



HINCKLEY CLUB
RUNNING

Presentation Evening and Celebration of 2017



Date: Saturday 3rd February 2018

HRC Standard Times Awards 2017

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Gold Distinction

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Bronze Award

Andrea Earley

Vet Female (45-49)



Braunstone parkrun	28:13 (Bronze)
Desford 5	48:39 (Bronze)
Two Castles 10k	1:03:18 (Bronze)
Shepshed 7	1:11:59 (Bronze)
West End 8	1:19:33 (PB, Bronze)
Derby 10	1:40:09 (Bronze)
Watford Half Marathon	2:16:48 (Bronze)
Milton Keynes 20	3:39:58 (Bronze)

Quite a few 'highs' this year .. 150th Parkrun in September - complete with GIANT balloons from my wonderful buddies. Achieving 8 standard times having had a relatively injury-free year. For 'worst' read disappointing: not going quick enough at Birmingham Marathon to get my 9th standard time for a distinction!

Bronze Award

Elizabeth Aspden-Mansfield

Vet Female (45-49)



Club 5k Time Trial	27:18 (PB, Silver)
Watermead Challenge	44:56 (Silver)
Desford 5	46:33 (Bronze)
Swithland 6	57:10 (Bronze)
Markfield 10k	57:59 (Bronze)
Stilton 7	1:08:31 (Bronze)
West End 8	1:16:40 (PB, Bronze)
John Fraser 10	1:36:14 (Bronze)
Bosworth Half Marathon	2:10:04 (Silver)
Ashby 20	3:25:54 (PB, Bronze)

So pleased to have completed all the LRRL races this year, even though it made me miss my son winning the Hinckley football tournament by scoring the winning penalty! I found all the races challenging but was made enjoyable by the camaraderie with fellow Hinckley runners. The year was topped off by taking part in 'The Great North Run' one of the iconic runs I've always wanted to do. Also pleased to make the club records for 3K by being a part of 'Team Shite' in the Leicester Uni relays!

Bronze Award

Emma Thompson

Vet Female (35-39)



Braunstone parkrun	26:40 (PB, Bronze)
Desford 5	44:45 (PB, Bronze)
Swithland 6	52:48 (PB, Bronze)
Markfield 10k	56:51 (PB, Bronze)
Stilton 7	1:05:01 (PB, Bronze)

I have achieved more in this last year than I ever thought possible. From being reluctant to go to any sessions to doing cross country just a week later. My proudest moment was finishing my first half marathon and having my family there. My worst moment was getting injured and trying to overcome everything that comes with it. My highlight was doing a Canicross Parkrun in 21.12, I didn't know I could run that fast and squeak at the same time.

Bronze Award

Harry Langham Senior Male



Club 5k Time Trial	18:42 (PB, Silver)
Desford 5	32:39 (PB, Bronze)
Swithland 6	38:10 (PB, Silver)
Markfield 10k	42:37 (PB, Bronze)
Gaddesby 7	47:30 (PB, Bronze)
John Fraser 10	1:12:49 (PB, Bronze)
Draycote Water Half Marathon	1:31:51 (PB, Bronze)

2017 was a good year for me in terms of running with countless PBs and even better memories with HRC. The training nights on both Tuesdays and Thursdays have helped me bring my standard of running up a lot. The competition and camaraderie between members is great to see and really drives me on to accomplish a lot more and this year is testament to that, with 15 PBs ranging from 5k to marathon all I can say is.. I've had a blooming good year of running. Highlights: Getting under 19 minutes in 5k after so many attempts. And nearly beating Joe in an all out race for the finish at Swithland 6. Low-lights: Nothing at all!!

Bronze Award

Jonathan Strong

Senior Male



Arrow Valley parkrun	19:56 (Bronze)
Desford 5	32:48 (PB, Bronze)
Kibworth 6	40:03 (Bronze)
Markfield 10k	43:08 (Bronze)
Stilton 7	46:25 (PB, Bronze)
John Fraser 10	1:08:13 (PB, Bronze)
Ashby 20	2:25:12 (Bronze)

Not getting any slower on the short stuff despite my continual focus on the long stuff. Sneaked a couple of PBs in as well as only off by a few seconds on most shorter races. Sub 23 hour 100 mile race at the South Downs Way, taking over 3 hours off my previous time. Giving the Lon Las Ultra a go, first ever race DNF. Happy with the first 100 though, will be back again.

Bronze Award

Matt Knight

Senior Male



Club 5k Time Trial	19:03 (Silver)
Kibworth 6	37:34 (Silver)
Leicestershire & Rutland 10,000 m Championships	42:09 (Bronze)
Robin Hood Half Marathon	1:42:23 (Bronze)
London Marathon	3:07:55 (Silver)

Early season marathon training was disrupted by a back injury gained from the Kibworth 6 race. Following this it was a race against time to get fit enough to complete the London Marathon in April. During this preparation period we were delighted to welcome our wonderful daughter, Kerensa, into the world and it was a special experience finally managing to make the start (and finish) of the London Marathon just a few weeks after her arrival. The rest of the year was mostly quiet as I took time out to enjoy getting to grips with buggy running and getting progressively more competitive with Parkruns while pushing the buggy!

Bronze Award

Nicola Dutton

Vet Female (40-44)



Two Castles 10k	56:36 (Bronze)
Shepshed 7	1:02:33 (PB, Bronze)
Liverpool Rock 'n' Roll Half Marathon	1:58:53 (Silver)
Draycote Water 20	3:21:08 (PB, Bronze)
Birmingham International Marathon	4:21:15 (PB, Bronze)

2017 has been a great year of running for me. I set myself 2 goals - to complete a sub 2hr half marathon which I managed twice and a sub 4.30 marathon which I smashed and completed in 4.21. I've achieved my goals and enjoyed completing events with friends, as this year was the first time I had ran league races which I can't wait to do again next year.

Bronze Award

Odette Foxall

Vet Female (45-49)



Leicester 5k Series	29:04 (Bronze)
Swithland 6	1:01:48 (Bronze)
Two Castles 10k	1:06:15 (Bronze)
Gaddesby 7	1:13:21 (Bronze)
West End 8	1:22:23 (Bronze)
John Fraser 10	1:42:40 (Bronze)
Rugby Half Marathon	2:18:17 (Bronze)

It's been a long year of coming back from an Achilles problem, but fingers crossed, it seems to be OK now. A high would be finishing the John Fraser 10 after having to drop out at 3 miles 2 years before due to illness. A low would be my legs seizing at 15 miles in the Birmingham marathon, just couldn't run properly, then my watch died at 20 ish miles so I had no real idea how far I had to go, it made for a very long afternoon to get to the finish. But I did finish, a friend of mine dropped out at 15 miles so on reflection to get to the end in one piece is still an achievement. I give thanks to my running buddies in C Group, the support they give is amazing

Bronze Award

Will Pither

Vet Male (40-44)



Lutterworth 5	38:58 (PB, Bronze)
Swithland 6	47:48 (PB, Bronze)
Carl Rutt 10k	48:35 (PB, Bronze)
Gaddesby 7	55:10 (PB, Bronze)
West End 8	1:02:52 (PB, Bronze)
John Fraser 10	1:17:19 (PB, Bronze)
Bosworth Half Marathon	1:49:56 (PB, Bronze)
Frankfurt Marathon	3:57:11 (PB, Bronze)

2017 has been my first full year at the club and whilst I cannot say every mile has been fun, I have tried to learn something on every run. Looking back through my photo's, there seems quite a lot of races. The low point of the year was realising I had missed out on distinction by 3 min 30 seconds. The high points, of which there are many, has been sharing my successes. We have a saying in our house... 'No road is too long in good company'!

Bronze Award

Lucy Masser

Senior Female



Kingsbury Water parkrun	24:56 (Bronze)
Barrow Boxing Day Handicap	49:56 (PB, Bronze)
Leicester's Big 10k	50:52 (PB, Bronze)
Marlow 7	59:53 (PB, Bronze)
York 10	1:28:25 (Bronze)
Ironbridge Half Marathon	1:52:42 (Bronze)
Ashby 20	2:55:33 (PB, Bronze)
London Marathon	4:20:47 (Bronze)

This is my first year as a member of Hinckley Running Club, finally giving in to what seems to be an unfortunate family tradition of becoming a 'runner'. Both my worse and best moment was probably the London marathon in April this year. This was a highlight by completing it alongside my Mum, Dad and brother, raising over £2000 in the process, and receiving my medal from Prince Harry. It was however also a lowlight through it being 26.2 miles of utter pain, my time unfortunately not being anywhere near what I had trained for and me being too exhausted at the end to actually speak to Prince Harry.

Bronze Distinction Award and Silver Award

Jenny Green
Senior Female



Leicester 5k Series	22:59 (Silver)
Swithland 6	46:51 (Silver)
Markfield 10k	49:02 (Silver)
Shepshed 7	53:39 (PB, Silver)
West End 8	1:04:11 (Silver)
York 10	1:16:30 (PB, Silver)
Warwick Half Marathon	1:46:40 (Silver)
Ashby 20	2:50:27 (PB, Silver)
Boston Marathon UK	3:56:15 (Bronze)

My running year started off as an average year until I discovered what a difference regular strength training can make (in the form of Powerbags) my best moment was the first race of the XC season where to my surprise, I had gone up about 20 positions in the XC compared to the previous season. Please can the following races be on my silver award: Ashby 20, York 10, Shepshed 7, Swithland 6 and Leicester 5K. Thanks.

Bronze Distinction Award

Rolf Hoelmer

Vet Male (40-44)



Holme Pierrepont Grand Prix 5k	19:40 (Silver)
Watermead Challenge	32:46 (PB, Silver)
Swithland 6	42:52 (Bronze)
Holme Pierrepont Grand Prix 10k	41:36 (Silver)
Gaddesby 7	49:33 (Bronze)
Notts 10	1:11:42 (Bronze)
Rugby Half Marathon	1:34:43 (Bronze)
Ashby 20	2:47:12 (Bronze)
London Marathon	3:47:22 (Bronze)

Following on from my best running year 2016, I still managed one PB this year, and started 2017 due to injuries very slow. However, I still managed over 50 races (including park runs). My best moment was the HRC award "Male runner of the year 2016" and participating London VM, what an atmosphere and experience. I was astonished, how I always met people from HRC in the most remote races in a 30 mile radius. My worst moment was the preparation of LVM where I had to comprise training with injuries and slow recovery times.

Silver Award

Diane Wildbur

Vet Female (60-64)



Braunstone parkrun	31:02 (Silver)
Watermead Challenge	51:53 (Silver)
Kibworth 6	1:03:55 (PB, Silver)
Nuneaton 10k	1:01:39 (PB, Silver)
Long Bennington 10k	1:02:02 (Silver)
Shepshed 7	1:15:53 (Silver)
West End 8	1:21:40 (PB, Silver)
Derby 10	1:46:50 (Silver)
Nottingham Christmas Half Marathon	2:22:44 (PB, Silver)

Best moment - Completing first ultra :)
Worst moment (well, several hours of them), Ashby 20 following flu :(

Silver Award

Erica Fisher

Vet Female (65-69)



Braunstone parkrun	29:53 (Silver)
Joy Cann 5	48:20 (Gold)
Draycote Water 10k	58:19 (Gold)
John Fraser 10	1:45:49 (Silver)
Rugby Half Marathon	2:19:30 (Silver)

The mantra for the year is must do more stretching! The mantra for every year is must do more stretching. Despite niggles I reckon I've done OK this year. I would like to achieve more gold times so that's my goal in 2018. I will always be carried along on the tide of enthusiasm that runs through the club and especially my lovely C Group buddies who enter every darn thing that's going. Bring it on !!!!

Silver Award

Ian Sylvester

Vet Male (60-64)



Braunstone parkrun	24:18 (Silver)
Joy Cann 5	40:36 (Silver)
Swithland 6	50:17 (Silver)
Two Castles 10k	53:15 (Silver)
Rothley 10k	53:09 (Silver)
Shepshed 7	1:00:11 (Silver)
Ashby 20	3:03:49 (Silver)

Even though I raced this year through wind ,rain,snow and heat,I still enjoyed pulling on the Hinckley vest.

Silver Award

Jude McSharry

Vet Female (55-59)



Desford 5	49:10 (Silver)
Leicester's Big 10k	1:03:37 (Silver)
Shepshed 7	1:13:19 (Silver)
West End 8	1:22:51 (Silver)
Conwy Half Marathon	2:21:54 (Silver)

I have really enjoyed helping with the All Sorts this year, I have also gained my LiRF qualification. I enjoy helping others to achieve their goals. My running highs were completing Conwy Half in November in a Silver time and having Sarah accompany me on 2 of the league races. I just love being able to run with her.

Silver Award

Kerry Wittering

Vet Female (45-49)



Swithland 6	51:56 (PB, Silver)
Markfield 10k	54:11 (PB, Silver)
Gaddesby 7	1:02:37 (PB, Silver)
Draycote Water 20	3:21:10 (PB, Silver)
Birmingham International Marathon	4:21:15 (PB, Silver)

Best moment has been competing in a Marathon. When I joined the club I would never have believed I could run a Marathon but with the sport of fellow runners, not only did I take part but also finished :-) and beat my target time of 4.5 hrs....so proud.

Silver Award

Nick Moore

Senior Male



Leicestershire & Rutland	
5,000 m Championships	18:17 (PB, Silver)
Desford 5	30:52 (PB, Silver)
Markfield 10k	39:11 (PB, Silver)
Gaddesby 7	45:09 (PB, Silver)
John Fraser 10	1:03:18 (PB, Silver)

My second year in the club and I seem to have got quite involved! I have enjoyed trying new things like track races and relays. My favourite day of the week is still XC Sundays though.

Silver Award

Stephen Penney

Vet Male (45-49)



Coventry parkrun	20:25 (Silver)
Kibworth 6	39:43 (Silver)
Belvoir Half Marathon	1:32:27 (Silver)
Ashby 20	2:27:58 (Silver)
London Marathon	3:22:19 (Silver)

I have not had the greatest of years, suffered with injuries. My highlight was covering 78 miles as a solo at Equinox 24. I am looking forward to next year and moving towards triathlons.

Silver Distinction Award and Gold Award

Chris Langham
Vet Male (45-49)



Braunstone parkrun	18:12 (Gold)
Desford 5	28:49 (PB, Diamond)
Swithland 6	35:54 (PB, Gold)
Markfield 10k	37:13 (PB, Gold)
Gaddesby 7	42:59 (PB, Gold)
West End 8	48:36 (PB, Gold)
John Fraser 10	1:01:00 (PB, Gold)
Leicester Half Marathon	1:25:54 (Gold)
Ashby 20	2:21:38 (Silver)
London Marathon	3:01:43 (Diamond)

Had a good year and have been relatively injury free, and have been very happy to see the progress Joseph and Harry are making too. I think they're definitely going to keep up the running habit. Worst moment was collapsing at Ashby 20 on 10 miles and spending 10 minutes in an ambulance. Best moment was finishing the Ashby 20 and shaking the doctors hand at the finish line.

Silver Distinction Award

Céline Guéry

Senior Female



Braunstone parkrun	21:53 (Silver)
Watermead Challenge	35:42 (PB, Gold)
Swithland 6	44:47 (Silver)
Stratford 10k	44:24 (PB, Gold)
Shepshed 7	52:13 (PB, Silver)
West End 8	59:36 (PB, Silver)
John Fraser 10	1:17:56 (Silver)
Worcester City Half Marathon	1:37:43 (PB, Gold)
Ashby 20	2:38:16 (PB, Silver)
London Marathon	3:29:12 (PB, Gold)

My proudest running achievement was completing London marathon for the very first time and achieving a marathon PB. (as well as my target time)

Silver Distinction Award

Leanne Byard

Senior Female



Leicester 5k Series	22:27 (PB, Silver)
Watermead Challenge	36:07 (PB, Silver)
Swithland 6	45:46 (PB, Silver)
Fradley 10k	45:38 (PB, Silver)
Shepshed 7	53:54 (PB, Silver)
York 10	1:16:29 (PB, Silver)
Leicester Half Marathon	1:42:48 (PB, Silver)
Oakley 20	2:49:46 (PB, Silver)
Boston Marathon UK	3:46:03 (PB, Silver)

No negatives this year. After another year coaching the All Sorts I thought it would be better to practise what I preach and actually put lots of effort into my training. I've learnt a lot being put through my Coach in Running Fitness qualification by the club and have met some really great people. I finally got my dream marathon time in April after 11 previous attempts.

Gold Award

Kate Perkins

Vet Female (35-39)



Joy Cann 5
Swithland 6
Carl Rutt 10k
Stilton 7
West End 8

35:11 (Gold)
44:51 (Gold)
45:06 (Gold)
52:00 (Gold)
59:00 (Gold)

A bit of an annus runnus horribilis with multiple colds, chest infections, asthma and injuries making running rather hard! Somewhat of a minor miracle that I managed to stagger round 100% of the league races and a personal best of 6 laps at Equinox - probably a bad idea as I had a cold again at the time - the subsequent chest infection may or may not have been related to this escapade! Still, loved every minute of it and crossing the line at the end of lap 6 with the rest of Biscuit's Midnight Runners was the best moment of the year.

Gold Award

Rob Pratt

Vet Male (55-59)



Club 5k Time Trial

20:36 (Gold)

Joy Cann 5

35:07 (Gold)

Swithland 6

41:41 (Gold)

Stratford 10k

43:19 (Gold)

Shepshed 7

48:49 (PB, Gold)

Its been a good year for me, achieving gold standard for the first time (mainly due to going up an age group!) I've enjoyed getting back into a triathlon and hopefully more next year, with outlaw holkham being my main target race of 2018.

Gold Award

Simon Earley

Vet Male (50-54)



Braunstone parkrun	18:56 (Gold)
Desford 5	31:00 (Gold)
Derby 10	1:05:33 (Gold)
Watford Half Marathon	1:27:23 (Gold)
Ashby 20	2:19:15 (Gold)

One of my best moments this year was running my 150th Parkrun with lots of friends along to help me celebrate. Worst thing this year has been a knee injury that I've been carrying for most of it!

Gold Distinction Award

Penny Masser

Vet Female (50-54)



Kingsbury Water parkrun	23:48 (Gold)
Joy Cann 5	37:47 (Gold)
Swithland 6	46:53 (Gold)
Gaddesby 7	56:10 (Gold)
West End 8	1:03:27 (Gold)
John Fraser 10	1:18:07 (Gold)
Rugby Half Marathon	1:44:17 (Diamond)
Ashby 20	2:51:05 (Gold)
York Marathon	3:41:55 (Diamond)

For a Mum in a running family, 2017 for me has memories I will treasure for ever: running (most of) Ashby 20 with Lucy, running a half marathon with Ben; all four of us running the London Marathon and crossing the finish line with Ben after catching him at mile 25. These memories, along with many miles with great friends from HRC have made this another year that I won't forget.



Holly Hayes XC Race



Allestree Park XC Race



Allestree Park XC Race



Leicester University Relays (Victoria Park)



Geoff Breaking more records!!!



Hinckley Times 1994 (Spot anyone?)



HALLOWEEN NIGHT FRIGHT

The Halloween Pub Run — part run, part pub crawl — was a big success.

Members from both the club and the All Sorts group went out to petrify the town in fancy dress on a Friday night.

This was followed by a Christmas themed version in December.

HRC ON THE TV NEWS

HRC's training session in Castle Street one Tuesday night was broadcast live on BBC News.

Sadly not a piece about our fine club but a news story about anti social behaviour which we happened to run past in the background!



CLUB 30th ANNIVERSARY CELEBRATIONS

2017 saw the 30th anniversary of the founding of Hinckley Running Club. It was also the 5th anniversary of the junior section of the club.

We celebrated together with a sports afternoon and party, although terrible weather put a dampener on.

Well done to all who received an award tonight in our 30th year as a running club.