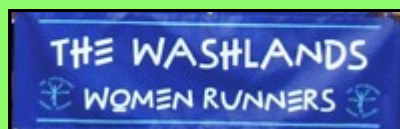
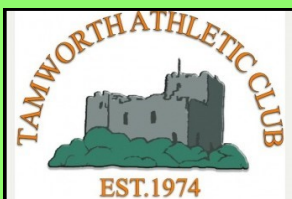


The Burton & District Summer Race League

2018~19 Season



AWARDS and SCORING - Key Points - full rules available from Team Captains

TEAM AWARDS: - MEN - 6 to count

WOMEN - 4 to count

No age categories.

INDIVIDUAL AWARDS

Both men & women must compete in 5 out of 8 events to be eligible for prizes.

Categories:

Men

Under 25

Senior

Vets over 40

Vets over 50

Vets over 60

Vets over 70

Women

Under 25

Senior

Vets over 35

Vets over 45

Vets over 55

Vets over 65

Complete series: An award will be given to all individuals who have participated in all 8 events, by running in a minimum of 6 and marshalling/officiating in maximum of 2. Note : All clubs must notify Stan of who is marshalling.

An additional award will be given to the overall male and female winner from those who have competed in all 8 races.

SCORING

For 7 races standard positional scoring will apply. For the relay race the times of individual runs (the fastest if more than one leg is run) will be tabulated to the form of a normal race. All results are based on gun times. If no club runners enter a race no team league points can be gained for that club. Teams of less than four women or six men can have last place counting + 1 in the combined men and women race.

In case of a tie, head to head first then continuous count back to one.

RESULTS

The league results will be taken directly off the official race results. Therefore if a club runner enters as an unattached runner; they will not count for their club.

PRESENTATIONS

Presentations will take place at the Presentation Evening in October.

CLUB MEMBERS

All clubs will provide Stan with a list of their members' names and ages prior to the first event in the race series.

All existing club runners and new club runners who wish to be included in a club team must wear a club vest for all races within the series.

All runners must represent their first claim club, however a second claim runner can compete, if their first claim team is not taking part in the League.

Published final results produced by Stan based on the Burton and District Summer League rules are not subject to change.

Failure to do any of the above will render that runner ineligible to score for the team. The Burton and District Summer League Committee decision on any matters relating to the above is final.

Race One - SDRR Run in the Forest 5

Sunday, 15th April 2018

It was a cooler Sunday morning start to the BDSL league than the previous two years, but with the ever increasing popularity of the sport it didn't deter the runners. The race is held in the heart of the National Forest, near Moira. Spring is in the air at this time of year which makes the setting ideal and very picturesque. The 5 mile course is mainly off road on compacted track, but the race is seen as a tough start to the league with its unsuspecting undulations. The event itself has grown since it relocated to the current venue based at Conkers, who offer great support and assistance on the day and during the planning phase. It is an open race with anyone aged 15 or above on race day eligible to enter and this year saw a record of 295 entrants.

The proceedings started with a 1 Mile Fun Run at 10am. There were 40 finishers on the day who all received a medal at the finish. The Fun Run, for the first time, saw equal times for first place between Luke Talbot and Ollie Rowles. The Main Race started outside the Main Conkers Reception Venue and there were 270 finishers at the nearby Waterside Centre. A big thank you must go to Conkers for providing the venue and staff assistance before and on the day. Thank you to all the volunteer marshals and race officials without whom the events as such cannot take place.



| | First Name | Club |
|-------------------|-------------------|-------------------------------|
| 1st Overall Man | Ben Evans | Tamworth AC |
| 1st Overall Women | Jenny Laing | South Derbyshire Road Runners |
| 1st Senior Man | Alun Thomas | South Derbyshire Road Runners |
| 1st Senior Women | Jenny Laing | South Derbyshire Road Runners |
| 1st Vet 35 Women | Lucy McDermott | Ivanhoe Runners |
| 1st Vet 40 Man | Ben Evans | Tamworth AC |
| 1st Vet 45 Women | Louise Insley | South Derbyshire Road Runners |
| 1st Vet 50 Man | Shaun Coulton | Hermitage Harriers |
| 1st Vet 55 Women | Lynne Swards | Beaumont RC |
| 1st Vet 60 Man | Raymond Robinson | Beaumont RC |
| 1st Vet 65 Women | Sally Jeyes | Ivanhoe Runners |
| 1st Vet 70 Man | Andrew Jeyes | Ivanhoe Runners |

South Derbyshire Road Runners will again be organising the same race on Sunday 7th April 2019. The 1 Mile Fun Run will start at 10am and the Main Race of 5 Mile at 10:45am. Both, the Fun Run and Main Race will follow a similar route as in 2018. Details of the 2019 event can be found on the Run in the Forest Facebook Page and will also be published on www.sdr.co.uk . Online Entries for both the Fun and Main Run will be via RunBritain and entries have already started to come in!



Race Two - UTTOXETER HALF MARATHON

Sunday, 6th May 2018

Uttoxeter Road Runners were the host again of the year's Festival of Running. It was the third year known as the Festival, which includes a 10k race, as well as the traditional half marathon and junior race. The race was a huge success with a total of 406 runners competing over the three events. The weather was extremely hot with many of the runners glad of the water stations and the water hose being sprayed in Marchington! All the runners did remarkably well on such a tough course and with the added high temperatures. Our special thanks go to all the committee members, running club members, volunteers who help months in advance, the marshals, St John's ambulance, scouts, police and St Mary's church with their teas, coffee and not to forget the cakes. All of this makes it a special day to remember.

Junior race 2k

Boys under 17: Oliver Booth, Owen Morgan, Johnty McCarney

Girls under 17: Chelsea Oakes, Charli Moorby, Sophie Duck

10k

1st male: Ian Salt (Uttoxeter Road Runners)

1st female: Sarah Benson

Half Marathon

1st male: Carl Moulton (Boalloy)

1st female: Joanne Bentley (Stone Master Marathoners)



Race 3 - The Burton 10

Sunday, 20th May 2018

It was another beautiful day for the Burton 10 2018 and in light of the temperatures we have become accustomed to in more recent weeks for running May 20th was actually quite pleasant.

Burton Athletics Club still reeling from the loss of their beloved coach Mike Kelsall had to really rally together to get the race up and running. We did not quite reach our race limit but still managed almost 300 on the start line. After having to make last minute adjustments to the course due to a bridge closure it was fantastic to see that this years winner Ben Evans of Tamworth 58.44 had actually finished 4th in 2017 in a slightly faster time the previous year. Gordy Smith of Heanor Runners finished 2nd exactly one minute behind 59.44 with Stephen Hill representing Vegan runners just getting pipped into 3rd spot 59.45.

The ladies' races saw Veleska Wills of Derby AC take top spot 67.06, Chrissie Dover also of Derby AC taking 2nd 69.55 with Jenny Laing of South Derbyshire Road Runners finishing 3rd in 70.20. This year's team prize again went to the incredible team from South Derbyshire Road Runners which included the Under 20 Champion James Farmer who at just 17 finished in 7th place overall.

Burton Athletics Club held the inaugural Mike Kelsall Fun Run which this year was won by Tamworth's James Stretton with Burton AC's rising star Maisie Trueman finishing 3rd overall and 1st for the girls.

We also hope that the t shirts were more to everyone's liking this year after being so severely criticised last year.



Race Four - Washlands Relays, Wednesday 13th June

Huge thanks to everyone involved in our event in the Burton and District Sumer League – the Washlands Relays. Wednesday 13th June saw 10 Washlands teams take on the 2 mile route around the Washlands. That's 30 runners! 5 of these were graduates of our Beginners course. The Relays are always well received with other clubs and this year was no exception. All 350 places sold out. Thanks to everyone that stepped up to volunteer at the event. Those that helped on the day to those who spend months planning the event. We couldn't do it without you! We've had some great comments from other teams, especially about our friendly marshals so thank you! Also thanks to those that took the time to come down and support our runners on the course.



Race Five—The Gate Gallop 10k

Sunday, 24th June 2018

The Gate Gallop 2018 took place on 24th June in the middle of one of the hottest summers on record! The day kicked off with the children's race, open to all under 9's and many BDSL runners brought their kids along to take part. We had about 40 entries and some great performances from budding running stars.

Shortly after the children's race, about 50 runners took off around the fun run course. After a lap of the Anker Valley Football pitches, the runners took in 4.4 km of fields and footpaths around the River Anker. The course is flat but the hot weather and rough terrain added plenty of challenge. James Stretton led the men home in 18:06, closely followed by Adam Lightfoot in 18:11 and Luke Husslebee-Orwin in 22:03. Charlotte Perry was first across the line for the ladies in an impressive time of 19:46, followed by Sophie Perry in 21:19 and Katie Stretton in 23:09. Some great performances especially from junior runners.

The 10 km race started at 11:15, leading to hot conditions on the course for all runners and plenty of water needed. The rough terrain added to the challenge but we still saw some fantastic performances from the 298 finishers. The overall winner was Alun Thomas from South Derbyshire Road Runners in 36:43. Ben Evans from Tamworth AC was in second place with a time of 37:06 and Gordy Smith was in third with a time of 37:30.

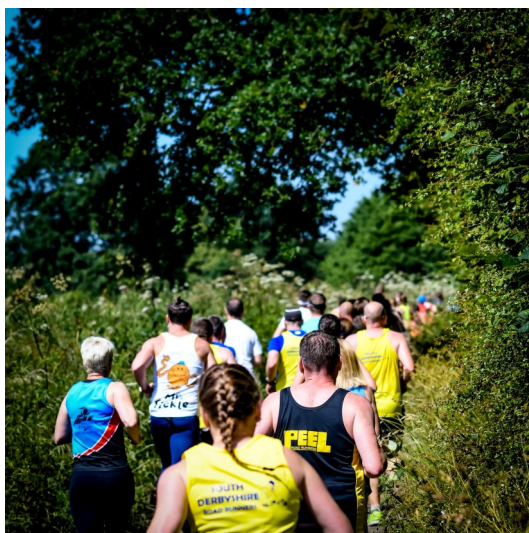
In the ladies race, the overall winner was Jenny Laing from South Derbyshire Road Runners with a time of 42:39. Emma Pick from Peel Road Runners was in second place with a time of 44:14 and Ellie Evans of South Derbyshire Road Runners was hot on her heels with a time of 44:27.

The top performances from South Derbyshire runners helped the club bring home both the Male and Female team prizes.

The Gate Gallop awards prizes for many different age categories. Tom Law of Race for Rich took the Male U20, Ashley Baldwin from Peel Road Runners won Male Senior, Ian Satterthwaite led Male Vet 40-49, Shaun Caulton from Ivanhoe Runners won Male Vet 50-59, Stephen Clews from Hatton Darts won Male Vet 60-69 and Thomas Dabble from Kenilworth Runners took home the prize for Male Vet 70+.

In the ladies categories, Charlotte Bush from Tamworth AC won the Female U20, Louise Southwell won Female Senior, Lucy McDermott from Ivanhoe Runners led the Female Vet 35-44, Louise Andrews of Kenilworth Runners won Female Vet 45-54, Helen Finn led the Female Vet 55-64 category and Pauline Dabble of Kenilworth Runners won Female Vet 65+.

In 2018, the Gate Gallop raised £5400 for St Giles Hospice in Whittington. Many thanks to all volunteers and runners for a fantastic day and to Stephen Lee for his amazing photos from the event. We look forward to welcoming the BDSL runners to the next Gate Gallop on Sunday 30th June 2019.



Race Six—Worthington 5 miles

Tuesday, 10th July 2018

Following the theme of “hot weather” for this year’s BDSL races, the Worthington 5 mile race was held on an evening where the temperature hovered around 20° and there was minimal breeze. The out and back race, held on the Cloud Trail, attracted 196 runners of whom 175 had taken advantage of entering on-line before race day.

The main race was won by Alun Thomas of SDRR in a time of 27:38, with Ben Evans of Tamworth AC first vet in 4th place in a time of 28:44. Aaron Chetwynd and Chris Baxter of Badgers RC took 2nd and 3rd spots.

First lady home was Jenny Laing of SDRR in a time of 32:55, closely followed by Louise Insley of SDRR in 33:26 and Charlotte Bush of Tamworth AC in 33:55.

The team prizes were the same for both men and women with SDRR dominating proceedings and Ivanhoe second and Hatton Darts in third place.

In the children’s race, 34 children completed the course which was marshalled by Ivanhoe Robins. It was great to see the so many children run their race, before watching their mums and dads in the 5 mile event.



SDRR—first team in both the men’s and women’s competitions!

Race 7 - Burton 10k

Sunday, 12th August 2018

The Burton 10k's course again proved popular with runners who like a challenge. There was an impressive turnout of Club runners with 36 Clubs represented amongst the 243 field of runners.

Shortly after setting off, runners faced a daunting uphill section on Denton Road though on fresh legs the lung-bursting hill was successfully conquered by all. Gradual uphill running along country lanes took athletes through the pleasant village of Anslow, before a final climb up to Henhurst hill. Following this it was flat and downhill running for a couple of miles before a grandstand lap finish of Shobnall Leisure Centre's Athletic track.

First to finish was Matthew Orford of Lichfield RC in 35 minutes, followed in by Lichfield club mate Richard O'Sullivan in 35:41. Third place went to Tamworth AC's Ben Evans. First woman to cross the line was Polly Keen from Nuneaton Harriers in 38:09, with Peel Road Runners Emma Pick in second in 40:16 and Ellie-May Evans of SDRR third woman back in 42:03.

Men's team winners were Lichfield RC, with the women's team South Derbyshire Road Runners.



Race 8 - Tamworth 5 mile

Sunday 16th September 2018

This year the event followed the same programme and courses for Junior 1m and the main 5m event as previous years, using the Tamworth AC track as both start and finish for the races.

The weather was kind on the day and once again allowed a relaxed atmosphere for runners and (most) of the organizing team. We were missing some of our regular volunteers for handling the entries on the day so this did not run as smoothly as planned (!).

There were 42 runners for the Junior 1m event and 217 entries for the main event with 196 runners on the day. This is a slight increase on last year overall and well within the limit for the event.

There were some great performances on the day, and the men's winning time of 26.32 by Paul Richardson was a new course record.

The men's team prize was given incorrectly on the day to Ivanhoe but we will not be asking for the beer to be returned!

The planned date for next year is Sunday 15th September with the same programme of events.



BURTON & DISTRICT SUMMER RACE LEAGUE

Winners 2018

Overall Winners

Ben Evans (SM) TAMWORTH AC Jenny Laing (SL) SDRR

Category Winners

Men

| | | |
|------|-------------------|--------------|
| U25 | James Farmer | SDRR |
| | Tom Bradley | Hatton Darts |
| SM | Alun Lloyd Thomas | SDRR |
| | Ashley Baldwin | Peel |
| | Andy Hawtin | SDRR |
| VM40 | Ben Evans | Tamworth AC |
| | Howard Bush | Tamworth AC |
| | Ramzi Sidani | Ivanhoe RR |
| VM50 | Shaun Coulton | Ivanhoe |
| | John Finn | Hatton Darts |
| | Richard Miller | SDRR |
| VM60 | Steve Clews | Hatton Darts |
| | Colin Mee | SDRR |
| | Robert Sharratt | Burton AC |

Women

| | | |
|------|------------------|--------------|
| U25 | Emma Pick | Peel |
| | Charlotte Bush | Tamworth AC |
| | Ellie-May Evans | SDRR |
| SL | Jenny Laing | SDRR |
| | Christina Hawtin | SDRR |
| | Katie Dennis | SDRR |
| VL35 | Emily Wideman | Ivanhoe RR |
| | Lucy McDermott | Ivanhoe RR |
| | Helen Dyche | WWR |
| VL45 | Fiona Betts | Ivanhoe RR |
| | Tracey Glover | SDRR |
| | Victoria Smith | Ivanhoe RR |
| VL55 | Helen Flynn | Ivanhoe RR |
| | Carol Sharratt | Hatton Darts |
| | Val Lawson | Peel RR |
| VL65 | Cath Johnstone | SDRR |
| | Louise Gaffney | WWR |

Overall Winner for 8 races completed

Ben Evans (VM40) Tamworth AC Emily Wideman (VL35) Ivanhoe RR

Completed all 8 Races

| | |
|-----------------|--------------|
| Stan Knopik | Hatton Darts |
| Pawel Mazur | Ivanhoe RR |
| Ben Evans | Tamworth AC |
| Paul Glover | SDRR |
| Robert Sharratt | Burton AC |

| | |
|-----------------|--------------|
| Carol Sharratt | Hatton Darts |
| Hannah Lee | WWR |
| Emily Wideman | Ivanhoe RR |
| Barbara Delaney | WWR |
| Alison Eley | WWR |
| Fiona Betts | Ivanhoe RR |
| Sandra Ingram | Peel |

Completed/ Marshalled all 8 races

| | |
|---------------|---------------|
| Derek Bolton | Tamworth AC |
| Lisa Dodds | Utttoxeter RR |
| Karly Lewis | Utttoxeter RR |
| Andy Orme | SDRR |
| Tracey Glover | SDRR |
| Adrian Leigh | Hatton Darts |

TEAM PRIZE

Men

SDRR - 51 points

Ivanhoe RR- 45 points

Hatton Darts - 44 points

Women

SDRR - 64 points

Ivanhoe RR - 55 points

Hatton Darts - 45 points

ROLAND GIBBARD TROPHY

Hatton Darts- 1st (229%)

Utttoxeter RR - 2nd (228%)

SDRR - 3rd (188%)



Here's to
the 2019
Season!



Burton & District League Race Calendar 2019

Conkers 5 Miles - Sunday, 7th April

Junior Race - 1 mile

<http://sdr.co.uk/>

Utttoxeter Half Marathon, 10k,

Junior Race 2k - Sunday, 5th May

<http://www.utttoxeterroadrunners.club/>

Burton 10 Miles - Sunday, 19th May

Junior Race - 2 miles

<http://www.burtonac.co.uk/>

Washlands Relays - Wednesday, 12th June

Junior Race - within main relay

<http://www.washlandswomenrunners.org/>

Gate Gallop 10k - Sunday, 30th June

Fun Run - 4.4k

<http://www.thegategallop.co.uk/>

Worthington 5 Miles - Tuesday, 9th July

Junior Race - 1 mile

<https://www.ivanhoerunners.uk/>

Burton 10k - Sunday, 11th August

<http://www.hattondarts.co.uk/>

Tamworth 5 Miles - Sunday, 15th September

Junior Race - 1 mile

<http://www.tamworthac.com/>

Presentation Evening

Friday, 27th September, Burton on Trent