

**MENS NATIONAL 12 STAGE
ROAD RELAYS 2007**

**THE TEAM FINISHED IN A
SUPERB 28TH POSITION
WHICH WAS THE BEST
FINISH IN THE HISTORY OF
THE RACE BY ANY
MANSFIELD OR ASHFIELD
BASED CLUB.**

**WELL DONE TO ALL THE
LADS WHO TOOK PART AND
THE SPECTATORS WHO MADE
MORE NOISE THAN ANY
OTHER CLUB ON THE DAY!!!!!!!!!!!!**

LOVE CARL

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Leg 1 - A great start by the ever improving **Luke "the duke of cresswell" Cragg** ensured he brought the team back in 31st position. This was a great effort considering how loaded the first leg was. Luke now needs to continue his recent good training spell and keep believing in his own ability. **28.00 - (31)**

Leg2 - Another solid run by **Chris "trackman" Brown** ensured the club stayed in 31st position. Chris has the ability to run well inside 16 minutes but needs to build a stamina base to fulfil his undoubted potential. **16.24 - (31)**

Leg 3 - **Steve "smooth operator" Lisgo** had a classy debut long leg just as the heat was starting to come into force. Steve has been training like a demon over the past few weeks and it showed with another solid showing. Another year of training like this and he will be challenging the big boys. **29.49 - (36)**

Leg 4 - **Dougie "Dynamo" Ross** then ran a superb leg to finish the fastest short leg of the day for Mansfield and showed some of the young guns how it is done. Doug is now starting to string a few races together and this will only help in his pursuit of veteran honours. Doug is starting to really believe in himself and could do some damage over this next year. **16.05 - (35)**

Leg 5 - **Steve "The Heanor Hare" Capewell** had in his own words, a mediocre run. Steve probably realised that he competed in too many races in a week and will learn from this in the future. He has only been in the sport less than two years but always gives 100% and is becoming a valuable addition to the squad. He now needs to brush himself down and start becoming a Top 10 runner in the upcoming Road race leagues. **30.05 - (36)**

Leg 6 - **Danny "The Joker" Barks** finally delivered a run we all knew he was capable of to gain another place for the club. He ran sensible throughout and produced a rousing finish to show there is even more left in the tank. Danny needs to maintain the consistency in training he has shown of late to reach his potential. **16.23 - (35)**

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Leg 7 - **James "The pocket rocket" Mee** again produced the goods in soaring temperatures. Despite suffering back pain and trying to cope with the heat throughout the race he bravely kept it together to record another fine time and is starting to become Mr Dependable for the club. He shows maturity above his years whatever situation he is put in. He has been the find of the last 12 months and on the way gained 2 places as more experienced runners around him suffered. **29.51 - (33)**

Leg 8 - **"The Assassin" Aiden Reid** who was competing in his first National event found the increasing heat a struggle but still ran a solid leg and gained another place in doing so. Aiden's main aims are on the track this year and he has showed he has wintered well under the stewardship of The Fridge, Richard Massey and is looking very strong over the longer distances. The experience he has gained at the Midlands and the National will be invaluable over the coming years. **16.54 - (32)**

Leg 9 - **Stuart "The cocky Sparrow" King** probably struggled most out all of our athletes on the day with the soaring temperatures. He ran solid enough throughout the race and held his position but was disappointed with his time. Stuart now needs to focus on the upcoming Road race series to assert his presence and produce the form he is showing in training. **30.39 - (32)**

Leg 10 - **Aiden "The Young Pretender" Brown** has shown in both the Midland and National what a talent he is becoming. He might be quiet but does all is talking on the track. I feel he is a natural talent that could cause some shockwaves to his fellow competitors over the next 12 months. He has shown complete maturity when others have struggled around him. He also gained 2 places on the day to drive the club into the Top 30. **16.25 (30)**

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Leg 11 - "Pistol" **Pete Stafford** the oldest man in the team again showed there is no better weapon in your armoury than consistency by keeping us in the top 30 clubs. Pete delivers week in, week out for the club and never lets anyone down. However many young guns come into the team Pete Always seems to have enough experience to get into the team and mix it with them. He is a credit to the club. **30.39 - (30)**

Leg 12 - **Andrew "Top Gun" Harris** used the mass start to his advantage to become the 2nd quickest short leg runner for Mansfield on the day. Andrew is making giant improvements on a weekly basis and was a different athlete to the one we saw 2 weeks ago. He will be vital over the next 3 months before he starts his job as a Pilot in the RAF. Hopefully Andrew will be around for some of the big races the future as he continues to become a valuable asset to the young squad. His run gained another 2 places for the club. **16.13 - (28)**

THE TOGETHERNESS AND TEAM SPIRIT YOU SHOWED ON SATURDAY WAS A JOY TO SEE AND I DON'T THINK ANY OF THE OTHER CLUBS COULD MATCH THIS.

YOU WERE ALL A CREDIT TO THE CLUB AND PRODUCED THE BEST 12 STAGE RESULT BY THIS CLUB IN HISTORY. YOU HAVE A CHANCE OVER THE NEXT 5 YEARS IF YOU STAY TOGETHER TO IMPROVE AND MY CHALLENGE TO YOU ALL INCLUDING THOSE NOT SELECTED SATURDAY IS:-

- TO BECOME ONE OF THE MIDLANDS TOP 6 CLUBS
- TO BECOME ONE OF THE TOP 20 CLUBS NATIONALLY

CAN YOU DO IT - YOU DECIDE!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

CLUBS WILL SIT UP AND TAKE NOTICE OF YOUR ACHIEVEMENTS OVER THE LAST FEW WEEKS BUT THIS IS WHERE THE HARD WORK STARTS. YOU ARE NO LONGER UNDERDOGS AND WILL NEED TO PERFORM ON A REGULAR BASIS TO STAY IN CONTENTION FOR THE GOALS I HAVE SET ABOVE.

THANKS LOVE CARL