

# BLISTER 33



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Well, this has come round quickly! And, I've had to edit articles to get them in. If you've got any race reports please let me know.

Thanks to Michelle and Rachel for organising our C25k group. Really good turn-outs for the first 2 weeks—let's hope this continues for the rest of the length of the course.

## RUNNING NEWS

Jack Sexty who bounced his way into the record books by completing the Great Manchester Marathon in 2014 in a time of 16 hours and 24 minutes, has been stripped of the accolade. It turns out that the course was 380m too short, and any records set in 2013, 2014 and 2015 events were declared null and void.

A girl of 12 ended up running 10 extra miles after entering the wrong road race. LeeAdianez Rodriguez registered for a 5k run in New York state but thought she had arrived at the start late, so she set off with the rest of the runners. When she realised she was in a half-marathon, she decided to finish it anyway. It's not known how her legs felt the next day...

## FORTHCOMING EVENTS

May 14th Colliers Wood Canter—Eastwood

May 15th ASDA Foundation 10k—Nottingham

May 25th Beeston Trent 5

May 25th Buxton Half Marathon

June 5th Derby Ramathon

June 6th—June 10th Gordon Whelbourne Running week—4 x 5k and finish off with a 10k. Newark.

June 7th Booth Summer League—Denby Pottery

June 11th Colliers Wood Canter—Eastwood

June 17th Notts 10—Holme Pierrepont

June 17th Hairy Helmet relay—Darley Abbey, Derby

June 22nd—Notts AAA League—Wollaton Park

July 1st Colin Potter Memorial 10k—Darley Abbey, Derby

July 9th Colliers Wood Canter—Eastwood

July 9th Derwent River Relays

# BLISTER



**Tim Jayes —Current holder of KADS Men's endurance trophy**

**What is your job?** Postman, currently working the night shift.

**Partner/Family?** Married to Leesa, Children Blake (21) and Keira (18), Dog—Ralphie the whippet (4)

**What is the best/worst thing about running?** Best—I'd like to think it's given me a big

confidence boost since I started. I've also met some great people though running. Worst? Being injured .

**How far do you run per week?** 25—30 miles a week.

**Runs I'd like to do?** Yorkshire 3 peaks—just need to qualify for next year's race. Edale Skyline and the Jura fell race.

**What are your interests outside of KADS?** My first love is backpacking. Most folk find it hard to believe the joy of walking with a rucksack and camping at the end of the day. I organise a number of week/ends for my club throughout the year, generally in the Peak and Lake District.

**What are your favourite pieces of music?** I'm stuck in a time warp regarding music! Neil Young, Dr Feelgood, Belle & Sebastian and the Faces to name a few.

**Favourite books?** Lost Continent by Bill Bryson

**Favourite places?** Corsica, Greenland, Crete, New Zealand and the Alps. Closer to home would be the Lakes, Scotland, Salop and the Peak.

**Places I'd never go again?** Blackpool.

**Things I'd like to see KADS do?** Due to shift work I'd actually like to see more of KADS. It's always nice to run the winter xc and meet for Saturday night out.

**Favourite Tipple?** Burton Bridge or Batemans and a single malt which I'm still undecided on a favourite. Tobermory maybe.

**TV shows that I watch?** I hardly watch anything regularly on the box. It would then be a one off documentary. Radio is king if I'm home alone.

**Favourite Films?** I do love old westerns (Shane) and old war films (Ill Met by Moonlight) . Slightly more recent films would be Restless Natives and Some Kind of Wonderful.

**Pet Hates?** Litter and smoking

**Favourite food/places to eat?** I'd normally go for a goulash, stew or hotpot. If not a nice piece of fish with just a few chips. Apple pie and ice cream to follow.

**Describe yourself in 6 words?**

# BLISTER



## KADS ON TOUR—MADRID

By **Amy May**

Our journey to Madrid began very early , 04.30 on the Saturday morning we made our way to Heathrow Airport. Everything went smoothly though as the Expo where we needed to pick up our race packs was very close to the airport—so made a quick stop there before going to our hotel. The organisation was fantastic, no queues and lots of merchandise available. We then arrived at the Novotel Hotel in Madrid city centre, which was one of the official marathon hotels. This became obvious the next morning when we got up for breakfast and were greeted by a sea of neon coloured running apparel! Breakfast was set up early especially for the runners which was great and included everything you could want for pre-run fueling. The hotel was only about a 15 minute walk to the bag drop area set up at the finish line. This was also very well organised and there were hardly any queues for the toilets!! We then had another walk to the start line as this was in a slightly different area, but the corals were clearly marked, so it was easy to get in place.

The race itself was fantastic! Lots of support on the way round. Not as many bands as you would normally see at a Rock n Roll event, but the bands we saw were excellent and really helped to give you an extra boost.

The course was great, very few hills, scenic and nice wide roads so you didn't feel too crowded. The only downside was probably the water stations, as the stewards were a bit slow getting the drinks ready and if you stopped to wait for one, someone would run into the back of you! There was a great moment when the full marathon runners split off to the right and everyone doing the half marathon was clapping and cheering them on. The weather was great too, a nice sunny 14-15 degrees, but a lot of the course was shaded so didn't feel too hot to run.

The end of the race was also well organised. The finish line was nicely spaced out so it didn't get too chaotic and of course we got the awesome Rock n Roll bling—the medal looks like a jukebox, it's amazing! Love doing Rock n Roll events for the medals alone! We now get an extra "World Rocker" medal after Liverpool because we have done 2 Rock n Roll events in 2 different countries. My finish time wasn't great 02:08:58, about 10 minutes off my PB but I hadn't done a lot of training due to moving house. So I went out nice and slowly so that I could enjoy it and not stress myself out too much, which worked because I loved every minute of it! The rest of the trip was fab, we did some sightseeing, had a few drinks and ate lots of tapas!

Overall, I would recommend Madrid and any other Rock n Roll event. I've done Liverpool and Dublin as well so slowly crossing them all off the list. Vegas is the dream one!! They are just really well organised and lots of fun, which shows in their popularity—over 42,000 took part in Madrid; 15,000 did the full marathon and 27,000 did the half marathon and there was also a 10k event too. I know there are a few KADS doing the Rock n Roll Liverpool which will be great and then next year who knows where we'll be rocking....

Ian Bery and Nicola Chamberlain finished the full marathon in a times of 03:37:03 and 03:51:38.

# BLISTER



Awsworth 5k

Pictured (Ray Johnson and Bruce Raeside)

Ray Johnson, KADS legend (26 London Marathons) did the Awsworth 5k in 49:20—hope I can run that well when I'm 83!

Bruce Raeside, meanwhile smashed the course record in a time of 17:22, knocking 32 seconds off the previous best.

David Riley was the 1st VM60 back in a time of 21:37 (14th place). If you look on the web-site Dylan George is showing as being VM60, but

as I know he's under 16, I'm guessing this is just a typo. Matt Batterham finished inside the top 50 in a time of 24:00, followed closely by Steve Haskard (24:30) and Michelle Tilbury 24:52. Wendy Akers was next in (26:32) and was also 4th in her category. Andy Haskard and Yvette Dean just sneaked in under the 30 minute mark (29:56 & 29:57), whilst Georgina Grimshaw, running with her family came in in a time of 44:56. Ray Johnson was the last KADS back—well done to everyone who took part.

## DAVID RILEY

**What is your job?** Inventor/ electronics manufacturer.

**Partner :** Vreni, specialist nurse and triathlete from Switzerland

**What is the best/worst thing about running?** That you can/ it's hard work.

**How far do you run per week?** 15 miles (1 hour 45 mins.total)

**What are your interests outside KADS?** Climbing, making things.

**What are your favourite pieces of music?** Dance/disco/soul/rock

**Favourite places :** Sardinia. I've been on 4 climbing trips.

**Places I'd never go again :** School

**Things I'd like to see KADS do :** Wish me luck at the Olympics

**Favourite tippie :** Greene King Abbott

**Pet Hates :** Problems that could be solved but are not, traffic lights, over-regulation, over population, religion.....I could go on.

**Favourite food/places to eat :** Curry, fish, Victoria Hotel

**Describe yourself in 6 words :** Analytical, optimist, lazy, ambitious, innovative, leader.

Should I be selected to represent the UK at climbing in the Sardinia Olympics, you are all invited to the Victoria Hotel for a fish curry and a glass of Abbott. I'll book a rock band.