

The Cobra Times

Quarterly Newsletter of Cobra Running and Triathlon Club.



Welcome to the bumper first 2011 edition of the Cobra Times. It's an exciting time where after the Christmas and New Year festivities, many of us are getting stuck in to marathon training programmes (and approaching race day!) or planning our training and races for the year ahead. A big "Thank you" to all members who have contributed pieces for this newsletter; please email me with any photos or articles to be included in the next edition at amyamy321@hotmail.com

Cheers, Amy.

A word from your new Chairman

Hi all and welcome to our first 2011 edition of the Cobra newsletter.

As your new Chair, and for those of you who know very little about me here's a quick resume. I am known to most as either Steve or Fletch or sometimes rather disturbingly they miss the "F" off ! (are they trying to tell me something??)

I joined Cobra running club way back in 1991, the club had only been formed for about 5 or 6 months. John Lloyd one of the founder members and myself were watching our sons play 5 aside football for the Cubs, when the topic of conversation turned to running, I happened to mention that I used to run and in fact had run the London Marathon in 1983, but had not run for a number of years due to time and commitments but would love to get back to some sort of fitness again. Well John was better than your first class timeshare touts, he sold Cobra to me hook, line, and sinker!!! The following week I was out running with the club for the first time and as they say, the rest is history.

I have been on the Cobra Committee in various roles over the years including Social Secretary, X Country manager, and Cobra Classic race director, and retired as a member of the committee 3 years ago. After that time off I now

feel that I am ready to take on the responsibilities of chair.

Having held our first committee meeting I can honestly say that I am very fortunate to inherit such an enthusiastic and diverse committee who are all keen to promote their club and see it go from strength to strength, however there are a number of issues that we feel must be sorted sooner rather than later.

My first priority is to try and sort our website. Due to certain member problems last year the site has been neglected and is now rather out of date and stale. We have now taken steps to rectify this, by arranging for 4 members to go on a training course which will allow us to manage and update the website without having a third party involvement to rely on. Hopefully after the training has taken place in mid-March, we should be able to start to bring information and race results on the site up to date, my apologies in the interim.

Another item which I feel needs attention is expenditure, in past years it has been the committees sole decision on what we spend and how we send it, this is something that has always been a bone of contention with me as my feeling are that any major expenditure decided by the committee should be run past you.. the members, first. To this end it was unanimously

agreed at our first meeting that in future before any large amounts of money are earmarked we will email the club membership with details of what and where the money is to be spent, this will give you the chance to air your own views and obviously if the feedback is negative from a majority of members then the committee will re-evaluate the situation.

These are just a few issues that the committee wish to put into action. However if any of you wish to raise an item or feel you have views to air then please contact myself or any committee member. Remember this is your club and if we are not aware of your issues we cannot help resolve them.

Enough from me now but before I go PLEASE PUT **SUNDAY MAY 15TH** IN YOUR DIARIES. Chris Pearson and his team are arranging our annual Cobra Classic race and **WE NEED YOUR HELP**. If you can help with the distribution of leaflets to Leisure Centres or if you are going to races please make sure you take a wad of race application forms with you, see either Clive Bucknall, Chris or myself for supplies.

Let's hope that 2011 is a great year for us all and I look forward to seeing loads of yellow vests out there at race venues!!!

Take care All, Fletch.

Mens' Cross Country Round-up 2010-11 by Steve Cleary

The **first race** of the season was at **Leamington Spa**. With the weather being kind to us, we headed off with 12 runners and more importantly 2 teams. On the first race of the season all three divisions are together which can make things rather crowded.

Mike Tovey was the first runner back for Cobra in 24TH place, closely followed by myself in 25th. Dave Daniels and Carson Tweedie had a similar close battle coming in 45th and 47th respectively. Steve Fletcher and Aldo Mussi completing our top six positions in 59th and 62nd place, giving us a total score of 261 for the A team, and 5th place in the league. The Cobra B team also performed well, led home by Andy Rowe (77th), returning to the Cobra fold after a long absence- welcome back! First timer Andrew Attwood also ran well in 138th place. B team had a total of 675 points bringing them in 3rd place. What a fantastic start to the season!

The **second race** of the season was **Burbage Common**, Nuneaton. Arctic conditions were the main problems facing us on our trip to Burbage Common. A late call was made to the organiser 'in hope' to see if it was still on the man from

Hinckley said 'yes'. We managed to get together a team of 10 hardy individuals. On a frozen course Mike Tovey again came in first for Cobra, back in a speedy 19th place and myself in 26th place. Carson Tweedie, Dave Daniels and Dave Hopes all bunching well in 36th, 37th, 39th place. Andy Rowe completed the scoring six coming in 67th place, Adrian Marchant ignoring his pain came in 77th place and the ever dependable Chris Pearson and Mike Elwell bringing us home in 105th and 137th place. A very big thank you to all the runners who ran in Burbage for I know that many of you suffered calf problems due to the conditions including Steve Fletcher, who was gutted at having to pullout. A good overall result for Cobra though with a score of just 224 points we were 6th on the day and 5th overall.

The **third race** of the season: **Wyken Park** Coventry. A new fixture would be a cross country adventure with promises of it being as short 9km- can't be bad, and so in very windy conditions with a band of 10 Cobra snakes we tackled the new course. This time it was Carson Tweedie first Cobra home in 27th place, a great achievement in his only third cross country. Mike

Tovey followed him home in 30th place. Dave Daniels, Dave Malia and I battled together against the wind and came in 36th, 37th and 40th place. Steve Fletcher, a glutton for punishment, completed the scoring six in 68th place, Aldo pushing him all the way in 71st. The ever keen Andy Rowe and Chris Pearson in 82nd and 99th place. Not forgetting last year's runner of the season Mike Elwell in 105th overall another good solid team performance from Cobra with 238 points 723 total making us 6th on the day, but still in 5th overall though with D.K just behind us 6th.



Cobra men at Wyken Park, January 2011

The **fourth** race **Stafford Common**: Considering it is called the Birmingham league, we seemed to be travelling quite a way to each fixture. This was the case for the last race of season heading north

to Stafford Common. Those two words can send a shiver down many a hardy cross country runner's spine. Though today the weather was being kind and if not positively warm. From the gun Carson Tweedie proved unstoppable, coming home in 26th place, with Mike Tovey coming in just behind in 28th place. Dave Daniels having another excellent season came finished in 31st, Dave Hopes, returning from illness, came in 44th. Well done to Aldo having his best result of the season in 51st, coming past a labouring Steve Cleary completing the 6 in 53rd place. Andy Rowe finishing the season well in 68th, Steve Fletcher 82nd, Neil Hale 101st, Chris Pearson 102nd and new runner Ian Robinson completed the line up in 117th. The final league table shows that on the day we were 5th with 233 points but slipped to 6th overall with 956 points D.K just pipping us in the end.

Overall this has been the best season as the cross country captain with six runners completing all four events. Many thanks to every runner who pulled on the Cobra vest this season. This shows the true spirit of the Club, see you all next winter!

(Since Steve prepared this piece, Carson Tweedie has been awarded the Men's Cross Country Runner of the Year award 2010-11- Ed)

Ladies' Cross Country News by Helen Rea

Cobra Ladies Cross Country Team completed the final race of the season at Cofton Park, Longbridge on 12th February. We had 6 ladies compete, 2 of which were competing for the first time: Sally Cockcroft and Liz Macklin. Amy finished first, followed by Jill who was running despite carrying an injury that gives her severe stitch. Kristina competed even though her marathon training schedule meant that she was required to do a long distance run the following day. She came in with only a few hundredths of a

second between her and Helen. Liz and Sally did wonderful times considering it is their first cross country and it was great to have so many club vests out after a season worrying if we could field a full team.

Our final position in the league was 23 out of 28 teams, the winning clubs being Loughborough, Birmingham and Coventry Godiva. It is our best standing so far and the league as a whole has doubled in numbers since 2007.

I would like to thank all the women who have competed this year: Jude, Amy, Kristina, Cath who would have done more if she had not picked up an injury mid-season, and Jill, Nikki, Amy, Liz and Sally who have all run for us for the first time this season. Many thanks for your efforts.

I would also like to thank Kristina who has offered to be the committee representative for the Ladies Cross Country.

(Since Helen prepared this piece, Amy Sheppard has been awarded the Ladies Cross Country Runner of the Year award 2010-11- Thanks Helen! I am looking forward to next season already 😊
Ed)

National Cross Country Championships by Andy Rowe

At Agincourt the archers were protected by a field of mud in which the French cavalry became mired in the shadow of those English arrows...

Arriving at Alton Towers on 19th February for the English National Cross Country Championship, we were faced by a sea of tents amongst the deep mud of the Staffordshire moorlands (and the queue for the loo's was a whole different story). To a man we stood and faced that field of mud, each one of us knowing that we'd need a change of shoes when the day was done.

Registration complete, we headed for the shelter of the changing tents. Rumour had it that the leading clubs had pushed and cajoled their strongest teams to compete, knowing that they'd be facing the bright yellow of Cobra. As the start time approached we took our place in the same pen as the mighty Tipton Harriers. Shoulder to shoulder we stood and faced the enemy, all except Dave Daniels who wanted to get a good start.

The gun fired and many amongst us soon knew that they should have tied their laces much tighter. So began the one small lap & two large laps. Hopes of the course being less muddy were soon dashed as the 4" mud gave way to 6" mud

and then foot deep pools of muddy water (there's a theme here!).

The race leaders seemed to walk on water, others just through mud....

The camaraderie of the national gave way to the toil, the mud, the hills and the rain as 1300 toiled to the finish where Carson scored 818, followed by Steve Cleary 838, Dave Daniels in 860, Andy Rowe 1040 & Mick Elwell in 1214. A fantastic run by all, but when we'd finished we knew that it'd be another 50 miles before we could get a shower.



And so ended the day of the Cobras on that national stage.....

Midland Masters 8 Km Cross Country by Chris Pearson

Three of Cobra club senior men entered the Midlands Masters 8K Cross Country Race on Sunday 23rd Jan at Droitwich- scene of many a cross country battle! Starting off as outside favourites according to the laws of Mick Ellwells thinking, as long as we could beat DK we should be in with chance of a good medal. Our Luck seemed to be on the up as two of the top GB internationals for DK and Birchfield were told they were too OLD (!) to run the 8K course. Health and safety or ageism, they must run just the 6K course with the Ladies! Our luck and theirs.

So for the race... we 3 bold old blokes set off at a pace, trying to keep up with the many top class ex- international runners. Nevertheless, one of our number covered himself in Glory and came in

second in his section (well done Dave Daniels- Ed). Then our second runner (Chris P) came in, almost flat out, to manage a fifth place in his section more good points. It all lay on our last hero (Mike Elwell), could he get in front of the DK guy? Could he hold on to the position he held at the start of the last lap? If he could, we would be home and dry- oh sorry this is cross country, so home wet and muddy! Was our runner in front of DK and Birchfield?- Yes, on his last legs, but yes, he was not about to be beat- to get to that line was all that mattered and was it good for the team and was it good for Cobra .Now to await the results.... Yes it was Gold for Cobras over 55 team of Dave Daniels, Chris Pearson & Mike Ellwell. Also, Silver Medal for Dave Daniels for second in his section. Well done the lads HE HE!

Cobra Announcements

Carl Stephens and Andrea have had a baby girl; she was born at 2.42 AM on Christmas Eve. She weighed 7 and half pounds. River Eve Stephens is doing great and so is Mommy.

Congratulations also to Mike and "S"Elwell, who celebrated their 40th Wedding anniversary in March, in glamorous Monte Carlo. And how else to celebrate, but with a 10K race!



River Eve Stephens.



Mike and S in Monte Carlo after the 10 K.

Good luck to the Cobras competing in the London Marathon in a couple of weeks! See next page for Paul Connor's guide to marathon running (VLM 2011 will be his 25th Marathon- a great achievement Paul!). Paul is running the race in aid of retired greyhounds and would be really grateful for any sponsors, so please get behind him- Ed.

Fat Paul's Guide to London by Paul Connor

Most people watch the London marathon on TV and think "why would anyone want to put themselves through that?" I have to admit I'd thought that myself in the past, until that is, I like many others got the bug.

This will be my third London marathon having been fortunate to obtain one of the two club places that are provided by the AAA. I would also at this point like to thank a founder member of the club for withdrawing from the draw ensuring that only two names were put forward, the kindness of members of the club makes it what it is a **great club**. One of the hardest parts of the London marathon is obtaining a place, I have entered the London marathon ballot for the past five years and been rejected for the past five years!! (Obviously the elite runners were afraid of the competition)☺

So for the benefit of the newer members of the club and to bore the older members here are my thoughts on the London marathon:

We all know that to run 26.2 miles, (incidentally the point 2 was added so the royal family could watch the finish without leaving the palace) is going to hurt a tad so train hard you don't have to be fast but **you do have to finish**.

Team up if you can; running long distances in the winter when most of the training takes place can be lonely and demoralising, all the better to have someone to whinge to when the going gets tough (not that us blokes moan of course). Over the years I've run with some fantastic people, not because they were spectacular runners but because they were and still are fantastic people, people who you know would turn up and be there to support you on the long hard runs, no matter what other problems they may have they can always be relied upon to train with you, Jude was and is a very good friend of many years we have trained for and run London together and I'd like to wish her and Paul well for the future, Gill,

Mark, Brian and many others have all trained with me for races and I thank them all. Now I find new faces at the club to run with and I will keep going along boring them until they have each taken up at least one marathon (because until you have completed a marathon you are missing out on something special) that's my goal. ☺

Have a **flexible** training plan remember life has a way of interrupting your running so if you get called into work on a long run training day move the long run to another day, but remember you can't cheat a marathon, you will not enjoy it without putting the effort in. **Kit**: 4ish hours is a long time to be uncomfortable so do all you can to make sure your running kit fits comfortably, chaffing is no joke when you're 10 miles into a marathon! **Rest** is an essential part of marathon training probably one of the most important parts, if you keep on running without proper rest you may start the marathon over trained, or worse miss it through injury and who would want to miss the **fun of running that far!!**

Diet: my favourite part of marathon training, you can eat what you like when you like but remember you have to carry yourself over the 26.2 course, obviously for someone built for running like myself this isn't much of an issue☺

Organisation the last thing you need before a big marathon is to be unorganised, plan ahead how will you get there? What time will you get to the start? How do you get from the finish home? I have decided to go with Action Heart, a running club based at Russels hall hospital they pick you up from the hospital on the Saturday morning, take you to London for you to collect your number (something you have to do yourself), but more importantly they drop you back off at the hospital, that's as good a place to be dropped off after a marathon no worries.

Choice, choose a marathon that's popular I once ran the Wolverhampton marathon which was two

13 mile laps and it seemed on the second lap that I was the only person still out running, especially when as I was running down the road to start the second loop the marshals were all going home taking the route course markers with them, I wouldn't have minded but I was nowhere near the back!!!

London is a fantastic marathon but only because the crowd makes it so, when it starts to hurt (**and it will**) there is nothing like having someone shouting 'come on mate keep going you can do it'.

Have a charity to run for, this gives you more incentive to get out there and run.

I thought this year I'd team up with another COBRA runner Gill to raise money for retired greyhounds, I have chosen the greyhound as they best reflect me, **shy, quiet, slim and very fast** 😊 **Anyone wishing to donate can do so at www.justgiving.com/gillandpaul** please feel free to leave a message.

I read these words in a book called **what I talk about when I talk about running** the fascinating thing I found about the book is it is written by an average runner with no spectacular time for running a marathon, just an ordinary chap who gets great satisfaction from completing a marathon in the best time that he can.

'There is one thing I can state with confidence: until the feeling that I've done a good job in a marathon returns, I'm going to keep on running marathons, and not let it get me down. Even when I grow old and feeble, when people warn me it's about time to throw in the towel, I won't care. As long as my body allows, I'll keep on putting in as much effort as I can and perhaps even more toward my goal of finishing a marathon. It's just the way that I am'.

Good luck with all your races hope you all keep on running 😊

My First Year with Cobra by Nicki Davies

One year ago I entered the Action Heart 5 mile run; it was my third time which I felt was a big achievement as I'd only started running a few years before after years of not doing much exercise. I dreaded the run every year, especially the hills, but I had managed to complete it quicker each time. I had also braved a 10k run with friends, they walked a lot but I managed to run most of it. After I completed the Action Heart, I looked around and again saw people with Cobra vests on. I'd already looked at the website and phoned once and was encouraged to attend the Wednesday ladies night.

I decided that although the Action Heart run each year was a big achievement for me, it seemed that I was stuck with my running and felt I needed to push on a bit. The next Wednesday I decided to go with the Cobra ladies. I was already at a disadvantage as I hated evening running and

preferred to get up 5.30-6am and run a few miles in the morning, the most I'd run at this time was 6.5 miles. I arrived for the Wednesday night, and with about 5 other ladies, set off around Halesowen. I enjoyed the group but knew I wouldn't be able to make it the next two Wednesdays and I still didn't think I was pushing myself.

The website said the club was suitable for all abilities so I thought I would try the Tuesday night for the next couple of weeks. I arrived the next Tuesday to find lots of runners and I was glad I was able to say I had completed the action heart. We set off running with, I think, Chris explaining they would run back for me if I was behind.

Unfortunately he still is coming back for me one year on.

We Ran and Ran and Ran, about 7 miles I was told at the end, the most I had ever done. I was really pleased with myself but shattered; I went home and told Alan that I would probably go again. The next week I turned up and thought I had misheard when they said we were running to Bartley Green and back. All I remember of this run was Chris trying to encourage me to keep up with Sally on the way back up to the Royal Oak. Again, I returned home shattered and with blisters. I still went back each Tuesday and then Alan decided to come as well instead of going swimming, he soon picked up his pace and was way ahead of me. One week I was working on a Thursday and Alan went to the hill session over Walton - that was the end of my Thursday nights in as Alan decided to go to this session every Thursday so of course I had to go as well.

I learnt some new vocabulary such as “shin splints”, “off roaders”, “trail running”, and “interval running”. I also discovered that you are supposed to have more than one pair of running shoes, and these need to be suitable for your feet. I learnt there are shops dedicated to running and that entering one or two races a year was not such a big deal. My goal was to try to complete a half Marathon so training began, running seemed to have taken over a lot of my spare time (little did I know that I do much less than others). We managed to run about 11 miles (with a couple of stops) as we prepared for the Malvern Half, I had my highs (doing 11miles) and lows (having to walk every couple of miles when running in the heat in Spain).

The day came for the Malvern Half and there were a few Cobra members competing. We set off armed with glucose sweets & gels and after over 2 hours running I finally finished my first Half Marathon. Although I finished without stopping, I felt sick on the way home and continued to feel sick all afternoon. However I had achieved more than I could have hoped for with the help of Cobra members. Since Malvern, I’ve also completed the Birmingham Half Marathon and other smaller races and plan to try and push myself harder this year.

High and low points of the year.

Low: The hills (any of them)

High: Completing the hills

Low: Being right at the back (I remember really struggling up Clent)

High: Sometimes running back for others

Low: The guilt feeling that makes us attend every Tuesday and Thursday when we really could just stop at home

High: Realising it’s ok once you are out

Low: One Thursday in Clent when I fell and all we did was slide and get battered by wind

High: Only high that night was getting home

Low: Finishing and then some kind person saying “let’s do one more to the Y tree”

High: Finishing and people saying you are doing well

Low: Running in the sun and heat

High: Seeing Chris accost any runner to try to get them to join

Holiday home in Murcia, Spain for rental

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Tel: 0121 602 0194
Mob: 07834 128 116
Email: enquiries@myvillainspain.com
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St. Valentine's Massacre 2011 by John Lloyd

It was a real disappointment before Christmas to have to postpone the annual Christmas Cracker Race because of the severe weather. The race which has been run consecutively for 19 years is the highlight of the Cobra year and pits runners of all standards, gender and ages against each other on 'equal terms' through handicapping. It has been run in heavy rain, gales, snow and frosty conditions but this time round it would have been dangerous to have even contemplated given the snow and poor conditions on the day.

Rearranged for February and re-named as the St Valentine's Day Massacre, 18 of the original 38 competitors turned up at Uffmore Woods on a cold and wet day. The race was preceded by the fancy dress competition which saw Fred Flintstone, Cupid, Shaun the Sheep and others brave enough to wear little in the biting cold, vying for the prize. The judges' decision was unanimous in giving the prize to Amy Sheppard aka Shaun the Sheep.

Enduring biting wind, very muddy and wet conditions the race was won by Neil Shaw (guest runner) in 43.45. Consistent running by Francine Orme saw her take the club 'Cracker' trophy in 45.12 whilst Carson Tweedie running very

competitively was the first male Cobra runner home in a time of 46.18, Carson winning the fastest lap in 30.18 (actual time). Last year's winner Steve Fletcher trailed home in 12th place in 50.15 but with a handicap of 18 minutes ran a super race finishing in 32.15 (actual time). Amy Sheppard in 8th place 49.30 ran the fastest female lap time in 37.30 (actual time), whilst Megan Perry, the youngest competitor running as a guest, finished in a very commendable 14th place in 51.29.

'Rags' was the first canine competitor home with his lead Clive Bucknall, whilst Nicki Davies is still out there running somewhere!

Steve Fletcher gave out the prizes to all finishers. Race Director John Lloyd thanked all for participating, thanked Andy Rowe Starter and Ade Garbutt Time Keeper for their help and Fran Orme, Steve Fletcher, Nicki and Alan Davies for providing very needed hot drinks, cakes and chocolate. We all look forward to the next Cracker which as tradition demands, will take place on the last Sunday before Christmas.



Bo Peep, Fred Flintstone, Shaun the Sheep, Noddy and Cupid pre-race! Thanks to Fran for the photo.

Snow fun on Boxing Day by John Lloyd

Well, the heavy snow put paid to the Christmas Cracker for the first time in the Club's history. We have run it in heavy rain, gales, with snow on the ground and permafrost but it was just too dangerous to proceed. However, the Boxing Day Run did take place from Walton Hill and a few brave Cobras made it up to the car park to participate in what was an exhilarating run up to Mark's bench, across the top and along the edge to the Welsh Stone, down the gully to the lane and then onwards to Walton Pool before make the ascent back up to the top of Walton Hill. At times it felt as though we were climbing the North Face of Everest, oxygen and crampons would have been useful!



The Boxing Day Run has become a bit of a club tradition now, so thanks for all those that did make it on what was a lovely, fine but very cold morning. We were the only souls about at 10.30 but by the time we got back to the car park the 'hills were alive' with runners and families working off their Christmas lunch!

Here's to the 2011 run. Hope you can make it.



Calling all Cobras.....by Aldo Mussi

Can I make 2 suggestions to you?

1) do the **Birmingham & Black Country Half Marathon on Sat 2 July!** (It's a fun & quirky race, going along the canal from Wolverhampton Station to Brindley Place : <http://www.bbchm.co.uk/>)

2) get sponsored for Birmingham Friends of the Earth! (I have to declare an interest, as I'm a member). BFOE are happy to endorse the BBCHM as Birmingham's greener race (despite what the

Birmingham Half may claim – EDF are big into nuclear, whereas as BBCHM are nice & small & local). Even the smallest amount will be welcome... and we hope to be able to offer a 'thank you' package for every one of our runners.

Let me know if you're interested, Thanks!

Cobra Race Results

A massive "thank-you" to Mike Elwell for collating the Cobra race results so carefully every month. These will all be available on the new Cobra website soon, but in the mean-time, I have included the classified results for March 2011.

Cannon Hill Park Run, Birmingham, No 28 – 5th March 2011

Name	Position	Time	Category	Race Number	Cat Position
Chris Pearson	26	20:40	MV60-64		1 - new record

Shakespeare Raceway Half Marathon, Stratford - 5th March 2011

Name	Position	Time	Category	Race Number	Chip Time
Neil Hale	68	1:36.48	MV50	336	1:36.45
John Warr	93	1:41.21	SM	292	1:41.10
Vicky Warr	263	2:06.52	SF	291	2:06.36
Alison Price	302	2:13.26	FV35	302	2:13.18

Bath Half Marathon, Bath, - 6th March 2011

Name	Position	Time	Category	Race Number	Chip Time
Aldo Mussi	466	1:29:41	MV50	03135	1:28.56
Terri Powell	6580	2:14.27	WV40	07374	2:12.20

Droitwich Half Marathon, Droitwich - 6th March 2011

Name	Position	Time	Category	Race Number	Cat Position
Carson Tweedie	42	1:32.19	SM	262	24
Amy Sheppard	119	1:42.40	SF	263	8
Howard Price	162	1:47.45	M40	293	28

Long Mynd Valleys Fell Race, Church Stretton - 6th March 2011

Name	Position	Time	Category	Race Number	Cat Position
David Malia	174	2:10.56	MV45	134	

Hyde Park Run, Leeds, No 177 – 12th March 2011

Name	Position	Time	Category	Race Number	Cat Position
Chris Pearson	55	21:17	MV60-64		1

British Masters Cross Country Championships – Perry Barr – 12th March 2011

Name	Position	Time	Category	Race Number	Cat Position
Carson Tweedie	128	33:16	M35	12	12
Dave Daniels	131	33:24	M55	408)
Steve Fletcher	168	36:02	M55	413) 5 th Team
Mike Elwell	180	40:50	M60	510) M55-64

Iron Bridge Half Marathon, Shropshire, - 13th March 2011

Name	Position	Time	Category	Race Number	Chip Time
Danny Piesley	122	1:41.30	MV40	14	1:41.18
Andy Tonge	191	1:46.43	MV40	197	1:46.38
Howard Price	246	2:01.33	MV40	173	2:01.08

Fradley 10K, Lichfield, - 13th March 2011

Name	Position	Time	Category	Race Number	Chip Time
Steve Cleary	43	38:11	SF	738	38:09
Dan Perry	185	44:55	SM	337	45:10
Amy Sheppard	187	45:06	SF	392	45:23

Cannon Hill Park Run, Birmingham, No 30 – 19th March 2011

Name	Position	Time	Category	Race Number	Cat Position
Carson Tweedie	8	18:32	SM35-39		3
Steve Cleary	11	19:01	SM35-39		5
Nicki Davies	77	26:26	VW45-49		3

Ras Y Aran Fell Race, - 19th March 2011

Name	Position	Time	Category	Race Number	Cat Position
David Malia	34	1:59.24	MV40	25	

Rhayader 20, - 19th March 2011

Name	Position	Time	Category	Race Number	Chip Time
Paul Orme	110	2:40.56	SM	52	
Sarah Collett	235	3:07.29	SF	580	
Gill Harper	256	3:12.48	FV45	581	

Monte Carlo 10K, Monaco, - 20th March 2011

Name	Position	Time	Category	Race Number	Cat Position
Mike Elwell	206	47:33	MV60	107	5
Ursula Elwell	439	58:56	FM50	106	11

Cannon Hill Park Run, Birmingham, No 31 – 26th March 2011

Name	Position	Time	Category	Race Number	Cat Position
Mike Elwell	45	22:27	MV60-64		2
Ursula Elwell	99	29:01	VW55-59		3

March Hair Raiser, Kingswood, Albrighton, – 27th March 2011

Name	Position	Time	Category	Race Number	Cat Position
Dan Perry	58	47:55	M35	753	