



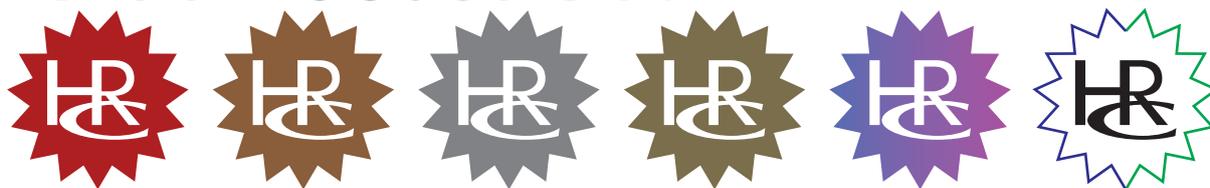
HINCKLEY CLUB RUNNING

Virtual Presentation Evening and Celebration of 2020



Date: Saturday 23rd January 2021

Standard Times



Merit

Louise Rawson..... 4

Merit+

Lauren Jade Ewington..... 5

Merit+ Distinction

Sarah Thi..... 6

Bronze

Andrea Earley..... 7

Annie Sykes..... 8

Betty Masters..... 9

Charlotte May Sinclair..... 10

Elaine Barrett..... 11

Elizabeth Aspden-Mansfield..... 12

Heather Moore..... 13

Jenny Cooling..... 14

Jill Morris..... 15

Natalie Wynne..... 16

Odette Foxall..... 17

Bronze Distinction

Shaun Collins..... 18

Bronze+

Ben Wright..... 19

Connor Smith..... 20

Dave Jeffs..... 21

Jessica Lester..... 22

Karolina Bruska..... 23

Richard Pearson..... 24

Shaun Collins..... 18

Sue Grewcock..... 25

Bronze+ Distinction

Mark Hubbard..... 26

Rachel Haddon..... 27

Silver

Alan Morris..... 28

Alexis Wiggins..... 29

Jon Birkett..... 30

Sarah Thi..... 6

Silver Distinction

Chris Rawson..... 31

Patricia Holland..... 32

Rolf Hoelmer..... 33

Silver+

Amanda Knight..... 34

Andrew Dolphin-Rowland..... 35

Derek Gordon..... 36

Iain Hamilton..... 37

Isabella Davis..... 38

Jessica Daly..... 39

Lucy Masser..... 40

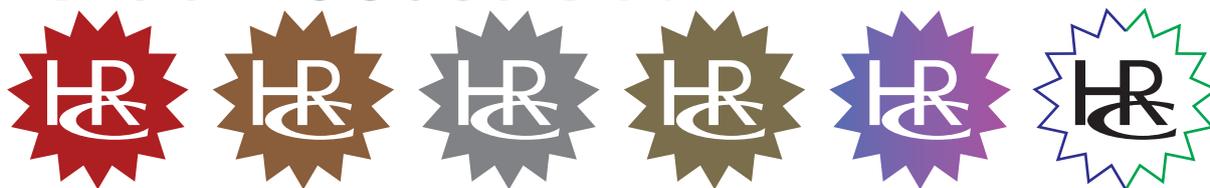
Mark Hubbard..... 26

Patricia Holland..... 32

Rachel Haddon..... 27

Rolf Hoelmer..... 33

Standard Times



Simon Wiggins..... 41

Silver+ Distinction

Vincent Iliffe..... 42

Gold

Chris Limmer..... 43

Matthew Knight..... 44

Vincent Iliffe..... 42

Gold Distinction

Matt Johnson..... 45

Gold+

Chris Langham..... 46

Diamond

Matt Johnson..... 45

Simon Earley..... 47

Diamond+ Distinction

Anne Ashton..... 48

Dave Masser..... 49

Penny Masser..... 50

100% XC

Andrew Dolphin-Rowland..... 35

John Mac

Lucy Masser..... 40

Mike Welch

Richard Whitelegg

Sadie Walker

Steve Tampin

100% Road

Andrea Earley..... 7

Céline Guéry

Elizabeth Aspden-Mansfield..... 12

Jessica Daly..... 39

Mark Hubbard..... 26

Rachel Haddon..... 27

Vincent Iliffe..... 42

Merit Award

Louise Rawson

Vet Female



Leicester Victoria parkrun	31:18 (PB, Merit+)
HRC Virtual 5	53:38 (PB, Merit+)
HRC Virtual 6	1:07:16 (PB, Merit+)
Draycote Water 10k	1:08:21 (Merit+)
HRC Virtual 7	1:21:17 (PB, Merit)

Thanks to the club for the virtual races and nurkrap which kept me motivated! I have missed running with friends this year but happy to have achieved some PBs and have enjoyed seeing everyone's achievements.

Merit+ Award

Lauren Jade Ewington Senior Female



HRC nurkrap	23:59 (PB, Silver)
HRC Virtual 5	39:58 (PB, Silver)
HRC Virtual 6	53:13 (PB, Bronze+)
HRC Virtual 10k	56:15 (Bronze)
HRC Virtual 7	1:08:14 (Merit+)

What a year 2020 has been. I started the year running really well while training for the London marathon and managed to get up to 20 miles. Unfortunately then COVID hit. I continued to run and got some good times in the HRC Virtual Races. Shortly after I got an injury and spent 5 months recovering. I'm happy that I'm now able to run again, and looking forward to see what 2021 has in store. The Tuesday evening sessions have been fab. The highlight of my running year was meeting Ben Wright at the HRC presentation evening in January 2020. We have been together ever since - turns out you can find love as well as fitness in the running club!!!

Merit+ Award

Silver award

Sarah Thi Senior Female



HRC nurkrap	25:58 (Bronze+)
HRC Virtual 5	40:01 (Silver)
Kibworth 6	49:31 (Silver)
HRC Virtual 10k	50:08 (Silver)
Stilton 7	55:59 (PB, Silver)
HRC Virtual 10	1:37:34 (Bronze)
HRC Virtual Half Marathon	2:11:40 (Bronze)
Milton Keynes 20	2:59:49 (PB, Silver)
Magic Run Marathon	4:55:30 (PB, Merit+)

I had a fun year of running, it was a great distraction! Although regrettably, I hardly ran at all during April as I felt a bit unsettled in lockdown. I got in 3 races, plus xc (where I forgot my sports bra one day and decided to run anyway!). Used the fun of the fantastic Magic Run to run 35 miles. Went for lots of long trail runs and discovered new off-road routes (obviously my poor sense of direction won't have remembered them!). I still felt very connected to the club despite no training sessions; the daily posts have been entertaining and the lockdown routes a good navigation exercise! I am still guide running a visually impaired runner regularly where permitted, and started with another VI runner recently; hopefully they and we will get to experience some races next year!

Bronze Award

Andrea Earley

Vet Female



HRC nurkrap	29:31 (Bronze+)
HRC Virtual 5	50:01 (Bronze+)
Kibworth 6	1:02:51 (Bronze)
HRC Virtual 10k	1:02:10 (Bronze)
Stilton 7	1:11:54 (Bronze)

Who'd have thought that I would find myself enjoying running on my own, in the warm sunshine with very little traffic on the roads during HRC Virtual #1. I did miss my running buddies and fellow club mates a lot though! The HRC lockdown races were fabulous ... a chance to see a few, friendly, familiar faces out on the course. The thing I've loved the most is that the situation this year has meant that I have been able to run with Simon - he pulls me around the nurkraP route most Saturday mornings (as his 'warm up!') encouraging and supporting me all the way. XxX

Bronze Award

Annie Sykes

Vet Female



HRC Virtual 5 54:05 (Bronze+)

HRC Virtual 6 1:05:01 (Bronze+)

Barrow Honesty 10k 1:09:44 (Bronze)

HRC Virtual 7 1:16:31 (Bronze)

HRC Virtual Half Marathon 2:41:07 (Bronze)

When we went into lockdown in March I found it really difficult to motivate myself to get dressed never mind get out and run. Like many others, I went through a very low period and had to force myself to engage with other people. I finally got back out there in May and slowly built back up and started enjoying my running again.

Bronze Award

Betty Masters Vet Female



HRC Virtual 5	49:59 (PB, Bronze+)	My 2020's Incredible and Proudest Running Moments: (1) Receiving 2019 HRC Beginners Award on 19th January 2020. (2) Doing the longest run in my life for the East Midlands Dog Rescue with amazing running family on 29th February 2020. (3) Running the Lockdown 20M race solo in the rain; and was able to run another 5K to support and raise money for Magic Run (Move charity) all in one day. Running on your longest run on your own with nobody cheering and supporting you, maybe was my low moments. And it's okay, because I've learned that you rise stronger in those low moments, and for that, I'm eternally grateful.
HRC Virtual 6	1:02:59 (Bronze+)	
HRC Virtual 10k	1:01:47 (Bronze+)	
HRC Virtual 10	1:56:48 (Bronze)	
HRC Virtual 20	4:07:02 (Bronze)	

Bronze Award

Charlotte May Sinclair

Senior Female



Bedworth parkrun	26:46 (Bronze)
HRC Virtual 5	41:42 (PB, Bronze+)
Kibworth 6	54:12 (PB, Bronze)
HRC Virtual 10k	51:33 (PB, Bronze+)
HRC Virtual 7	1:00:49 (PB, Bronze+)
HRC Virtual Half Marathon	2:02:00 (Bronze+)

When the first lockdown was announced I decided to try running every day until it was over. For the challenge of it, for the love of running but mainly to feel free. I have really surprised myself by achieving quite a few PBs this year. I have also really enjoyed being part of club this year, even though we haven't ran together for months I feel closer than ever to my club mates. I'm so appreciative of all of you during these very strange times.

Bronze Award

Elaine Barrett

Vet Female



Bedworth parkrun	29:17 (Bronze+)
HRC Virtual 5	49:20 (Bronze+)
HRC Virtual 6	1:04:00 (Bronze)
HRC Virtual 10k	1:03:30 (Bronze+)
HRC Virtual 7	1:13:04 (Bronze)
HRC Virtual 10	1:51:40 (Bronze)

My year started reasonably strong with running to the Bedworth & Braunstone Parkruns with Manchester Marathon and Lake District Ultra on the horizon. Celebrating Odette's 150th Parkrun and only 2 away from my 100th BOOM!! I missed my running family so much and grateful for the lockdown events which I completed on my own. Possibly not the best year to decide to move house but looking forward to exploring new running routes both on and off road.

Bronze Award

Elizabeth Aspden-Mansfield Vet Female



HRC nurkrap	28:11 (Bronze+)
HRC Virtual 5	48:43 (Bronze+)
HRC Virtual 6	56:50 (Bronze+)
HRC Virtual 10k	59:41 (Bronze+)
Stilton 7	1:08:36 (Bronze)

Not my best year of running but still enjoyed being a member of HRC with our 'Run for Henry', taking part in the training to be a Mental health ambassador' group, thanks to all those involved! The camaraderie of the daily posts and all the other events such as the wombles, nurkrap, virtual runs, quizzes, etc. and the support of other members of the club. Unfortunately due to illness I was unable to improve my times to get the next award up (so close!!!) but pleased to have completed all the LRRL races :)

Bronze Award

Heather Moore

Senior Female



HRC Virtual 5k	27:43 (Bronze)
HRC Virtual 5	44:15 (PB, Bronze+)
HRC Virtual 6	55:34 (Bronze)
HRC Virtual 10k	57:24 (Bronze)
HRC Virtual 7	1:07:50 (Bronze)

My first year as a member of HRC..so glad I joined :) :) It's been a lovely year with the club, lots of friendly faces, giggles, encouragement and a new parkrun at Braunstone before we all got locked down. Quizzes, FB posts, training sessions and achieving Standard Time targets have been great to keep the positivity and momentum of running alive for me. Some really good personal moments this year; feeling part of something and also achieving an impromptu first non-stop half marathon! What a lovely family I've joined and hope many more years to come :) Thank you everyone for making me feel so welcome.

Bronze Award

Jenny Cooling Vet Female



HRC nurkrap	28:33 (PB, Bronze)
HRC Virtual 5	48:43 (Bronze)
Kibworth 6	58:50 (Bronze)
HRC Virtual 10k	1:01:33 (Bronze)
Stilton 7	1:08:00 (PB, Bronze)

What a year! Like many people, I found the virtual races tough so I'm grateful that I'd got a couple of 'real' races in at the beginning of the year. Last year I got a merit award so I'm chuffed to have improved on that this year. Let's hope we can get back to some 'real' racing again in 2021.

Bronze Award

Jill Morris

Vet Female



Bedworth parkrun	33:58 (Bronze)
Centurion Grand Prix 5	56:40 (Bronze)
HRC Virtual 6	1:11:38 (Bronze)
Mallory Park Winter 10k	1:10:56 (Bronze)
Stilton 7	1:20:41 (Bronze)

Lucky we started to collect our standards early this year as I collected 4 standard before March 2020, (Is this a record !!) during the lockdown period I have attempted to either run, cycle or swim for my triathlon training to keep up my fitness. Belonging to HRC family has helped maintain my enthusiasm during these difficult months.

Bronze Award

Natalie Wynne

Junior Female



LRRL Lockdown 5k 23:26 (Silver)

HRC Virtual 5 45:37 (PB, Bronze+)

HRC Virtual 6 58:16 (Bronze)

HRC Virtual 10k 59:41 (Bronze)

HRC Virtual 7 1:06:59 (PB, Bronze)

My running year has been crazy. During the first lockdown I barely did any running as I didn't enjoy running by myself but once restrictions were lifted I joined a small group of people and started doing weekly speed session which improved my fitness to what it somewhat was before.

Bronze Award

Odette Foxall

Vet Female



Bedworth parkrun	30:19 (Bronze)
HRC Virtual 5	48:58 (Bronze+)
Kibworth 6	59:12 (Bronze)
HRC Virtual 10k –	1:01:24 (Bronze)
Stilton 7	1:06:22 (Bronze+)

It's been a funny old year. Started flying high training for the Rock n' Roll Marathon in Liverpool which all came crashing down in March. When we were restricted to exercising on our own it was hard as I'm so used to running with friends. The online Kettlercise classes helped even though I was essentially talking to myself (it was great to see the participants comments during and after class ☺). The Lockdown runs were a great help and it was lovely to see club members out and about on the courses. My running has suffered this year but hope springs eternal that normality will resume. If I have learned one thing this year is that it's connections that are what you miss. Look forward to seeing you all on Tuesday and Thursday nights when we are free to roam!

Bronze+ Award

Bronze Distinction Award

Shaun Collins

Senior Male



LRRR Lockdown 5k	19:52 (PB, Silver+)
HRC Virtual 5	36:06 (PB, Silver)
HRC Virtual 6	45:11 (PB, Bronze+)
HRC Virtual 10k	45:41 (PB, Bronze+)
HRC Virtual 7	57:22 (PB, Bronze)
HRC Virtual 10	1:12:34 (PB, Silver)
HRC Virtual Half Marathon	1:49:42 (Bronze)
HRC Virtual 20	2:53:31 (PB, Bronze+)
Virtual London Marathon	3:54:50 (PB, Bronze)

In total I got 9 PBs in 2020 although 7 of them were due to never having covered the distances on a measured course. My best moments were my sub 20min 5k, getting a silver time on the 10 Mile course after setting off telling Alex I'd be happy with doing it in 1hr20mins and twice breaking my marathon PB within 3 weeks of each other which meant getting under 4 hours for the first time. If it wouldn't have been for Covid, I would never have got all the distances done so was nice to have a target to work towards other than my marathons.

Bronze+ Award

Ben Wright Senior Male



Burbage nurkrap
April 4th 2020

19:07 (Silver+)

HRC Virtual 5

31:54 (PB, Silver+)

HRC Virtual 6

38:47 (PB, Silver+)

HRC Virtual 10k

39:46 (PB, Silver+)

HRC Virtual 7

50:45 (Bronze+)

Not going to lie. I am a bit disappointed not to have achieved a Silver + award. I worked hard to achieve a Silver + time in four of my five distances but it wasn't meant to be. I am still really pleased to have earned my first HRC Standard Time Award and I'm determined to go one better in 2021! Hopefully I'll do this in real races! I want to say a huge thank you to HRC! Not just for the support and encouragement during lockdown but for helping me to find Lauren! We met at last year's awards night! We now live together and I can't imagine how I'd have gotten through 2020 without her! So, thank you HRC!!!

Bronze+ Award

Connor Smith

Senior Male



HRC Virtual 5	36:15 (PB, Bronze+)
HRC Virtual 6	44:18 (PB, Bronze+)
HRC Virtual 10k	45:12 (PB, Bronze+)
Stilton 7	51:06 (PB, Bronze+)
HRC Virtual 10	1:17:30 (PB, Bronze+)

It all started so well... But in all seriousness, I'm sure this year would have been a lot worse for me if it wasn't for running. Be it the lockdown courses, or the quizzes (which I was awful at); I can't thank the Club enough for being supportive in many ways.

Bronze+ Award

Dave Jeffs

Vet Male



Braunstone parkrun	24:37 (Silver)
HRC Virtual 5	42:18 (Silver)
HRC Virtual 6	49:43 (Silver)
HRC Virtual 10k	53:21 (Bronze+)
Burghley 7	1:00:45 (PB, Bronze+)

This year has been a strange one. Thanks to the club for the motivation and putting on these races, it has helped me achieve my standard times.

Bronze+ Award

Jessica Lester

Senior Female



HRC Virtual 5k	25:50 (Bronze+)
HRC Virtual 5	43:55 (Bronze+)
Kibworth 6	51:43 (Bronze+)
HRC Virtual 10k	55:12 (Bronze+)
HRC Virtual 7	1:01:42 (Bronze+)

Running for me this year has been almost entirely about looking after my mental well-being. I am a social runner and have never found solo running particularly easy, motivating or inviting. I much prefer running with others, chatting or just being with other people - this is a massive part of why I run. So the prospect of lots of solo running this year didn't fill me with joy but my solution has been listening to the "Sounds of the 90s" radio shows to give me some company whilst running alone - it's been a real life saver. The times where we have been able to run with others have been great - I have loved running with my mum again after her injury and also coming back to the club speed-work sessions has been brilliant. My highlight was completing my first sprint distance triathlon and I'm really looking forward to hopefully increasing my running distance and undertaking another triathlon in 2021.

Bronze+ Award

Karolina Bruska

Senior Female



HRC nurkrap	24:38 (Silver)
HRC Virtual 5	40:40 (PB, Silver)
HRC Virtual 6	51:08 (PB, Bronze+)
HRC Virtual 10k	53:08 (Bronze+)
LRRL Kibworth 7	1:01:13 (PB, Bronze+)
HRC Virtual 10	1:24:14 (PB, Silver)
HRC Virtual Half Marathon	1:56:23 (PB, Bronze+)

Before joining the club, I was a runner for few years but with colder days I was hiding in the gym. Since joining the club, this is the longest I kept running and still going strong. I haven't done many speed sessions or long runs due to lack of the confidence and then COVID but club's daily FB posts and personal stories of the club members kept me going. I tried hard and was able to achieve few silver standard times, done some solo speed sessions and found motivation for the longer runs. I run my first half marathon distance and discovered my love for XC and trail running. I managed to take part in few league races, discovering ever so popular hills of Kibworth and Desford. Joining HRC was the best decision.

Bronze+ Award

Richard Pearson

Senior Male



HRC Virtual 5k	20:55 (PB, Silver)
HRC Virtual 5	34:58 (PB, Silver)
Kibworth 6	45:48 (PB, Bronze+)
HRC Virtual 10k	45:26 (PB, Bronze+)
Stilton 7	52:38 (PB, Bronze+)

A strange year! First part of the year went well, but completely lost motivation in the second half. Looking forward to getting my head back in the game in 2021 and hopefully getting to compete in actual races. 2020 was a year to enjoy being part of the club - you are a wonderful bunch and it is a pleasure to be a part of everything!

Bronze+ Award

Sue Grewcock

Vet Female



Time Trial 5k	28:46 (Bronze+)
HRC Virtual 5	47:13 (Bronze+)
HRC Virtual 6	56:58 (Bronze+)
HRC Virtual 10k	58:56 (Bronze+)
HRC Virtual 7	1:07:15 (Bronze+)

This year I have just enjoyed getting out to run, whether short distance or longer, in hot weather or rain. Due to the restrictions I have also discovered some new local routes which were also useful for the club scavenger hunt. The Club virtual races have given an incentive to achieve a time and although slower this year it was great to try them out, even a very, very wet half marathon club route recce where we managed not to get lost. I really enjoyed being involved in The Leicester 'Round the World' virtual run as I got a Belgian Beer and became a Scandinavian Sprinter. My favourite group run of the year has to be the 'Run for Henry' as it was for such a great cause and just a fun social day with other club members, would love this to be an annual event. 2020 has taken me back to why I have always run, not for times or medals but just to enjoy getting out there.

Bronze+ Distinction Award

Silver+ Award

Mark Hubbard
Vet Male



HRC nurkrap	21:27 (Silver+)
HRC Virtual 5	36:52 (Silver+)
HRC Virtual 6	44:55 (Silver+)
HRC Virtual 10k	44:57 (PB, Silver+)
HRC Virtual 10	1:14:48 (PB, Silver+)
HRC Virtual Half Marathon	1:53:16 (Bronze+)
HRC Virtual 20	3:03:49 (Bronze+)
HRC Virtual Marathon	4:14:35 (Bronze+)

For those of you who follow my injured knee saga, my year has been remarkable, or so my Consultant Orthopaedic Surgeon would say as I have the right knee of a 70 year old. But 'Anyway' My running bubble groups this year have been amazing. Really Big Hugs for Rachel Haddon, Iain Hamilton, Sarah Thi, Andy Lauder, Lucy Masser, Nick Moore, Connor Smith and Penny Masser (official pace car cheerleader and photographer), world class dear friends. Not forgetting Charlotte and the HRC Committee for their funding and the nuRkraP volunteer team for just being fantastic.

Bronze+ Distinction Award

Silver+ Award

Rachel Haddon
 Senior Female



Burbage nurkrap	21:25 (PB, Silver+)
HRC Virtual 5	36:44 (PB, Silver+)
HRC Virtual 6	45:22 (PB, Silver+)
HRC Virtual 10k	45:15 (PB, Silver+)
HRC Virtual 7	51:47 (PB, Silver+)
HRC Virtual 10	1:17:23 (PB, Silver+)
HRC Virtual Half Marathon	1:54:17 (PB, Bronze+)
HRC Virtual 20	3:03:50 (PB, Silver)
Magic Run Marathon	4:14:29 (PB, Bronze+)

I started my first full year with the club thinking that a Silver award was just about doable, and I was on track after the first couple of LRRL races. Then the lockdown hit, and I thought that was going to be it. However, everything the club has done to try to keep us all motivated clearly worked for me, and from somewhere I've not only managed to produce a crop of Silver + times, but have achieved a distinction award as well! Personal highlights are my sub-22 5k (I was delighted to run sub-23 for the first time at the last parkrun before the lockdown!), and having never even covered the half-marathon distance before January, the madness that was completing my first full marathon in October by running 60+ laps of a park! A huge shout-out to all those I've run with this year, but particularly to Mark and Iain for our little lockdown bubble - there's no way I'd have achieved these times without you, and I've had so much fun! I'm looking forward to what 2021 brings.

Silver Award

Alan Morris

Vet Male



Bedworth parkrun	23:08 (PB, Silver+)
Centurion Grand Prix 5	41:32 (Silver)
HRC Virtual 6	53:04 (Silver)
Mallory Park Winter 10k	50:48 (Silver)
Stilton 7	59:41 (Silver)

We were having a good year at the beginning of 2020 as we had accumulated 4 standard times before March 2020. During the remaining months we have maintained our fitness through triathlon training getting out on the bikes and swimming as much we could. We found the running clubs support via facebook a great help in maintaining enthusiasm during the year. Its great to be part of the HRC family

Silver Award

Alexis Wiggins Senior Male



Time Trial 5k	20:32 (PB, Silver)
HRC Virtual 5	36:24 (PB, Silver)
HRC Virtual 6	44:34 (PB, Silver)
Leicestershire 10k	44:25 (PB, Silver)
Stilton 7	50:20 (PB, Silver)

The best moment of running this year was getting back to racing at Prestwold 10K. Hoping to keep motivated now into next year. Have appreciated the lockdown races and the Tuesday sessions, thanks to all those involved.

Silver Award

Jon Birkett

Vet Male



HRC Virtual 5k	21:20 (PB, Silver+)
HRC Virtual 5	36:22 (PB, Silver)
Leics Half Marathon Prestwold Hall	1:41:55 (PB, Silver)
MK Festival of Running 20	2:40:52 (PB, Silver+)
Virtual London Marathon	3:43:43 (PB, Silver)

Not exactly how I'd imagined my first year as a HRC member! I'd joined to glean some help and advice from the members for my second marathon, London 2020, after making a bit of a balls up of my first a couple of years ago!! I really enjoyed the speed training and running in groups, which I hadn't done before, and even though the marathon was cancelled, the knowledge that was passed on was invaluable. In the end I ran nearly 1300 miles and completed two marathons! I'd like to thank everyone who made me feel welcome, and hopefully 2021 will end up being a more social and happier year!

Sliver Distinction Award

Chris Rawson

Vet Male



Leicester Victoria parkrun	20:13 (PB, Silver+)
HRC Virtual 5	34:01 (Silver+)
HRC Virtual 6	41:45 (PB, Silver+)
HRC Virtual 10k	42:54 (Silver)
Stilton 7 League Race	48:10 (PB, Silver)
HRC Virtual 10	1:10:46 (Silver)
HRC Virtual Half Marathon	1:35:51 (Silver)
Draycote Water 20	2:33:59 (PB, Silver+)
HRC Virtual Marathon	3:29:40 (Silver)

In one sense 2020 has been a horrible year for running with very few races or events taking place and disappointment after disappointment as each one gets cancelled. However, its been great to see so many of the club participate in the virtual races either individually or in small groups, I know seeing others on the courses really inspired me and helped me get round. That said virtual races can't totally replace the buzz of a real race and therefore the highlights for me have to be the 3 PBs I achieved at the start of the year at Park Run, the Stilton 7 and the Draycote 20. Completing the virtual marathon was another personal highlight, although it could of ended in disaster with a few minor errors from my support crew - Wasn't ready for me at the 1st support stop (too busy chatting), drove off from the 2nd stop so wasn't there at all, again wasn't ready at the 3rd, then gave me an open gel which went all over me and finally almost ran me over trying to give me a replacement.

Silver+ Award

Silver Distinction Award

Patricia Holland

Vet Female



HRC nurkrap	24:03 (PB, Silver+)
HRC Virtual 5	40:51 (PB, Silver+)
HRC Virtual 6	47:48 (PB, Silver+)
HRC Virtual 10k	50:18 (PB, Silver+)
HRC Virtual 7	57:18 (PB, Silver+)
HRC Virtual 10	1:23:50 (PB, Silver+)
HRC Virtual Half Marathon	1:54:02 (PB, Silver+)
HRC Virtual 20	3:16:20 (PB, Silver)
Virtual London Marathon	4:13:40 (PB, Silver)

It is hard to pick a best moment, I've somehow achieved 9 PB's so that in itself is a highlight. I think running 2 virtual London marathon's this year first in April then the Magic Run route is my best moment, the money I raised and the mental toughness of doing a marathon without the huge crowds. Having only ever ran 1 marathon in October 2019 I managed to improve from my 1st marathon by 29 minutes. A tough year for all of us, I've had some personal lows and the one thing that was a constant is my running, it saved me. Special thank you to Sanjay for his training support, pacing and advice.

Silver+ Award

Silver Distinction Award

Rolf Hoelmer

Vet Male



Bedworth parkrun	20:48 (Silver+)
HRC Virtual 5	36:16 (Silver+)
Kibworth 6	43:01 (Silver+)
Oundle 10k	43:43 (Silver+)
HRC Virtual 7	49:20 (Silver+)
HRC Virtual 10	1:11:20 (Silver+)
HRC Virtual Half Marathon	1:36:56 (Silver+)
Oundle 20	2:33:37 (Silver+)
HRC Virtual Marathon	:42:22 (Silver)

2020 was a much more consistent year in terms of regular running without any injuries. I was building up to marathon running distance in spring with Oundle 20 at 7'40" pace a week before the world was locked down. Best moment of the year was probably the very well organised "Magic Run" where I ran 65 laps of 650m in the local park. Unfortunately, this was also the only distance which I did not manage in Silver+ Standard time. Later in the year, I also enjoyed various XC races in Huncote and at Prestwold. My only bad running moment was a XC training run where I had to stop due to dehydration and fatigue. Chris Langham came to the rescue, supplied me with a few Lucozade bottles and drove me home.

Silver+ Award

Amanda Knight Senior Female



HRC Virtual 5k	23:04 (PB, Silver+)
HRC Virtual 5	37:30 (PB, Silver+)
HRC Virtual 6	46:32 (PB, Silver+)
HRC Virtual 10k	47:08 (PB, Silver+)
HRC Virtual 7	53:11 (PB, Silver+)

Rather than dwell on the many negatives of 2020, I chose to focus on something positive and run... a lot. I began a run streak as part of the Leicester Runners' advent challenge in 2019 to kickstart a return to running after having baby#2. I carried this streak into 2020 and ended up running every single day of the year. Running gave me some much needed headspace and many wonderful memories from the year spending a lot of time outdoors in beautiful places with Matt, and our girls in the running buggy. Consistent running allowed me to achieve a long standing goal of running the 'year in miles' (2020) and my running improved so much that towards the end of the year I got PBs at all 5 of the distances completed for the Standards award. I was also very lucky to be able to do an actual event in October - my first Ultra (40 miles), along the Cornish coastal path, which was stunning and one of my happiest running achievements to date.

Silver+ Award

Andrew Dolphin-Rowland

Vet Male



HRC nurkrap	19:49 (Silver+)
HRC Virtual 5	33:55 (Silver+)
HRC Virtual 7	48:19 (Silver+)
HRC Virtual 10	1:11:03 (Silver+)
HRC Virtual Half Marathon	1:36:31 (PB, Silver+)

Made quite a lot of progress this year despite it being so different - also managed to do 2 races on the track (proper races) very pleased as I managed a 4.51.4 1500m and a 61.08 400m so now I have some targets for next year - hope at some point we can get back to normal and enjoy all the other parts of being in the club we've all missed

Silver+ Award

Derek Gordon

Vet Male



HRC nurkrap	19:54 (PB, Gold)
HRC Virtual 5	36:18 (Silver+)
HRC Virtual 6	43:14 (Silver+)
Leicestershire 10k	42:43 (PB, Silver+)
HRC Virtual 7	49:59 (Silver+)

2020 has been a difficult year for me. The first 5 months I was plagued with injuries. I tore a hip flexor in January which ruined my marathon training plans (along with Covid). I later pulled my back doing Odette's online kettlebell classes. Since June however, my running started to improve and HRC has kept me motivated with the HRC Virtual series of virtual races. The return of club training nights and the re-opening of the Pingles track has really helped with my shorter distance speed and this culminated with 2 PB's at 5K and 10K distances.

Silver+ Award

Iain Hamilton

Vet Male



Burbage nurkrap	22:13 (PB, Gold)
HRC Virtual 5	38:16 (PB, Silver+)
HRC Virtual 6	46:38 (PB, Silver+)
HRC Virtual 10k	47:11 (PB, Silver+)
HRC Virtual 7	53:15 (PB, Silver+)
HRC Virtual 10	1:18:59 (PB, Silver+)
HRC Virtual Half Marathon	1:53:35 (PB, Silver)

I have had a good year, Covid-19 and the resulting lockdowns have been beneficial to me in some ways. I have probably run more races than I would have if it had entailed travelling somewhere. I have got to know many more people from the running club at the Magic run and have made good friends especially as part of the running bubbles I have joined. Running has certainly helped to counter the incredible stress that Covid caused by taking the business that I part own to the brink of insolvency. I am really pleased with the times I have managed to run and this has given me a target for next year.

Silver+ Award

Isabella Davis

Junior Female



HRC nurkrap	21:58 (Gold)
HRC Virtual 5	39:08 (PB, Silver+)
HRC Virtual 6	45:45 (PB, Silver+)
HRC Virtual 10k	47:51 (PB, Silver+)

This is my second year with the adult club having come from the Juniors, and my first attempt at the standard time award. These have contributed towards my bronze Duke of Edinburgh award. My favourite run was the 10km as I surprised myself that I could run that far and keep my pace up. Everyone in the club has been really supportive this year especially Jess and Penny for running with me on my standard time runs, and Andy getting me training again!!! My most enjoyable runs of the year were two extremes, the 15km I did on my 15th Birthday with Nick, Sanjay and Karolina, and a 300m track race I took part in and set a new junior club record.

Silver+ Award

Jessica Daly Senior Female



HRC Virtual 5	35:44 (Silver+)
Kibworth 6	45:11 (Silver+)
HRC Virtual 7	52:20 (Silver+)
HRC Virtual 10	1:16:37 (Silver+)
HRC Virtual 20	2:44:15 (PB, Silver+)

Training for the London Marathon throughout the storms of the first 3 months of the year, the postponement of the race and the cancellation of so many others seem like a distant memory. 2020 very quickly became a year that was not about speed and PBs and more about care for myself and those around me. Some of my best running experiences of the year have been whilst helping members of all three parts of the club achieve the times they wanted but did not think possible.

Silver+ Award

Lucy Masser Senior Female



LRRL Virtual 5k	21:21 (PB, Silver+)
HRC Virtual 5	36:33 (Silver+)
HRC Virtual 6	42:53 (PB, Silver+)
HRC Virtual 10k	45:53 (Silver+)
HRC Virtual 10	1:15:29 (PB, Silver+)
Vitality Big Half Marathon	1:41:58 (PB, Silver+)

My worst moment was definitely the X-Country championships in January. Me and Hannah found ourselves on the start line surrounded by girls in just crop tops and shorts (with crazy abs) and I can't even describe the amount of mud, or how they could find a course as horrific as that at the common. I've blocked the race from my memory but I still get flashbacks whenever I run near there and 12 months on I've still not recovered. My best moment was the real life half marathon race I did in London in March. I've never been able to properly pace or enjoy a half marathon before (maybe scarred from the 'spontaneous halves' Mum used to enter me into?) but I really enjoyed the event and managed to get a 4 minute PB - my last race with crowds!

Silver+ Award

Simon Wiggins Senior Male



Time Trial 5k	19:34 (PB, Silver+)
HRC Virtual 5	34:07 (Silver+)
HRC Virtual 5	40:21 (PB, Silver+)
Leicestershire 10k	40:37 (PB, Silver+)
Oundle 20	2:30:07 (PB, Silver+)

My running has been really positive this year and I was really pleased to set some new PBs. Pushing to improve has really kept me going and I was especially pleased to take good chunks of time out of 10k and 20 mile times at actual races this year. The new standard times have been a massive bonus.

Silver+ Distinction Award

Gold Award

Vincent Iliffe Senior Male



HRC nurkrap	17:59 (PB, Gold)
HRC Virtual 5	29:44 (PB, Gold+)
HRC Virtual 6	36:34 (PB, Gold)
HRC Virtual 10k	37:21 (PB, Gold)
HRC Virtual 7	44:43 (PB, Silver+)
HRC Virtual 10	1:02:56 (PB, Gold)
HRC Virtual Half Marathon	1:23:19 (Gold)
Oundle 20	2:10:19 (PB, Diamond)
HRC Virtual Marathon	3:04:17 (PB, Silver+)

Being runner of the year, I didn't have the best of starts. This year has been one of a kind. At the beginning I was moaning about I've lost my mojo, which my first race of the season was a disaster at Stilton 7. Then 2 weeks later at Kibworth I surprised myself with a 6-mile PB. Then Covid-19 happened which all races started to be cancelled, but for some reason Oundle 20 still went ahead. This was my best ever race. Something clicked, and I finished the race still feeling I could have pushed it more. From then on, my times started to tumble, and I started to enjoy running again.

Gold Award

Chris Limmer

Senior Male



Burbage nurkrap	18:45 (Silver+)
Bassingham Bash 5	29:43 (Gold+)
HRC Virtual 6	36:56 (Gold)
Cambridge Half Marathon	1:21:01 (Gold+)
Oundle 20	2:11:45 (Gold+)

Happy to have switched back to first claim HRC after the overwhelmingly positive impact the club had on boosting peoples mental health by being so proactive in maintaining a sense of community. The virtual Tuesday sessions made me enjoy speedwork again for the first time in ages and the magic run was lovely excuse to make the flying visit back to Hinckley from Grantham. I did manage one PB this year too with a record fundraising total by doing 4 marathons in 4 days under 3:30 during April, thanks in part to HRC members generosity.

Gold Award

Matthew Knight Senior Male



Lockdown 5k	18:30 (Gold)
HRC Virtual 5	31:05 (PB, Gold)
HRC Virtual 6	37:41 (Gold)
HRC Virtual 10k	37:23 (PB, Gold+)
HRC Virtual 7	42:43 (PB, Gold)
Leicestershire Half Marathon (pushing Double Buggy)	1:39:38 (Silver)

It started out as an aim to run every day in advent last year in order to resume some form of regular running following the arrival of Eseld. This became the whole of December and then an aim for the early part of this year as part of my preparation for planned races. With the impacts of Corona virus I started to look forward to my run each day, for spending time with family as part of runs, watching the changing seasons, playing lots of little run related games and finding myself getting stronger. Overall I ran all 366 days of 2020 and covered 3207 miles, which is over 50% more than I have ever managed before. Particular highlights of the year have been coming 2nd in the "Atlantic Coast Challenge" (3 coastal marathons), ranking 8th overall with 667 km in the "Run the World Competition", completing the "Leicestershire Half Marathon" with the double buggy, the club virtual league races, and many wonderful running related family moments.

Gold Distinction Award

Diamond Award

Matt Johnson

Senior Male



Burbage nurkrup	17:11 (Diamond+)
HRC Virtual 5	28:33 (Diamond+)
HRC Virtual 6	35:34 (Diamond)
Barrow Virtual 10k	37:39 (Gold+)
HRC Virtual 7	41:52 (Gold+)
HRC Virtual 10	59:42 (Diamond)
HRC Virtual Half Marathon	1:23:00 (Gold+)
HRC Virtual 20	2:09:21 (Diamond)
Virtual London Marathon	3:05:06 (Gold)

In a year of so much uncertainty, running has helped me keep my mindset so positive. With so many restrictions in place, I have focused on my running and with the help of the fantastic virtual races put on by the club, it has kept me so motivated. My highlight has to be the Virtual London Marathon when Dave Masser and I unofficially smashed the world record for the quickest 2 males to complete a Marathon handcuffed together. Looking forward to London 2021 when it will be OFFICIAL :)

Gold+ Award

Chris Langham Vet Male



HRC nurkrap	19:22 (Diamond)
HRC Virtual 5	31:58 (Diamond+)
Kibworth 6	39:56 (Diamond)
HRC Virtual 10k	39:57 (Diamond)
Stilton 7	45:39 (Gold+)
HRC Virtual 10	1:08:40 (Gold+)
Skull Runner Marathon	3:52:42 (Silver)

Whoa, what a year!

Started out with two races and then who-knows-what was happening. Eventually everything settled down to virtual against-the-clock events and I found the lack of people to race against quite demoralizing, so decided not to take part in the league events, which has probably hit my standard times. I guess I'm just a chatty social runner really.

I seem to have found my love for running early mornings again which has really given me a new lease-of-life :)

Lets hope 2021 brings some 'real' events to actually participate in.

Diamond Award

Simon Earley

Vet Male



Burbage nurkrap	19:45 (Diamond)
HRC Virtual 5	32:35 (Diamond+)
HRC Virtual 6	39:33 (Diamond+)
HRC Virtual 10k	40:14 (Diamond)
HRC Virtual 7	46:20 (Diamond)

I'm pleased to have achieved a Diamond standard this year, especially given the situation! I have missed racing with other people and not enjoyed running on my own but am very grateful that Dave put the virtual races on to have something to train for. Highlights: Diamond time Low-lights: No actual races.

Diamond+ Distinction Award

Anne Ashton

Vet Female



HRC nurkrap	25:39 (Diamond+)
HRC Virtual 5	41:21 (Diamond+)
HRC Virtual 6	50:32 (Diamond+)
HRC Virtual 10k	52:30 (Diamond+)
HRC Virtual 7	59:07 (Diamond+)
HRC Virtual 10	1:24:32 (Diamond+)
Liverpool Skyline Half Marathon	1:59:27 (Diamond+)
HRC Virtual 20	3:00:31 (Diamond+)
HRC Virtual Marathon	4:03:07 (PB, Diamond+)

I was lucky enough to run a real race in March just before lockdown. I've run injury free all year and managed to keep motivated throughout. I've consistently run fast even on training runs but the puzzle is I can't say why even though I'm a year older. The absolute highlight was setting a new PB for my marathon.

Diamond+ Distinction Award

Dave Masser

Vet Male



HRC Virtual 5k	18:25 (Diamond+)
HRC Virtual 5	31:00 (Diamond+)
HRC Virtual 6	37:42 (Diamond+)
HRC Virtual 10k	38:29 (Diamond+)
HRC Virtual 7	44:58 (Diamond+)
HRC Virtual 10	1:03:25 (Diamond+)
HRC Virtual Half Marathon	1:25:15 (Diamond+)
HRC Virtual 20	2:27:36 (Diamond+)
HRC Virtual Marathon	3:05:05 (Diamond+)

The focus throughout the year has been on London Marathon. The cancellation in April was a big blow having trained to peak at that point. The event in October was reduced to a virtual race and the Guinness World record attempt was not accepted at the last moment. All in all a year to forget! Bring on 2021.

Diamond+ Distinction Award

Penny Masser Vet Female



Burbage nurkrap	22:13 (Diamond+)
HRC Virtual 5	37:27 (Diamond+)
Kibworth 6	46:31 (Diamond+)
HRC Virtual 10k	46:23 (Diamond+)
HRC Virtual 7	52:22 (Diamond+)
HRC Virtual 10	1:16:39 (Diamond+)
The Big Half - London	1:41:11 (Diamond+)
HRC Virtual 20	2:43:36 (Diamond+)
HRC Virtual Marathon	3:38:05 (Diamond+)

I think everyone will agree, 2020 has certainly been different. However, in my 32 years at Hinckley Running Club, this year has shown me more than ever what a truly inspirational, supportive and motivational club we are. My best moments have been the wonderful camaraderie between everyone, evident in so many ways, throughout the year. My worst moments have been solo speed work (you all know how much I 'love' speedwork!) - self motivation was really tough at times but thank you to you all for all your support and encouragement. Here's to running and racing together again in 2021.

100% Road

The following represented HRC at every Leicestershire Road Running League race of the 2020 season:

Andrea Earley
Céline Guéry
Elizabeth Aspden-Mansfield
Jessica Daly
Mark Hubbard
Rachel Haddon
Vincent Iliffe

100% XC

The following represented HRC at every Derby Runner Cross Country League race of the 2019-2020 season:

Andrew Dolphin-Rowland
John Mac
Lucy Masser
Mike Welch
Richard Whitelegg
Sadie Walker
Steve Tampin



Yes there were some events at the start of the year, remember them?



Dave Masser and Matt Johnson setting an unofficial world record for running a marathon while being hand-cuffed together. Well done boys!!



HRC crowned as H.B.B.C. 2020 active champions.



Toucan run (3 parts one club) always a lot of elastic bands, but has anyone ever been awarded the special elastic band?





The Magic Run a fund raising event raising £3,200 for charity, WELL DONE EVERYONE!!



Road Sign Challenge anyone?



Yes we have been training (socially distanced of course), thanks to the terrific efforts of the coaches.



Not strictly running related but our member Jess Daley with her Dad raised a massive £36,000 for Cure Leukaemia. WELL DONE BOTH, AMAZING!!



HRC wombling to keep our communities tidy.



NurkraP, is still the best thing about Saturday Morning, Even with it's own Xmas Themed competition. Still the the most embarrassed dog I've ever seen pulling a sled :)



HINCKLEY CLUB
 RUNNING

Well done to all who received an award tonight!