

1991

STOP PRESS!



**LONG EATON
RUNNING
CLUB**

ISSUE NO. 1

Time trial's over various distances.

Erewash 10
Robin Hood

Summer Outing.

{ Christmas Meal.

For your information, the 1991/92 LERC committee is :-

Chairman	Ian Baxter
Secretary	Steve Wakefield
Treasurer	Don Pitman

Non committee appointments :-

Club Captain	Ashok Patel
Press Liaison	Jim Willan
Handicaps/Tables	Andy Heathcote
Entertainments	Willie Henderson



STOP PRESS

Hi Members,

Having been appointed Press Officer, I set out to publicise and promote the club with all our local papers, hoping we would be put on the map, and be recognised as a running force along with the other more established clubs in the area. By being in the papers it is hoped that regular news items and features, will encourage new faces to come along to club training nights at the West Park Leisure Centre.

The ideal opportunity arrived with the staging of our own cross country race at Trent Meadows. Trying to get the most mileage out of the event, we covered the before and after details of the race, a total of 12 press reports in various papers, The Evening Post, Football Post, L. E. Advertiser & Herald and Post all published reports. A bonus for us was Eamonn Hyland (of Redhill) being a G.B. International and Robin Hood Marathon Hero, turning up and winning our race which gave us a nice story line for papers. It really was an exciting day, and a proud moment for all the founder members who began the club in 1986.

Next race was the North Mids. X-Country at Leicester, with all the club's runners putting in a fine performance, and I'm sure more/better reports will feature in 1992.

I would like any member who has any news items, photo's taken at races, charity raising events, funny stories or general information which may be of use, to contact me or any committee member, for possible inclusion in future reports.

May I wish all members good results in the future, and lets put Long Eaton Running Club in the papers.

Jim Willan (The Flying Scott)



RACE of the YEAR

For the very first time, the LERC held a X-country race. This was held at the Trent Meadows Recreation Area, on the 17th of November 1991.

The event was in general, a success, with runners from various clubs, that it was a "true" x-country fixture. It had all the elements, i.e. Hills, puddles, sharp corners, narrow tracks with overhanging trees to catch the un-wary, and most of all Mud. There were very few complaints, mostly trivial, which will be rectified next year. That is if we are asked to put on another race of course!

To all Members/Family/Friends who helped in putting on this event, your help was much needed, and greatly appreciated.

The event was covered in the local newspapers, due to the efforts of our press officer who did his bit very well. Here are the few bulletins : For the very first time, the LERC held a X-country race, this was held at the Trent Meadow area on the 17th of November 1991.



● On your marks! More than 200 runners line up for Long Eaton RC's first inter-club crosscountry race at Trent Meadow on Sunday (Nov 17)

A RUNAWAY success story! That's the verdict of Long Eaton Running Club organisers after their first-ever East Midlands inter-club cross country race on Sunday (Nov 17).

More than 200 competitors from all over the region entered. And the quality of the class field for the six-mile event was confirmed by the enthusiastic interest of overall winner, Great Britain international Eamonn Hyland (Redhill), who also won this year's Robin Hood Marathon.

"Our dreams of holding more events of this calibre are now definitely up and running," beamed Long Eaton RC press officer Jim Wilan afterwards.

"We want to thank all the marshals and helpers who turned out. They saw us through this testing time and made the event a big hit."

Club founders Don Pitman, Martin Goodall, Nigel Birch and Steve Wakefield said they were most encouraged by the response to the mixed race, which started and finished at Long Eaton's Trent Meadow.

FOUR proud

MEN

FOUNDERS
HOSTS AT
LONG EATON



NO PRIZES for identifying the proudest men on Trent Meadows, Long Eaton, last Sunday.

They were Don Pitman, Steve Wakefield, Nigel Birch and Martin Goodall — founder members of Long Eaton Running Club in 1986.

And they were there to take part in the first event their club has ever hosted, a meeting of the East Midlands cross country league.

Don and Steve ran. Nigel was a marshall. Martin was timekeeper.

To cap the memorable day, the race was won by Great Britain international Eamonn Hyland, winner of the Robin Hood Marathon round Nottingham in September.

Which was fitting.

For there are few runners around these parts who are more loyal to their clubs than Hyland.

★ Lift

"Having an international runner turn up for our race was great," said the Long Eaton club's press officer, Jim Willan. "We were made-up."

But such is the strength of local clubs that not even Hyland's presence

could lift Redhill Road Runners to higher than third place in the men's team race, while the genial hosts — whose lead runner was Mark Elliott in sixth place individually — were sad to finish fifth of the eight clubs.

Erewash Valley Running Club led home the men's A teams with Shelton Striders in second place.

Of the others, Hucknall were fourth, Sinfin sixth, Holme Pierrepoint seventh and Carlton Forum eighth.

Shelton won the ladies' team race with Erewash

second, Carlton Forum third and Holme Pierrepoint fifth.

Long Eaton, led in by Liz Potter in 13th place, were sixth team followed by Hucknall and Sinfin.

The leading veterans were Ian Richardson (Holme Pierrepoint) and Carolyn Smith of Southwell Running Club.

But, in many ways, Long Eaton were the winners; and Mr Williams said: "We would like to thank all our organisers, marshalls and administrators for putting on a successful event."

★ Real

"The course designed by Long Eaton runners proved to be of real cross country standard and the comments from all competing clubs were encouraging."

"We look forward to hosting another event next year."



● Eamonn Hyland — Robin Hood hero and winner at Long Eaton

ATHLETICS

Eamonn takes the honours!

LONG Eaton Running Club staged its first race at Trent Meadows, Meadow Lane, Long Eaton, on Sunday morning, which was won by a British international marathon runner.

Eamonn Hyland, winner of this year's Robin Hood full marathon, showed his top form by coming first in Sunday's race, part of the East Midlands Cross Country League.

More than 200 runners took part in the event, the first to be staged by the club since it formed five years ago.

Among those at the race were Don Pitman, Steve Wakefield, Nigel Birch and Martin Goodall — founder members of the club.

Winners were:

First male: Eamonn Hyland, Redhill Running Club

First female: Jill Cunningham, Shelton Striders

Male vet: Ivan Richardson, Holme Pierrepont

Female vet: Carolyne Smith, Southwell

Men's A: 1, Erewash; 2, Shelton; 3, Redhill; 4, Hucknall; 5, Long Eaton; 6, Sinfin; 7, Holme Pierrepont; 8, Carlton.

Women's A: 1, Shelton; 2, Erewash; 3, Carlton Forum; 4, Redhill; 5, Holme Pierrepont; 6, Long Eaton; 7, Hucknall; 8, Sinfin.

The club meet every Tuesday and Thursday, from 6.30pm, at West Park Leisure Centre, Long Eaton. New members are welcome.

● Pictured is club chairman Ian Baxter getting the runners underway at the start of the run. 918315-10.



DON PITMANS NEWS ROUND

At the A.G.M. it was decided to try and become more organised with the training sessions in the future. After much discussion we came up with the format that is now in practice. I am pleased to say that the sessions seem to be going very well and that everybody, including the newcomers are giving a favourable response to the scheme.

Mr Ian Harris, the well known shoes expert came up with a circuit session based on stomach and chest muscles, after aching for five days, I can say they were a success and hopefully Mr Harris will continue with more of these sessions.

If anybody wants to organise a specific nights training, or has ideas for exercises that they think will benefit our running, please inform me or even better, perhaps take a session.

The cross country season is almost over, but we still need to get a better response from the members for the remainder of the East Midlands league races. While on the subject of races, I would like to thank everybody who made the effort of turning up for the races, thus giving the club a higher profile within the local leagues.

Andy Heathcote is to be thanked by all members of the club with regard to the league table and maintaining the Long Eaton notice board. Also for the handicap race which he organised at Wollaton Park which was won by Lawrence Peak. Andy handicapped everybody exactly right apart from me. I hope he redresses this situation for the next handicap. (not a chance! - AH.)



LONG EATON LADIES - A YEAR TO REMEMBER

Wet, wild, but wonderful - that was the year that saw many triumphs, a few failures and a lot of laughs for the Long Eaton lady runners. The LERC ladies contingent grew to six regular members, all fresh faced and enthusiastic individuals who fearlessly braved the elements most weekends to clock up a succession of good results.

Highlights of the year were many. Starting with the Western Park Fiasco in January which saw Liz and Sarah madly dashing to the start line, throwing off clothes as they went, to see all the other women runners disappearing over the horizon.

LERC ladies were 4th in the Nott's University relay race in the February. Liz won the women's event in the Wirksworth incline race in March, being the only female competitor - never mind, the bottle of Devonshire Cream Sherry prize went down a treat.

Gordon Angels "Got round" the Chatworth obstacle race in May.

Rachels and Liz ran the womens sportage run at Shelton Lock in June.

We did the Heritage, Harrington and Holme Pierrpont 10 in late summer period.

An Italian nosh-up at the TRATORIA CONTO restaurant gave us a welcome rest from the hectic schedule in July.

The Robin Hood came and went and gave us all stiff legs for the next fortnight.

Alex made us all jealous when she smashed the opposition in the East Midlands cross country at Bramcote Park coming 3rd.

Annette got dirty at the Dovedale Dash in November.

Amanda got dirty at Calke Abbey in December, and we plodded around the Charwood relay race still full of figgy pudding.



REMINDER "LADIES" WHERE TO FINISH (TAKE NOTE ALEX)

EAST MIDLAND CROSS COUNTRY CHAMPIONSHIP(A.A.A)

On the 14th of December, we 'the fool's' met at Wollaton park to run the East Midland championship. The event was 7.5 miles for the men and 3.5 miles for the women. Our teams of 5 men and 2 women turned up for the race, a poor turn out considering that 10 men and 3 women were actually entered. It was not a good day to remember, that is weather wise. It was extremely cold and the fog was getting thicker every minute. I was hoping for some reason the event was cancelled, to no avail this was not to be.

The Mens race started at 12.10 p.m., a medium and 2 large laps to face, running up the dreaded Wollaton hall hill three times. The club Mens result was as follows

1. Andy Heatcote.(60 overall)
2. Don Pitman.(62 overall)
3. Geoff Jones.(70 overall)
4. Ashok Patel(84 overall)
5. Adi Rigley(86 overall)
6. Ian Harris.

The incident of the day was Mr Harris got lost in the fog and losing this race number, I must say this this can only happen to him.

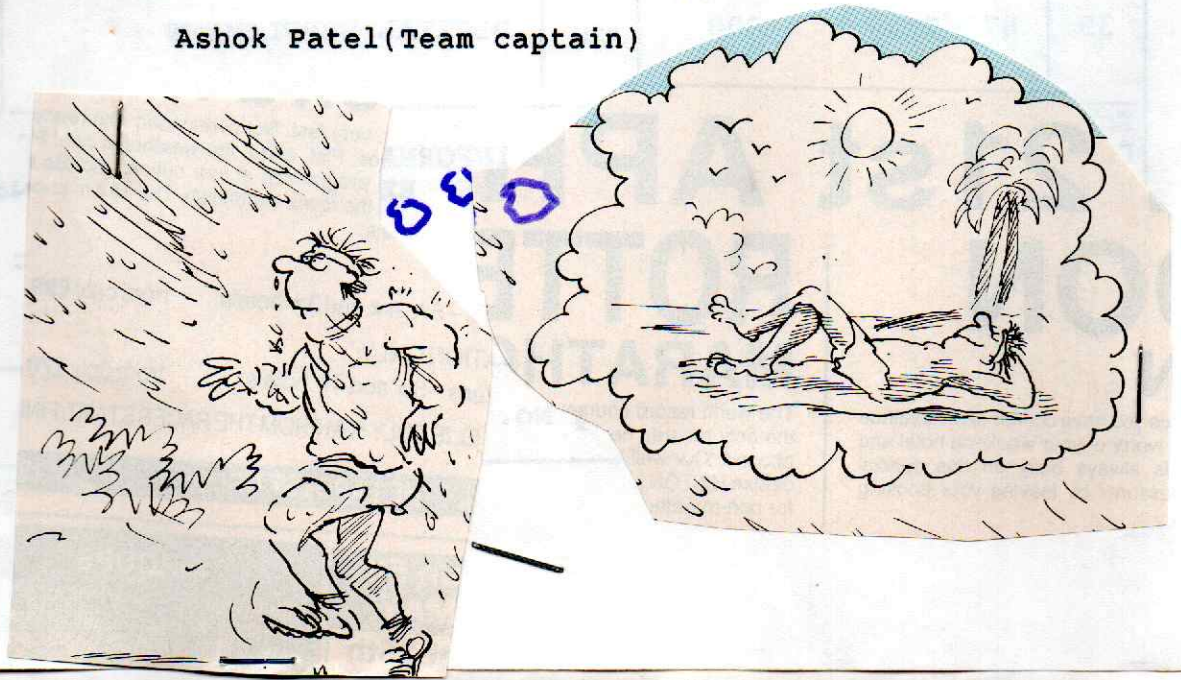
The Womens race started at 1.40 p.m., not a big field, about 30 started the event facing 2 medium laps and 1 small. Congratulations to Alex for coming 11th and to Liz who both faced up to the bitter cold and fog. Sarah and Gary turned up to support. Note, I must tell Gary to bring extra mugs of tea next time.

Report by Ashok Patel(News at Ten, god's knows why I was there).

On behalf of myself, and the LONG EATON RUNNING CLUB, I would like to thank everybody for taking part in the road races and x-countrys throughout the past year. These fearless men and women who faced the English weather, the cold, rain and the wind, and the hills on the courses are to be congratulated. The only thing which is constantly in my mind, was that I wish I was back in India facing the winter over there!

All efforts in support of the teams was much appreciated.

Ashok Patel(Team captain)





PLANS FOR 1992

Mens National X-Country at Newark.

University Relay Race.

Long Eaton 'Potluck' Pairs Handicap.

Singles Handicap(Autumn).

Road race league.

Winter cross country league.

Time trial's over various distances.

Summer Outing.

Christmas Meal.

SOCIAL SCENE - LONELINESS OF A LONG DISTANCE RUNNER !

This doesn't have to be the case at Long Eaton Running Club !

Throughout the year various events, both formal and informal have been held, all geared to the wishes of the members.

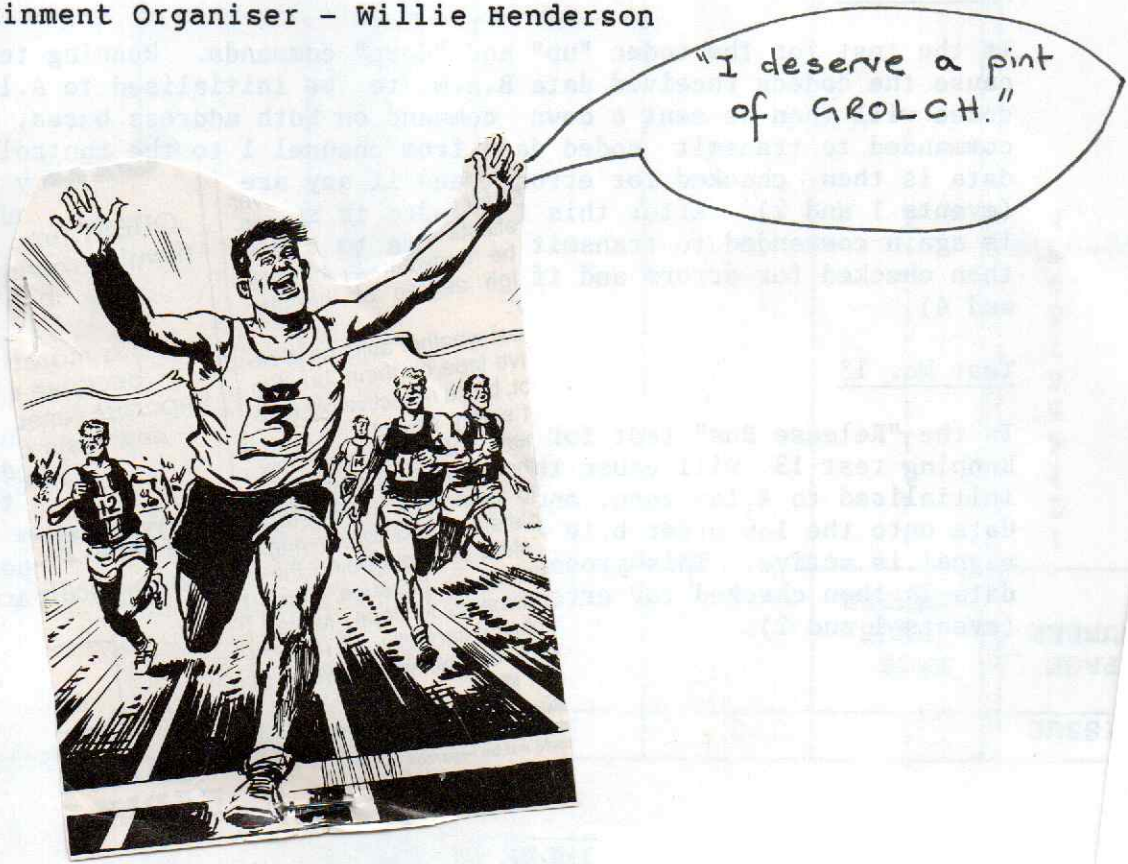
From nights out with the lads, to nights out for the ladies and couples nights out including dining out, bowling and pop concerts.

A Dinner and Dance is always held at Christmas, which this year took place at the International Hotel, Derby.

Future Events for 1992

1. Karoke Nights.
2. Bowling.
3. Discos.
4. Family functions(bring the kids along).
5. Lads Night out.
6. Ladies Night out.
7. Couples Night out.
8. Summer outing.
9. Christmas meal.

Social and Entertainment Organiser - Willie Henderson



LADIES QUESTIONNAIRE

LIZZIES RUNNING CLINIC

All question answered professionally, sympathetically and in complete confidence (well almost).

Dear Lizzie,

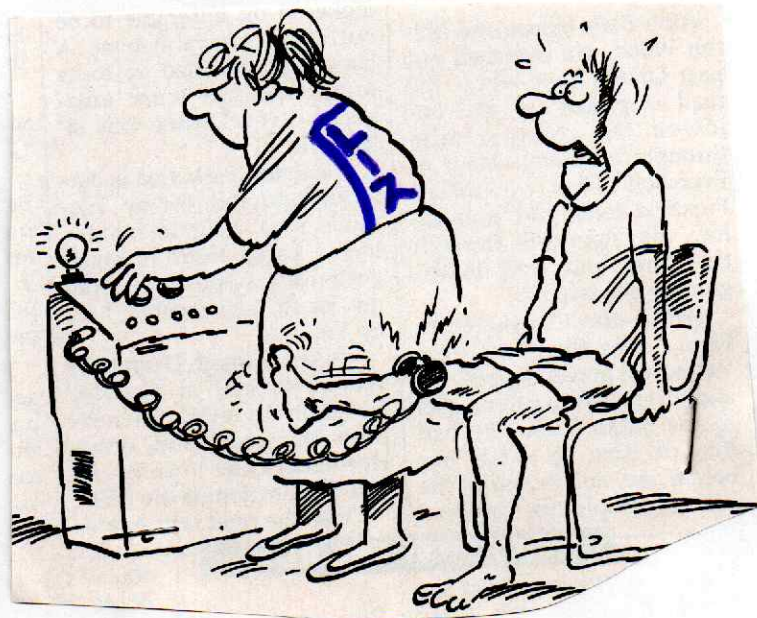
I feel that I must write to you as I am at my wits ends.
I have an embarrassing problem which I'm not sure how to explain.
The problem stems from 'err' flatulence (wind) my stomach start rumbling during the warm up session and as soon as I start running.
I feel it building up until I can hold it no longer.
It is so bad that nobody runs behind me anymore and my tracksters are beginning to rot.
Could you please tell me how to control this as I am on a staple diet of baked beans, lentils and Newcastle Brown ale with the odd kebab.

Yours in windy desperation.

R. ASPER. (Mr)

Dear Reader,

It is a shame your problem is affecting your running, although it could be said its improving others!
Have you considered cutting out the lentils and try a pint of lager and a good old fish and chips for a change.



AMBITIONS FOR 1992

TAKE THE SIX RACEY WOMEN >>>>>

Ladies background and the press comments :

AMANDA HEATHCOTE

Amanda likes a challenge, a nice slippery cross country course is her ideal venue on Sunday morning.

She was hardly recognisable at Calke Abbey after deciding to go snorkel diving in the mud.

She likes male runners bottoms.

AMANDA quotes

"I want to run the Robin Hood, 15 minutes less than my last year !"
(stunned silence all round).

SARAH SHEPPARD

Sarah has changed her hairstyle this year which seemed to chop about 2 minutes off her personal bests.

She is an outdoor girl, many a weekend spent mountaineering.

SARAH quotes

"I want to finish my decorating at home - Oh! sorry you want a running ambition, in that case, to keep up with Don".

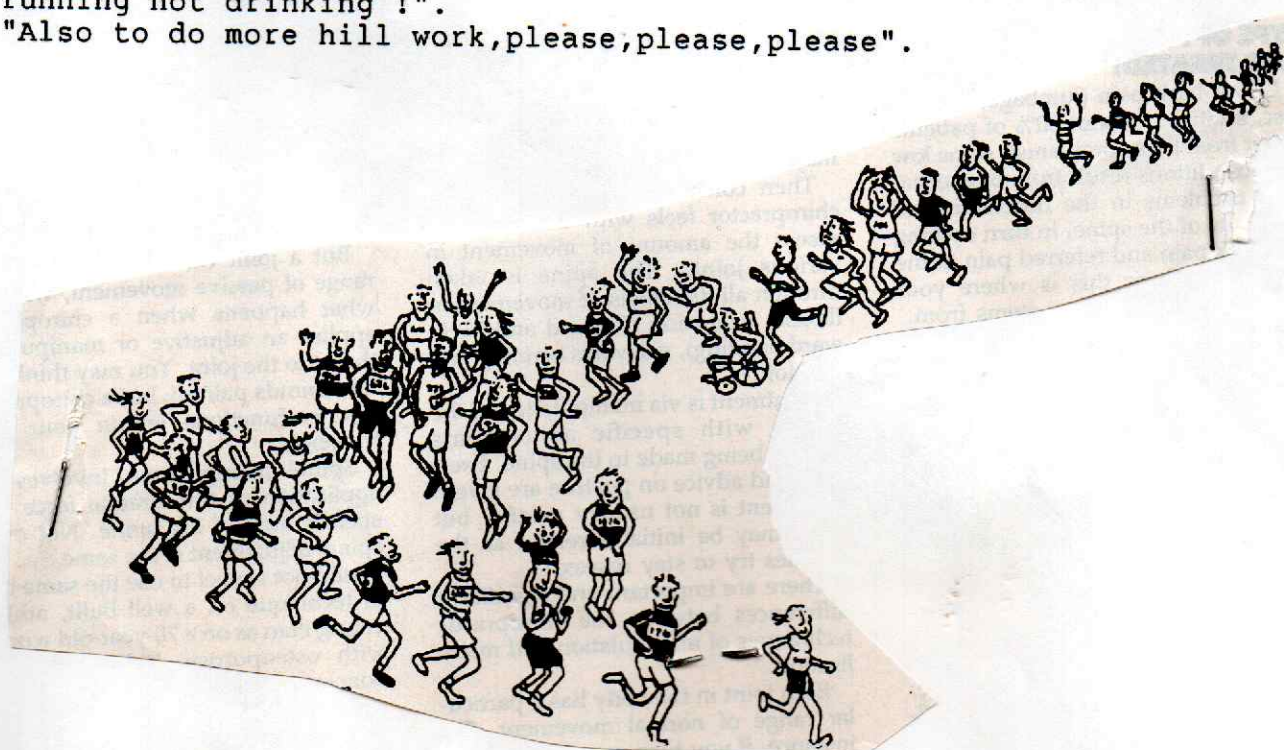
RACHEL LITTLE

Rachel frequently dashes from her Ashbourne workplace where she is a Pharmacist extra ordinaire, to run around Long Eaton in the dark. Hill are her speciality and life is now ruled by running.

RACHEL quotes

"To complete the Derby Ramathon and to keep up with Ashok at running not drinking !".

"Also to do more hill work, please, please, please".



Running on the right paths

LOCAL runners reckon their club is finally sprinting into the big-time — FIVE years after it started.

But leaders of Long Eaton Running Club said it's only a competition requirement that has made them look slow off the mark.

"With membership just over 80-strong, we at last have enough supporters for course-marking, marshalling and other vital jobs to make a fair-sized event feasible," said press officer Jim Willan as he prepared for the club's first-ever inter-club cross-country race on Sunday.

More than 250 runners in the East Midlands Cross-Country League have entered the five-mile race, which starts and finishes in Long Eaton's Trent Meadow.

"If it's successful, we will arrange more events and raise money for charity," said the club's race captain Ashok Patel,

by Val Ward

a test development engineer at GPT, Beeston. Ashok, 37, joined the club two years ago and goes to West Park Leisure Centre on Tuesday and Thursday nights for training

sessions, followed by runs of between five and eight miles.

"We've got a strong men's section, with good support from the ladies, and there's a lot riding on Sunday's race — this is an important breakthrough for the club and it could lead to much bigger things for us,"

said club chairman Ian Baxter, 37, of Woodstock Road, Toton.

But he's already out of it sidelined by a back injury. "I'm disappointed I can't join in — but I'll still be there cheering for anybody in our blue-and-white club colours," vowed Ian.

ATHLETICS

Out in force

LONG Eaton Running Club members took part in the North Midland Cross Country event at Western Park, Leicester, on Saturday.

Times for the winners were 2 hours 45 minutes in the men's section and 2 hours 35 minutes in the ladies section.

In the men's section the first nine Long Eaton runners home were Don Pitman (position 122), A. Heathcote (142), G. Jones (153), C. Towers (157), W. Henderson (178), G. Smedley (181), A. Patel (182), A. Rigley (204) and I. Harris (251).

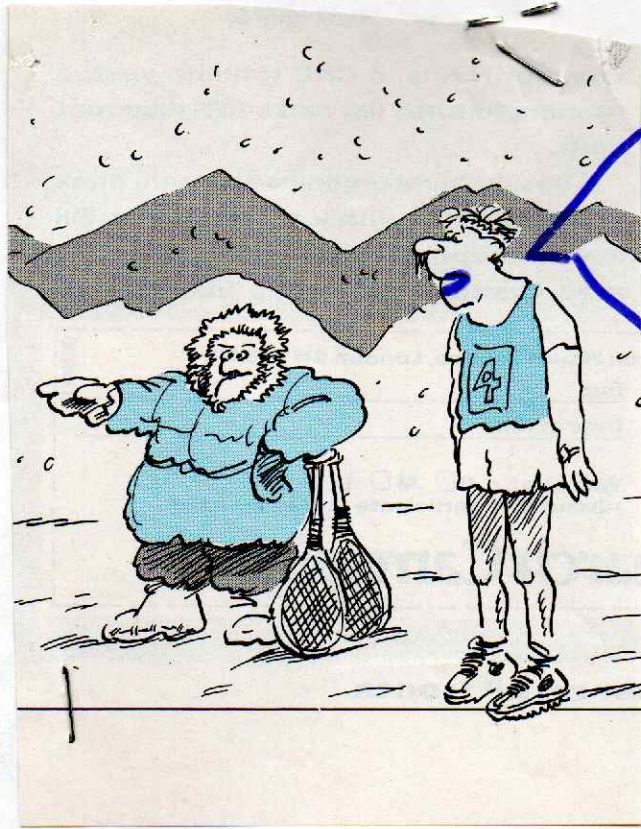
In the women's section A. Holland was 17th and L. Potter came in 34th.

The club also welcome any new runners/joggers to West Park at 6.30pm on Tuesday and Thursday.



"L.E.R.C. SHOES EXPECT"

A BIT HUMOUR



WHICH WAY
TO THE LONG
EATON RUNNING
CLUB?



10,000 LTRS
CHAMPION

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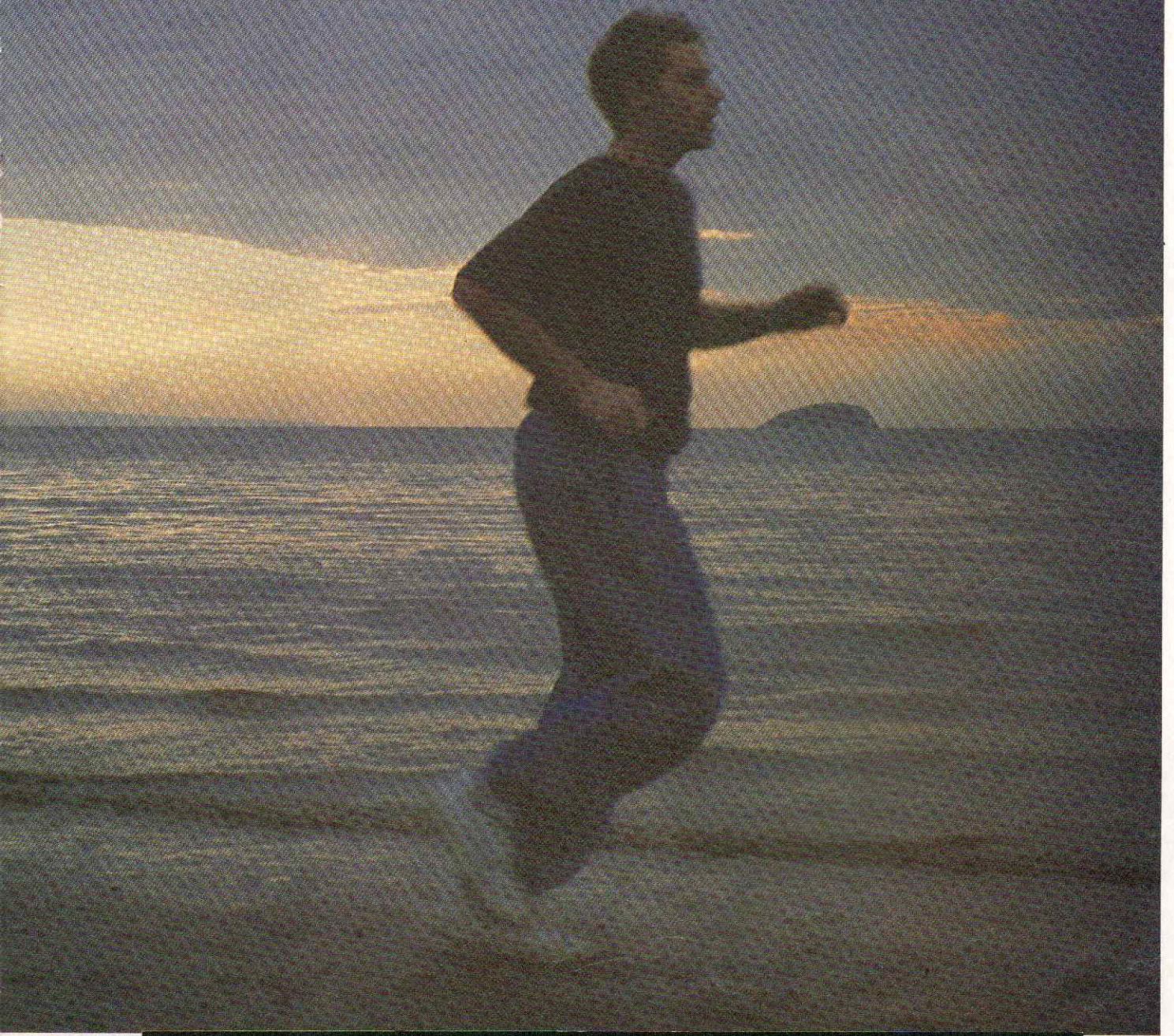
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Run with us!



***“The race is not to the swift,
but to those who keep on running.”***