



BLISTER 28

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KADS NEWS

Look on our web-site for our latest results www.kadsrunning.co.uk—although some of them do not appear to be on there.

You will see that KADS have been running all over the country Cardiff, Cornwall and Scarborough.

Paul Taylor ran a particularly impressive Nottingham Half Marathon finishing in 72nd place in a time of 1.20.49

Chip times according to web-site:-

Paul Taylor 1.20.49

Rob Gooch 1.34.10

Tim Jayes 1.36.55.

Nic Chamberlain 1.45.19

Georgina Grimshaw 1.54.53

Amy May 1.58.46

Sue Terry 2.00.03

Laura Ellis 2.00.04

Matt Whitmill 2.00.51

Michelle Tilbury 2.03.17

Wendy Akers 2.04.19

Paul Nicholls 2.18.28

Yvette Dean 2.22.56

And, a special mention to Rachelle Ward who did the Full Marathon in a splendid time of 4.15.57. Well done!

Sunday, the 4th October was the 29th running of the Goose Fair Gallop. Held at a new venue, starting at Bracken Park, Underwood. 98 runners completed the race with Matthew Clapp of Redhill Road Runners finishing first in a time of 36.18, a great time on a difficult course.

Starring for KADS was Rhuarhri Cordon who won the Kimberley under 19 Cup (for the 3rd year in a row) in a time of 54.04.

Many thanks to all KADS members who turned up to help out on the day.

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Nicola Chamberlain—KADS Women's Captain

Hi, I'm Nic. I have been running with the club since I was 15 years old. After a short break I returned back in 2006, as I needed a hobby. This hobby escalated into running, and more running, and I've never looked back.

The club at this present time is fantastic. A few years ago it would be just myself, Sue and Alice who would turn up to the races trying to make a team, so that we would count in the team ratings. This year has been great to see so many KADS at the events. I think we even made 3 ladies teams at one of the races this summer...!

I am very proud to captain an inspiring team.

Job—I am a Swimming Development Officer at Erewash Borough Council. I have just completed my first year in this role. It has been an exciting year for me, with so many changes—all of which have been good.

Food—I am a little plain, and maybe a bit boring with my food. I do love my Chicken and Pasta the night before my races, no sauce of course.

Drink—I love trying new Pale Ales, especially Blue Monkey. I also like a glass of red wine or two. No more than two as I get louder and louder as the evening goes on.

Favourite Marathon—there have been a few to chose from, so I'm not sure I could just pick one. I have obviously loved my marathons (well most of them). 2010 was my first marathom at the Robin Hood. To cross the line in your home city after 26.2 miles was a fantastic feeling. Also Edinburgh and Chesterfield last year. I finished in the top 10 ladies at Chesterfield which is amazing.

Least favourite—Milton Keynes—words could not describe how awful this was. Myself and Ian had done so well in training, probably on for P.B.'s but the weather was so awful! It rained, hailed and was very windy all the way round. We were looking forward to finishing at the MK Dons stadium but by the time we got there in 4.11 there had been so many tears to appreciate what we had just completed.

Other races—I love the Ashby 20 and the Keswick half. Liverpool rock and roll half marathon and also the Spire 10. They always stand out as good races and lots of fun, even though there are lots of hills.

Words to describe me—Happy, laughter, punctual, determined and bossy.

SPOTLIGHT on the BARKLEY MARATHONS

Most runners who start a marathon manage to complete it. Of the 36,337 starters of the 2014 London Marathon, 35,803 managed to finish it. Unlike the Barkley Marathons which has been taking place almost as long as the London , and starts in the hilly backwoods of Tennessee.

The 40 runners that were invited to this year's event in March will have understood that they would probably not finish. It is not the fact that it is 100 miles long, not is it the fact that every runner who enters has no idea of their exact start time. Rather, it is the sheer brutality of the terrain. Over the distance of 100 miles they have to climb more than 10 miles.

The race—called 'Marathons' because it involves 5 loops of roughly marathon distance is held in the Frozen Head State Park and, of the 800-odd starters in 30 years, a mere 14 have finished. There is also a 60 mile 'fun run'.

This year the 60 hour time limit passed without anyone finishing . A search for the final runner on the course Jamil Coury. He showed up 7 hours after the 48 hour deadline for 4

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BARKLEY MARATHONS

Laps of the course.

'I was a little confused to where I was' Coury said upon returning, explaining that he took an 8 hour nap on a mountaintop after getting lost.

Matt Bixley from Dunedin, New Zealand said his goal was to see what he could find out about himself.

Instead, he himself passed out on the ground after completing more than 48 miles in about 28 hours of running and climbing.

'I passed out or collapsed' said Bixley . 'Something happened. It wasn't sleepiness. I don't know. I spent some time thinking about what that might mean and where I was going. It was a boundary I wasn't prepared to cross, and I quit'.

UPCOMING

Saturday October 31st—Parkinson's UK Spooky Sprint 10k , Holme Pierrepont

Sunday 1st November—EDF Energy Power Surge 10k , Retford

Saturday 7th November—Robin Hood 10k trail run, Mansfield

Sunday 8th November—Booth Decorators' XC at Chaddesdon Park

Saturday 14th November—Colliers Wood Canter

Sunday 15th November—Skegness Coasters 10k

Sunday 15th November—Donington Half Marathon

Sunday 22nd November—Heanor Pud Run 10k

Sunday 22nd November—Clowne Half Marathon

Sunday 6th December—Booth Decorators' XC at Bakewell Showground

Saturday 12th December—Colliers Wood Canter



Above KADS on tour—at the end of the Scarborough 10k. (L-R, Paul Nicholls, Steve Haskard, Paul Thompson, Sue McLoughlin and Andy Haskard)

Don't forget that Nicola has organised the KADS Christmas Party, which will be held at the Dunn Lite Bistro in Eastwood on Friday 11th December.

Also, Rob Gooch has organised a Festive Drinks night in Nottingham starting at the Canal House 7.30 to 8.00 p.m.

