

MEN WADE THROUGH THE WET TO KEEP THEIR HOPES ALIVE

The senior and veteran men kept alive their hopes of glory by “digging in” despite missing several key runners through injury, illness and other track commitments. I have never known so much bad luck before or during a race and it was a testament to how far we have come as a club that we could still field twenty four runners on the night. We are now 35 points behind in the seniors but have a healthy 51 point lead in the veterans.

So lets not be down hearted, we are good enough to pull this off but it will take a momentous effort at both Worksop and Teversal by all of us to make it happen. At the end of the day it is only 35 points that we trail in the seniors which broken down is only 16 points difference each race to win by a point

Again to show how far we have progressed, this time last year we were 256 points behind in the Senior’s and only 5 points in front in the Vets.

Steve “smooth operator” Lisgo ran a controlled and mature race to hold off the challenge of Leigh Stubbs from Redhill and win his second race of the series. He ran with his rival for 3 miles before striding away for a superb victory. Steve has really got his head together this year and his achieving the results we all knew he was capable of. Steve is a big confidence runner and this shows in the ease of his style and running prowess this year. **Stuart King** is another athlete that has excelled this year with his consistency and his aggressive running manner and this race was no different with a superb 5th place finish. He is now in second overall, only two points behind the leader and I for one would not bet against him winning the overall title. Stuart was very disappointed in his early season form but didn’t sulk, got his head down and has shown what a resilient character he is. Stuart is never short of confidence, but is now backing this up with superb displays on a consistent basis. **James “pocket rocket” Mee** ran a perfectly paced race to storm through the field in the last 2 miles and eventually finish 12th. James set off steady due to the fact he had raced on the track the previous evening. James could be a key figure in the next two races if he can produce the form from last year. He is a fantastic clubman and rarely misses an event whatever the surface. **Doug Ross** was another athlete who used the race as a stepping stone to better things later in the season and ran a smooth race to finish 16th. Doug is starting to string decent results together but I still feel he needs to race more to fulfil his true potential. Doug vowed to me after that he wants a “stormer” at the next race at Worksop so watch this space!! After his runs at the relays in spring he showed us all that he is a vital member of the team. **Pete Stafford** again produced the goods for a change. My race reports must get boring for Pete with words like consistent and evergreen each time but that is what you get. Every club needs runners like Pete and I for one would have Pete on my team sheet every time, not just for his running ability but also for his upbeat and confident attitude. Pete is also a role model for the younger athletes who strive for his continued level of performance on every occasion. **Steve “the heanor hare” Capewell** was next back for the club with a battling 19th position despite suffering from injury since the last fixture. Steve has tremendous battling qualities and epitomises what this squad is all about. He has been a brilliant acquisition to the team and never lets anyone down. Hopefully the injury will settle down and we will see Steve battling in the Top 10 at Worksop where he belongs. **John Farquharson** has had a nightmare couple of months with a virus that has affected his performances. This run showed he is on the way back despite feeling tired from his race at Long Eaton the previous weekend. John is another consistent athlete for the club and when you look back at the success of the vets in previous years you will see John’s name to the forefront of the team on every occasion. John will now build on his training and we will hopefully see a Top 20 finish at Worksop.

Steve "the ginger prince" Davies was next back for the club with a solid 34th position. Steve has struggled a little since the London marathon but was another athlete on the night that showed signs of recovery. Steve is a vital member of the squad also not only for his running skills but also in an organisational role.

Steve Grainger just lost out in the battle for club supremacy against the "ginger prince" in 35th. The club mates were given the same time but it must have been Steve Davies's manly!!! Torso that was the difference. Steve Grainger is another athlete who has been suffering with injury for some time but always puts the club first and if he gets the injury right will be close to the Top 20 at the last two races. The run of the night though for me goes to **Pistol Pete O Mara** who showed his marathon training has not gone to waste by storming through the field to finish 41st. Pete has been training like a dog over the last few weeks and showed everyone you reap what you sew with this tremendous result. If Pete carries on this form he will be challenging inside the Top 30 by the last fixture. **Rob Smith** just lost out to his club mate on the night by finishing in 44th position. Rob is another athlete who has struggled lately but is getting more consistent sessions in at the club and it showed with a much-improved performance. Rob sometimes needs to believe in himself a little more to get the best results. **Carl Emery** was next back for the club in 53rd position. It was a better run for than his last outing but he is struggling with both niggles and a lack of motivation which he will need to rectify if he is too move to the next level once more. **Marcus McCarthy** produced his best result ever for the club to finish a stunning 60th position. Nothing delights me more to see an athlete who has worked his socks off over a period of time finally produce a result we all know he is capable of. Marcus has really thrown the gauntlet down to himself this year by racing more and putting himself under pressure, which he hasn't always done in the past. If he carries on in this manner we could have another athlete in the Top 50 very soon. **Terry Ashmore** has been a revelation in his first season competing for the club. He always has a smile on his face and gives 100% for every stride of the race, which is evident if anyone saw him come into the finish line at Erewash. It is new athletes like Terry who we need to attract to make the squad bigger. **Brian "the bull dog" Harris** returned to the Top 100 with an excellent 96th position. Brian may be a small but he makes up for it in guts and determination and over the years has been a credit to the club with his attitude to life.

Other results on the night

- 104 L Chambers**
- 106 A King**
- 117 R Huntington**
- 130 J Kirk**
- 160 D Rose**
- 215 D Ward**

As I mentioned before can we win both the Senior Men and Veteran men team titles.

**DO YOU WANT IT!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
YOU DECIDE!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

**Well Done
Love Carl**

The Grinner