



Evesham Vale Running Club



Newsletter December 2011

Hello and Welcome

This is the last newsletter for the year 2011, I hope you have all had a great year and you have an even better 2012.

We have 152 members of whom 39 are new this year.

Message from the Chairman

2011 has been another jam packed year. The club and the members have achieved such a lot over the past 12 months. The biggest achievements were the successful Evesham Vale 10k race which continues to improve and attract more and more runners. Katy Tarplee and here strong 10k committee team worked hard to pull off the best 10k in the area. I am sure that next year the race will be another great success. This year has also seen the club be awarded the Club Mark award from UK athletics. This is a gold standard award in sports clubs and you can be sure systems are in place to make sure that the club will have a strong future. This was only achieved by the hard work and dedication of Virginia Pawlyn. I would like to thank every member for their continued support as it is only your hard work which makes this club great.

Looking forward to 2012 the club will continue to improve and attract new members in order to maintain the friendly supportive running club which I know all you like to be part of. So on behalf of all on the committee we wish all the members, their families and friends a very merry Christmas and a Happy New Year.

Adam Spiers

Awards for 2011



Fastest male - Iain Jennings
Fastest Female - Sheila Barbour
Male Race League Winner - Danny Harris
Female Race League Winner - Sara Turner
Most Improved Male - Julian Gillece
Most Improved Female - Natasha Day
Outstanding Achievement Award Male – Kurt Dusterhoff, 12 marathons in 12 months.
Outstanding Achievement Award Female – Michelle Parsons, 2hr 59min marathon.
EVRC Good Egg Award – Katy Tarplee, Race director for the Evesham 10k.

Good luck to the three lucky members who won the London marathon places via the ballot

- 1- Caroline Woodcock
- 2- Mike Crowther
- 3- Charmaine Mitchell

Results

Brueton Park run

Saturday 12th November

David HUGHES 23:27

Mary HUGHES 30.56 Mary's time is another club record for her age group:)

David said "I thought the whole thing was really well organised and marshalled and so simple to do; we will definitely try to do some more"

November Handicap

Monday 14th November

Men

06:38 - Iain Jennings (course record)

06:46 - Andrew Kendry

06:48 - Danny Harris

07:12 - Keith Alger

07:32 - Mark Zikking

07:51 - Ned Lammas

07:53 - Ben Johnson

08:05 - Bob Pope

08:12 - Adam Spiers

08:31 - Stuart Bonham

08:53 - Clive Stewart

09:02 - Colin Tether

09:10 - Gary New

09:10 - David Hughes

10:07 - Robert Hale

10:29 - Richard Leathers

10:43 - Dave May

12:05 - Paul Carter

Ladies

08:18 - Sheila Barbour

08:27 - Lindsey Lewis-Painter

08:28 - Natasha Day

09:37 - Caroline Kent

09:37 - Ann Tarry

10:00 - Jo Heritage

10:13 - Elaine Clarke

10:54 - Linda Longley

11:07 - Emma Roome

11:07 - Lizzie Stanbra

12:35 - Rachel Hall

13:09 - Tracey Shorrocks

13:30 - Fran Webb

13:46 - Lucy Allen

Well done everyone.

Runbreeze 10k Longs marsden Airfield

Sunday 20th November 2011

Elaine Clarke (42) 57.05mins (beat previous time by 3minutes 27 seconds)

Sleepwalker

Saturday 26th November

A hard 20mile multi terrain run in not very nice conditions this year. Last year's winter wonderland was but a distant memory.

Dave Mitchell- 3hrs 2mins

Sheila Barbour- 3hr 20min (First lady!!!!!!!!!!!!)

Ned Lamas- 3hr 20min

Phil C- 3hr 45min

(Croome con't)

48.25 Pope Bob M 49

52.57 Tether Colin M 65

56.24 Stewart James M 60

56.34 Hughes David M 62

59.44 Cross Julie F 43

62.00 Heritage Jo F 39

62.19 May Dave M 65

64.44 Bailey Andrea F 44

65.12 Bailey Tessa F 46

76.54 Hughes Mary F 60

The Grim

Sunday Dec 4th

More like 8.5 and very muddy!

Adrian Barradell - 1:34:18

Richard Leathers - 1:35:52 (first outing of the Santa suit this year)

Croome capability Center

Sunday 27th November

42.48 Gill Richard M 48

44.57 Zikking Mark M 42

Forthcoming Events

Don't forget every Wednesday at 7pm meet at The Trumpet, Kurt (Volunteer Level 1 Coach) will be conducting speed/hill sessions. These are great for beginners to the most experienced runner. More details on the sessions are available on the front of the main EVRC site, or you have the option of running in a group like Mondays sessions.

Festive Run

Monday 19th December

7pm at The Trumpet, Fancy dress is a must! We will run through Evesham past a good collection of Christmas lights followed by mince pies and mulled wine (alcohol free) (you can optionally add your own brandy!)

Post Christmas Run

Thursday 29th December

8.30am Elmley High Street, we will be running the Bredon Bash route with possible detours. Fancy Dress run please see forum for more details.

Members of the Evesham Vale Triathletes will be attending The Trumpet at 8pm on Monday 23rd January after the EVRC run session. This will be an informal get together/information evening.

If you would like more details please visit www.eveshamvaletriathletes.co.uk

Race league

The Fladbury Festive Five is taking place this year on Monday 2nd January. If you didn't do it last year, it's a great way to burn off the festive pounds- 5.6m multi terrain, flat course with free cake afterwards. Entries at www.fladburyfestivefive.org. We are also looking for marshals- if you can help out please call Julie Cross on 861699

You're Input

Follow us on Face book [Evesham Vale Running Club](#)

If you have any comments, suggestions or contributions about this newsletter or the club in general please send me an e-mail at linzilp@hotmail.co.uk or see me at the club on Monday's and Wednesday's.

EVRC 2011 Christmas Function



Pictures taken by Nicola Dusterhoff

*Merry Christmas
and a
Happy New Year*