

STRUGGLER'S POST



South Molton Struggle BY JULIE COLMAN

So, as the 27th October got nearer race organisers watched nervously as the weather forecasters predicted the worst storm for 30 years! This could make the struggle even more challenging than normal. Thankfully, the forecasters got it right. Well in so far as the storm didn't arrive until after the struggle had finished.

A record number of entrants this year took to the 7.8 mile course with 209 crossing the finish line covered in mud but feeling great.

The winner this year came from South Molton for the first time as Daniel O'Boyle crossed the line in a time of 44.03. Ronnie Richmond of Bideford Blues was second in 45.46 and third place went to Paul Cooke (Young Horse) from the South Molton Strugglers in a time of 48.12.

The first female was Emma Dennis in 52.30 followed by Jane Allison in 55.40. Helen Anthony in 57.04 completed the first three.

The first local lady was South Molton Struggler Naomi Hughes who secured a massive 15 minute PB completing the course in 1.04.07.

The team prize was also taken by the Strugglers – made up of Paul Cooke, Paul Morgan, Martyn Knight and Ian Waldron.

The struggle attracted a wide range of abilities from top class runners to some taking part in their first ever race! What everyone will agree however, is it is an exceptionally well organised event with fantastic marshals that provide support and encouragement to every single runner! With music playing and a fun childrens race before the main event, a great atmosphere was experienced by all.

Huge well done to everyone involved in organising, volunteering and most importantly taking part. Roll on 2014!

Coaching Corner - Injuries and running BY JACK BATCHELOR

As a current non-active coach largely due to running whilst injured, I feel I am very well qualified in this area. My only tip to you all is to stop running when you feel pain due to injury and do not start again until you are fully recovered. Furthermore, stretching should also become a key part of every run you do! After every run you should spend 10-15 minutes stretching and if possible include a full stretching routine once a week. I have learnt the hard way!

Strugglers Struggle Results

Full results available on the website.

PAUL COOKE	0:48:12
PAUL MORGAN	0:52:54
MARTYN KNIGHT	0:57:33
IAN WALDRON	1:00:07
PHIL PENNINGTON	1:00:51
ANDREW SAMUEL	1:01:20
NAOMI HUGHES	1:04:07
BEN TROTT	1:04:26
GEOFF ADAMS	1:08:43
KIERA GORST	1:10:16
TANYA MARROW	1:10:48
TREFOR MORGAN	1:11:03
ANDREW JONES	1:13:28
KEITH MCNEILL	1:13:34
EMMA HILL	1:19:59
ROSS DENNIS	1:20:36
JACK FRIENDSHIP	1:21:32
JULIE YOUNG	1:22:42
JAYNE MCKENZIE SMITH	1:24:21
JULIA GLOVER	1:27:55
STEVE HINCHLIFFE	1:30:31

Stumbling around with the Strugglers

BY NIK WHALLEY

The Exmoor Stumble is a challenging 6.7 mile trail run organised by Minehead Running Club.

The race winds through the hills above Minehead on the same day as its longer relative, the Stagger.

All five Strugglers who took on the shorter course this year ran well in ideal trail running conditions - wet and muddy underfoot!

Nik Whalley (56:44) and Trefor Morgen (1:10:52) came second in their age categories - M40 & M60, respectively. Phil Pennington (1:01:17) and Emma Hill (1:18:41) both ran PB's, with Naomi Hughes (1:05:52) finishing well on her first attempt.

In the Stagger Paul Cooke put in an immense effort and came 3rd overall (2:03:12).

Upcomming Fixtures

Nov 17th Drogo 10
 Nov 20th Streetlights
 Dec 8th Otterton 10k
 Dec 18th Streetlights
 Dec 22nd Torrington
 Christmas
 Capar

Results

Bideford 10

PAUL MORGAN 01:05:15
 MARTYN KNIGHT 01:10:37
 CHRIS MURRIN 01:10:48
 DEREK PAGE 01:14:06
 TRACEY HULLAND 01:14:17
 3RD FOR AGE
 PHIL PENNINGTON 01:14:38
 ELAINE FIELDS 01:19:38
 KEITH MCNEILL 01:28:12
 KATE KILBURN 01:33:12
 ROSS DENNIS 01:35:54
 JULIA GLOVER 01:40:12

Results continued ...

New Forest Marathon

PAUL COOKE 03:00:16
 4TH OVERALL - 2ND IN CAT
 CLAIRE CAMPBELL 03:34:29
 2ND IN CAT
 CHRIS MURRIN 03:37:59
 TINA MCCrackEN 04:08:42

Taunton 10k

MIKE CLARK 00:36:44
 2ND OVER 40
 PAUL MORGAN 00:39:19
 RICHARD CONNETT 00:41:45
 CHRIS MURRIN 00:42:03
 WAYNE SIBTHORPE 00:42:14
 PAUL BRAYLEY 00:43:28
 PHIL PENNINGTON 00:46:26
 TRACEY HULLAND 00:46:32
 CAROLINE SHAPLAND 00:51:02
 KATE KILBURN 00:56:00
 TRINGA SIBTHORPE 00:56:36
 KEITH MCNEILL 00:57:16
 JACK FRIENDSHIP 00:58:54
 MARY-ELLEN WHALLEY 00:59:00
 ROSS DENNIS 00:59:34
 JULIE YOUNG 01:00:23

Doone Run

LUCY GOODMAN 01:27:16
 CHRIS SIMPSON 01:31:49
 ANDREW SAMUEL 01:39:05

Bideford Bay 50k

CHRIS MURRIN 06:30:00

Bratton 7

ANDREW SAMUEL 00:58:11
 JULIE YOUNG 01:17:08

Great West Run

MIKE CLARK 01:20:53
 11TH OVERALL, 1ST IN CAT
 GEOFF ADAMS 01:56:26
 TANYA MARROW 01:58:07
 KATE KILBURN 02:01:41
 KEITH MCNEILL 02:05:20
 ROSS DENNIS 02:19:00
 AMANDA ADAMS 02:19:18
 JACK FRIENDSHIP 02:25:12

Stagger

PAUL COOKE 02:03:12
 3RD OVERALL

Stumble

NIK WHALLEY 00:56:44
 PHIL PENNINGTON 01:01:17
 NAOMI HUGHES 01:05:30
 TREFOR MORGAN 01:10:52
 EMMA HILL 01:18:41

Ultra Running

BY CHRIS MURRIN

After I enjoyed the challenge of running the thirty two miles of the Dartmoor Discovery I decided to have a go at running another ultra marathon. I booked myself in for the Bideford Bay 50K. It was thirty one miles along the North Devon coastal path. I began well and could tell for the start that this would be a challenge. There were steep ascents and inclines making it very difficult to even jog at times. Up until mile twelve everything was going great however it wasn't always easy to tell which way to go and as I was looking around to find some other running around me to check I was going the right way, I tripped and fell over bashing my knee on the ground. It hurt but I thought it would be fine and that I would soon run off the pain. As I continued the pain in my knee got worse but I was determined to keep going. Each mile was getting more and more painful and then I saw Chris Simpson. I was about nineteen miles in and he had come to run part of the way with me not suspecting how much I actually needed him as he caught up to me. Chris was an amazing support to me and kept me going up some very steep climbs running for about six miles by my side. As he left me the pain was at its worst. I stopped to take some pain killers then carried on as best I could. I had five miles to go when a fellow runner caught me up and saw I was struggling. It was this man that saw me through to the end refusing to go on without me. Finally the finish line came into sight and I knew it was going to make it. As I got closer I could see Kate, one of my daughters, Lisa and my Granddaughter, Lilly waiting for me. I took Lilly in my arms and carried her across the finished line with me grateful that it was finally over. It had taken me six and half hours to complete.

So why do I run the Ultra Marathons I hear you ask. Well firstly it's a personal challenge but all it's because of the camaraderie that exists between the runners. Everyone is experiencing the run together and most are keen to share time with you as the miles past you by, keeping each other in good spirits and seeing it through to the end.