



Inside this issue:

KADS 40th Anniversary Party!..... 1

Introduction from KADS President Rob Gooch ... 1

2025 Goose Fair Gallop Update 3

Interview with KADS Founder, Bob Terry 5

An Interview with Club Secretary Nick Tennant 7

Coach's Corner..... 8

KADS Kit is Evolving!... 10

Signing Off 11

Save the Date – KADS 40th Party!



We look forward to celebrating 40 years of KADS with you at the **Stag Inn** in Kimberley on **Saturday 14th June 2025!** Please pop the date in your diary and look for more information in your email and on KADS Chit Chat closer to the date.

Introduction from KADS President Rob Gooch



It is my pleasure and honour to introduce you to this 40th Anniversary Edition of Blister as President.

Having run the first ever Robin Hood Half Marathon in 1981 in just over 1 hour 30 mins, I'd then always been interested in joining a Club to train regularly, with other people, to attempt to get under that mark.

My family moved to Nuthall in 1992, and I wandered up to Kimberley Leisure Centre (KLC) a week later to see if they had a running club. It was a Wednesday and there were about 40 KADS in the foyer getting ready for a map run. It took me until 1993 to get round to joining and a year later I reached my initial goal of running under 1:30 for the half.

What really struck me during my first year was the competitive friendliness and strong social aspect of the club. There was still a strong core of founder members. The base was KLC and Wednesdays was 'Club Night', where up to 40 members would meet, run and most would then socialise in the upstairs bar until around 10pm. I fell in love with the club and it has become a way of life and many lifelong friendships formed.

In the early years KADS hosted races in the equivalent of the BDL, at Broxtowe Park for Cross Country and a lap of Narrow Lane in the Summer League. The Handicap was a single race at varying events, until it evolved into a series in the early 2000s.

Some memorable achievements in the early years were one of our Women winning the full Robin Hood Marathon in 1996 and our Cross-Country team winning the BDL Cross Country League in 2001. The club had an annual trip to Rheims in France and often descended on Keswick for the weekend to run the Half Marathon, with lots of social activity before and after.



KADS at the Transbaie across the Somme River and back. Photo credit: David James

Around 2003 the running trend seemed to decrease, and we dipped to about 35 members and as few as just 3 runners at some league races. Hucknall Running Club folded, but a small, strong contingent of KADS kept the club going and it started to grow and thrive again in the noughties.

In March 2010 there was a 25th celebration party held at the Temple Centre, with over 100 members, past and present, along with family in attendance. It was a great evening with a band playing, drinks, food and old footage of early races playing in an adjoining room.

The club continued to thrive after this and the Awards Evening became an annual event around 2011/12, rather than hand the awards out at the AGM. This has now become a key social event in the calendar. Another big social event during that time was the Annual Golf Tournament held at Pewit in Ilkeston. Unfortunately, that closed post Covid and the event hasn't been able to find another suitable venue.

The past 10 years the club has continued to thrive and progress within a more structured framework to ensure compliance with EA Regulations. Another key addition has been the introduction of Run Leaders, Coaches and Welfare Officers, putting on structured sessions and ensuring the wellbeing and safety of members. The club has maintained its friendly and supportive reputation.

The club today is in a strong position, with a fantastic Committee doing an amazing job. Membership appears to be on an upward curve and the club continues to be well represented at key events.

I'm really looking forward to celebrating our 40th anniversary with you all and continuing to be part of this great club for many more years.

Rob Gooch

2025 Goose Fair Gallop Update



The very first KADS 10k, dubbed the Goose Fair Gallop was held in October 1987 using the roads and paths around Awsworth and Babbington Kennels. Sainsbury's didn't open on a Sunday then and allowed us to use their car park. Founding member Rob Bailey recalled in the first edition of the Blister:

“On the Sunday morning of that first GFG, I can remember getting a phone call from a Clive Tulloh who wanted to run the race but first wanted some answers to a few questions: Could he enter on the day? Is the race AAAs approved? What are the prizes? Could he bring a friend to run as well? He seemed reasonably happy with my answers and duly turned up to finish third in the race. His friend won it in just over 30 minutes! Chatting afterwards, it turned out that Clive was the son of Bruce Tulloh, (European 5000 metres champion in the sixties), and his ‘friend’ was Eirik Hansen, a Norwegian bronze medallist in the 1982 World Athletics Championship.”

This year I will be leading the event supported by the fabulous Michael O'Brien, Sam Garside, Zoe Furley and Emma Meredith. The role of Goose Fair Gallop Director is terrifying as the event is our major source of income and helps us build the club without increasing membership fees too much. Many previous events have been sellouts and were hugely successful, placing more pressure on the next GFG director to "not let the club down." It's the running equivalent of ruining the huge family Christmas dinner!!!



We are increasing the entry numbers from 300 to 350 this year which, looking at last year's figures, should still sell out well before race day. Entries are expected to open around the start of May and, as usual, only new members are permitted to enter (contact me if you're not sure).

Over the years the event has had many different courses, but the more recent years have seen us bringing in the historic Bennerley Viaduct or "The Iron Giant" as it is known on our route and trying to make it our event base. 2022 first saw us running over the viaduct to mixed reviews as the participants had to tackle the steep stairs as part of the route. 2023 started at the top of the viaduct using the stairs. Unexpected delays to the ramp meant that in 2024 we couldn't access the viaduct from the Nottinghamshire side and a huge amount of work had to be done by the team to plan new routes and get the permissions in order. Sunday 12th October 2025 will hopefully see us starting at the top of the new ramp and using the Visitors Centre as our race HQ, fingers crossed that everything goes to plan! In the worst-case scenario we will revert to the same course that we ran in 2024.

Last year over £450 was raised for The Friends of Bennerley Viaduct charity and we are keen to build on our relationship with them in future years. Their new visitors centre will be great for us for summer training sessions.

While the boring paperwork and licences are being sorted we are now looking at what goodies to give our finishers to commemorate the day. I am keen to have something that gets our club and event name seen out and about and I regularly see older GFG tops at Parkruns and on training nights. Most people loved the bobble hats. It was a stroke of marketing genius to get other running clubs wearing our colours but we need to keep things varied while still working to a budget to make the event profitable. We will also be selling more GFG goodies before and on race day which should increase the profits and excitement around the event.

A common theme from the feedback is how friendly and supportive the marshals are around the course which is amazing to hear. We do make the rather bold claim of being "the friendliest running club on Earth" on our website but we need our members to help us with this, if you haven't already done so, PLEASE contact me to get yourself on the marshal list. We simply cannot put on such an amazing event without the help of you all, giving up those couple of hours once a year is well worth it to see what a difference it makes to those running and your club.

Thank you to all of you who have run or helped out in the past, we will be organising our recce runs in the summer and please do like and follow our Facebook page if you haven't already at www.facebook.com/goosefairgallop as this really helps to get build our profile.

Angela Henson, Goose Fair Gallop Director 2025

Interview with KADS Founder, Bob Terry



Early Days

In 1985 I had met a lot of teaching colleagues who ran with Holme Pierrepont RC - they talked about training together, going to races etc. I realised that in our area we had nothing like this. I had seen other lone runners around here and became convinced that there would be enough interest to start our own running club.

Kimberley Leisure Centre seemed the obvious place to start, so I rang and arranged a meeting with the Assistant manager, Dave Halstead. I said that we intended to form a club of local runners who would meet once or twice a week. I proposed that we could use the changing and shower facilities and in return would supplement the bar profits. This was accepted. It was agreed that the name of the club, when we eventually decided on one, would include the Kimberley name.

The Leisure Centre printed fliers for me advertising the initial meeting. These were given out in reception and also handed out to other runners in the area. And so on March 20th 1985 KADS was born, with 12 people attending and a committee was formed.

Chairman: Bob Terry

Secretary: Julia Goode

Club Captain: Stephen French

(No Treasurer as we didn't have any money) ...

We decided to meet on a Wednesday evening and Sunday morning for a run -from the start it was a fairly loose alliance of varying abilities. Even at this stage we had to consider accommodating different abilities to encourage those new to running, whilst advertising the club in the community too. Members would pass leaflets with the club's details to any runner they met and information was displayed on a notice board at the Leisure Centre. This proved amazingly successful and the membership grew rapidly.

The committee expanded and became very active as we became involved in races and half marathons. Club kit and colours were then needed and many hours in the bar were spent discussing the name and kit... until one evening Rob Bailey appeared in grey shorts and top with a maroon edge...I said, "You look smart Rob, that's what we'll have". We agreed that the phoenix would be a suitable logo to reflect the D H Lawrence connections with the area. Rob Bailey spent a long time trying to design this and it was put at the top of application forms. However we agreed that the first prototype looked more like a the symbol for the Third Reich, so Bob Bolton recruited a graphic designer who produced the present logo.

Memorable moments and events

We realised fairly soon that a club needs funds for affiliation fees, administration and expenses. Mike Thornhill & John Whetton, (who were both involved in setting up the Robin Hood marathon), advised us that the best way to raise funds, apart from membership would be to run an event. They offered us a 10k race at Radcliffe-on-Trent on New Year's Day 1986 and so club members undertook the organisation and marshalling on a bitterly cold morning. It was a steep learning curve, but very profitable and was invaluable experience when it came to organising the Goose Fair Gallop.

This was inaugurated quite soon after, with Andy Pacey as Race Director. This was a useful appointment as he was a police sergeant. He and colleagues were in charge of traffic control on several main roads- it would never be allowed nowadays! It was successful from the very first event, although the route has changed considerably.

As the club grew, members began to enter events across the county and beyond. Among our favourites were: Derby, Mansfield, Melton, Lincoln, London, Keswick, York, Bourton-on-the Water, Swanage and Dovedale. Even in those early days a coach was hired so that we could take part in the Paris half marathon - KADs into Europe!



KADS 15th Anniversary. Photo credit: David James

Everyone was prepared to become involved in club activities, social events and the organisation and admin. We were lucky to have an excellent administrator in Rob Bailey, who took over as Secretary and organised us so well. A light hearted documentation of our early activities was published in 'The Black Toe', which was the forerunner of 'The Blister'. This was edited by Dave Gardner.

Memorable achievements

It was great for the club when we had our first entries to the London marathon, but a special mention should be made for one member - Ray Johnson. He ran in the very first event and every year after for about 20 years, as there was automatic entry for this category. After a while there were only about 20 runners who had achieved this and Ray was one [editor's note, see www.everpresent.org.uk/johnson.htm for Ray's marathon achievements at London].

Personal recollections

Running kit was varied to begin with, from white plimsoles and Hitec trainers to Reebok and my personal favourite - Nike Air. No one carried a mobile phone or water bottles, we relied on water stations in events. Technology is probably the biggest difference in kit today - a stopwatch was considered high tech then.

From the outset the club was open and friendly and I have made some life long friendships with fellow members. A lot of us still see each other today, although we're not running..... When I see runners wearing the Kads kit I feel a great sense of pride in what we established in those early days. I hope the club continues to go from strength to strength and that runners in the area will benefit from it in the next 40 years and beyond.

Bob Terry

An Interview with Club Secretary Nick Tennant



Historically, the Blister newsletters carried a profile of a club member at the time (see old Blisters here: www.kadsrunning.com/the-blister-newsletters.html). For this special edition, our ever-smiling club secretary Nick has volunteered to be interviewed:

Name: Nick Tennant

Age: 66

Wife/partner: Married, wife Karen - hates running! 4 kids, 3 run, but not as much as me, husband of 4th runs. Younger daughter Clara is organising the Castle Rock 10k next year.

I have been running for 10 years (started with couch to 5k) although did run in my 20s as well and then got married.

Favourite running route: hills session up church hill and intervals

along Eastwood Road

Favourite race: Barcelona marathon

What's the best/worst thing about running? KADS such a welcoming fun bunch of people, worst thing you can get injured which is not a lot of fun

How far do you run a week? I run on average 30 miles a week

Future races you'd like to do? I want to get into London marathon on good for age

Any running tips? Run slowly with friends it makes running a whole lot more fun

Interests outside of KADS: My work which is all to do with addressing climate change and providing a better planet for my children and grandchildren

What are your favourite pieces of music? Not really great music fan!

Favourite books? Any book on running or the environment

Favourite place to visit: Falklands - worked there for 4 months - the wildlife was amazing

Places you'd never go again? No places I wouldn't go to again

Other sports that you follow or take part in? Forest Fan COYR, Golf

Things you'd like to see KADS do? I would like to just build on what this amazing committee have already done

Favourite tippie? Real ale - Timothy Taylors Landlord

TV shows that you watch (or youtubers these days)? Don't watch much TV – Michael McIntyre's The Wheel is probably my favourite show

Favourite films? Don't watch that many films - Back to the Future was always great though

Pet hates? People who drop litter

Favourite places to eat? Wetherspoons is favourite place to eat - usually a curry usually with family - not posh but basic food and usually good beer

Sum yourself up in 6 words: Determined, forgetful, analytical, happy when running!

Coach's Corner

KADS have two CiRF (coach in running fitness) qualified running coaches to help members achieve their personal goals: Micheal Perry and Sam Garside. Below Coach Sam sums up what coaching means for KADS. Following on, Coach Micheal gives us some personal thoughts on why he decided to become a coach.

Coach Sam Garside



Coaches are the backbone of our sport and club. They inspire, support, and guide athletes of all ages, abilities, and aspirations across many events. Their goal is to help each athlete enjoy running, stay motivated, and achieve their personal best.

Our 2 coaches, Mike Perry & Sam Garside have trained with England Athletics, gaining recognised qualifications and they continue to develop their skills through ongoing learning opportunities.

Our coaches provide personalised training plans tailored to individual goals — whether that's completing a first 5k, chasing a PB, or building up to a marathon and more. They offer expert advice on technique, pacing, strength work, warm ups, cool downs and injury prevention. Our coaches also support athletes with guidance around nutrition, health, race preparation, and recovery, ensuring well-rounded development.

Alongside this, our coaches work closely with our team of run leaders to help guide and shape the structure of the club's training nights. Together, they plan varied and inclusive sessions, ensuring that each week offers something for everyone — from steady runs and interval training to hill work and endurance sessions. This collaboration ensures that club members receive safe, structured, and enjoyable training that supports their progression and keeps them coming back week after week.

Above all, they help foster confidence and build a positive, encouraging environment.

Coach Micheal Perry



I find it deeply rewarding to see the athletes I've helped achieve their goals. I experience the runner's high alongside them as we journey together. My love and respect for the sport of running keep me engaged; when I'm not planning sessions or coaching 1:1 with athletes, I enjoy reading and retraining in strength and conditioning, as well as nutrition. This knowledge helps me maximize my potential as both an athlete and a coach.

Coaching allows me to make a positive impact on people's lives, both physically and mentally. The athletes I work with become more than just coached athletes; I build friendships and develop strong bonds with them, creating a sense of community and a shared purpose. As a coach, I serve as a source of support

and share my knowledge and expertise in areas such as injury prevention and race strategies to help avoid common pitfalls.

Over the years, I've frequently been asked for advice on various training plans, day-to-day tips for improving their running, goal setting, and 1:1 coaching. This involves creating tailored plans based on the athlete's individual needs, with weekly or biweekly check-ins. I can write a

customized plan for you to follow, incorporating strength work to help prevent running-related injuries and offering nutritional advice.

I believe that athletes train better with the help of a coach. Everyone I've worked with has shown improvement over the months and years, resulting in amazing changes and results. I look forward to helping many more of you reach your goals.

KADS Kit is Evolving!

The design of KADS vests and T shirts has changed over the years...



For our 40th anniversary KADS Kit Manager Jen Turner has worked hard with Ron Hill to further evolve the design, fit, construction and material of our vests and T shirts. The new design has been agreed by the EA and is available to purchase using the form on our KADS Store at www.kadsrunning.com/club-store.html. You can wear either the existing (vertical grey stripes) or this new design when competing in the Derby Runner league or AAA leagues.



Signing Off

And that's a wrap for this special 40th edition of The Blister! We hope you enjoyed it and are looking forward to this 40th year of KADS as much as we are. Keep an eye on your email and KADS Chit Chat on Facebook for more details of the upcoming 40th anniversary party this summer.

Yours in running,

The 2024-2025 KADS Committee

