

STRIDING OUT

Appendix Seven 2012



The History of Goole Viking Striders

Continued.....

By Nigel Warner

Bri Cook came off the committee at the 2012 AGM, to be replaced by a Social Sub Committee headed by Sandy Midgley in acknowledgement of the fact that the social side of the club has looked a bit lacklustre in recent years. Unfortunately one event, a disco at the Rugby Club, had to be cancelled because of lack of support, although Julie Barker's BBQ again went down well despite having to be held in Julie's double garage because of the weather!



BBQ at Julie Barker's – 'Summer' 2012

Talking of the weather, heavy rain in the summer caused the Carr Lane pumping station to fail so that drainage pipes had to be laid down the track to the Rugby Club to discharge into the river. A big inconvenience having the track closed, but it would have been worse in the winter.

A Pizza night later in the year was very well attended and might be the way forward if we want more people in the bar on a Wednesday night. Which we do.



Ray Smith came on to the committee having agreed to be Riverbank Challenge Race Director. Thanks to the generosity of his firm, Jewsons, who provided all the t-shirts, the race made over £1600 for the club. And then Ray, a stalwart of the club since it began in 1985, resigned in a huff for what can only be described as personal reasons.

This followed an argument over car parking with the Junior section, which ended with them decamping to the High School. Andy Masterman left the committee after a big falling out, then he left the Juniors as well. Then he came back to the Juniors, then (January 2013) he left again. Good grief. As I write this in January 2013, Phil and Joanne Ounsley are picking up the pieces, and hopefully will be able to carry on where Andy left off.

Thanks to not being able to get the date we wanted at the Cricket Club, the Santa Run was based at the Tiger in North Newbald, which proved to be a cracking choice although attendance was poor (not many more than 20 people).

The 2012 Awards Night (held in January 2013) was held in the Sotheron Arms (Heppy's) for the first time and was thoroughly enjoyed by all. We finished the year on 79 members.



Santa Run from North Newbald – December 2012

THIXENDALE CROSS COUNTRY

The latest round of the East Yorkshire Cross Country League in the village of Thixendale saw a much improved showing from the Viking Striders, particularly the ladies' team who finished a very creditable 5th on the day.

The main plus point was the return of Julie Masterman from injury, and with Cath Sweeting and Kay Ryan providing back up in terms of points and the rest of an excellent squad providing moral support, it was a much needed boost to the ladies' flagging confidence.

As regards the men, they had two top 20 finishers in the formidable shape of Dan Durose and Martin Booth, but even that couldn't stop them languishing in 7th place on the day. The ever improving Richard Bramham was third in for the team, followed by newcomer Robbie Smith, drafted in to make an impressive debut.

The ubiquitous Martin Midgley and the devastatingly handsome Mike Baggott made up the final two scoring positions, but the best of the rest in terms of potential was undoubtedly Dan Sweeting, who will certainly be troubling the scorers before long.

It was a freezing cold day and the conditions were treacherously slippery, causing many thrills and spills. Well done to Steve Lund who disregarded his own finishing position to help an old boy who came a spectacular cropper in the finishing straight and then pretended to be injured to illicit sympathy from the crowd. Thanks Steve, I'm fine now.

Striders' positions and times:

18th Dan Durose 43.04, 20th Martin Booth 43.21, 44th Richard Bramham 46.01, 58th Robbie Smith 47.50, 63rd Martin Midgley 48.46, 69th Mike Baggott 49.38, 72nd Mark Thompson 50.14, 80th Dan Sweeting 51.08, 84th Dave Hanney 51.57, 87th Nigel Warner 52.47, 88th Steve Lund 52.48, 99th Steve Durose 54.38, 111th Nigel Kirkby 59.23, 116th Steve Dixon 62.59, 119th Nick Isted 64.28. Dave Ryan also ran but finished so fast that the timekeepers only saw a blur.

Ladies: 9th Julie Masterman 51.03, 16th Cath Sweeting 53.36, 34th Kay Ryan 60.32, 41st Sandra Brooks 65.30, 42nd Sandy Midgley 65.30, 44th Michaela Shepherd 66.43, 48th Jo Mouncey 68.53, 49th Chantelle Smith 69.36.

WELTON CROSS COUNTRY

Last Sunday's race in the East Yorkshire Cross Country League, at Welton, was run in perfect conditions, always a disappointment for the masochistic element who likes loads of mud and driving rain.

From the Viking Striders' point of view, better to gloss over the team positions and focus on individual performances. Neither team is rock bottom but nor are they comfortably placed, and in that sense the season has been a disappointment.

Hardly surprising that the Ladies team failed at Welton, because it only had Cath Sweeting in it. Cath did brilliantly well as lone striker, but is never going to win a team competition by herself.

The Men's team fared little better despite having plenty of numbers. The highlight was seeing Martin Booth running Dan Durose close for First Strider Home despite an age gap of 30 odd years. Robbie Smith continues to impress, and good to see Steve Lund snatching the final scoring position for the Striders, albeit down in 66th place.

Striders' positions and times: 16th Dan Durose 36.02, 17th Martin Booth 36.12, 42nd Robbie Smith 38.39, 49th Richard Bramham 39.23, 60th Martin Midgley 41.13, 66th Steve Lund 42.36, 68th Dave Hanney 42.48, 72nd Steve Durose 44.23, 77th Neil Leetham 46.18, 80th Mark Thompson 46.49, 83rd Nigel Kirkby 47.32, 85th Dave Pullman 48.11, 86th Andy Trotter 48.34, 93rd Steve Dixon 50.27.

Lady: 12th Cath Sweeting 42.51.

SNAKE LANE 10

The Snake Lane Ten Mile Road Race in Pocklington has been on the go since 1992, and since then Mother Nature has reserved several of her worst temper tantrums for the day of the race. This year however, there were no such problems, with the weather being as benign as I can remember it, much to the relief of a large Viking Striders contingent.

Since the Striders form a running club whose whole ethos is based on athletic achievement, we will start with the fastest runners. Andy Masterman's personal best, earning him 19th place out of nearly 700 finishers, was the fastest by a Strider for 10 years, while Mike Baggott and Julie Masterman were both 2nd in their age categories. These three are prime examples of what can be achieved not just with talent but with a fiercely determined work ethic.

Mike Pollard and Richard Bramham registered all time Personal Bests, while Alison Hoggarth, John Kaye and Sandy Midgley ran their best 10 mile times for several years. John in particular is on a rich vein of form, having tasted international stardom as Great Britain's sole representative in the Funchal 6k race in Madeira.

Robbie Smith followed up his cross country success with a very promising road race debut, but probably the biggest winner on the day was Andy Trotter, who knocked a massive eight minutes off his best time set last year.

Striders' times: Andy Masterman 58.12, Mike Baggott 66.28, Richard Bramham 67.57, Julie Masterman 70.13, Robbie Smith 71.18, Mark Thompson 71.40, Nigel Warner 75.18, Mike Pollard 75.35, Dave Ryan 76.03, Carlie Payling 80.40, Neil Leetham 81.30, Dave Pullman 83.07, Keith Wilson 83.43, Tim Harper 85.04, Andy Trotter 85.24, Kay Ryan 86.46, Nigel Kirkby 87.20, Graham Walker 87.20, John Kaye 89.40, Alison Hoggarth 91.56, Sandy Midgley 91.58, Jo Mouncey 92.54, Debbie Andrew 93.45, Sandra Brooks 95.50, Karen Harper 96.19, Chantelle Smith 112.38.

CROSS COUNTRY ROUND UP

Both Viking Striders teams, Senior and Junior, have been in recent cross country action, and the fact that the Juniors were the more successful of the two could well be a good portent for the future of the club.

To the Seniors first, on the basis that they're more likely to throw their toys out of the pram if they don't get priority. The final race in the East Yorkshire Cross Country League, at Sewerby, happened to be on the wettest day of the year so far, and the slippery course claimed one or two victims, notably Richard Bramham who required A & E attention after the race.

To his credit Richard completed the course and was beaten by only two other Striders, the flying Dan Durose and the equally airborne Martin Booth. Dan claimed the first top 10 placing by a Strider this season, while Martin's record of being in the top 20 in every race earned him age category victory in the overall league standings.

Kay Ryan led the Ladies in at Sewerby and was her team's only prizewinner, 2nd in her category. Well done also to Dave Hanney, Richard Bramham, Mark Thompson and Steve Durose who completed all six races in the series.

The Juniors meanwhile were having a marvellous day at the 32nd Barton Cross Country meeting. The star performers were the Under 11 Boys, with Josh Clarkson winning his race and the team winning the gold medal. Not to be outdone, the Under 11 girls won silver, and both the Under 13 teams won bronze. A brilliant performance by the youngsters, especially since five were making their race debuts.

Sewerby results: 9th Dan Durose 34.55, 12th Martin Booth 35.34, 33rd Richard Bramham 39.18, 48th Mark Thompson 41.33, 49th Dave Hanney 41.43, 57th Nigel Warner 42.30, 59th Ray Smith 43.28, 62nd Neil Leetham 44.08, 64th Steve Durose 44.27, 73rd Dave Ryan 46.55, 74th Dave Pullman 47.29, 77th Andy Trotter 47.57, 82nd Nick Isted 52.03, 83rd Steve Dixon 53.01.

Ladies: 22nd Kay Ryan 50.17, 26th Sandy Midgley 54.03, 28th Dot Pullman 54.28.

Barton results: **Under 11 Girls:** 6th Nina Reynolds, 14th Courtney Clements, 15th Millie Martin (debut), 21st Harriet Snowden (debut). **Under 11 Boys:** 1st Josh Clarkson, 7th Ryan Noon, 8th Joseph Ounsley, 13th Connor Sherburn, 15th Henry Mollan, 16th Guy Richardson (debut), 17th Gabriel Snowden (debut), 22nd Brodie Tinning. **Under 13 Girls:** 20th Laura Shand (debut), 21st Holly Carmichael, 22nd Megan Longfield, 23rd Fiona Till, 24th Grace Barratt-Smith. **Under 13 Boys:** 7th George Ounsley, 8th Jack Stead, 14th Jack Martin, 16th Rhys Clifford, 18th Josh Clarkson. **Under 15 Boys:** 8th Charlie Stead, 11th Joel Till.

OLYMPIC PARK RUN

London is a long way to go for a five mile run, but when the run takes in the shiny new Olympic Park and finishes in the magnificent Olympic Stadium, you have to make an exception.

Roger Maguire, a Viking Striders stalwart for some 23 years, was specially selected on the basis of athletic ability (or was it a random public ballot?) to be one of the 5000 runners to take part in the first competitive event to cross the stadium finish line. Although he beat Princess Beatrice, Roger's 44.28 wasn't quite good enough to be feted in the national press, but the experience and the memory of that finish will stay with him forever.

The memory of the rather less iconic East Hull 20 and the Spen 20 in West Yorkshire won't last quite as long, but these races were a meaningful final test for this month's marathon hopefuls in London and Paris.

Along with the Sheffield 10k, they were another triumph for the family Masterman, with Andy 5th at Sheffield and 10th at East Hull, while Julie was 3rd, 5th and 8th at Sheffield, Spen and East Hull. Keith Wilson's time at Sheffield was his best for years, and at the same race Richard Dransfield looked an excellent prospect on his debut for the club.

Striders' times:

Spen 20: Julie Masterman 2.30.58, Dave Pullman 3.16.19.

East Hull 20: Andy Masterman 2.01.13,, Julie Masterman 2.28.00, Carlie Payling 2.52.44, Mike Pollard 2.52.52, Tim Harper 3.14.23.

Sheffield 10k: Andy Masterman 35.19, Julie Masterman 42.15, Mark Thompson 44.57, Joe Westerman 48.24, Keith Wilson 50.30, Steve Dixon 53.14, Richard Dransfield, Nicole Masterman 64.05.

APRIL MARATHONS

Breaking news, the London Marathon is not the only marathon in the world, although you could be forgiven for thinking that it is because of the national media hype that surrounds it.

Certainly its mixture of world class athletes and charity fund raisers make it unique in this country, and there is nothing like running past all those iconic City of London sights. But far more people are rejected by the entry ballot than actually secure a place, so what do they do when taken by the urge to run 26.2 miles?

Several Viking Striders have been exploring other avenues. Starting close to home, the recent Hull Marathon was blighted by organisational failures, such as inaccurate course measurement and marshals sending runners the wrong way, but that didn't worry Alison Hoggarth as she helped herself to an excellent personal best, and it didn't worry Debbie Butcher on her way to a very creditable debut at the distance. Steve Dixon also ran, and nothing worries him.

Further afield, Mike Pollard and Carlie Payling wanted to beat four hours at the Paris Marathon, and they did that with ease, in 3.57.51. Job done. Even further away, new member Mark Johns ran the Limassol Marathon in Cyprus, and his cracking time of 3.32.55 suggests a big talent waiting to be unleashed.



Carlie Payling and Mick Pollard during Paris Marathon – April 2012

But as always, London takes the headlines. David Locke, Claire Jackson and Simon Greenwood were all running the distance for the first time and can be very proud of their efforts. David and Claire will

be especially pleased, but it was always going to be an uphill battle for Simon because his preparations were destroyed by injury, and sheer determination kept him going to the end.

Tim Harper knocked a massive quarter of an hour off his previous best, just missing out on the four hour barrier, while Andy Masterman somehow managed to beat his sensational time of last year by over three minutes. Andy of course led the Striders in, followed by Mrs Masterman, Julie missing out on another personal best by just a minute. Giles Harris was next in well outside his best, but the new dad clearly has priorities other than running.

This leaves us with Dave Pullman and Keith Wilson, who might be a little bit slower these days but whose enthusiasm for the sport shines as bright as ever.

Hull Times: Alison Hoggarth 4.23.52, Steve Dixon 4.35.00, Debbie Butcher 5.04.22.

London times: Andy Masterman 2.45.50, Julie Masterman 3.18.29, Giles Harris 3.18.48, Tim Harper 4.02.49, Keith Wilson 4.24.44, David Locke 4.39.07, Dave Pullman 4.44.49, Claire Jackson 4.49.18, Simon Greenwood 5.55.48.



A selection of Striders at London Marathon - April 2012

BEVERLEY AND ASKERN 10KS

Two of the biggest 10ks on the Viking Striders' calendar, and they happen within a few days of each other. The Beverley 10k was quickly followed by last Wednesday's Askern 10k, the two races involving a brilliant turnout of 40 Striders, 16 of whom did both.

So many runners did well it is difficult to know where to start, but the obvious candidates for star billing are those who achieved personal bests in both races. Andy Trotter, the new slimline John Kaye, Dan

Sweeting and Tim Harper all achieved that feat, Andy being the pick of the bunch with 2 minutes off each time.

There were some excellent debuts as well, with Rob Smith, David Locke, Steve Whitlam and Julie Nash all running the distance as a Strider for the first time. Rob in particular was impressive, going close to 40 minutes and second only to Andy Masterman on the Striders leaderboard.

Notable PBs were achieved by Debbie Butcher, Cath Sweeting and Liam Fawcett, who all improved by over two minutes, while Richard Bramham was unusual in that his PB was achieved at Beverley rather than the faster Askern course. Julie Barker went under the hour for the first time (twice) and Mike Pollard smashed his previous best by all of two seconds.

No report would be complete without the Masterman family, and it almost goes without saying that Andy led the Striders in by a street (another PB) in both races, while Julie was 2nd and 1st in her age category.

A special mention also for Debbie Andrew, who was 3rd in her category in the Yorkshire Vets rankings at Beverley. Debbie started with the Striders 10 years ago with a debut time of 59 minutes at Askern and has never failed to beat the hour mark since, more usually in the early 50's. A model of consistency if ever there was one.

Askern times, with Beverley times afterwards if both races run:

Andy Masterman 35.11 & 35.41, Rob Smith 40.28, Richard Bramham 41.30 & 41.17, Mike Pollard 42.32 & 46.19, Julie Masterman 42.37 & 43.17, Dave Hanney 42.57, Liam Fawcett 43.18, Cath Sweeting 44.20 & 47.54, Nigel Warner 44.52, Dan Sweeting 44.55 & 46.05, David Locke 45.06, Ray Smith 45.07, Tim Harper 47.33 & 48.37, Steve Whitlam 47.37, Adam Fawcett 47.39, Neil Leetham 49.28, Joe Westerman 49.30, Andy Trotter 49.59 & 52.08, Dave Pullman 50.49, John Kaye 51.04 & 53.06, Graham Walker 51.34 & 52.23, Jo Mouncey 52.07, Rob Oldridge 53.10 & 53.08, Debbie Andrew 53.25 & 54.52, Sandy Midgley 53.59, Sandra Brooks 54.57 & 56.59, Steve Dixon 55.00, Richard Dransfield 55.13, Debbie Butcher 55.14, Karen Harper 55.58 & 59.17, Nicole Masterman 56.32, Alison Hoggarth 56.33 & 56.57, Julie Barker 59.31 & 59.23, Dot Pullman 59.36, Caroline Walker 60.50, Julie Nash 63.22.

Other Beverley times: Mark Thompson 44.55, Nigel Kirkby 49.08, Michaela Shepherd 57.44, Carren Jackson 57.58



John Kaye and Rob Oldridge at Beverley 10k – May 2012

SHEFFIELD HALF MARATHON

Last Sunday's weather would have been ideal for the Sheffield Half Marathon, cool and refreshingly wet with no possibility of dehydration and heat exhaustion. Unfortunately the race was held the previous Sunday, one of the hottest days of the year and entirely unsuitable for any form of exertion, let alone running.

Quite how Andy Masterman managed to go under 80 minutes in those conditions is beyond me, but he did, not in a personal best time but good enough for 26th place overall (out of a huge field of 5999 finishers) and 2nd in his age group.

Another great performance in the heat came from Robbie Smith in his first half for the club, while Tim Harper was the only Strider to come back with a personal best, which is a good measure of Tim's progress if he can do that in those temperatures.

However the Star Performer of the day has to be Alison Hoggarth, who went double the distance to complete the Edinburgh Marathon in 4 hours 47 minutes, a truly fantastic effort.

Sheffield times: Andy Masterman 79.31, Robbie Smith 93.39, Julie Masterman 93.52, Richard Bramham 98.15, Tim Harper 111.42, Keith Wilson 116.17, Karen Harper 133.30.

RIVERBANK CHALLENGE

After the appalling weather of recent weeks, it was a great relief when last Sunday dawned bright and sunny for the biggest day in the Viking Striders' calendar, the annual Riverbank Challenge.

That name was coined in the eighties when the race was a 15 miler, following the bank through Airmyn and Rawcliffe and back to Goole via Rawcliffe Bridge, but the shortened race, at a third marathon distance, is still a challenge. The riverbank is hard work to train on, never mind race, and on a warm day becomes even more energy sapping.

Pumlani Bangani, the Salford Harrier, doesn't worry about any of that. He just turns up, wins the race, and goes home. He has only failed to win it once in the last eight years, when he was second last year. The Striders' Andy Masterman was an excellent fifth, but neither he nor anybody else had any answer to Pumlani, whose time was a stunning 49.59. He was followed in the men's race by Mike Burrell (Leeds City), Phil Taylor (Bridlington, last year's winner) and Pete Baker (City of Hull).

The male age categories were won by Andy, Paul Brown (Rothwell), Steve Rennie (City of Hull) and Martyn Stern (Ackworth).

The ladies race was won in fine style in 61.32 by a lady named Elizbieta Lisowka, which highlights the increasingly cosmopolitan nature of the event. There was even a sizeable contingent from Saint Quentin in France, who entertained the crowd with their Gallic charm and exuberant joie de vivre. Elizbieta was followed by Roslyn Eadie (Hyde Park), Rebecca Winter (Ackworth) and Sian Davies (Leeds City).

The female age categories were won by Michaela Sill (Rothwell), Joanne Burgess (Denby Dale), Angelika Corner (Bridlington) and Caroline Boyd (Maltby).

City of Hull AC won the Men's Team prize, while the ladies trophy went to Ackworth Road Runners.

Nicole Masterman won the Jack and Kath Hopwood Trophy, awarded this year to the first Striders lady to finish. Many of the Striders in fact were on marshalling duties, but those who ran were Andy Masterman 53.13, Liam Fawcett 70.35, Steve Whitlam 71.26, David Locke 72.57, Kev Sipling 75.10, Nigel Kirkby 75.53, Martin Brownbridge 82.12, Nick Isted 84.50, Joe Westerman 86.24, Nicole Masterman 91.04, Kim Burton 91.16, Steve Dixon 92.34, Julie Nash 95.25.

Earlier the Fun Run was won by Josh Brown of Rothwell in the impressive time of 10.08, closely followed by Luke Reynolds of the Striders in 10.18. The race involved a magnificent turn out of junior Striders which will be described in more detail next week.

Sincere thanks go to Jewsons and Boyes for their generous sponsorship of the event, also to the St Johns Ambulance as always for their invaluable support, and well done to Ray Smith for successfully taking on the mantle of Race Director for the first time.

RIVERBANK CHALLENGE FUN RUN

To say that the formation of the Viking Striders Junior section in 2007 was greeted with scepticism is probably an understatement. Many people, this reporter included, had seen a junior group established in the old days (when men were men and kids were kids) and had seen it quickly disintegrate because no-one was prepared to put in the time, effort and commitment to make it work. Enter Andy Masterman and his willing band of helpers. Now, five years on, the group is so successful that representatives of other clubs are coming to Goole to see how it works and to use the Striders as a model for their own clubs. Some Juniors have already graduated to the senior ranks and hopefully many more will follow.

Andy would be the first to acknowledge the contribution of the youngsters themselves, a case in point being the magnificent turn-out of 42 runners in the Fun Run prior to the recent River Bank Challenge, ranging from front runner Luke Reynolds, nearly 15, down to seven year old Katy Falkingham, the youngest Strider.

Luke just missed out on the top prize, but with four Striders in the top 6 it was still a good day for the club.

Positions and times: 2nd Luke Reynolds 10.18, 4th Charlie Stead 10.25, 5th John Boardman 10.27, 6th Joel Till 10.28, 14th Josh Clarkson 11.25, 16th George Ounsley 11.40, 18th Jack Stead 11.46, 19th Jack Martin 11.50, 21st Ethan Clarke 11.53, 22nd Joseph Ounsley 11.57, 25th Bentley Abbey 12.07, 26th Jacob Oldridge 12.09, 27th Ryan Noon 12.10, 34th Josh Howard 13.01, 35th Nina Reynolds 13.20, 36th Guy Richardson 13.21, 39th Megan Longfield 13.51, 46th Tadhg Paruer 14.14, 50th Lily Clayforth-Dennison 14.37, 53rd Laura Shand 14.45, 54th Harley Abbey 14.53, 55th Fiona Till 15.01, 56th Amy Parnell 15.02, 59th Alex Green 15.26, 61st Oscar Clayforth-Dennison 15.42, 61st Millie Martin 15.43, 63rd Grace Barratt-Smith 16.28, 64th Brad Clarkson 16.34, 65th Keiren Johnson 16.38, 66th Jack Greenhalgh 16.38, 68th Henry Mollan 16.57, 70th Tom Schofield 17.17, 71st James Greenhalgh 17.19, 73rd Flossie Smith 17.30, 76th Claire Smith 17.40, 77th Dominic Green 17.56, 81st Alex Jackson 19.37, 88th Katy Falkingham 20.51,

89th Megan Robinson 22.09, 94th Jake Robinson 24.10, 95th Ted Robinson 25.02, 96th Emily Jackson 25.10.

WALKINGTON, WINTERTON AND HUMBER BRIDGE RACES

The sizeable proportion of the population who don't run, will be delighted to know that this has been an excellent summer for running.

The recent Humber Bridge Half Marathon, in the past blighted by scorching weather, had the start brought forward to 9am to avoid runners being out in the hottest part of the day, but they needn't have worried. The Winterton 10, way too hot for decent times last year, was run in ideal conditions, to the detriment of the shivering spectators.

But we start with the Walkington 10k, an evening event whose only problem is a very tough course, and in the absence of substantial movements in the earth's crust we're stuck with that. The Striders' times reflected the degree of difficulty. Richard Bramham was first in for the club, but only he, Ray Smith and Dave Hanney managed under 50 minutes.

It was great to see Tony Butcher back racing after his long injury absence, and to see Jo Mouncey leading the ladies in, but the big winner on the night was Julie Barker. Julie was closest to her Handicap target time but let herself down later on with an incident that can only be described as a flash in the pan.

Winterton was another success story for the Mastermans, with Andy 4th overall and Julie 1st lady, but again there was an unexpected star, with no flashing involved, as Debbie Andrew ran her fastest 10 for three years and secured first prize in her age group. Andy Trotter, whose name as a runner cries out for a witty comment if only I could think of one (suggestions on a postcard), was only a second outside his personal best.

Liam Fawcett led the Striders in at Humber Bridge, also not far off his best, with Steve Whitlam not far behind in his first Half for the club.

Walkington Times: Richard Bramham 43.17, Ray Smith 48.20, Dave Hanney 49.54, Tony Butcher 50.36, Andy Trotter 50.49, Tim Harper 51.05, Keith Wilson 53.46, Jo Mouncey 55.16, Debbie Andrew 55.53, Rob Oldridge 57.52, Sandra Brooks 59.09, Debbie Butcher 59.13, Julie Barker 60.10, Karen Harper 61.01.

Winterton times: Andy Masterman 59.42, Richard Bramham 69.39, Julie Masterman 69.50, Ray Smith 76.54, David Locke 78.00, Andy Trotter 85.25, Debbie Andrew 91.19, Jo Mouncey 95.02.

Humber Bridge Times: Liam Fawcett 106.50, Steve Whitlam 109.06, Kev Sipling 112.41, Adam Fawcett 116.00, Alison Hoggarth 134.04.

LAXTON 10K

The inaugural Laxton 10k in 2004 was dominated by the Viking Striders, with several runners in the top 10. Not anymore. The race's burgeoning reputation now attracts a big top quality field, with nearly 200 runners on the start line last Wednesday night.

The flat course is tailor made for personal bests, but surprisingly there were only three from the Striders out of an excellent turnout of 33 members. Richard Bramham made further inroads towards the 40 minute barrier as he led the club in, while Andy Trotter and Julie Barker, a bit further down the field, also shaved seconds off their previous best.

Four new members were running their first 10ks for the club. Lee Clarkson and Mark Johns were particularly impressive for the men, while Rachel Hall and Sam Robinson look very good prospects for the ladies.

Big John Kaye got the biggest cheer of the night as he and Kim Burton won the prizes for the first local male and female runners, and Martin Midgley will have been delighted with his first race back after many months out with a knee injury.

The star of the night however, admittedly an unlikely one since he does so few races these days, was Handicap winner Roger Maguire, beating last year's time by over three minutes to put himself into a buoyant mood for his forthcoming stint as an Olympic volunteer.

Striders' times:

Richard Bramham 40.55, Dave Hanney 42.04, Julie Masterman 42.10, Martin Midgley 43.25, Liam Fawcett 44.30, Mark Thompson 44.30, Lee Clarkson 44.50, Ray Smith 44.57, Mark Johns 45.02, David Locke 45.10, Nigel Warner 45.32, Steve Whitlam 48.00, Tim Harper 48.10, Adam Fawcett 49.14, Andy Trotter 49.45, Nigel Kirkby 50.13, John Kaye 51.40, Keith Wilson 51.43, Rachel Hall 52.19, Dave Pullman 52.56, Roger Maguire 53.14, Debbie Andrew 54.30, Sandy Midgley 54.35, Jo Mouncey 55.06, Steve Dixon 56.00, Sandra Brooks 56.12, Michaela Shepherd 56.17, Karen Harper 57.04, Debbie Butcher 58.23, Sam Robinson 59.00, Julie Barker 59.18, Kim Burton 60.43, Julie Nash 64.07.

ESCRICK 10K AND ASKERN 10

Summer is never a good time for road race attendances, even taking into account the abysmal summer that we've had. Holidays, days out or, if the sun comes out for five seconds, just lounging on the patio with a beer are all preferable activities.

So credit the two small but perfectly formed squads of Viking Striders who tackled the recent Escrick 10k and Askern 10 miler. Two Striders achieved personal bests, one in each race, Lee Clarkson at Escrick, improving literally by leaps and bounds (a strange running style admittedly), and Tim Harper at Askern. Tim is in training for his forthcoming marathon in Iceland, and how many laps that might be round the frozen food counter is anybody's guess.

New member Jonny McFaul looks a great prospect. Jonny was first in for the club at Escrick, seconds from a PB, and headed only by Julie Masterman at Askern. Julie Barker also impressed at both races, close to a PB at one distance and giving herself a new barrier of 100 minutes to beat at the other.

On balance, the star performer across the two races? Jonny McFaul by a short head, for no other reason than he's just paid me his subs.

Spare a thought also for Dave Hanney, who last Sunday completed the Totley Exterminator Fell Race. It's not called the Exterminator for nothing, involving as it does 16 miles of hard terrain including well over 4000 feet of climb. Just think about that next time you're struggling for breath going up the stairs.

Escrick times: Jonny McFaul 43.27, Julie Masterman 44.24, Lee Clarkson 44.36, David Locke 46.32, Andy Trotter 51.46, Joe Westerman 54.49, Rob Oldridge 56.41, Julie Barker 59.27, Julie Nash 66.40.

Askern times: Julie Masterman 70.52, Jonny McFaul 75.00, Mark Thompson 75.52, Tim Harper 80.14, Joe Westerman 83.47, Keith Wilson 87.00, Nicole Masterman 101.35, Julie Barker 101.36.

GREAT NORTH RUN

I have been the harshest critic of the Great North Run in the past, but having run it last Sunday I can begin to understand its appeal. I had run the Major Stone Half Marathon at Lockington the week before, as one of just under 200 runners, and when I tell people about that they start glazing over before the end of my first sentence.

But tell people you're doing the Great North Run, with over 50000 competitors, and they are seriously impressed straightaway. Same distance, different perception. It's a bit like the people up and down the country who support Manchester United, hoping that the glory will rub off on them, and so far as the GNR is concerned, it works.

The old problems of excessive entry fees, runner congestion and traffic gridlock remain of course, but millions are raised for charity so it seems churlish to complain. And as long as over 100,000 people continue to apply to run it, it isn't going to change any time soon.

A spectacular turn out of Viking Striders was headed by the run machines who are Andy and Julie Masterman, both with personal bests, but a special mention also for Robbie Smith, Neil Leetham and Lee Clarkson who all went under 100 minutes. Anybody who battled through the crowds to that sort of time is a very decent runner to say the least, and for these three this could be just the beginning.

Striders times: Wilson Kipsang 59.06 (Kenya, given honorary Striders membership for the day), Andy Masterman 1.16.21, Julie Masterman 1.30.10, Robbie Smith 1.33.39 (equalled personal best), Neil Leetham 1.39.20 (PB), Lee Clarkson 1.39.34 (first half for the club), Tim Harper 1.42.45 (PB by a long way), Carlie Payling 1.44.21 (excellent come back from illness), Nigel Warner 1.47.59, Mike Pollard 1.53.04, Andy Trotter 1.53.33 (PB, 11 minutes faster than last year), Keith Wilson 1.54.26, Joe Westerman 1.54.31 (first half), Michaela Shepherd 2.03.21 (PB), Nigel Kirkby, Roger Maguire and Dave Pullman all 2.03.49, Rachel Hall 2.03.53, Karen Harper 2.04.57 (missed PB by seconds), Nicole Masterman 2.14.28 (first half), Julie Barker and Sam Robinson both 2.15.37 (both first halves), Debbie Butcher 2.16.25, Chantelle Smith 2.18.34 (first half), Mike Harvey 2.24.21, Julie Nash 2.25.13 (first half), Steve Dixon 2.34.08 (another great charity collecting effort), Nick Isted 2.40.00.



Great North Run – September 2012



Keith Wilson, Nigel Warner, Dave Pullman, Roger Maguire at the Great North Run - September 2012

BISHOP WILTON XC / CUSWORTH 10K

The cross country course at Bishop Wilton could be described as interesting, although the grown men who were weeping as the first uphill drag soared skywards could be forgiven for using different words. I expect grown women were weeping too, but they tend to hide their emotions better.

After that first climb, the course dips sharply then rises again before the headlong plunge to the finish. It might have been a glorious day, but the underfoot conditions were appalling, in many places churned up by cattle so you've no idea what you're stepping in.

This was the first leg of the East Yorkshire Cross Country League, thereby signalling the onset of winter. Simon Griffin announced his return to the Striders with a brilliant overall 6th place, headed only by five City of Hull runners, so he was certainly the best of the rest. Martin Booth carried on where he left off last season with 14th overall, and then cycled back to Goole as though he'd just nipped out for a paper.

With a sturdy supporting cast, including Jonny McFaul making his XC debut as was Steve Whitlam following up his excellent Great North Run, the Striders men finished a creditable fourth. The ladies were only one place behind, led as always by Julie Masterman who looked fresh as a daisy despite a 22 mile training run the day before.

For anyone who fancied staying dry and unmuddied, the Cusworth 10k on the same day provided a viable alternative. Robbie Smith and Jo Mouncey were first in for their respective genders, and Joe Westerman was only seconds outside a personal best, but it was David Locke who took the honours with a PB by more than a minute.

Bishop Wilton times: Simon Griffin 41.11, Martin Booth 44.12, Richard Bramham 47.56, Dave Hanney 48.54, Martin Midgley 50.20, Julie Masterman 53.23, Jonny McFaul 53.26, Neil Leatham 54.34, Nigel Warner 54.38, Steve Whitlam 55.32, Steve Durose 56.40, Richard Anness 58.15, Ray Smith 60.18, Dave Pullman 66.07, Kay Ryan 69.16, Dave Ryan 69.39, Sandy Midgley 72.33, Dot Pullman 73.38.

Cusworth times: Robbie Smith 42.01, David Locke 43.52, Joe Westerman 47.37, Jo Mouncey 53.35, Chantelle Smith 56.16, Debbie Andrew 56.29, Sandra Brooks 56.54, Alison Hoggarth 60.21.

OCTOBER RACES

After a relaxing summer, if you can call it a summer, the Viking Striders have burst into life with a couple of weekends of frenzied activity.

A foggy Bridlington Half Marathon kicked it all off. Despite the undulating course, not to mention the fog, six Striders out of 14 achieved personal bests. Richard Bramham, first in for the club, and also Carlie Payling (first Striders lady) and Steve Whitlam improved by more than a minute, but Joe Westerman knocked a fantastic ten minutes off his previous best at the Great North. David Locke and Jonny McFaul did brilliantly in their first Halves so they count as having PBs as well.

Another Half Marathon PB came from Andy Trotter at Worksop last Sunday, but more Striders were attracted to the two 10ks on the same day. Haltemprice is a tough course, all uphill from Kirk Ella to Swanland then back again, but even so everybody was back inside the hour. Robbie Smith and Jo

Mouncey were first in for the boys and girls respectively, but only David Locke came back with a PB, by just four seconds.

Scarborough is tough as well, but that didn't stop three out of the four Striders getting PBs. The only one that didn't was Julie Masterman, whose lame excuse was that the previous Sunday she had run the second best ever time by a Strider (3.13.55) at the Amsterdam Marathon. Just to repeat that, the second best ever time, beaten only by the legendary Sue Garrod in her heyday.

Jonny McFaul and Steve Whitlam improved by over a minute, but the Scarborough star was Lee Clarkson with a blistering three minutes off to give him the fastest 10k time of the day.

Striders Times:

Brid Half: Richard Bramham 94.29, David Locke 95.38, Jonny McFaul 95.58, Nigel Warner 98.22, Carlie Payling 98.38, Mark Johns 102.03, Steve Whitlam 102.35, Joe Westerman 104.32, Keith Wilson 112.47, Andy Trotter 114.35, Dan Sweeting 116.24, Dave Pullman 117.31, Debbie Andrew 124.29 (both Dave and Debbie did their best times for three years), Sandy Midgley 124.35.

Workshop Half: Andy Trotter 113.18, Steve Dixon 124.56, Karen Harper 125.20 (another best time for three years).

Haltemprice 10k: Robbie Smith 41.35, Richard Bramham 41.44 (an excellent second in his age group), David Locke 43.48, Nigel Warner 45.25 (also second in his age group, probably only two in it!), Joe Westerman 48.18, Jo Mouncey 52.43, Keith Wilson 52.43, Debbie Andrew 55.36, Sandra Brooks 57.36, Debbie Butcher 58.06, Chantelle Smith 58.59, Dot Pullman 59.24, Kim Burton 59.30.

Scarborough 10k: Lee Clarkson 41.31, Jonny McFaul 41.50, Julie Masterman 44.09, Steve Whitlam 46.16.



Striders at Haltemprice 10k 2012



Dave Pullman and Keith Wilson after Bridlington Half 2012

DREWTON WOODS CROSS COUNTRY

You can't win 'em all, so they say, and that was certainly true of the Viking Striders' performance at the latest leg of the East Yorkshire Cross Country League.

Drewton Woods, near South Cave, is a very tough course and has been the graveyard of many a runner's hopes since it was introduced into the league programme. The Striders' Giles Harris was so keen to avoid it he emigrated to Scotland, and with two or three other notable absentees the team struggled to make an impression.

Despite the ever consistent efforts of Martin Booth and Julie Masterman, not to mention the considerable potential of David Locke and Jonny McFaul, both mens and ladies teams finished down in sixth place out of eight. Cross Country doesn't get much tougher than this.

The previous week, the Guy Fawkes 10, from Ripley Castle near Harrogate, was another race of high scenic quality but equally high degree of difficulty. Mark Johns did well to lead the Striders in, but the nature of the course meant that this was very much a PB free zone.

Drewton times: Martin Booth 47.09, Martin Midgley 50.09, Richard Bramham 50.42, Robbie Smith 51.45, David Locke 54.02, Jonny McFaul 54.33, Steve Lund 55.19, Mark Thompson 57.06, Mike Baggott 58.10, Richard Anness 59.11, Steve Whitlam 59.13, Steve Durose 60.00, Nigel Warner 68.30, Dave Ryan 68.40. Ladies: Julie Masterman 53.18, Kay Ryan 68.38, Sandra Brooks 71.50, Sandy Midgley 71.50, Jo Mouncey 77.37, Dot Pullman 77.45.

Guy Fawkes 10 times: Mark Johns 82.00, Tim Harper 86.31, Richard Anness 90.20, Steve Dixon 102.35, Karen Harper 103.06.

LANGDALE END CROSS COUNTRY

If last week's cross country course at Scarborough was a pop group, it would be Wet Wet Wet. Or maybe Mud. Never mind trying to keep your footing on the Rolling Stones. In any case it was Madness to run it, being so Cold play would have been impossible in any other sport.

This icy mudbath was the Langdale End leg of the East Yorkshire Cross Country League. In reality the conditions were so bad that they made for a hugely enjoyable experience, if that makes sense. No matter that a Viking Striders squad ravaged by absences saw only Martin Midgley and Richard Bramham in the Top 30, this was big boys cross country running at its very best.

By way of a warm up the week before, some of the Striders had run the famous Rudolph's Romp, the Long Distance Walkers event of over 24 miles. The terrain was similar to Langdale, not quite so wet but with a treacherously icy top surface thrown in to add to the fun.

The latest score after the last fortnight? Striders 2 Mother Nature 0.

Langdale positions and times: 23rd Martin Midgley 47.04, 28th Richard Bramham 48.23, 44th David Locke 52.20, 47th Nigel Warner 52.51, 52nd Steve Lund 53.42, 54th Mark Thompson 54.37, 55th Jonny McFaul 55.28, 56th Steve Durose 55.34, 59th Steve Whitlam 56.11, 72nd Dave Ryan 65.07, 75th Steve Dixon 70.01. Ladies: 10th Julie Masterman 53.03, 17th Kay Ryan 65.06.

Rudolph's Romp times: Richard Bramham 4 hours 6 minutes, Nigel Warner 4.34, Steve Whitlam 5.41, Liam Fawcett 5.45, Adam Fawcett 5.46.

ANNUAL AWARDS FOR 2012

It is scarcely believable that a whole year has passed since the last Viking Striders Awards night, but sure enough the cream of Goole's athletic community assembled last Saturday night at the excellent Sotheron Arms for the 2013 event. The old stalwarts were all there, but also enough new faces to point to an exciting future for the club as it enters its 29th year.

The award winners were as follows:

Female Newcomer: **SAM ROBINSON**, a sub hour 10k and a debut Great North Run, not bad for just a few months of training.

Male Newcomer: **JONNY MCFAUL**, impressive debuts at the three major distances although he had stiff competition from both Lee Clarkson and David Locke in a very well contested category.

Most Improved Female: jointly awarded to **DEBBIE ANDREW** and **JULIE BARKER**. Debbie improved across all the distances, while Julie followed up a series of sub hour 10ks with her first 10 miler and half marathon.

Most Improved Male: **ANDY TROTTER**, whose progress had to be massive to fight off competition from Richard Bramham and Tim Harper. Robbie Smith posted some impressive times in this category and will surely be in contention in 2013.

Fastest Female and Female Vet: **JULIE MASTERMAN**, who continues to be light years ahead of the competition, with a fantastic marathon PB of 3.13 at Amsterdam the highlight of her year.

Fastest Male and Male Vet: **ANDY MASTERMAN**, whose series of 35 minute 10ks topped off with a brilliant 2.45 at London speaks for itself.

Female Cross Country Runner: **KAY RYAN**. When the going gets tough, Kay gets going, flying the Striders flag at every race in the League.

Male Cross Country Runner: **MARTIN BOOTH**, leading the Striders home in almost every race and never out of the Top 20.

Marjorie Firth Trophy: **DAVID LOCKE**, for outstanding efforts throughout the year and a successful first marathon.

Handicap League, Multi Distance: 1st Andy Trotter, 2nd equal Richard Bramham and Nigel Warner, 3rd Tim Harper.

10k Handicap League: 1st David Locke, 2nd equal Julie Barker and Andy Trotter, 3rd Richard Bramham.



Presentation Night at the Sotheron Arms (Heppy's) - January 2013



Sandy Midgley, Nigel Warner and Mark Johns at Presentation Night - January 2013