



Welcome to the April edition of Striding Out. We have now made the transition from meeting up at the Rugby Club to our new centre of town meeting place at the Wolds Way to Health Gym in Cranwell Road. The proprietor of the Gym, James Iveson, is happy to allow us to use toilets, changing facilities and showers.

We will be expected on Tuesday and Thursday evenings but if anybody wishes to meet there on other days or times, please ring the gym and make sure that it is ok.

Please be considerate and respectful to the establishment and its patrons when meeting up there and hopefully we will have a long and happy association with them.



Manchester Marathon and a new club record!

Thee Driffeld Striders competed in the Manchester Marathon on Sunday 10th April. Deborah Church set a new club record, the fastest marathon by a lady Strider in the club's 33 year history with a time of 3:15:34.

Jason Merrick, who holds the men's marathon record in the club, posted another fine time of 2:48:26.

New member Matthew Middleton had a superb run with a time of 3:00:07.

Jason Merrick 86th place 2:48:26

Matthew Middleton 385th place 3:00:07

Debbie Church 38th placed Lady 3:15:34



Martin Stack performed well again with another consistent run at the **Wakefield 10k** on Sunday 3rd April, posting a time of 42:42 and finishing in 148th place in a field of 1657 finishers, on what Martin described as a tough undulating course. The race was won by Matthew O'Connor of Wakefield District Harriers AC in 32:52.



Martin with Linda & Debbie from Bridlington RR



Approaching the finishing line

I'm sure that you have all read the email, but here's a copy of Jason's email as a reminder:

Drifffield Striders Marathon Championship

Hello All

Last year saw some great marathon performances from our athletes.

We had a podium, three other top-10 finishes, a few age-group winners, some London good-for-age qualifications and, more importantly, many successful marathon debuts and personal bests.

Several Striders are within a whisker of qualifying for Championship entries at the London Marathon.

This year, your marathon efforts will be encouraged and rewarded by the Club Marathon Championship.

How Will it Work?

The Outright Marathon Championship will mirror the other race distance categories: there will be 1st, 2nd and 3rd male and female for fastest outright Marathon time.

Your best time will count in any Marathon from now until November's XC race (to allow trophies to be presented at the Xmas party).

Marathon Handicap

There will also be 1st, 2nd and 3rd prizes in the handicap competition. Each Strider will have their own Marathon target time, and the top 3 performers against target will grace the podium in this category.

How will the handicap work? (You can skip this bit if you want, it's important but not very exciting!)

We will take each athlete's best race performance from 5K to Marathon distance in the previous 2 years, 2014 and 2015 (as judged by the McMillan Running Calculator at <https://www.mcmillanrunning.com>).

The equivalent Marathon time in the calculator will then become the athlete's Marathon target time. The benefits of this method include:

- debut and occasional marathoners have a clear target;
- target time is set for the whole of this year so any PBs caused by training for your marathon are not punished with a higher target;

- we can identify those who convert well to the marathon distance, and try to steal their training methods!

If you haven't raced consistently through 2014 and 2015, we will still sort you out with a target time.

That sounds great, how do I enter? (!!!!)

1. Let me know which marathons you intend to race this season.
2. Make sure your race times for 2014 and 2015 are on Powerof10/RunBritain rankings websites. If any are missing, you can log in and add them, or let me know if you are unable to add them.
3. Run one or more marathons before November's XC race.

I will provide target times to anyone who wants one and try to keep members up to date with the competition as the season unfolds.

Send me details of your planned marathons (and any questions) to:

jlmerrick74@gmail.com

Happy running!

Jason.

Hornsea 1/3rd Marathon

Driffeld Striders had a good day at the Hornsea 1/3rd Marathon, which styles itself as the 1/3rd National Championships (possibly due to the fact that it is the only 1/3rd Marathon in the country.)



The intrepid Striders crew are ready to go in the Hornsea 1/3rd Marathon



Zoe and Jazz, age category winners



Jazz, Adam and James jockey for position (no euphemism intended) with Carla Stansfield (lady winner)



Ha....Emma can do this one with her eyes closed!



Simon gets his race underway



Adam leads the Striders contingent to the finish



Jazz makes a dash towards the finish



Emma accelerates towards the finish



James goes airborne on the approach to the finishing line



David pulls away from a Scarborough runner as he heads for the line



Zoe is chased towards the finish at the Hornsea 1/3rd Marathon by a very small person!



Simon is chased home by a whole gang of small people....but thankfully they didn't catch him!

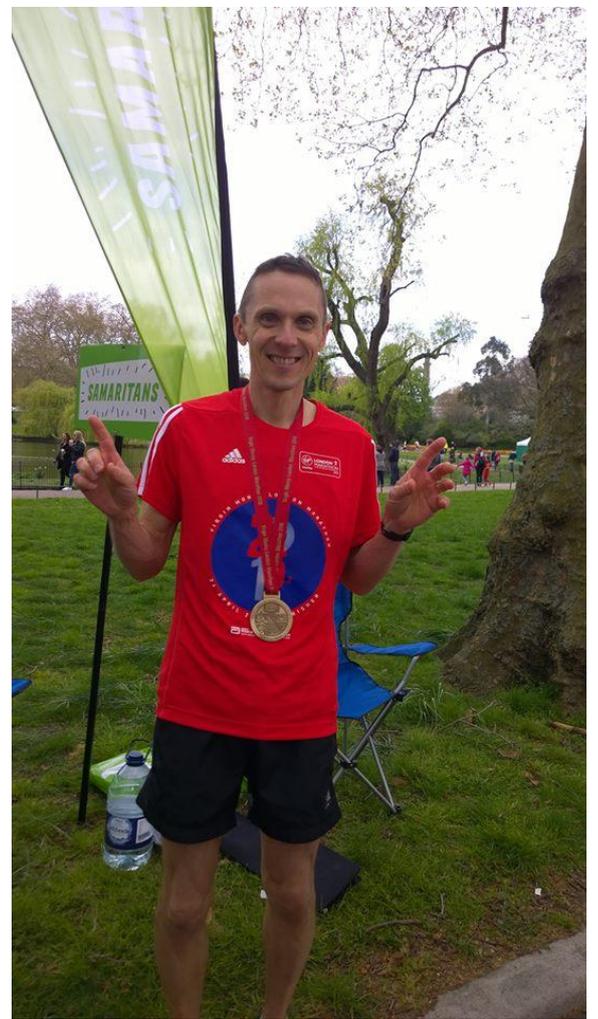
And here are the Striders results from the Hornsea 1/3rd Marathon:

Adam Anderson 16th place 55:43
Jazz Edeson 17th place 55:59
James Wilson 26th place 58:03
David Parkin 30th place 58:50
Zoe Parkin 46th place 60:38 (5th Lady)
Emma Williams 75th place 64:19 (14th Lady)
Simon Starret 88th place 66:16



Sian models the new Driffield Striders pink arm stretchers at the London Marathon

Fantastic performances at the **London Marathon** by Shaun Hobson (2:49:34), Sian Morgan (3:15:37) and Paul Goodlass (3:47:21) with Sian finishing in 16th place in age category. Misfortune, unfortunately, for Jon Morgan who pulled up inside the first 2 miles with a calf muscle problem.



Shaun shows how short your arms can appear when not wearing the pink arm stretchers