

STRIDING OUT

Appendix Six 2011



The History of Goole Viking Striders

Continued.....

By Nigel Warner

The same committee agreed to continue for 2011. Julie Masterman agreed under some pressure to organise the River Bank Challenge for the third and last time, and the profit of £674 was an excellent way to bow out. All this money, and more, was immediately spent on refurbishing two of the changing rooms at the Rugby Club, including electrical works and repainting.

We did the local Santa run again, but the event is looking a bit jaded and there are murmurings from the cross country brigade about going back to the old Sancton format.



Bunch of Santas outside Goole Cricket Club

The 2011 Presentation Night, held in January 2012, proved to be the last in the Vikings as the pub shut immediately afterwards, its future uncertain. I think our do was the last in the old function room. We finished the year with 70 members.

THIXENDALE CROSS COUNTRY

December was a very bad month for runners, as it was for all sportsmen prevented by the weather from plying their trade.

The postponement of the Langdale End leg of the East Yorkshire Cross Country League was the first time a race has had to be called off since the league began in 1994, although it was the state of the roads and lack of roadside parking in the area that forced the decision, rather than the condition of the course itself. Generally if someone is daft enough to spend Sunday morning getting wet, cold and exhausted for no good reason, they are prepared to battle through any hardship to achieve those aims. Last weekend's round at Thixendale went ahead despite treacherous road surfaces, although the Striders' men's and ladies' teams might have wished for a better result, finishing in 6th and 5th respectively.

As always Simon Griffin and Julie Masterman led in their teams of usual suspects, although notably Steve Durose and Sandy Midgley had fine runs to snatch not only the final scoring positions but also the considerable adulation that goes with them.

Striders' positions and times:

7th Simon Griffin 42.57, 26th Martin Midgley 46.24, 38th Dan Durose 48.11, 49th Dave Hanney 51.40, 50th Dave Ryan 51.57, 53rd Steve Durose 53.55, 56th Ray Smith 55.34, 57th Dan Sweeting 55.35, 62nd Steve Lund 56.34, 79th Steve Dixon 66.25.

Ladies: 8th Julie Masterman 56.28, 18th Kay Ryan 62.37, 22nd Sandy Midgley 67.21.

CROSS COUNTRY LEAGUE

The postponement of running events during the snow and ice of December is now having the inevitable knock on effect as the weather improves. The two recent back to back Cross Country League races will soon be followed by the Snake Lane Ten next week and the 25 mile Rudolph's Romp the week after. Any Strider who does all four will deserve a medal for stamina, but is unlikely to get one.

The cross country races, at Langdale End near Scarborough and at Welton near Hull, involve very different courses although predictably both were liberally covered in a layer of mud. In the absence of the club's talisman Simon Griffin the Striders were always going to struggle a bit, although Martin Midgley was a model of consistency in 25th and 26th places, leading the Striders in at Langdale.

Andy Masterman and Giles Harris, with top 20 finishes at Welton, and also Martin Booth at Langdale and Dan Durose at Welton, did their level best but the men's team continue to languish in 6th place in the league. Just as well it's the taking part that counts.

Surprisingly the ladies team, which should be a team of three but more often than not ends up with just Julie Masterman and Kay Ryan, are now in a comfortable mid table position, scaling the dizzy heights of fourth position. Here come the girls!

Positions and times:

Langdale End: 25th Martin Midgley 44.54, 26th Martin Booth 45.00, 43rd Richard Bramham 48.07, 56th Dave Hanney 52.41, 57th Dave Ryan 52.44, 63rd Dan Sweeting 54.11, 66th Mike Pollard 55.52, 71st Ray Smith 57.20, 72nd Rob Bramham (XC debut) 57.32, 77th Nigel Kirkby 60.47, 80th Steve Dixon 62.59, 86th Nick Isted 65.58.

Ladies: 4th Julie Masterman 49.36, 20th Kay Ryan 62.07.

Welton: 14th Andy Masterman 37.14, 19th Giles Harris 37.48, 25th Dan Durose 38.46, 26th Martin Midgley 38.57, 35th Richard Bramham 40.48, 43rd Dave Hanney 42.25, 56th Dave Ryan 44.05, 57th Steve Lund 44.34, 65th Dan Sweeting 46.01, 75th Nigel Kirkby 50.33, 77th Nick Isted 52.24, 79th Steve Dixon 54.48, 80th Rob Oldridge 55.03.

Ladies: 5th Julie Masterman 41.00, 32nd Kay Ryan 53.17.

SNAKE LANE TEN

Last Sunday's 20th running of the Snake Lane Ten at Pocklington was the first big road race of the year for most of the Striders, and a good opportunity to find out how effective the winter training has been. The answer to that question, very effective indeed, as Lucy Ruhmann (by a massive eight minutes), Michaela Shepherd, Tim Harper and Dan Sweeting all achieved personal bests, while Sandra Brooks, Richard Bramham and Karen Harper came close.

Andy Masterman was close as well, and would have done it if he hadn't stopped to tie his shoelaces. Andy was 25th overall and 3rd in his age group, while his wife Julie was 11th Lady and 2nd in her category. One Nil to Julie.

John Kaye was slightly nearer the back of the field, but hardly surprisingly. You don't get to play prop at Rugby without being a big unit, and John, no stranger to a fish supper, is certainly that. Having limbered up for the race by playing rugby for Selby the day before, his achievement in running 10 miles in 93 minutes is nothing short of inspirational, especially for those who think you have to be eight stone wringing wet to be a decent runner.

Adam Fawcett and Martin Brownbridge were racing the distance for the first time, while Rachel Ridgway was making her debut for the club at any distance. All have the talent and the potential to reduce their times dramatically if they have the desire to do so.

On a personal note, I thought I'd done quite well until I found out that the winner (48.03) had had time for a leisurely shower and a cup of tea before I strolled in!

Striders' times:

Andy Masterman 59.06, Richard Bramham 68.57, Julie Masterman 69.13, Ray Smith 76.15, Nigel Warner 77.06, Carlie Payling 77.42, Adam Fawcett 78.41, Martin Brownbridge 81.47, Keith Wilson 82.03, Tim Harper 83.50, Dan Sweeting 85.24, Mike Harvey 86.02, Graham Walker 88.13, Jo Mouncey 88.50, Michaela Shepherd 89.20, Karen Harper 91.56, Sandra Brooks 92.10, Rachel Ridgway 93.26, Lucy Rhuemann 93.28, John Kaye 93.29, Debbie Andrew 94.00.

SEWERBY CROSS COUNTRY

Goole Viking Striders were in action on several fronts last weekend, but the main event was the final leg of the East Yorkshire Cross Country League at Sewerby.

With the men finishing 6th and the ladies 5th (out of eight teams), the club has had many more successful seasons and very few worse ones. The old adage about the importance of taking part comes to the fore again, and if you lose you can always say that the pleasure of running cross country on a crisp winter's morning far outweighs the fleeting pleasure of success.

Goole's prize-winners were restricted to the ladies, with the excellent Julie Masterman and Kay Ryan winning their age categories and Julie snatching second place overall.

For the men, Simon Griffin stood out in the first half of the season, with Andy Masterman taking over the mantle later on. Dan Durose and Martin Midgley ran consistently all season for 15th and 16th overall placings, and well done to Dave Hanney for being the only male Strider to run all six races, although as team captain he didn't have much choice.

Elsewhere, Dave and Kay Ryan were blistering around the Norton 9 course in 64.15 and 77.33 respectively, and Martin Brownbridge ran a half marathon personal best around the Silverstone motor racing circuit. Martin's only problem was whether to use wet, dry or intermediate trainers.

Meanwhile, in times ranging from four and a half to six hours, Ray Smith, Collette Leetham and I were doing Rudolph's Romp, postponed from December, a little 24 mile loosener organised by the Long Distance Walkers Association.

Sewerby positions and times: 7th Andy Masterman 35.00, 25th Dan Durose 37.35, 36th Richard Bramham 38.57, 40th Dave Hanney 39.42, 57th Mike Pollard 43.02, 60th Steve Durose 43.29, 61st Steve Lund 43.52, 78th Rob Oldridge 50.37, 79th Nick Isted 51.12, 81st Steve Dixon 54.12. Ladies: 4th Julie Masterman 40.32.

LONDON MARATHON

Kenya's Emmanuel Mutai, who won the London Marathon on Sunday in a sensational time of 2.04.40, might as well have been in a different race to most of the thirty odd thousand competitors who trailed in his wake. Their priority was not to win or even come close, they just wanted to enjoy the day and get to the finish line, no mean feat in itself on a day way too hot for fun running.

No one enjoyed themselves more than Goole's answer to Kenya's finest, the Striders' Andy and Julie Masterman. To save going over the top with superlatives, let the facts speak for themselves: Andy was the first male Strider to go under 2.50 since the great Paul Peacock in 1987 (although Giles Harris has come close), and Julie was the first lady Strider to go under 3.20 since the legendary Karen Bexon in 1999.

Against these statistics, everyone else rather pales in comparison. Simon Griffin and Martin Midgley (whose preparation was hampered by injury) both ran well, but when your personal best is well under three hours, anything else seems a bit disappointing.

Keith Wilson ran a brilliant race to make nonsense of his OAP status, while Andy Hoyle can and will reduce his time by at least an hour if he can avoid pulling a hamstring. Last of the Striders, but certainly not least and well within five hours, was Alison Hoggarth, who has had her own injury problems to conquer but was still not far outside her previous best.

Striders' times:

Andy Masterman 2.49.09, Simon Griffin 3.01.11, Julie Masterman 3.17.20, Martin Midgley 3.23.27, Keith Wilson 4.14.22, Andy Hoyle 4.15.47, Alison Hoggarth 4.48.41.

ROTHWELL AND BEVERLEY 10KS

After a slow start, the Viking Striders' season has burst into life with two of the most popular 10ks on the running calendar. Rothwell on Bank Holiday Monday was closely followed by Beverley last Sunday.

Because Beverley is a tougher course than Rothwell, most of the Striders who did both were not surprisingly slower in the second race. Lucy Ruhmann and Mike Pollard, however, achieved personal bests at Rothwell and then knocked another minute off their times at Beverley. Too early to say where the end of season Most Improved awards are going, but these two have made a cracking start.

Tim Harper meanwhile, who did last month's Paris Marathon in 4.17 along with Mike Harvey (4.32), revelled in the shorter distance to go under 50 minutes for the first time in the first race, with Dave Ryan the only other Strider to achieve a PB, albeit by only 5 seconds. They all count.

Rachel Ridgway ran her first 10k at Rothwell and then clipped a few seconds off her time at Beverley, where Joe Westerman and Phillipa Oldridge made their senior debuts. Another former junior Nicole Masterman went under the hour for the first time.

Welcome back to Simon Greenwood, who was making a return to racing after his cruciate operation, and also to Jed Stone, who for one reason or another hasn't raced since 2007.

Striders who did both races (Rothwell first): Andy Masterman 35.54 & 36.17, Julie Masterman 41.47 & 42.23, Mike Pollard 45.01 & 44.05, Richard Anness 48.19 & 48.28, Tim Harper 49.32 & 50.53, Mike Harvey 49.57 & 50.45, Jo Mouncey 51.40 & 51.57, Rachel Ridgway 53.00 & 52.57, Karen Harper 54.35 & 56.01, Sandra Brooks 55.31 & 55.49, Debbie Andrew 56.34 & 57.00, Lucy Ruhmann 57.56 & 56.49.

Others at Rothwell: Dave Ryan 43.25, Adam Fawcett 46.42, Dan Sweeting 51.00, Simon Greenwood 57.28, Steve Dixon 63.00.

Others at Beverley: Nigel Kirkby 50.35, Brian Cook 51.13, Graham Walker 53.00, Joe Westerman 54.43, Rob Oldridge 55.53, Michaela Shepherd 56.34, Nicole Masterman 59.08, Caroline Walker 60.46, Phillipa Oldridge 61.01, Linda Cook 64.22, Jed Stone 64.23.

JUNIORS 2K AT BEVERLEY

Anybody who has seen the Viking Striders' Junior section doing resistance training at Westfield Banks, dragging car tyres and even parachutes behind them, can be left in no doubt that they mean business. Up to now their rivals at Beverley AC have always held the upper hand, but at last the Striders have scored a memorable victory, and on Beverley's own patch as well.

The 2k race which provided the prelude to the recent Beverley 10k, was won in great style by Goole's Luke Reynolds, a thirteen year old of tremendous potential. In fact all the Striders achieved personal bests, and Megan Longfield and Alexander Green made impressive debuts.

Striders' positions and times: 1st Luke Reynolds 8.21, 8th Charlie Stead 9.18, 11th George Ounsley 9.35, 15th Jack Stead 9.45, 22nd Josh Howard 10.10, 23rd Jacob Oldridge 10.10, 28th Josh Clarkson 10.10, 29th Ryan Noon 10.20, 44th Megan Longfield 11.14, 46th Joseph Ounsley 11.18, 57th Chloe Raper 11.50, 78th

Alexander Green 12.39, 87th Grace Barratt-Smith 13.10, 105th Courtney Clements 13.47, 129th Brad Clarkson 14.29, 130th Alex Jackson 14.30, 167th Shayna Kellett-Lockwood 16.25, 219th Emily Jackson 20.01.

RACES IN MAY

After three quick fire 10ks in recent weeks, culminating in last Wednesday's race at Askern, now is a good time to summarise a month of frenetic Striders activity.

Tim Harper and Mike Harvey kicked it all off some time ago with excellent times of 4.17.27 and 4.32.09 at the Paris Marathon, and last week's Edinburgh Marathon saw a personal best for Andy Hoyle in 3.28.52 and a brilliant debut for Carlie Payling in 3.53.20.

Sandwiched in between were those three 10ks, at Rothwell, Beverley and Askern. Not surprisingly this is a much more popular distance, the best turn out being a magnificent 32 Striders at Askern.

Star performers in the Goole ranks are easy to find. Firstly, the races were a personal triumph for the Masterman family, with Andy and Julie winning their age categories almost every time out. Their highlight has to be Andy's PB at Askern and 10th overall in a high quality field.

Then there was Mike Pollard and Lucy Ruhmann, who both got faster with each race and ended up with three successive PBs and apparently plenty more in the tank. Tim Harper achieved two PBs despite his marathon exertions, while Dave Ryan, Martin Brownbridge and Rachel Hoyle all set new marks at least once.

The three races also saw several comebacks from injury: Simon Greenwood at Rothwell, Jed Stone at Beverley and Alison Hoggarth and Liam Fawcett at Askern. Welcome back also to Debbie Butcher on her return to the club.

Finally, Rachel Ridgway at Rothwell and Tony Clark at Askern both made impressive debuts at the distance.

Askern times: Andy Masterman 35.19, Dave Hanney 40.42 (best for three years), Julie Masterman 42.23 (won her age category by over 5 minutes!), Mike Pollard 42.34, Dave Ryan 43.48, Ray Smith 45.46, Adam Fawcett 45.50, Nigel Warner 46.05, Martin Brownbridge 47.17, Richard Anness 47.19 (fastest for 5 years), Liam Fawcett 47.38, Tim Harper 49.03, Brian Cook 50.00, Dave Pullman 50.22, Joe Westerman 50.51, Mike Harvey 50.51, Jo Mouncey 51.06 (a model of consistency, 51 minutes odd in each race), Rob Oldridge 51.46, Graham Walker 51.47, Carlie Payling 53.53, Nigel Kirkby 53.53, Sandra Brooks 54.03, Rachel Hoyle 54.16, Lucy Ruhmann 54.19, John Kaye 54.21, Tony Clark 54.49, Michaela Shepherd 55.12, Simon Greenwood 55.12, Debbie Andrew 55.19, Alison Hoggarth 59.49, Debbie Butcher 61.26, Steve Dixon 63.00.

RIVERBANK CHALLENGE

Taking place last Sunday was Goole's Riverbank Challenge, the annual eight and three quarter mile romp up and down the river bank starting at Westfield Banks Sports Complex. Hard work, not just for the runners but also the army of marshalls who make the event possible. Thanks also go to the St Johns Ambulance for their attendance on the day, and also Boyes the main sponsor.

For the first time in seven years I am unable to report that the race was won by Pumlani Bangani of Salford, because his fantastic run of success was brought to a shuddering halt by Bridlington's Phil Taylor, who won in an excellent time of 48.11. Bangani was second in 49.32, slow for him, closely followed by Chris Ward of Wakefield in 50.16. The Striders' Andy Masterman was a brilliant fourth, and first male over 40, in 50.55.

The first athlete from Goole Youth AC was Jack Derham in 9th place in a time of 54.18.

The ladies race was won again by Kirsteen Young of Leeds City in 56.35, with Julie Masterman of the Striders storming in to second place and first lady vet in a great time of 60.25. The Striders' first three ladies, Julie, Carlie Payling and Rachel Hoyle also won the team prize.

Earlier the Fun Run had been won by Beverley's Ethan Dalton for the boys and by Nicole Dawson, also of Beverley, for the girls. John Boardman of the Striders was second, and full results for the other Junior Striders will appear next week.

Striders times: Andy Masterman 50.55, Julie Masterman 60.25, Andrew Hoyle 61.52, Mike Baggott 63.53, Dave Ryan 65.13, Liam Fawcett 67.01, Ray Smith 67.31, Adam fawcett 67.33, Carlie Payling 68.43, Martin Brownbridge 73.19, Rachel Hoyle 79.49, Steve Dixon 80.11, Nick Isted 83.24, Alison Hoggarth 87.25, Debbie Butcher 90.05.

RIVERBANK CHALLENGE FUN RUN

The 2 mile Fun Run which preceded last week's Riverbank Challenge was as hotly contested as ever. Beverley AC had the upper hand on this occasion, with first boy and first girl, but the junior Striders had plenty to shout about as they fielded a new record entry of 36, with 22 of them gaining personal bests.

Goole's leading boy was John Boardman, who was only beaten into second place by a devastating sprint finish by the winner, and the Striders' leading lady was an impressive Megan Longfield. Lily and Sophie Dennison both made encouraging debuts.

Striders positions and times: 2nd John Boardman 12.00, 7th Charlie Stead 13.14, 8th George Ounsley 13.15, 9th Joel Till 13.15, 12th Ryan Brentville 13.51, 13th Jack Martin 13.52, 18th Jacob Oldridge 14.11, 21st Josh Howard 14.15, 25th Josh Clarkson 14.21, 26th Luke Reynolds 14.35, 27th Kieran Boardman 14.35, 31st Ryan Noon 14.47, 35th Owen Parnell 15.02, 36th Joseph Ounsley 15.04, 40th Megan Longfield 15.29, 41st Phoebe Proctor 15.30, 42nd Jack Stead 15.36, 43rd Nina Reynolds 15.38, 45th Harry Noon 15.41, 46th Fiona Till 15.49, 52nd Jordan Atkins 16.24, 54th Connor Sherburn 16.27, 55th Holly Carmichael 16.37, 56th Chloe Raper 16.46, 59th Lily Dennison 17.09, 61st Amy Parnell 17.15, 63rd Alexander Green 17.33, 65th Grace Barratt-Smith 17.42, 71st Courtney Clements 19.04, 72nd Sophie Dennison 20.16, 73rd Alex Jackson 20.29, 74th Shayna Lockwood-Kellett 20.34, 78th Bradley Clarkson 20.56, 80th Courtney Davies 21.08, 86th Aiden Last 23.58, 91st Emily Jackson 27.32. 110 finishers in all.

Footnote to the main race: A trophy omitted from last week's report was that donated by Allan and Carole Kirk, this year presented to Mike Baggott for being the Best Looking Male Strider. In his dreams. Sorry Mike, but the trophy was actually for the Oldest Male Strider, a criterion you had no difficulty in fulfilling.

HUMBER BRIDGE HALF MARATHON

There are three certainties in life. Death and taxes we know about, the third is that the Humber Bridge Half Marathon will be run on a scorching hot day. This year's race was a week last Sunday, on the hottest day of the year so far with temperatures approaching 90 degrees (in old money).

The tragic death of a competitor just two miles from the finish, and the fact that 40 other runners needed medical attention, has once more generated arguments about the wisdom of starting the race at such a time as to have people still out on the course at the hottest part of the day. The last runners, however, took over four hours to finish, so it would have to be a very early start for everyone to avoid the midday sun.

Among the 1567 mad dogs and Englishmen masquerading as runners were nine intrepid Striders. In the conditions it was hardly surprising that the majority took more than two hours to finish, and Kev Sipling and Tim Harper did fantastically well to beat that barrier.

The star of the day however has to be Carlie Payling, who led the Striders home in 278th position. Carlie has gone from strength to strength since making her debut in 2008, and this monumental performance is further proof of that progress.

Striders' times: Carlie Payling 1.47.38, Kev Sipling 1.52.08, Tim Harper 1.58.08, Richard Anness 2.04.59, Dave Pullman 2.05.31, Adam Fawcett 2.06.55, Alison Hoggarth 2.09.14, M Harvey 2.10.58, Steve Dixon 2.16.21.

WALKINGTON 10K & WINTERTON 10

If you were a Viking Strider looking for excuses for a poor performance, they were easy to find, both at last Friday's Walkington 10k and at the previous Sunday's Winterton 10. Walkington was too wet and too tough a course, while Winterton was just too hot, as it always seems to be.

So there were few personal bests to report, although Mike Harvey registered a seasons best as he led the Striders in at Walkington, closely followed by a resurgent Dave Pullman. In a rare 10k appearance Sandy Midgley was the only one to beat her Handicap League target time, while Kim Burton, a recent addition to the Striders' ranks, went under the hour for the first time.

At Winterton, Mike Pollard was first in for the club in a time which can only be described as pedestrian by his standards, and again the ubiquitous Dave Pullman was second. Alison Hoggarth and Karen Harper were further towards the back of the field but still managed to win their age categories.

Walkington times: Mike Harvey 48.39, Dave Pullman 49.00, Nigel Kirkby 49.52, Jo Mouncey 54.12, Sandy Midgley 54.13, Simon Greenwood 55.05, Sandra Brooks 55.14, Kim Burton 59.30, Debbie Butcher 61.36.

Winterton times: Mike Pollard 81.13, Dave Pullman 83.42, Mike Harvey 85.57, Tim Harper 85.57, Steve Dixon 93.22, Alison Hoggarth 97.21, Karen Harper 100.08.

LAXTON 10K

If you're a glass half full sort of person, you might view the Viking Striders' performance at last Wednesday's Laxton 10k in a positive light. The squad is brimming with untapped potential; Graham Lamb is an excellent prospect, Liam and Adam Fawcett are improving all the time, and new members Neil Leetham and Andy Trotter both made impressive debuts. For the ladies, Julie Masterman remains her masterful self and Carlie Payling continues to excel.

But what if your glass is half empty? Despite the course being as flat as a pancake, this was the first time for a long time that no Strider managed to beat 40 minutes in a major race (although the excellent Martin Booth came pretty close).

It might be an age thing, in that three of the Striders' first four finishers won't see 50 again, but then again the OAP who won the over 60 prize did so in 39.41. It might have been the heat and humidity, but that didn't seem to bother the winner, Stuart Carmichael of City of Hull, who romped home in a new course record of 32.53.

At the end of the day it doesn't matter how full your glass is. The majority of the Striders may not be particularly competitive, but they all enjoy their running, otherwise there wouldn't have been such a brilliant turnout of 37 club members, all of whom had a good time in a very well organised event. End of story.

Striders' times: Martin Booth 40.15, Dave Hanney 41.12, Graham Lamb 41.43, Mike Baggott 42.04, Julie Masterman 42.27, Mark Thompson 44.07, Dave Ryan 44.24, Ray Smith 45.06, Liam Fawcett 45.35, Adam Fawcett 45.49, Carlie Payling 46.30, Nigel Warner 47.04, Mike Harvey 48.01, Neil Leetham 48.01, Dave Pullman 49.12, Kay Ryan 49.18, Nigel Kirkby 49.22, Tim Harper 49.51, Keith Wilson 51.24, Joe Westerman 53.05, Graham Walker 53.40, Sandra Brooks 54.10, Andy Trotter 54.23, John Kaye 54.40, Jo Mouncey 54.42, Sandy Midgley 55.17, Simon Greenwood 55.40, Roger Maguire 56.33, Karen Harper 56.44, Lucy Ruhmann 56.49, Debbie Andrew 57.00, Marina Booth 57.22, Steve Dixon 57.55, Nicole Masterman 58.58, Alison Hoggarth 59.56, Debbie Butcher 62.15, Kim Burton 62.21.

RECENT RACES

There have been a number of exceptional performances from Goole Viking Striders in recent weeks, and we are probably best to start with the highest profile of the events, last week's London Triathlon. Four Striders contested the Sprint Triathlon, which consists of a swim of 750 metres, 20k on the bike and finally a 5k run. Karen Mitchell (108th in 1.38.06), Dot Pullman (237th in 1.45.48), Carren Taun-Jackson (267th in 1.47.36) and Richard Anness (1024th in the men's section in 1.57.58) all did well but the highlight has to be Karen's swim phase, in which she was placed 8th out of over 500 in the ladies group.

At the other end of the profile spectrum, no year would be complete without Ray Smith and Colette Leetham doing an unfeasibly long run, and the 24 Hour Thunder Run at Catlow Park in Derbyshire provided the framework for their latest challenge. The brief is to do as many 10k laps as possible within a 24 hour period, and Ray and Colette achieved their 100k target by completing 10 laps, a fantastic, if slightly crazy, effort.

Meanwhile in conventional racing, Julie and Andy Masterman were competing in the Jane Tomlinson 10ks at Hull and York. Julie equalled her personal best with 41.29 at York, and at the same venue Andy's 35.49 earned him 14th place out of over 4000 starters. Thirteen year old Charlie Stead was the real star of these events, finishing 2nd in York and 3rd in Hull in the 2.5k races, out of about 250 in each.

GREAT NORTH RUN

For the benefit of anyone who has been in the jungle waiting for the war to finish, the Great North Run is an annual half Marathon run from Newcastle to South Shields. The race has grown over the years from humble beginnings to the massive commercial venture that it is today. The organisers will tell you that it is an opportunity to raise millions for charity, which it is, although cynics may ask why it costs more to enter this race than the London Marathon.

If you're not particularly bothered about getting a decent time, the Great North is a marvellous event, with a great atmosphere and fantastic crowd support along almost the entire 13.1 miles. If you want a personal best however, you'd better force your way to near the front of the field to avoid the congestion, as over 50,000 runners try to shoehorn their way onto the course.

Having got up in the middle of the night to get there in time, a strong contingent of Goole Viking Striders made it to the start line and more importantly made it to the finish. There may have been a high incidence of personal worsts, but the Great North is all about enjoying the day and getting well refreshed afterwards.

Andy Masterman and Mike Harvey were literally only a couple of seconds outside their personal bests, and well done also to Neil Leetham and Andy Trotter completing their first half marathons for the club. **Striders' Times:** Andy Masterman 78.31, Andy Hoyle 91.17, Julie Masterman 92.17, Neil Leetham 99.36, Carlie Payling 101.44, Mike Pollard 103.36, Kev Sipling 106.01, Mike Harvey 108.24, Steve and Dan Durose both 116.22, Jo Mouncey 122.20, Graham Walker 123.31, Andy Trotter 124.14, Rob Oldridge 127.09, Sandra Brooks 127.37, Alison Hoggarth 129.29, Steve Dixon 141.36, Tracy Faxon 146.51, Nick Isted 183.29.

RECENT RACES

Recent years have witnessed a slow but inexorable rise in the average age of the Goole Viking Striders, to the extent that conversation at the club seemed to be centring on what was new in the Zimmer frame market rather than the latest trainers. Fortunately this is all changing, as the latest stars to emerge are both just 16 years old!

The winners of the last two Handicap League races, in other words the ones beating their target times by the greatest amount, have been Nicole Masterman at the Escrick 10k followed by the most recent winner Joe Westerman at Clumber Park, at which Nicole achieved another personal best.

Clumber Park is not an easy course, due in part to the terrain but not helped by an early bottleneck where progress is difficult. This was reflected in the Striders' times, generally not very impressive, and apart from Joe and Nicole the only PB man was Mike Harvey, by three seconds.

Marathon training has been key to Mike's success, and both he and Tim Harper contested the Mablethorpe Marathon the week after Clumber. Maybe not as iconic as London or New York, but still 26.2 miles nevertheless. Unfortunately the back end of the Indian Summer put paid to any thoughts of beating four hours, as Mike and Tim finished in 4 hours 26 and 4.33 respectively. Another recent marathon man has been Steve Dixon, who did very well to finish the Loch Ness Marathon in 4.48.

As a new member, Claire Jackson crept under the radar at the Great North Run last month and was not mentioned in the report, but Claire's time of 1.54.42 was brilliant for her debut race. Remember that name.

Clumber Park times: Joe Westerman 47.28, Mike Harvey 47.32, Nigel Kirkby 51.40, Jo Mouncey 54.26, Sandra Brooks 56.34, Nicole Masterman 56.42, Debbie Andrew 57.41, Simon Greenwood 58.12, Debbie Butcher 61.48, Alison Hoggarth 63.52.

BISHOP WILTON CROSS COUNTRY

The summer must be over, because the East Yorkshire Cross Country League has started again. The mud, sweat and tears brigade kicked off the season as always at Bishop Wilton, notorious for its steep uphill climbs at the start and its even steeper downhill plummet to the finish.

While neither the men's nor the ladies teams distinguished themselves in terms of finishing positions, there were plenty of positives to take out of the day.

For the men, Dan Durose was first in, the only Strider in a top 20 position. Despite his comparative youth, Dan looks every inch a cross country runner and will only get better. Giles Harris did well to be running at all after his epic Kent to Kirkcaldy run, and Neil Bentley turned up again after a two year absence. Neil Leetham and Andy Trotter made their cross country debuts and are already proving to be excellent additions to the club ranks.

However it was the ladies team which had very much a revamped look to it, with Cath and Kate Sweeting making up two thirds of the point scoring team of three. With Claire Jackson and Chantelle Smith also making their debuts over the hills, it could just be time for the old guard to sit up and take notice.

Striders' positions and times:

Men: 17th Dan Durose 42.46, 22nd Martin Midgley 43.42, 34th Giles Harris 44.33, 46th Richard Bramham 46.25, 53rd Dave Hanney 47.43, 54th Mike Baggott 48.10, 60th Neil Bentley 49.47, 63rd Dave Ryan 50.21, 65th Mark Thompson 50.39, 68th Dan Sweeting 51.53, 75th Steve Durose 54.00, 76th Liam Fawcett 54.13, 85th Adam Fawcett 55.53, 86th Ray Smith 55.54, 87th Neil Leetham 56.03, 96th Andy Trotter 60.58, 102nd Steve Dixon 61.45, 106th Nick Isted 66.09.

Ladies: 19th Cath Sweeting 55.58, 21st Kay Ryan 56.36, 29th Kate Sweeting 59.44, 37th Claire Jackson 62.39, 43rd Sandy Midgley 67.36, 45th Chantelle Smith 68.10.

BRIDLINGTON HALF MARATHON

The recent Bridlington Half marathon was run on a gloriously sunny day, much more suited to eating fish and chips on the seafront rather than flogging aching legs around 13.1 miles of east Yorkshire countryside. Fortunately the Viking Striders refrained from invading the town's fast food establishments until after the race, from which there were plenty of positives to bring back to Goole. Andy Masterman, just 10 minutes behind the winner, and Dave Ryan were the only Striders under 100 minutes, although first lady Carlie Payling wasn't far off, but this is a comparatively inexperienced squad who are improving all the time.

Liam Fawcett did brilliantly in his debut half, and his brother Adam was comfortably inside two hours in only his second. Martin Brownbridge knocked three minutes off his previous best, and Mike Harvey registered another PB, but it was Steve Dixon who took the honours with an excellent eight minute improvement.

Steve isn't likely to trouble the front runners any time soon, and it has to be said that his colourful sports gear may well have been designed by Stevie Wonder, but his infectious enthusiasm and sheer determination are a joy to behold.

Striders' times: Andy Masterman 80.43, Dave Ryan 99.16, Carlie Payling 101.08, Nigel Warner 102.20, Mike Pollard 104.00, Liam Fawcett 106.00, Mike Harvey 107.35, Martin Brownbridge 109.29, Nigel Kirkby 111.51, Adam Fawcett 115.41, Steve Dixon 117.42, Richard Anness 122.40, Jo Mouncey 130.00, Sandra Brooks 130.58, Debbie Andrew 131.00, Alison Hoggarth 132.00.

HALTEMPTRICE, WORKSOP, WISTOW, JUNIORS

Football and cricket seasons come and go, but runners carry on regardless from January to December. The Viking Striders have been in recent action on several fronts, with the usual mixture of success and abject failure, but we will concentrate on the success.

The best attended race was the Haltemprice 10k in Hull, where Mark Thompson had the honour of leading the Striders in despite not being at his rampant best. Simon Greenwood is at last showing some form after his cruciate injury, but the star at this race was Dan Sweeting, who beat his previous best by nearly 3 minutes. Just as well he did, otherwise his wife Kath would have beaten him in her road racing debut.

Carlie Payling led in a small contingent at the Worksop Half Marathon, where Tim Harper came away with a personal best by over 3 minutes. Mike Pollard led in an even smaller contingent at the Wistow 10, another PB in the bag, this time by 2 minutes.

The Striders Juniors have been equally busy, with a 2k run up and down the sea front at Scarborough, where Luke Reynolds was just pipped at the winning post, followed by the national 2k relays at a wet and very boggy Mansfield.

Haltemprice times: Mark Thompson 43.52, Mike Pollard 45.48, Ray Smith 45.48, Dan Sweeting 46.52, Kath Sweeting 47.11, Nigel Kirkby 49.53, Joe Westerman 52.17, Simon Greenwood 53.17, Jo Mouncey 54.19, Debbie Andrew 56.24, Sandra Brooks 56.52, Alison Hoggarth 58.52, Caroline Walker 62.49.

Workshop times: Carlie Payling 102.30, Mike Harvey 109.58, Tim Harper 112.12, Steve Dixon 122.09, Karen Harper 137.05.

Wistow times: Mike Pollard 76.40, Ray Smith 81.35, Nigel Kirkby 84.04.

Juniors at Scarborough: 2nd Luke Reynolds, 7th Charlie Stead, 14th George Ounsley, 21st Joshua Clarkson, 29th Jack Stead, 30th Josh Howard, 31st Joseph Ounsley, 48th Nina Reynolds, 49th Bradley Clarkson, 55th Chloe Raper, 66th Alexander Green, 136th Alex Panks.

Mansfield Times: Boys Under 13s George Ounsley 8.44, Jack Stead 8.51, Jack Martin 9.06 Boys Under 15s John Boardman 7.41, Charlie Stead 8.11, Joel Till 8.25.

DREWTON WOODS CROSS COUNTRY

There has been a lot of recent talk about up and coming Viking Striders emerging from the lower ranks to take over the world, but the second leg of the East Yorkshire Cross Country League at Drewton Woods, near South Cave, was dominated by the old stagers.

Martin Booth, nearer 60 than he is 50, was the only Strider to achieve a Top 20 placing, followed by another solid performance from Martin Midgley, a cross country veteran with more league appearances to his name than any other club member. Richard Bramham, another 50 plus, did well for third place, with well-known geriatrics Dave Hanney and Mike Baggott in lukewarm pursuit.

The only non veteran in a scoring position was Neil Bentley, who is a lot faster running than he is at paying his subs.

An enthusiastic female squad was headed by Kay Ryan with a typically battling performance, with Sandy Midgley and Michaela Shepherd also picking up vital points for the club.

To be honest, neither squad is particularly competitive at the moment but who cares? It's the taking part that counts.

Striders positions and times: 20th Martin Booth 46.22, 38th Martin Midgley 48.48, 41st Richard Bramham 49.25, 48th Dave Hanney 50.24, 52nd Mike Baggott 51.32, 55th Neil Bentley 52.09, 59th Mike Pollard 52.23, 62nd Mark Thompson 52.56, 73rd Dave Ryan 55.20, 74th Nigel Warner 55.24, 83rd Steve Lund 57.02, 87th Ray Smith 57.58, 88th Liam Fawcett 58.07, 92nd Steve Durose 58.51, 102nd Nigel Kirkby 61.20, 115th Dan Sweeting 65.44, Steve Dixon 69.30.

Ladies: 31st Kay Ryan 60.47, 49th Sandy Midgley 69.50, 50th Michaela Shepherd 70.20, 51st Alison Hoggarth 70.48, 58th Jo Mouncey 73.15, 60th Dot Pullman 73.28.

GOOLE VIKING STRIDERS JUNIORS

From a Goole Viking Striders perspective, one of the greatest pleasures in recent years has been to report the progress, after small beginnings, of the club's junior section. How many will graduate to the senior ranks is anybody's guess, but what a brilliant grounding in the sport they have been given by coach and founder Andy Masterman.

The annual Cross Country meeting at Snaith School is now firmly established in the junior calendar. This year's event, the third time it has been held, saw a great turnout of 40 young Striders, far more than the seniors ever muster for races these days. On a miserably foggy day every one of the 40 performed heroically, but the image that sticks in the mind is John Boardman and Luke Reynolds giving everything as they sprinted for victory in the Boys Under 15 race.

John emerged as the winner on this occasion, by a short head, thereby repeating his feat at the recent Quibell Park meeting in Scunthorpe.

This venue also saw victory for the Boys Under 11 team of Josh Clarkson (3rd individual place), Joseph Ounsley and Ryan Noon.

Anyone tempted to criticise the younger generation (who isn't?) should attend one of these meetings and see these young people running their hearts out, for themselves and for their team. You will see enthusiasm, commitment, team spirit and lung bursting physical endeavour, all rolled into one. Fantastic.

RUDOLPH'S ROMP

If the start of the Cross Country League is a sign that winter is on its way, equally last Saturday's Rudolph's Romp is the sign that Christmas is round the corner. The Striders' traditional Santa Run the following day, from Goole to Howden and back in Santa suits, is also a bit of a giveaway.

Rudolph's Romp is the 24 mile cross country ordeal from Brantingham, organised brilliantly by the Long Distance Walkers Association. What a difference a year makes; last year's event had to be postponed because of thick snow, this year the runners and walkers were treated to glorious sunshine.

The only problem was the fierce wind, but even that can work in your favour. For instance, the worst part of the route is a long uphill drag, just after halfway, through Arras Wold (known locally as The Arras) and it was certainly a treat on Saturday to get a stiff backwind up The Arras.

Dave Pullman, Sandy Midgley and Alison Hoggarth showed tremendous stamina to stay on their feet for six hours to complete the course, and Ray Smith's 4 hours 24 was achieved despite the after effects of a stomach bug. The writer's own brand of geriatric athleticism had earlier taken him to a time of 4 hours 10, which shows once again that cream has a habit of rising to the top.

LANGDALE END CROSS COUNTRY

The Viking Striders dominated proceedings at last week's leg of the East Yorkshire Cross Country League, in fact the lack of commitment shown by the other clubs in comparison to the Goole lads was embarrassing.

I refer of course to the post race rehydration session in the Moorcock Inn, a marvellous little pub a matter of yards from the finish but totally ignored by everyone but the Striders. Each to their own I suppose, but the Goole philosophy has always been that there is more to life than running, which there clearly is.

The race itself was a classic example of cross country running at its best, with mountainous climbs, perilous descents, loads of mud, topped off with driving rain to finish. Even a saint would fancy a swift half after that lot.

With Dan Durose below par (anything to do with the previous night's works do Dan?) and Martin Midgley carrying an injury, it was left to Martin Booth to lead in the Striders in 16th place and comfortably 1st in his age group. Martin is the antithesis of the modern day brash outspoken sportsman, but just recently has let his running do the talking in eloquent fashion. Richard Bramham also had a brilliant race, but unlike Martin he usually lets his talking do the running.

Kay Ryan did a great job as the sole ladies representative, but despite her efforts the ladies team languishes in 7th place, only prevented from propping up the league table by Selby, who didn't send anybody.

Placings and times:

16th Martin Booth 42.56, 33rd Martin Midgley 45.05, 39th Dan Durose 46.34, 42nd Richard Bramham 47.17, 49th Dave Hanney 48.55, 53rd Mike Baggott 50.26, 59th Mark Thompson 51.55, 64th Nigel Warner 52.50, 70th Steve Lund 54.11, 71st Steve Durose 54.16, 75th Ray Smith 55.20, 83rd Richard Anness 58.06, 89th Dave Ryan 61.07, 97th Nick Isted 66.53.

Ladies (or rather lady): 31st Kay Ryan 62.12.

JUNIORS REPORT

A big problem for a writer is when you are trying to describe something quite exceptional, and you run out of superlatives. This last year, so many glowing reports have been filed concerning the progress of the Viking Striders Junior section, that they ran out a long time ago.

What can you say about Josh Clarkson's performance at the Humberside Cross country Championships at Quibell Park Scunthorpe last week? Josh romped home in the Under 11s Boys race to win the gold medal and become the first Strider ever to be crowned Humberside champion. He won't be the last either, judging by Chloe Raper's bronze medal and a host of other great efforts (see below).

The championships came hot on the heels of the annual presentation of awards for 2011, and the winners of these awards can't be praised too highly for their hard work and dramatic progress during the year.

Presidents Shield: Joel Till and Luke Reynolds, Best Newcomer: Connor Sherburn, Most Improved: Alex Green, Coaches Award: Bradley Clarkson, Champion Runner: Charlie Stead, Under 9s: Courtney Davies and Joseph Ounsley, Under 11s: Amy Parnell and Ryan Noon, Under 13s: Emily Jackson, Under 15s: Charlie Stead.

Quibell Park positions:

Under 11s Girls 3rd Chloe Raper

Under 11s Boys 1st Josh Clarkson, 6th Joseph Ounsley, 8th Connor Sherburn (1st Team Prize)

Under 13s Girls 14th Holly Carmichael, 15th Fiona Till

Under 13s Boys 9th George Ounsley, 11th Jack Stead

Under 15s Boys 8th John Boardman, 9th Luke Reynolds, 10th Charlie Stead, 11th Joel Till (just pipped for Team prize by Kingston Upon Hull AC)

ANNUAL AWARDS FOR 2011

The annual Viking Striders awards ceremony, held last Saturday at the Vikings, may not have had quite the glitz of the Oscars nor the celebrity line up, but it more than made up for that in terms of enthusiasm and passion for the sport so evident in all the prize winners.

The list of winners is a fascinating mix of old and new, the new names being the best indication there is of the strong future of the club.

Fastest Male Runner and Fastest Male Vet: Andy Masterman, who was well clear of the competition and whose year included a brilliant 2.49 in the London Marathon

Fastest Female Runner, Fastest Female Vet and Best Cross Country Female: Julie Masterman, like Andy with no serious rivals and a London time of 3.17

Most Improved Male Runner: Mike Pollard, for whom a 5 minute improvement in his 10 mile time speaks for itself

Most Improved Female Runner: Lucy Ruhmann, who blew away the competition with a PB by 8 minutes at 10 miles

Best Male Newcomer: Joe Westerman, not long graduated from the junior ranks but a great prospect with a 47.28 10k time

Best Female Newcomer: Cath Sweeting, also with a 47 minute 10k under her belt and using her previous running experience to very good effect

Best Cross Country Male Runner: Danny Durose, consistently leading the Striders in at East Yorkshire League races

Invercargill Trophy: Giles Harris, for his epic 400 mile run from Kent to Kirkcaldy in aid of children's charities

Marjorie Firth Trophy: Alison Hoggarth, for the hundreds of miles run in aid of Help for Heroes

Club Man of the Year: Steve Dixon, for his enthusiastic participation and contribution to the club's events during the year.

Multi Distance Handicap League: 1st Mike Pollard, 2nd Mike Harvey, 3rd Tim Harper

Dryden & Kennedy 10k League: 1st Simon Greenwood, 2nd Nicole Masterman, 3rd Lucy Ruhmann.



*Presentation
Night -
January 2012*