

# LONG EATON 50: TIMES 2013

| NAME             | START  | CP1  | CP 2  | CP 3  | CP 4  | CP 5  | END   | TIME  | MALE | FEMALE |
|------------------|--------|------|-------|-------|-------|-------|-------|-------|------|--------|
| Darren Stapleton | 0600   | 7.47 | 9.41  | 12.40 | 14.47 | 17.16 | 18.54 | 12.54 | 14   |        |
| Nick Lamidey     | 0600   | 7.47 | 9.26  | 12.11 | 14.02 | 16.35 | 17.48 | 11.48 | 12   |        |
| Stephen Devine   | 0600   | 7.47 | 9.41  | 12.40 | 14.47 | 17.16 | 18.42 | 12.42 | 13   |        |
| Rachel Argent    | 0631   | 8.22 | 9.58  | 12.16 | 14.08 | 16.21 | 17.39 | 11.08 |      | 2      |
| Damian Cowlshaw  | 0631   | 8.22 | 9.58  | 12.16 | 14.08 | 16.21 | 17.39 | 11.08 | 10=  |        |
| Matt Burton      | 0631   | 8.18 | 9.58  | 12.16 | 13.58 | 16.04 | 17.08 | 10.37 | 9    |        |
| Sal Chaffey      | 0631   | 8.05 | 9.36  | 11.45 | 13.23 | 15.27 | 16.30 | 9.59  |      | 1      |
| Bernard Jarvis   | 0631   | 8.18 | 9.58  | 12.16 | 14.08 | 16.21 | 17.39 | 11.08 | 10=  |        |
| Philip Guest     | 0700   | 8.34 | 9.58  | 12.16 | 13.44 | 15.33 | 16.38 | 9.38  | 5    |        |
| Ramzi Sidani     | 0700   | 8.31 | 9.48  | 11.35 | 13.00 | 14.40 | 15.30 | 8.30  | 4    |        |
| Pete Stockdale   | 0700   | 8.20 | 9.25  | 11.25 | 12.44 | 14.28 | 15.26 | 8.26  | 3    |        |
| Janson Heath     | 0700   | 8.34 | 9.57  | 12.02 | 13.44 | 15.35 | 16.42 | 9.42  | 6=   |        |
| Steve Hammond    | 0700   | 8.34 | 9.57  | 12.02 | 13.44 | 15.35 | 16.42 | 9.42  | 6=   |        |
| John Oram        | 0730   | 9.15 | 10.32 | 12.39 | 14.26 | 16.24 | 17.31 | 10.01 | 8    |        |
| Tom Adams        | 0758   | 9.17 | 10.25 | 11.52 | 13.12 | 14.45 | 15.35 | 7.37  | 2    |        |
| Duncan Sadler    | 0758   | 9.19 | 10.22 | 11.52 | 13.05 | 14.34 | 15.27 | 7.29  | 1    |        |
| Distance (miles) | Approx | 10.6 | 7.9   | 10.0  | 7.3   | 8.4   | 5.3   | 50.5  |      |        |

# LONG EATON 50: TIMES 2013

| NAME             | START  | CP1  | CP 2 | CP 3 | CP 4 | CP 5 | END  | TIME  | MALE | FEMALE |
|------------------|--------|------|------|------|------|------|------|-------|------|--------|
| Darren Stapleton | 0600   | 1.47 | 1.54 | 2.59 | 2.07 | 2.29 | 1.38 | 12.54 | 14   |        |
| Nick Lamidey     | 0600   | 1.47 | 1.39 | 2.45 | 1.51 | 2.33 | 1.13 | 11.48 | 12   |        |
| Stephen Devine   | 0600   | 1.47 | 1.54 | 2.59 | 2.07 | 2.29 | 1.26 | 12.42 | 13   |        |
| Rachel Argent    | 0631   | 1.51 | 1.36 | 2.18 | 1.52 | 2.13 | 1.18 | 11.08 |      | 2      |
| Damian Cowlshaw  | 0631   | 1.51 | 1.36 | 2.18 | 1.52 | 2.13 | 1.18 | 11.08 | 10=  |        |
| Matt Burton      | 0631   | 1.47 | 1.40 | 2.18 | 1.42 | 2.06 | 1.04 | 10.37 | 9    |        |
| Sal Chaffey      | 0631   | 1.34 | 1.31 | 2.09 | 1.38 | 2.04 | 1.03 | 9.59  |      | 1      |
| Bernard Jarvis   | 0631   | 1.47 | 1.40 | 2.18 | 1.52 | 2.13 | 1.18 | 11.08 | 10=  |        |
| Philip Guest     | 0700   | 1.34 | 1.24 | 2.18 | 1.28 | 1.49 | 1.05 | 9.38  | 5    |        |
| Ramzi Sidani     | 0700   | 1.31 | 1.17 | 1.47 | 1.25 | 1.40 | 0.50 | 8.30  | 4    |        |
| Pete Stockdale   | 0700   | 1.20 | 1.05 | 2.00 | 1.19 | 1.44 | 0.58 | 8.26  | 3    |        |
| Janson Heath     | 0700   | 1.34 | 1.23 | 2.05 | 1.42 | 1.51 | 1.07 | 9.42  | 6=   |        |
| Steve Hammond    | 0700   | 1.34 | 1.23 | 2.05 | 1.42 | 1.51 | 1.07 | 9.42  | 6=   |        |
| John Oram        | 0730   | 1.45 | 1.17 | 2.07 | 1.47 | 1.58 | 1.07 | 10.01 | 8    |        |
| Tom Adams        | 0758   | 1.19 | 1.08 | 1.27 | 1.20 | 1.33 | 0.50 | 7.37  | 2    |        |
| Duncan Sadler    | 0758   | 1.21 | 1.03 | 1.30 | 1.13 | 1.29 | 0.53 | 7.29  | 1    |        |
| Distance (miles) | Approx | 10.6 | 7.9  | 10.0 | 7.3  | 8.4  | 5.3  | 50.5  |      |        |

# Long Eaton 50 relay results 2013

| <b>NAME</b>  | <b>START</b> | <b>STAGE 1</b> | <b>STAGE 2</b> | <b>STAGE 3</b> | <b>STAGE 4</b> | <b>STAGE 5</b> | <b>STAGE 6</b> | <b>TIME</b>    |
|--------------|--------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| <b>HPP A</b> | <b>0900</b>  | <b>1 hr 22</b> | <b>1 hr 10</b> | <b>1 hr 58</b> | <b>1 hr 25</b> | <b>1 hr 29</b> | <b>0 hr 47</b> | <b>8 hr 11</b> |
| <b>HPP B</b> | <b>0900</b>  | <b>1 hr 32</b> | <b>1 hr 43</b> | <b>1 hr 57</b> | <b>1 hr 07</b> | <b>1 hr 36</b> | <b>0 hr 47</b> | <b>8 hr 42</b> |
| <b>LERC</b>  | <b>0900</b>  | <b>1 hr 27</b> | <b>1 hr 22</b> | <b>2 hr 00</b> | <b>1 hr 16</b> | <b>1 hr 15</b> | <b>0 hr 53</b> | <b>8 hr 13</b> |
| <b>RTMC</b>  | <b>0900</b>  | <b>1 hr 16</b> | <b>1 hr 10</b> | <b>1 hr 37</b> | <b>1 hr 00</b> | <b>1 hr 08</b> | <b>0 hr 50</b> | <b>7 hr 01</b> |

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## LONG EATON 50 ULTRA AND RELAY JUNE 15TH 2013

<http://www.longeatonrunningclub.com/races/50mile.php>

The weather forecast was grim, and the day before saw downpours and thunderstorms. Welcome to midsummer, the course had been murdered. A 50 mile circular route around Derby, <http://www.fetcheveryone.com/route-395780>, that had been hard and dry last year was now covered in vegetation weighed down by the recent rain, covering paths and snagging ankles. Stiles were hidden under abnormal undergrowth or surrounded by swamps. The cult for rape seed left its mark as paths disappeared from sight in a tangle of oil pods and leaves.

Actually, that was the first paragraph from last year's report, but if it's not broken... alright, it should say "hard and dry two years previously" but let's not quibble.

Sadly, as many people cried off from the Ultra as started it, but 16 intrepid souls took on the worst that modern farming methods could throw at them and set off with the staggered start in intermittent heavy showers and sunshine. Due to works on an overhead water pipe the route was slightly altered, from 51.7 to 50.2 miles - of course the work scheduled for mid-May hadn't started yet, so it was all rather unnecessary. There were 3 pre-race favourites, Duncan Sadler the inaugural winner, Pete Stockdale who won last year's race, and Tom Adams who was a very close second to Pete. In the Ladies race Sal Chaffey was clear favourite, and this turned out to be the case as she had over an hour in hand over the second placed Rachel Argent at the finish.

There was also a team relay, with the Reserve Training and Mobilisation Centre (RTMC) from the nearby Chetwynd Army Barracks (or the professionals as one club runner was heard to call them) dominating proceedings from the start.

A gusty headwind made the 10 miles along the Trent and Mersey Canal a little difficult, but it was the change to the arable field paths that presented the most problems. The corn might have been as high as an elephant's eye, but the rape was tickling a giraffe's optical nerve. From the air it looked like a game of Pac-Man, little colourful blobs roaming around a maze trying to find the exit. Sadly one relay runner sprained an ankle as his foot caught in a tangle of vegetation, but he bravely managed to hobble to the checkpoint.

At 20 miles there was only 2 or 3 minutes between the favourites in the Men's Race, but as time progressed the consistency of Duncan Sadler saw him edge into the lead. Perhaps Tom Adams's morning motorbike ride from London became a factor as he dropped behind, but there was never more than 10 minutes between the pair and at the end Duncan took first place a mere 8 minutes ahead of Tom in a time of 7 hr 29. Pete Stockdale struggled towards the end yet still managed a creditable 8 hr 36, 4 minutes ahead of the fast finishing Ramzi Sidani who looked so fresh at the end that we wondered if he had done the anticlockwise 50 metres from start to finish rather than the clockwise 50 miles.

Sal Chaffey had set herself the goal of beating 10 hours, and from her 6.30 start was disappointed to finish at exactly 4.30 - until I reminded her that the start had actually been at 6.31 because we'd been nattering and forgot the time, so 9 hr 59 it was for the first lady.

Several runners were completing their first 50+ miler, and I'm pleased to say that everyone finished in one piece with the St John's Ambulance helpers fortunately redundant. Special mention must go to Damian Cowlshaw who was determined to do a "50 at 50" celebration which he accomplished with ease in the company of second lady Rachel Argent and 68 year old Bernard Jarvis, in a creditable 11hr 08. Last to finish was the enthusiastic Darren Stapleton who so enjoyed the race that he did an extra 3 miles in the middle, but still returned in well under 13 hours.

In the teams race RTMC took a comfortable first place, whilst the Holme Pierrepont A Team overtook the Long Eaton team in the last of miles to clinch second place.

The runners managed to look contented, if not quite pain free, as they took their souvenir mug the 15 metres to the Navigation Inn for an inviting bowl of soup and a well-earned pint.

|                |                   |              |
|----------------|-------------------|--------------|
| Duncan Sadler  | Road Runners Club | 7 hr 29 min  |
| Tom Adams      | Unattached        | 7 hr 37 min  |
| Pete Stockdale | UKNetrunner       | 8 hr 26 min  |
| Sal Chaffey    | Derwent Runners   | 9 hr 59 min  |
| Rachel Argent  | Long Eaton        | 11 hr 08 min |

<https://picasaweb.google.com/116624638339853483734/LongEaton502013?authuser=0&authkey=Gv1sRgCKf76Pa8mrPmZA&feat=directlink> has some photographs.