harvey 47.35, Josh Moore 48.30, Patsy Fenelon 48.33, Mike Pollard 49.33, Dave Pullman 49.57, Nigel Kirkby 50.15, Mark Smith 50.24, Rob Oldridge 51.55, Graham Walker 52.01, Jo Mouncey 53.40, Michaela Shepherd 54.39, Sandra Brooks 55.03, Karen Harper 55.28, Tim Harper 56.15, Debbie Butcher 57.10, Linda Cook 57.43, Caroline Walker 59.13, Joanne Whiteley 59.48, Claire White 60.22, Nicola Thresh 67.10.

Bishop Wilton times: Simon Griffin 38.22, Andy Masterman 42.02, Danny Durose 43.06, Martin Midgley 43.26, Dave Hanney 45.42, Richard Bramham 46.42, Mike Baggott 48.03, Dave Ryan 49.59, Nigel Warner 50.05, Steve Lund 51.15, Ray Smith 53.48, Kay Ryan 55.08, Patsy Fenelon 55.16, Richard Anness 56.04, Nigel Kirkby 56.05, Mike Pollard 56.18, Mike Harvey 57.52, Rachel Byas 58.19.



Rich Bramham, Richard Beckett and Martin Midgley at Bishop Wilton XC - October 2009

OCTOBER: BRIDLINGTON HALF

The course for the Bridlington Half Marathon has never been easy, with testing undulations and long drags all adding to the questionable entertainment. You can quite easily lose the will to live just on the interminable home straight, which stretches a mile and a half along the coastal path from Sewerby.

Yet Brid always seems to bring the best out of runners in general and the Viking Striders in particular, there are always personal bests to be had here and this year was no exception, helped in no small part by near perfect weather conditions.

The two Mikes, Harvey and Pollard, carved the most impressive chunks from their previous best times, while Richard Bramham, Carly Payling and Tim Harper also set new marks. Richard was second in for the club behind the flying Andy Masterman, while Debbie Andrew, so often an unsung hero in the Striders' ranks, achieved her best time for three years. Mark Smith also ran well in what was for him a rare half marathon appearance.

Striders' times: Andy Masterman 81.59, Richard Bramham 95.53, Julie Masterman 97.36, Nigel Warner 101.06, Carly Payling 107.09, Patsy Fenelon 108.00, Mike Harvey 108.21, Mike Pollard 110.09, Dave Pullman 111.02, Mark Smith and Ray Smith both 111.44, Richard Anness 117.17, Debbie Andrew 120.00, Tim Harper 131.16, Jo Mouncey 131.42, Karen Harper 134.44.

OCTOBER: HALTEMPRICE 10K

The Haltemprice 10k in West Hull is a permanent fixture on the Viking Striders' autumn calendar, but after last Sunday's race they are beginning to wonder why. Although most were under the hour, no-one came in under 40 minutes and half the Striders' contingent finished with season's worst times. The course has a lot to answer for. Most of the first half of the race is steadily uphill, and by the time you start coming back downhill you're too exhausted (and I only use that word because it's a family newspaper) to take full advantage.

Mike Baggott was first in for the club and second in his age category, but even he was disappointed with what was, for him, a personal worst by some distance. Mike's running style may be ungainly (think Paula Radcliffe having a bad day and you won't be far off) but he was a regular sub 40 man until he joined the Striders. Funny that.

The Strider's leading lady Julie Masterman was 4th overall and 1st in her age group despite a season's worst time, but not everybody was disappointed time-wise. The ever-improving Brian Cook and Tim Harper both knocked more than a minute off their personal bests, and Mark Smith was the only other Strider with a season's best. Add to that age related prizes for Richard Bramham, Patsy Fenelon and Nigel Warner, so it wasn't such a bad day after all.

Striders' times:

Mike Baggott 41.08, Richard Bramham 43.29, Julie Masterman 43.53, Ashley Andrew 45.10, Nigel Warner 45.51, Brian Cook 48.35, Patsy Fenelon 48.55, Mike Pollard 48.57, Mark Smith and Ray Smith both 49.18, Richard Anness 50.11, Mike Harvey 50.26, Josh Moore 50.55, Graham Walker 53.23, Debbie Andrew 54.44, Tim Harper 54.55, Michaela Shepherd 55.20, Jo Mouncey 56.48, Karen Harper 57.30, Linda Cook 58.26, Debbie Butcher 69.09.

NOVEMBER: SNAITH JUNIOR CROSS COUNTRY

When you were aged 11, if you can remember that far back, did you ever spend Sunday morning running cross-country races with nothing to protect you from the freezing wind other than a thin polyester vest? No, neither did I. Yet last Sunday saw an excellent turn out of young people between the ages of 8 and 15 competing in the inaugural cross country event at Snaith School, the brainchild of Race Director Andy Masterman. One or two kids may have been dragged kicking and screaming by overly ambitious parents, but the vast majority were there because they wanted to be, which restores your faith in the younger generation at a stroke.

29 Strider juniors braved the biting cold conditions in the various races, and although they lost out to a strong Beverley contingent in the team competition, there was plenty to celebrate from an individual point of view.

The best race for the Striders was the 13 and under Boys, won by John Boardman with Luke Reynolds close behind, while Jodie Lund and Aaron Newman won prizes in their 15 and under races. Easily the most hotly contested races were in the 11 and under categories, where George Pryor and Rachel Newman led the Striders' boys and girls home in fine style.

Striders' times and positions:

15 and Under Boys: 3rd Aaron Newman 14.40, 4th Kieran Boardman 14.59, 5th Joseph Hancock 16.22.

15 and Under Girls: 3rd Jodie Lund 16.12, 4th Nicole Masterman 17.18.

13 and Under Boys: 1st John Boardman 11.20, 2nd Luke Reynolds 11.41, 5th Charlie Stead 13.04.

11 and Under Boys: 5th George Pryor 9.22, 6th George Ounsley 9.27, 8th Jack Stead 9.31, 9th Bentley Abbey 9.36, 12th Jacob Oldridge 9.46, 13th Jake Elmsley 9.47, 15th William Broadley 9.53, 16th Ewan Derby 9.59, 18th Jack Martin 10.00, 27th Jack Hancock 10.33, 29th Joseph Ounsley 11.16, 31st Jake Taylor 11.27, 32nd Billy Redshaw 11.34.

11 and Under Girls: 8th Rachel Newman 10.37, 13th Nina Reynolds 12.10, 14th Lucy Robinson 12.12, 15th Molly Pryor 12.16, 16th Faye Masterman 13.16, 17th Lucy Pollard 13.17, 18th Hollie Raddings 12.17, 20th Chloe Raper 13.00, 22nd Connie Redshaw 15.31.

NOVEMBER: DREWTON WOODS CROSS COUNTRY

In an ideal world all cross country courses would be entirely downhill, and maybe once the Viking Striders have shuffled off this mortal coil, all the celestial courses, if you can get past St Peter, will be. But pending the arrival of the Grim Reaper, the harsh reality of the East Yorkshire Cross Country League is that the opposite usually applies.

This was certainly the case at the second race of the series at South Cave, which rises inexorably for the first three miles of the course. The Striders can't use that as an excuse because everybody does the same route, but for whatever reason they are struggling to keep up with the strength in depth of most of the other teams, who seem to have weathered the ravages of time better than we have.

Simon Griffin and Giles Harris ran their socks off towards the front of the field, and Dan Durose continues to show tremendous potential, but the team still slipped to a disappointing 5th place on the day. The ladies, led as always by Julie Masterman, duplicated their first leg placing of 6th, but at least they had a full team out. Ladies from Scarborough AC came first and second but with no third runner their team finished in fourth place.

Well done by the way to Martin Midgley for his continued commitment to the cause by coming off the night shift to run, and to Martin Booth for a successful comeback after breaking his collar bone.

So to sum up, while most of the men were mired in mainly midfield mediocrity, and the largely lacklustre ladies looked listlessly lethargic, thankfully the tale that the two teams are in terminal turmoil is totally untrue. Easy for me to say.

Striders' positions and times:

6th Simon Griffin 39.57, 11th Giles Harris 42.02, 35th Martin Midgley 45.00, 37th Dan Durose 45.29, 39th Dave Hanney 46.09, 42nd Martin Booth 46.39, 56th Richard Bramham 48.16, 58th Andrew Hoyle 48.59 (promising debut), 64th Neil Bentley 49.48, 66th Dave Ryan 50.28, 74th Steve Lund 52.25, 79th Nigel Warner 53.20, 82nd Steve Durose 53.52, 93rd Ray Smith 58.03.

Ladies: 15th Julie Masterman 52.24, 25th Kay Ryan 56.19, 26th Patsy Fenelon 57.12, 32nd Rachel Byas 60.39.

DECEMBER: JUNIORS ANNUAL AWARDS / RUDOLPH'S ROMP

After a year of continued growth and impressive progress, the Viking Striders junior section received a series of well- deserved accolades at last week's awards presentation.

John Boardman won Champion Runner of the Year for the second time, while Jack Martin and Nina Reynolds were Runners of the Year in the hotly contested Under 11s section. Luke Reynolds and Jake Taylor won the Best Newcomer and Most Improved awards respectively, and Nicole Masterman was the Under 15s Runner of the Year. The Presidents Shield was won jointly by Hollie Raddings and Lucy Pollard, while Joseph Ounsley won the Coaches Award and Philippa Oldridge a Special Award.

The future of the club will be well secured if even a small proportion of these marvellous young people graduate to the Senior section.

Talking of which, the senior Striders haven't exactly been idle, slaving over a hot Wolds Way as they contested Rudolph's Romp, the annual 24 mile ordeal by cross country organised by the Long Distance Walkers Association. The ludicrously mis-titled Romp is characterised by its colossally difficult course, on which the standard benchmark of excellence is to break four hours. Martin Midgley and Simon Griffin have both done it before on several occasions, and this year was no different, but for Richard Bramham it was a clear indication of how much progress he has made this season.

Giles Harris would have broken 4 hours too had he not gone wrong (by that I mean he took a wrong turning, not that he descended into a downward spiral of drink and drugs), but he still got into the top 50 out of a record field of nearly 400 competitors.

Positions and times:

40th Martin Midgley and Simon Griffin both 3 hours 49, 47th Richard Bramham 3.57, 49th Giles Harris 4.01, 114th Steve and Daniel Durose both 4.52, 128th Craig Taylor 5.00, 197th Ray Smith and Colette Leetham both 6.04.

DECEMBER: LANGDALE END CROSS COUNTRY

Reports about the East Yorkshire Cross Country League this year have been mostly critical or even scathing towards the Viking Striders' level of achievement. This writer takes it all back however, after some mighty exertions at last week's Langdale End race produced much to be positive about.

This is one of the most testing courses on the calendar, with an outward section all thick mud and uphill, contrasting sharply with the last couple of miles, mostly flat or downhill, ideal for a lung bursting sprint to the finish.

For once the Striders had probably their strongest team out, with Simon Griffin, Andy Masterman and Giles Harris all comfortably in the top 20. In-form Richard Bramham snatched the sixth scoring place for the team, while the rapidly improving Dave Ryan is looking to emulate him by the end of the series. Dan Sweeting looked an excellent prospect on his cross country debut.

Now the bad news. All this effort produced an improvement of just one place, from 6th to 5th, but there's an old saying about acorns and oak trees which seems appropriate here.

The ladies team, led by Julie Masterman, ran courageously as they always do, but against very strong opposition they were unable to improve on their 6th place. Another old saying, extolling the virtues of taking part over winning, is a tired cliché but again, is spot on.

Positions and times:

6th Simon Griffin 39.10, 16th Andy Masterman 42.15, 17th Giles Harris 42.26, 30th Martin Midgley 44.14, 32nd Martin Booth 44.58, 49th Richard Bramham 47.12, 51st Dave Hanney 47.29, 55th Dave Ryan 49.17, 58th Mike Baggott 49.54, 69th Nigel Warner 51.58, 70th Steve Lund 52.03, 71st Dan Sweeting 52.39, 72nd Steve Durose 53.27.

Ladies: 13th Julie Masterman, 21st Kay Ryan 56.16, 24th Patsy Fenelon 57.35.

2009 ANNUAL AWARDS

For the Viking Striders, 2009 was a great year not so much for athletic achievement but for social activity, thanks entirely to the efforts of outgoing social secretaries and Club Persons of the Year Sandy Midgley and Karen Mitchell. The Striders have never needed much of an excuse to eat and drink to excess, and Sandy and Karen provided the framework for that to happen in abundance.

Unfortunately many of the Striders still insist on being competitive runners, so last Saturday's Annual Awards ceremony celebrated the athletic year as well as the social one. Andy and Julie Masterman are two of the main culprits, and have already applied for planning permission for an extension to their trophy cabinet. Andy won the Fastest Male and Male Vet of the Year awards, both for the second time, while Julie was Fastest Female and Female Cross Country Runner of the Year.

Julie also won the Invercargill Trophy for her magnificent effort walking 85 miles in less than 24 hours on the Isle of Man, which even eclipsed Colette Leetham's equally courageous 63 miles in the Hull 24 hour track challenge.

The Beginners Award went to Mike Pollard for a series of excellent performances including his first marathon, edging out Tim Harper, whose progress was rewarded by victory in both Handicap Leagues.

In the Most Improved section Carlie Payling was a clear and well-deserved winner for the ladies, while Mike Harvey, in his comeback year from injury, had to fight off stiff competition from Richard Bramham and Mark Smith. Richard won the Marjorie Firth Trophy for a string of personal bests, while Mark had the consolation of Runner Up in both Leagues.

The irrepressible Patsy Fenelon was Female Vet of the Year for the fourth time; Simon Griffin was streets ahead in the Male Cross Country section; and Karen Harper and Nigel Kirkby were rewarded for their efforts with third place in the Multi Distance League and the 10k League respectively.