

STRIDING OUT

Appendix Five 2010



The History of Goole Viking Striders

Continued.....

By Nigel Warner

As reported last year, Sandy Midgley and Karen Mitchell came off the committee to be replaced by the not quite so attractive duo of Andy Masterman and Brian Cook. At the AGM we agreed to increase subs to £20 pa (or £25 for new members including vest), which didn't put many people off as membership increased to 79 by the end of the year.

After last year the social side was always going to be a bit less frenetic, with Julie Barker's BBQ being one of the few highlights. The Santa run around Goole and Howden finishing at the cricket club went down well again, but the big disappointment for me was the disappearance of the camping weekend off the calendar through lack of support.



Santa Run - December 2010



THIXENDALE CROSS COUNTRY

The latest round in the East Yorkshire Cross Country League took place in the tiny village of Thixendale, north of Pocklington, last Sunday. Any other sport would have been cancelled without a second's thought, but it takes more than a blanket of snow to put off the average cross country runner, well used as they are to harsh conditions.

In fact attendance at the event was only slightly below average, unlike Wigan v Hull City the previous day, with only a few people put off by the weather. The Striders' own Steve Durose, for instance, wasn't at all put off by the snow until he got stuck in it.

It was hard to know which required more courage, participating in the race or driving to it in the first place, so treacherous were the roads leading into the village. To gauge how tough the race was, imagine the effort required to trudge through thick snow for 6.2 miles, then quadruple that for the effort required to run that distance. Because of the unpredictable under foot conditions, each step required maximum concentration as well as supreme physical effort just to avoid a sudden switch to horizontal mode.

Team results weren't available at the time of going to press, but with a depleted Striders squad it is a fair bet that neither team's position will have improved as a result of this race, despite Mr and Mrs Masterman's efforts leading from the front.

Performance of the day was a magnificent effort from Steve Lund, all the more exceptional because it wasn't that long ago that a major back operation left him struggling to walk never mind run. Most Ill Advised Comeback of the Day was Mark Thompson's return to racing. Next time he might choose less arduous circumstances.

Striders' positions and times: 14th Andy Masterman 47.01, 21st Martin Midgley 48.27, 43rd Richard Bramham 50.41, 54th Steve Lund 54.51, 56th Dave Hanney 55.15, 60th Mike Baggott 55.53, 62nd Nigel Warner 57.33, 68th Ray Smith 59.39, 72nd Mark Thompson 61.59.
Ladies: 11th Julie Masterman 56.27, 21st Patsy Fenelon 63.33.

WELTON CROSS COUNTRY

The old music hall act Flanders and Swann used to sing about "Mud, mud, glorious mud (nothing quite like it for cooling the blood)". I doubt they would have been so keen had they been called upon to participate in the Welton leg of the East Yorkshire Cross Country League, which was as muddy as a very muddy course indeed.

The Viking Striders, as we know, thrive in adverse conditions and although the ladies were a person short of a team the men had a good turnout. This despite the fact that some of their best runners were out on the course on marshalling duties.

Simon Griffin and Giles Harris put in their usual rock solid performances, but the third Strider in was Danny Durose with a brilliant run oozing potential. Martin Booth, Richard Bramham (fresh from an impressive PB at the Ferriby 10) and Andrew Hoyle, again very promising, made up the scoring team of six.

Julie Masterman and Kay Ryan were the only Striders' ladies brave enough to tackle the course.

Well done by the way to the excellent number of Striders who turned out to support the recent run in aid of the 1st Battalion Coldstream Guards, although most struggled to keep up with the frantic pace set by the leaders.

Welton positions and times:

5th Simon Griffin 34.56, 12th Giles Harris 36.39, 21st Danny Durose 37.28, 38th Martin Booth 39.35, 45th Richard Bramham 41.15, 47th Andrew Hoyle 41.58, 51st Mike Baggott 43.12, 53rd Dave Hanney 43.42, 58th Steve Lund 44.52, 62nd Dan Sweeting 45.55, 75th Dave Pullman 52.29.

Ladies: 9th Julie Masterman 43.32, 18th Kay Ryan 49.01.

"So follow me, follow, down to the hollow, and there we will wallow in glorious mud". They don't write them like that anymore.

SNAKE LANE TEN

According to the Book of Revelations, anyone unlucky enough to receive the Mark of the Beast, widely taken to be the numeric sign 666, "will drink of the wine of God's fury, which has been poured full strength into the cup of his wrath". Strong stuff indeed, and something to be avoided at all costs by the sound of it.

I just hope that the person who finished 666th and last of the competitors in the recent Snake Lane Ten at Pocklington is resting easy in their bed and has not yet been visited upon by any sort of pestilence. They could have easily avoided the risk by simply running faster, which is what the strong contingent of 23 Viking Striders did, all of whom finished under 100 minutes and were therefore automatically spared any divine retribution that might have been knocking about.

At the front, Simon Griffin and Andy Masterman were outstanding, occupying not only 18th and 25th positions overall in what is always a very strong field, but also 2nd and 3rd in their Over 40 category. These boys are excellent athletes and can hold their own in any company, despite that being illegal in some counties. Yet both will feel a tinge of disappointment with their times, Simon being just 6 seconds outside his personal best and Andy failing to beat the hour barrier by 18 seconds.

PBs were the order of the day, with Mike Harvey, Mike Pollard and Carlie Payling all knocking sizeable lumps off their previous best times. All three are improving all the time and can look forward to the new season with confidence. Richard Bramham (again), Dave Ryan and Michaela Shepherd also ran their fastest 10 mile times.

The Striders' one age category winner, with her best time for four years, was Patsy Fenelon. Her exact age will remain a secret but Patsy has obviously been running everywhere instead of using her bus pass.

Striders' times:

Simon Griffin 58.41, Andy Masterman 60.18, Martin Booth 68.19, Richard Bramham 68.19, Dave Ryan 72.50, Julie Masterman 73.25, Ray Smith 77.10, Patsy Fenelon 79.01, Dave Pullman 79.13, Carlie Payling 79.19, Kay Ryan 83.54, Mike Harvey 83.55, Mike Pollard 83.55, Graham Walker 87.24, Tim

Harper 88.47, Debbie Andrew 92.00, Jo Mouncey, Michaela Shepherd and Sandra Brooks all 94.00, Karen Harper 95.04, Sandy Midgley 95.05, Dot Pullman 98.29, Marina Booth 99.50.

SEWERBY CROSS COUNTRY

The East Yorkshire Cross Country League finished with a whimper rather than a bang last Sunday at Sewerby, with the Viking Striders' men finishing in the expected but less than satisfactory position of 5th (out of eight), while the ladies could only manage an even more disappointing 7th. The latter placing could have been even worse but for the efforts of Julie Masterman, playing the role of lone striker at Sewerby and finishing the series with an excellent overall individual position of 7th.

Just two Striders went up for awards at the presentation ceremony, and they were both Simon Griffin, who was 5th overall and 1st Over 40. Simon has been a magnificent leader for the Striders and has never been out of the top five since he joined the cross country team as a fresh faced youth in 2002. (Two things to say about that last comment, firstly my definition of youth is anyone under 45, and also I doubt that Simon has ever been fresh faced, even at birth).

Amazingly, he has admitted that he sometimes slows to walking pace on the steepest sections of certain courses. Walking? During a race? Some of us would rather be poked in the eye with a sharp stick rather than admit to such a thing, yet in Simon's case it's an indication of his strength because of his ability to easily claw back any time lost.

Well done also to the three Striders who completed all six league races, Richard Bramham, Dave Hanney and Steve Lund. Dave has had a tough year battling against injury but Richard and Steve are improving all the time. Giles Harris and Andy Masterman were consistent top 20 finishers when they appeared, and that level of performance, along with the burgeoning talent of young Danny Durose as well as the tried and tested consistency of Martin Midgley and Martin Booth, points to much better things next winter.

Sewerby positions and times:

5th Simon Griffin 34.48, 16th Giles Harris 37.08, 24th Martin Booth 38.18, 26th Danny Durose 38.25, 39th Richard Bramham 41.08, 46th Dave Hanney 42.59, 54th Steve Lund 45.02, 60th Steve Durose and Ray Smith both 47.19.

Julie Masterman was 9th lady in 43.20.



Sewerby XC race start - March 2010



A selection of Striders at Sewerby XC - March 2010

SPEN 20

While the rest of the country were wondering if they could manage a mile for Sport Relief, several Viking Striders had more weighty matters on their minds, in other words the London Marathon next month. The Spen 20, deep in the badlands of West Yorkshire, isn't an easy course by any means so it's an excellent indicator as to how well you're likely to run in April.

Very well indeed, judging by Giles Harris' time (2.17.17), eight minutes faster than last year and well on course for another spectacular sub-three hour time. Julie Masterman (2.35.50) looks set for another great performance, while Patsy Fenelon (2.57.23) won her age category with ease.

The other four Striders have never done 20 miles before, never mind a marathon. Mike Harvey (3.09.45), Karen Harper (3.32.38), Michaela Shepherd (3.33.55) and Joanne Mouncey (3.36.45) all did enough to suggest they will have no problems on the flatter and better supported course in London. They've all done more training than Eddie Izzard did before his 43 marathons in 51 days, a feat which should inspire marathon hopefuls everywhere.

ROSSINGTON GALLOP

The curtain raiser for next Sunday's London Marathon was last week's Rossington Gallop, held at the Northern Racing College over 6 miles 2 furlongs of off-road tracks, over obstacles and through streams. Nothing like the London Marathon then, in fact the race was billed as "The Runners' Grand National".

3rd placed Simon Griffin was saddled with the responsibility of being the Viking Striders' front runner, although Dan Durose came up fast on the rails in 17th place; the spectators felt a little hoarse after shouting their encouragement. Recent recruit Steve Dixon had a mare in 153rd place, but in his defence he can't have recovered from his excellent 4.58 at the Rome Marathon. The mare was recuperating at a local sanctuary.

Rossington times: Simon Griffin 35.27, Dan Durose 40.34, Dave Ryan 43.16, Steve Durose 47.29, Kay Ryan 53.31, Steve Dixon 55.47.

Other memorable performances in recent weeks have included Andy Masterman's brilliant 2.11.44 at the East Hull 20 in preparation for London, and also Tracy Faxon's debut for the club with a very promising 64.53 at the Wakefield City 10k.

Anyone inspired by London to do a bit of running will be very welcome at the Striders' Beginners Night on Wednesday 28th April, starting at 6.45pm from the Rugby/Tennis Club on Westfield Banks. No experience necessary, everyone will be assumed to be totally unfit, a condition which many of the Striders are familiar with even now.

LONDON MARATHON

The thirty odd thousand runners who contested the 30th running of the London Marathon on Sunday were joined by fifteen Goole Viking Striders, the club's largest ever marathon contingent. Conditions were mercifully overcast but still plenty warm enough for running 26.2 miles.

The team included three with a realistic chance of breaking three hours. Giles Harris has been doing that consistently for the last five years, so his 2.56.54 was almost par for the course, but for once he was eclipsed by a flying Simon Griffin, whose magnificent 2.51.48 was a personal best by over seven minutes. Andy Masterman, although his 3.09.45 was only just outside his PB, will have been disappointed not to be nearer the three hour mark, especially since his wife Julie was first Striders lady with an excellent 3.25.24, a PB by nearly three minutes.

The Striders' ranks also included six first timers. Mike Harvey was the star performer with 4.09.33, but Joanne Mouncey, Sandra Brooks (both 4.33.25) and Michaela Shepherd (4.39.20) were also absolutely brilliant on the day. It just goes to show what hard work and a disciplined training regime can do. The other virgin marathoners in this Virgin London Marathon were Tim and Karen Harper (4.48.00 and 5.14.27) who may have been slightly behind the others but have achieved so much in a short space of time.

Richard Bramham obliterated his previous best with 3.34.29 but he will be disappointed not to have broken three and a half hours and will be determined to rectify that next time. The club's most prolific marathon man Dave Pullman, his sub-three performances a distant memory, has done very little training but still raced to 4.24.48, his fastest time since 2006. Dave Hanney's 4.07.19 was also a decent effort considering his last year has been blighted by injury.

The last word must be reserved for the Striders' two elder states persons, Patsy Fenelon and Keith Wilson. Patsy shows no sign of slowing down, in fact her 3.47.41 was almost identical to last year and was enough for an incredible 5th place in her age category. In a field this size that borders on the

remarkable, an adjective which could also be applied to Keith, whose 4.08.48 was only six minutes slower than his last outing in 2007. He just keeps going whatever life throws at him.

PEATLANDS WAY 50 MILES

The Crazy Gang is alive and well and living in Goole. No, not Bud Flanagan's original mob from the Stone Age, nor even Vinnie Jones' Wimbledon FC from the Eighties. Goole Viking Striders' self-confessed loonies (if such a word can get past the politically correct lobby) are Ray Smith and Craig Taylor, who decided that the 26.2 miles of the London Marathon weren't nearly far enough to test their stamina and opted for the Peatlands Way 50 miler instead.

This is a circular event starting at Thorne and taking in the peat moors of Moorends and Hatfield, using the disused railways of North Lincolnshire to visit the villages of Crowle, Ealand, Belton, Epworth, Haxey, Wroot, Hatfield Woodhouse, Stainforth and Fishlake before heading back to Thorne. OK, so not quite the scenic qualities of the Lake District or Yorkshire Dales, but the warmth of the day and the undisturbed terrain meant an abundance of wildlife, including an encounter with an adder, which improved the lads' sprinting speed no end.

Because of works on the nature reserves the course was actually reduced from 50 to 47.2 miles (hardly worth putting your gear on for), which Ray and Craig completed in a shade over 10 hours 47 minutes, placed 6th and 7th. They burnt a massive 5200 calories enroute, the replacement of which being something the rest of the Striders could teach them a thing or two about.

Meanwhile Carlie Payling was tackling the notoriously difficult Sheffield Half Marathon, coming through with flying colours in an excellent personal best time of 1.45.09.

ROTHWELL AND BEVERLEY 10KS

The London Marathon was always going to be a bit too much like hard work, so the Goole Viking Striders have moved nearer to their comfort zone with two quick fire 10Ks, at Rothwell and Beverley, two very different courses but with a surprisingly similar outcome.

Simon Griffin, as he was at London, was the star of both venues, with Andy Masterman in hot, but ultimately vain, pursuit. Simon was 23rd out of 648 at Rothwell (and second over 40), but he bettered that at Beverley with a tremendous 18th out of 1089. These races are very well attended by some class athletes, so to finish that high up is a great achievement.

Leading lady Julie Masterman was 2nd in her age group at Beverley, headed only by Angela Tooby-Smith the ex-Great Britain international. Patsy Fenelon wasn't headed by anybody as she won her category with her fastest 10k since 2005. It must be something they put in the water at Epworth.

In terms of personal bests, the highest achievers were Tim Harper at Beverley, and Caroline Walker and Brian Cook at Rothwell, all with a huge 3 minutes (give or take a few seconds) off their previous best times. Linda Cook knocked nearly a minute off her time at Rothwell, while Carlie Payling and Richard Bramham shaved seconds off theirs at Beverley.

Rothwell times:

Simon Griffin 35.29, Andy Masterman 36.20, Julie Masterman 42.44, Brian Cook 45.46, Michael Harvey 48.19, Debbie Andrew 56.12, Caroline Walker 56.21, Linda Cook 56.51.

Beverley times:

Simon Griffin 35.14, Andy Masterman 36.26, Richard Bramham 42.09, Julie Masterman 42.15, Carlie Payling 46.26, Patsy Fenelon 47.08, Tim Harper 51.43, Graham Walker 52.12, Karen Harper 57.06.

ASKERN 10K

The Striders have been doing the Askern 10k every May for the last twenty odd years, and it never fails to be very well organised and equally well attended, with some very good athletes amongst the 457 finishers. It was a 7pm start so some of the heat of the day had dissipated, but it was still a warm and humid evening not ideal for distance running.

The Goole prize winners were the usual suspects, with Simon Griffin (17th overall) and Julie Masterman both second in their age categories and both close to personal bests. Patsy Fenelon came up trumps again, winning the bus pass category by an astonishing 14 minutes.

Of the other established Striders, Mike Pollard, Dave Ryan and Joanne Whiteley all achieved personal bests, but their thunder was stolen by an outstanding performance from Dan Durose, who easily went under 40 minutes for the first time and looks to have plenty more in the tank. Ray Smith ran as fast as he has for years, Michaela Shepherd missed a PB by 3 seconds, and Graham Walker finished in good time despite a nasty fall.

Askern is always a good opportunity for new recruits to show their paces. Ben Adderley, Liam and Adam Fawcett, Rob Bramham, Lucy Ruhmann and Tracy Faxon all look very promising, Ben in particular having a stormer which saw him beaten only by Simon Griffin.

Striders' times: Simon Griffin 35.22, Ben Adderley 38.23, Dan Durose 38.52, Martin Midgley 41.16, Julie Masterman 41.47, Andrew Hoyle 42.24, Richard Bramham 43.14, Dave Hanney 43.36, Dave Ryan 44.15, Ray Smith 45.15, Liam Fawcett 46.02, Mike Pollard 46.18, Brian Cook 46.41, Carlie Payling 46.58, Nigel Warner 47.27, Adam Fawcett 47.36, Patsy Fenelon 47.42, Rob Bramham 48.22, Mike Harvey 48.25, Nigel Kirkby 50.19, Dave Pullman 50.41, Jo Mouncey 50.53, Steve Dixon 52.02, Tim Harper 53.15, Michaela Shepherd 53.37, Rob Oldridge 53.42, Graham Walker 53.47, Sandra Brooks 54.36, Sandy Midgley 55.58, Debbie Andrew 56.20, Karen Harper 56.39, Linda Cook 58.08, Dot Pullman 59.09, Joanne Whiteley 59.10, Lucy Ruhmann 63.33, Tracy Faxon 65.56.

The previous week Ray Smith and Colette Leetham tackled the very scenic Skidby Windmill Way, a 13.5 mile course taking in the villages of Little Weighton, Rowley and Riplingham which they completed in 2.44.32. Time was not of the essence at this event, judging by the fact that cakes and biscuits were on offer at the refreshment stops!



Askern 10k - May 2010
Top: Dave Hanney; Bottom left: Jo Mouncey and Dave Pullman; Bottom right: Nigel Warner



JUNIORS AT BEVERLEY 2K

The Viking Striders' Junior section continues to grow, to the extent that up to 50 members can be seen converging on the Rugby Club on a Wednesday evening for 6pm training. Their latest outing was the 2k Fun Run at Beverley, not that it was much fun in the wind and rain: the adverse conditions were cheerfully ignored by the Striders as they raced to a series of excellent performances, notably John Boardman and Luke Reynolds in 4th and 5th places in a large field.

Junior Striders' Times: 4th John Boardman 8.50, 5th Luke Reynolds 8.58, 17th George Ounsley 9.52, 21st Bentley Abbey 10.00, 28th Jack Martin 10.17, 34th Josh Howard 10.38, 36th Jacob Oldridge 10.43, 40th Joshua Clarkson 11.09, 46th Nicole Masterman 11.37, 48th Nina Reynolds 11.41, 60th Jake Taylor 11.54, 73rd Joseph Ounsley 12.15, 87th Hannah Gray 12.56, 116th Faye Masterman 13.51, 138th Courtney Clements 14.21, 139th Lucy Pollard 14.24, 170th Laurence Taylor 15.09, 171st Nathan Taylor 15.09, 174th Jack Stead 15.12.

RIVERBANK CHALLENGE

In 2005 I wrote for the first time, "Goole's Riverbank Challenge was won by Pumlani Bangani of Salford Harriers". Now, in 2010, I find myself writing it for the sixth successive time. I don't know what it is about running up and down the riverbank that attracts him, but Bangani is simply unbeatable at this annual showpiece event. Bridlington's Phil "The Runner" Taylor ran him close last Sunday, but as always not close enough, and Goole Youth AC's Jack Derham's excellent third place was surely putting down a marker for a victory at this event in the future. But for the time being, Bangani reigns supreme. Another magnificent effort was that of Kirsteen Young of Leeds City, who was first lady by a full eight minutes from Rothwell's Michaela Sill. Carlie Payling was the Striders' first lady, and if Carlie carries on her current rate of improvement, that won't be the last time I say that either.

Striders' entries were of course limited by marshalling duties, but in spite of that they won the men's team prize through Andy Masterman, Ben Adderley and Danny Durose. Andy we know about, but Ben and Danny have burst on to the scene this year and are fantastic prospects. Andy was 4th overall, first vet over 40, and also won the trophy for first Strider kindly donated by Allan Kirk and his partner Carole. Allan's late Uncle Jack was a keen athlete who lived in Goole for many years with his wife Kath.

Many thanks also to the event sponsors Boyes, Drax Power Station and Bonser Recruitment, as well as the St John's Ambulance and Humberside Police. Without all these people, as well as Race Director Julie Masterman's army of marshals, the race could not go ahead.

Striders' times: 4th Andy Masterman 51.55, 11th Ben Adderley 55.39, 13th Danny Durose 56.04, 20th Paul McCarton 58.32, 29th Mike Baggott 61.42, 68th Carlie Payling 69.16, 73rd Patsy Fenelon 69.44, 83rd Kevin Sipling 70.45, 93rd Dave Pullman 73.15, 111th Steve Dixon 77.00, 117th Rob Oldridge 79.57.

Earlier, the 2 mile Fun Run featured a massive turn out from Beverley AC, who filled the first three places through Andrew Harding, Nicole Dawson and Ethan Dalton. The young Striders fought back however to take three of the next four places thanks to John Boardman, George Ounsley and Jacob Oldridge.

Junior Striders' times: 4th John Boardman 13.40, 5th George Ounsley 13.45, 7th Jacob Oldridge 14.24, 12th Kieran Boardman 14.51, 15th Bentley Abbey 14.59, 18th Charlie Stead 15.14, 20th Jack Stead 15.26, 22nd Joseph Hancock 15.34, 30th Joshua Clarkson 16.16, 34th Joseph Ounsley 16.49, 35th Harley Abbey 17.06, 38th Nicole Masterman 17.16, 39th Jake Taylor 17.21, 43rd Faye Masterman 19.14, 44th Nathan

Taylor 20.20, 45th Courtney Clements 20.39, 51st Bradley Clarkson 22.32, 52nd Aiden Last 22.40, 54th Scarlett Oldridge 23.52, 59th Philippa Oldridge 23.58, 61st Shayna Lockwood-Kellett 24.55.

HUMBER BRIDGE HALF / WINTERTON 10

What's that old saying about going out in the midday sun? Well, the last couple of weekends, at the height of what passes for a heatwave in this country, have seen the mad dogs and Englishmen joined by several Goole Viking Striders as they contested first the Humber Bridge Half Marathon and then the Winterton Ten Mile race. Not many Striders admittedly, but enough to prove that the spirit of competition lives on in the most adverse conditions.

The Half marathon was by far the more arduous of the two events, not just because of the longer distance but because it was run on probably the hottest day of the year so far. Some Striders still managed to excel themselves, for instance Simon Griffin who finished 30th overall out of well over 1500 runners. Julie Masterman won her age category but the more impressive statistic is that she was 7th overall out of 436 ladies. Not only that, Julie went on to win 2nd overall at Winterton, although the field there was slightly smaller, in fact 1400 runners fewer than Humber Bridge!

Other half marathon stars included Carlie Payling, who was only a couple of minutes outside her best despite the heat, and Martin Brownbridge, who did fantastically well but must have wished that he'd chosen a slightly cooler venue to make his Striders debut. Patsy Fenelon gets the last word, and deservedly so; first female over 60 at both races, beating her nearest rival at Humber Bridge by a full six minutes! One day Patsy will slow down but it won't be any time soon.

Humber Bridge times: Simon Griffin 89.13, Julie Masterman 97.19, Ben Adderley 100.08, Carlie Payling 109.26, Patsy Fenelon 116.25, Martin Brownbridge 129.04, Steve Dixon 129.18, Mike Harvey 134.06.

Winterton times: Julie Masterman 71.13, Ray Smith 79.59, Nigel Warner 82.36, Patsy Fenelon 82.41.

WALKINGTON AND LAXTON 10KS

There's a touch of déjà vu about recounting the running exploits of Simon Griffin and Julie Masterman week after week, but both are running so well they just can't be ignored. Two contrasting 10ks in the last week are a case in point, the testing Walkington race being followed rapidly by the flat-as-a-pancake Laxton course.

At Walkington Simon was an impressive 9th overall out of 556 finishers, and then won handsomely at Laxton in admittedly a much smaller field. Julie won at Laxton in equally fine style having been first in her age category at Walkington.

Personal bests weren't exactly thick on the ground at either venue, but they were achieved by two of the Striders' stars of the future Dan Durose and Adam Fawcett, as well as club stalwart Dave Ryan, who knocked more than a minute off his previous best. Lisa Leetham will have been encouraged by her racing debut for the Striders, while recent recruit Martin Brownbridge ran both races and showed tremendous improvement from one to the other.

Walkington times: Simon Griffin 36.42, Andy Masterman 42.42, Julie Masterman 42.43, Ray Smith 47.34, Carlie Payling 47.36, Martin Brownbridge 49.49, Michael Harvey 55.05, Tim Harper 55.06, Michaela Shepherd 55.33, Karen Harper 59.12.

Laxton times: Simon Griffin 35.05, Dan Durose 38.39, Ben Adderley 38.42, Andrew Hoyle 42.43, Julie Masterman 42.51, Dave Hanney 42.57, Dave Ryan 43.54, Ray Smith 45.02, Adam Fawcett 45.43, Michael Pollard 46.36, Carlie Payling 47.04, Martin Brownbridge 47.33, Liam Fawcett 47.48, Steve Durose 48.48, Kev Sipling 48.59, Dave Pullman 49.15, Nigel Kirkby 49.25, Kay Ryan 52.15, Keith Wilson 52.36, Sandra Brooks 53.00, Tim Harper 53.14, Rob Oldridge 53.30, Michaela Shepherd 54.01, Graham Walker 54.38, Jo Mouncey 56.33, Karen Harper 58.00, Linda Cook 58.57, Caroline Walker 61.23, Lisa Leetham 62.00.

ASKERN 10 / ADIDAS THUNDER RUN

No doubting who was the Viking Striders star of last weekend's Askern 10 mile road race, as Andy Masterman went under the hour for the first time, 7th overall out of 321 finishers and leaving even 12th-placed Simon Griffin in his wake. A good day for the Striders was made even better by personal bests for Dave Ryan, Mike Pollard and Michaela Shepherd, and well done also to Lucy Ruhmann and Tracy Faxon making their 10 mile debuts.

The Fun Run was even better news for the Striders, with club juniors filling 13 of the first 18 places. Luke Reynolds was first boy and his sister Nina was first girl, thereby avoiding any arguments about bragging rights when they got back home.

So much for conventional racing. Ray Smith and Colette Leetham don't do conventional. Their normal wheeze is to run round a track as many times as they can for 24 hours, but their latest stunt was the Adidas Thunder Run, which involved running as many 10k circuits as they could round a testing off road course at Catton Park, Derbyshire.

Ray and Collette set off with 1100 other competitors at 2pm on the Saturday, and by 11.30pm had completed 5 laps, the last being in the dark. A few hours break, then 2 more laps, another break and 2 final laps before 2pm on Sunday. That's nine 10ks, or 56 miles, or further than two back to back marathons.

Why do they do it? You'll have to ask them.

Askern 10 times: Andy Masterman 58.59, Simon Griffin 60.41, Dave Ryan 71.47, Kev Sipling 81.36, Patsy Fenelon 82.08, Mike Pollard 82.22, Mike Harvey 87.42, Jo Mouncey 90.48, Michaela Shepherd 93.04, Debbie Andrew 96.50, Lucy Ruhmann 102.02, Tracy Faxon 120.12.

TRIATHLONS

There's no denying that running is a very worthwhile pastime, with many well-documented physical and mental benefits (as well as social ones if you happen to be a Goole Viking Strider). But it has to be said that pounding the pavements or even the river bank will never be the most exciting thing in the world, which is perhaps why so many Striders are turning to the triathlon as a change from normal road race competition.

The recent Sprint Triathlons in Hatfield and London, involving 750 metres swim, 20k bike and 5k run, provided Martin Midgley and Martin Booth with their competitive debuts, joining Dot Pullman, Karen Mitchell and Barbara Dykes who are already veterans at the discipline.

While the two Martins battled for supremacy, with Booth's aquatic expertise being countered by Midgley's cycling proficiency, it was apparent at both events just what a fantastic swimmer Karen is. 19th place overall in the swim phase in London, and a time of less than 13 minutes for 750 metres at Hatfield, tells you all you need to know.

Positions and aggregate times:

London Men: 215th (out of 1430) Martin Booth 1.26.48, 240th Martin Midgley 1.27.17. Ladies 107th (out of 608) Karen Mitchell 1.35.43, 236th Dot Pullman 1.44.07, 457th Barbara Dykes 1.59.00.

Hatfield: 63rd Martin Midgley 1.23.54, 68th Martin Booth 1.25.51, 86th Karen Mitchell 1.30.41, 99th Dot Pullman 1.38.00.

Runners with the good sense to concentrate on what they know best will know that the Great North Run is rapidly approaching. Anyone travelling to Newcastle and wishing to book a place on the Striders' bus on 19th September should contact Linda Cook. Non club members very welcome.

ROBIN HOOD HALF MARATHON

The Robin Hood Half Marathon at Nottingham last Sunday was a good publicity opportunity for the Striders runners who don't normally grab the headlines. Nobody broke two hours, but a difficult course on a warm day is a potent combination for anyone who isn't a professional athlete.

Tim Harper knocked 10 minutes off his previous best to lead the Striders in, while Jo Mouncey was in front for the ladies. Michaela Shepherd improved her personal best by three minutes, and Steve Dixon ran his fastest half in club colours.

Meanwhile, Andy Masterman, no stranger to headline grabbing, was blistering round the marathon course in a brilliant PB of 2.55.44, his first under 3 hours after years of trying.

Half Marathon times:

Tim Harper 120.32, Jo Mouncey 121.33, Steve Dixon 126.40, Michaela Shepherd 127.26, Sandra Brooks 129.14, Karen Harper 131.02, Debbie Andrew 131.07.

GREAT NORTH RUN

The Great North Run may be over hyped and overpriced, but even after all these years it still generates an irresistible lure to the 50,000 or so runners who flocked to Newcastle last Sunday. This is the largest half marathon in the world, and we are constantly reminded of that by the organisers as they run gleefully to the bank.

Yet whilst we may be sceptical about the race's finances, there is no doubt that this is one of sport's great experiences. Starting just outside Newcastle city centre, there are very few of the 13.1 miles to South Shields that aren't lined with spectators, and to run down that last glorious mile along the sea front to the finish can be truly uplifting.

The Viking Striders can certainly consider themselves uplifted. Fast times are difficult because of the congested course, particularly the start, but both Andy Masterman (13th in his age group) and Carlie Payling registered decisive personal bests. Julie Masterman's marvellous 2nd in her group was a season's best if not quite a PB, while Keith Wilson was magnificent once again as he strode to 14th in his category. Joanne Whiteley and Linda Cook, running the distance for the first time, will have loved the experience, as will Lucy Ruhmann and Tracy Faxon at Nottingham the previous week, also making their half marathon debuts.

Striders' times: Andy Masterman 80.18, Julie Masterman 92.16, Carlie Payling 103.09, Keith Wilson 108.48, Mike Pollard 113.01, Nigel Kirkby 124.43, Michaela Shepherd 130.50, Joanne Whiteley and Caroline Walker both 143.17, Linda Cook 149.23.

CLUMBER PARK 10K

The fact that Andy and Julie Masterman were the leading Striders at last week's Clumber Park 10k won't be a surprise to anyone, but the recording of three personal bests on such a difficult course certainly will be. This is no easy jaunt on flat tarmac, but a scenic meander through Sherwood Forest almost entirely on country tracks.

Michaela Shepherd knocked over a minute off her previous best, while Dave Ryan and Tim Harper also set new marks. Striders Juniors Joe Westerman and Nicole Masterman made impressive debuts as they stepped onto the senior stage for the first time.

Clumber Park times: Andy Masterman 36.44 (3rd overall out of 612 finishers, a fantastic effort), Julie Masterman 42.05 (2nd Lady), Dave Ryan 43.30, Joe Westerman 50.04, Kay Ryan 50.16, Michael Harvey 51.08, Tim Harper 51.25, Nicole Masterman 51.57, Michaela Shepherd 52.18, Karen Harper 54.26, Debbie Andrew 54.31.

The previous week had seen equally impressive efforts from the Junior Striders at the Great North Run. The majority contested the Junior 3 Mile race, but possibly the most eye-catching performances came from Josh Clarkson, Harley Abbey and Joseph Ounsley in the Mini One Mile race, all three placed in the top 20 out of over one thousand starters.

Juniors' 3 Mile times: Luke Reynolds 18.48, Jack Stead 19.29, John Boardman 19.32, Charlie Stead 20.04, George Ounsley 20.19, Jack Martin 20.19, Bentley Abbey 20.37, Jack Hancock 21.28, Ryan Noon 21.46, Josh Howard 21.48, Joseph Hancock 22.07, Kieran Boardman 22.10, William Broadley 23.32, Chloe Raper 23.50, Nicole Masterman 24.43, Nina Reynolds 24.44, Grace Barratt-Smith 26.33, Faye Masterman 26.51, Bradley Clarkson 30.29, Aiden Last 34.56.

BISHOP WILTON CROSS COUNTRY

We came. We saw. That was the easy bit. It was the conquering that posed the problem. Faced with the driving rain and cloying mud that graced the first leg of the East Yorkshire Cross Country League at Bishop Wilton, most of us in the large Viking Striders contingent had the urge to turn round and go home. But we stayed, and just as well we did.

With the brilliant Simon Griffin and Andy Masterman leading the way, and with Dan Durose and Martin Midgley securing top 20 finishes as well, the Striders men's team stormed to an excellent 2nd place, their best position for six years. And the men's success seemed to rub off onto the ladies team as well. Last year the ladies struggled to field a full team of three, but there was no such problem this time as they ran to a creditable 5th place. The ever reliable Julie Masterman and Kay Ryan led the way, followed by Sandra Brooks making her cross country debut in the worst possible conditions but nevertheless scoring vital points for the team.

Rachel Broughton, Adam Fawcett and Nick Isted also made impressive debuts, with the Bishop Wilton hills making sure that this was a very steep learning curve for all concerned.

Striders' positions and times (first six men and three ladies to count for points):

2nd Simon Griffin 40.50, 10th Andy Masterman 43.34 (personal best in terms of finishing position), 15th Dan Durose 44.17 (also a PB), 17th Martin Midgley 44.21, 23rd Martin Booth 45.35, 38th Richard Bramham 48.51 (PB), 39th Dave Ryan 49.47 (PB), 42nd Andy Hoyle 50.33, 48th Mike Pollard 53.33 (85th last year, quite an improvement), 50th Nigel Warner 53.47, 52nd Dave Hanney 54.03 (personal worst, injured), 53rd Steve Lund 54.05, 63rd Dan Sweeting 56.08, 64th Steve Durose 56.16, 71st Richard Anness 58.59, 73rd Adam Fawcett 59.42, 81st Nick Isted 65.43.

Ladies: 5th Julie Masterman 49.29, 12th Kay Ryan 58.20, 22nd Sandra Brooks 68.22, 24th Michaela Shepherd 69.23 (PB), 25th Sandy Midgley 69.26, 26th Jo Mouncey, 27th Rachel Broughton 70.28.

BRIDLINGTON HALF MARATHON

If last Sunday's Bridlington Half Marathon is anything to go by, the Viking Striders do like to be beside the seaside. Brid isn't an easy course by any means (if you're running badly it seems entirely uphill) but in perfect conditions, with the masterful Mastermans leading the way as usual, a number of personal bests caught the eye.

Mike Pollard scraped a few seconds off his previous best, Carlie Payling went under 100 minutes for the first time (certainly not the last), Nigel Kirkby knocked an impressive four minutes off his, but the biggest improvement came from Martin Brownbridge, a PB by over sixteen minutes!

Just about everybody else achieved a season's best, apart from the writer and also Dave Pullman, who has done precisely nil training over the last two months but still managed to finish in just over two hours.

Writer's footnote: I had a very bad run at Brid, finishing up a shambling wreck on the brink of despair. What I did not need as I shuffled my way painfully towards the finish, were people shouting at me as they passed by, "Come on Goole, you can do it!" I wanted to shout back, "I'm well aware I can do it, I'm running this race for the twenty first time and I have a PB you can only dream about!" What I actually said was, "Cheers mate!" They meant well after all.

Striders' times: Andy Masterman 82.05, Julie Masterman 92.00, Dave Ryan 97.19, Carlie Payling 99.50, Ray Smith 105.11, Patsy Fenelon 105.30, Kev Sipling 107.57, Mike Pollard 110.00, Nigel Kirkby 111.12, Nigel Warner 111.41, Martin Brownbridge 112.46, Dave Pullman 127.23.

WISTOW 10 & HALTEMPRICE 10K

A fixture clash last week meant that the Viking Striders had to choose between a flat 10 miler at Wistow or an undulating Haltemprice 10k in Hull. Judging by the number of personal bests, 4-1 in favour of Wistow, the moral of the story is, always go for the flat course.

The pick of the Wistow PBs was Carlie Payling going under 75 minutes for the first time, but Jo Mouncey and Tim Harper also set new marks, as did Simon Griffin, whose 15 second improvement at his level is probably worth ten minutes at the back of the field.

The Haltemprice star was Lucy Ruhman, who went under the hour for the first time. Dave Ryan and Michaela Shepherd were only seconds outside their best, Dave leading the Striders in for the first time but probably not the last judging by his progress this season.

Wistow times:

Simon Griffin 58.26 (11th overall), Julie Masterman 69.51 (1st in her age category), Carlie Payling 74.46, Ray Smith 75.52, Tim Harper 85.33, Jo Mouncey 85.38, Dan Sweeting 86.09, Sandra Brooks 92.10, Karen Harper 92.12

Haltemprice times:

Dave Ryan 43.35, Nigel Warner 46.09, Mike Pollard 46.53, Nigel Kirkby 48.22, Martin Brownbridge 48.29, Richard Anness 49.45, Kay Ryan 50.40, Michaela Shepherd 52.37, Debbie Andrew 56.53, Linda Cook 59.32, Lucy Ruhman 59.37.

CROSS COUNTRY LEAGUE -- DREWTON WOODS

After the euphoria of the first round of the East Yorkshire Cross Country League, when the Striders' mens team came second, it was back down to earth at South Cave last Sunday as an under-strength Goole side finished 6th. The ladies fared slightly better in 5th but generally it was a day to enjoy the pleasures of cross country running (yes, there are pleasures) without worrying too much about finishing positions.

On the plus side there were record attendances, both in total (186 runners) and for the Striders (29). The bad news was that a marshalling malfunction meant that some runners went one way and some the other; the Goole front runners Simon Griffin and Dan Durose were two of the unfortunates to be directed the long way round.

Striders' times and positions: 5th Simon Griffin 40.22, 29th Dan Durose 44.29, 34th Martin Booth 44.21, 45th Richard Bramham 45.11, 48th Martin Midgley 45.23, 50th Dave Hanney 45.37, 68th Dave Ryan 48.55, 72nd Mike Baggott 49.26, 75th Mike Pollard 50.40, 79th Steve Lund 51.20, 85th Nigel Warner 53.06, 91st Dan Sweeting 53.39, 92nd Ray Smith 53.50, 93rd Adam Fawcett 54.00, 100th Martin Brownbridge 54.55, 108th Steve Durose 56.29, 113th Nigel Kirkby 58.05, 115th Tim Harper 59.34, 120th Nick Isted 63.27, 123rd Steve Dixon 65.29.

Ladies: 6th Julie Masterman 46.58, 34th Kay Ryan 57.05, 44th Sandra Brooks 64.37, 46th Sandy Midgley 66.24, 48th Jo Mouncey 66.59, 49th Rachel Broughton 67.02, 50th Dot Pullman 67.16, 52nd Karen Harper 68.42, 59th Caroline Walker 76.34.

The previous week Andy and Julie Masterman had mounted an assault on the Scarborough 10k. Andy was 16th out of 1016 in 36.01, and 2nd over 40, while Julie was second lady in 41.30. The highlight of the day was the presentation of prizes by Olympic gold medallist Sally Gunnell.



Julie Masterman accepting her prize for 2nd Lady from Sally Gunnell

JUNIORS CROSS COUNTRY

The Viking Striders Junior section has been in non-stop cross country action in recent weeks, with Scunthorpe's Quibell Park meeting being rapidly followed by the annual event at Snaith School organised by the Striders' Andy Masterman. Snaith in particular was very well attended, with over 100 young athletes coming from as far afield as Scarborough.

It would be unfair to single out any one performance when so many gave 100% effort, but I'm going to anyway; Luke Reynolds followed up his 4th place at Scunthorpe with an impressive win in his category at Snaith.

The juniors were certainly well supported. Even as the youngsters sprinted for the line at maximum speed, straining every sinew, their parents were there urging them on to even greater efforts. My parents were never that pushy when I started running. Mind you, I was 36.

Leading positions:

Quibell Park: Under 11 Girls – Nina Reynolds 6th and Chloe Raper 10th, Under 17 Girls – Nicole Masterman 6th, Under 11 Boys – Josh Howard 8th and Josh Clarkson 9th, Under 15 Boys – Luke Reynolds 4th and John Boardman 5th.

Snaith: 11 & Under Boys – Jack Stead 3rd, 13 & Under Boys – Luke Reynolds 1st, 15 & Under Girls – Nicole Masterman 2nd.

ANNUAL AWARDS 2010

The annual Viking Striders presentation night was held at the Vikings last Saturday, and although some of the award winners were very familiar, there were enough new names to suggest a rosy future for the club.

Familiar is probably an understatement when applied to **Simon Griffin** and **Julie Masterman**. Simon was Male Runner of the Year for the 5th time, with a brilliant 2.51 at London being the highlight of his year, while the Female award went to Julie for the fourth successive year. Simon and Julie also won the Cross Country titles for once again consistently leading in their teams in the East Yorkshire League. Continuing the familiarity theme, **Andy Masterman** and **Patsy Fenelon** won the Veteran categories again, Andy for the third time and Patsy for the fifth.

So much for the old stagers. Out with the old and in with the new, as **Martin Brownbridge** and **Lucy Ruhmann** were impressive winners of the Beginners awards. Both have made light work of not only the 10k distance but also their first half marathons.

In the Most Improved categories, **Tim Harper** fought off competition from **Dave Ryan** to win the male award, having made terrific progress throughout the year including a debut marathon. **Carlie Payling** shaded the ladies' trophy from **Michaela Shepherd** with a series of personal bests culminating in an excellent 99 minutes at the Brid Half. Dave and Michaela's consolation was first and second places in both of the club's Handicap Leagues.

Debbie Andrew was a very popular Club Person of the Year for her unstinting and generally unsung support during the year, while **Adam Fawcett's** enthusiasm and cheerful involvement won him the Marjorie Firth Trophy.

Finally **Colette Leetham** won the Invercargill Trophy for a series of long distance events culminating in the so called Thunder Run, a small matter of running 56 miles in 24 hours.

[No photo]