

TOTLEY NEWS

Running, Friendship, Support, Team Work

Training Update

Our training guru Colin Osborne will be offering his insights and advice in future editions.

Women's Captain

Caz Kay is leading our women's section from success to success. Watch this space to hear her updates.

Men's Captain

Charlie Baker of the 'On The Backfoot' podcast fame and Neil Stabbs can't wait to let you know how the Totley Men are powering ahead going forward.

Social News

It's QUIZ NIGHT.

Friday, 27th May at Beauchief Golf Club. Check your emails for details.

EVERYONE WELCOME. We'll make sure you're in a team of super quizzers, your role will be to drink and smile.

Just £7 for food and fun!!

In Other News

Let richardrbulmer@aol.com know other news.

Sheffield Half Marathon

The Sheffield Half Marathon is always a highlight of the running year and this year was no exception. The Green Vest was on display throughout the day with some fabulous performances from your Totley favourites.

There were podium finishes from Pat Goodall, Stephen Pope, Claire Howard and an array of superb finishing times. We all loved the cheers of support for our Green jerseys.



The Month Ahead.....

At the end of March we had the first of the 5 mile series in the snow at Lodge Moor. There's more 5 milers to come in April and May.

Don't forget to **volunteer** and race in the Totley Fell Series.

Next year let's get even more Totley Green on the course.



We want to know how you've been racing. Let us know which runs you've done. If the Totley Vest has been on display, let us know. Who's run the furthest from Sheffield, their fastest, a local classic or a hidden gem. LET US KNOW, don't be shy!

Send all your results and photos

FORWARD RACE RESULTS TO
results@totleyac.org.uk

Dates for the Diary

- 6th April - Worsbrough 5 Miler (South Yorkshire Road Series)
- 9th April - Graves parkrun (Totley Championship)
- 20th April - Lodge Moor 5 Miler (South Yorkshire Road Series)
- 27th April - Tigers Trail Totley Fell Series (Totley Championship)
- 7th May - Castle parkrun (Totley Takeover)
- 14th May - Rother Valley parkrun (Totley Championship)
- 24th May - Totley Moor 10k Fell Series
- 25th May - Penistone 5 Miler (South Yorkshire Road Series)
- 29th May - Buxton Half Marathon (Totley Championship)
- 7th June - Burbage Skyline (Totley Championship)
- 11th June - Concord parkrun (Totley Championship)
- 10th June - Tideswell 7k (Totley Championship)
- 16th July - Hallam parkrun (Totley Championship)
- 28th July - Stoney Middleton 9k (Totley Championship)

Be Part of The Team

Sign up to the Rother Valley relays on 10th May and Dam Flask relays on 28th June.

Save the dates: Sheffield Way Relays 18th September, British Fell relays 15th October, Hodgson Brothers Mountain relays 2nd October.

Just speak to your captain Caz, Neil or Charlie.

March Results Round-up

So, a quarter of the year gone and lots of races to report on. The South Yorkshire Road League is underway and it won't be long until the local evening fell races kick off.

Starting off the March round-up, some old news from February. The cross-country season is now over and finished, as always, with the National Cross Country Championships, this year at Parliament Hill Fields in London Town. Not much Totley representation, but we did have one of our newer members, Joel Paisley, in the men's race and Jenny Featherstone in the ladies. James Hartley was also spotted in the men's field, but his lovely green vest had turned red in the wash and developed a strange white H-shaped stain....

For the first of the actual March results, it was a three-way tie. Roz Massey and Mark Buskwood were at the Stan Bradshaw Round - a tough 10-miler around Pendle Hill. For anyone that hasn't raced round Pendle, it's a must-do with tough, tussocky moorland running with steep climbs and a few spicy descents thrown in - add it to your to-do list folks. On the same day, Mark Jacobi was at the Saddleworth Ten Resers and just squeezed under the 5 hour mark for 24 miles of hilly suffering. Finally, Richard Snowden was at Black Combe in the South Lakes - another cracking race which occasionally has excellent potential for getting lost (I should know!).

A day later, Matt Burden decided the Grindleford Gallop wasn't hard enough when you run it with fresh legs, so decided to tire his legs out beforehand with a 1:26 half marathon at Retford. Over the other side of the Peak District in Congleton, John Gorman was 2nd V65 at the Cloud Nine fell race.

Next up, it was time for the Grindleford Gallop/Dronfield 10k double header weekend. First Totley to finish at Grindleford was Matt Burden and first Totley lady was Jenny Featherstone, who was also 2nd FV40. Podiums as well for Pat Goodall (2nd FV60) and Caryl Hartwright (1st FV70). Dronfield 10k was the first of the club championship races this year. First Totley across the line was Aidan Linskill in 38:33 and first Totley lady Fiona Kesteven in 39:56 (5th lady, 1st FV40). Category win for Yvonne Twelvetree, who was 1st FV70. PBs for Jen Applegate and Judith Alabaster.

Following on from the Totley takeover at Monsal Parkrun the previous weekend (watch out for the Castle Parkrun takeover in the coming months!), it was then time for Monsal to host the second club champs race. Loads of category winners including Laura Allen (1st lady), Anne Hegarty (1st FV55), Jane Harriman (1st FV60), Pat Goodall (1st FV65) and Jeremy Brayshaw (1st V75). However, Pat was just warming up for the weekend's big event - one of the best (IMHO) of the local fell races, Wolf's Pit. First Totley across the line in 18th (3rd-ish V40) was Neil Stabbs and first Totley lady was (you guessed it) Pat Goodall. No category results yet, but it's a fair bet that she was first FV60!

The last weekend of March was the busiest of the lot. One of your illustrious captains (Charlie Baker) has been off to the land of the cream tea (cream then jam!) for his first ultra - 30 miles along the SW Coast Path for the Total Coastal Ultra and a 3rd place finish. I'm sure you'll all be able to hear about his poorly executed race plan and associated mishaps on everyone's favourite podcast in a few weeks.

Unsurprisingly, there were no other Tottleys in Devon because everyone was gearing up for the Sheffield Half. Loads of great runs with podiums for Steve Pope (2nd V50), Pat Goodall (2nd FV60) and Claire Howard (3rd FV50). Apologies if we don't get everyone's PB mentioned as we're relying on

RunBritain results, but there were PBs for Chris Livesley, Sam Evans and Peter McCoy. Sorry if we missed yours!

It must be something about speaking at the Totley AGM that makes you want to run the Edale Skyline this year. Our most recent guest (everyone's favourite Bob Graham Round completing GP, Ollie Hart) was there, finishing in 80th place. However, he was somewhat outshone by previous guest, George Foster of Matlock AC, who absolutely smashed it to finish first by almost 20 minutes over second place! Finally for that weekend, Richard Snowden was up in the North York Moors for the Bilsdale Fell Race, finishing 3rd V50.

And so we're almost up to date, with the Lodge Moor 5 Miler. Gone were the Spring-like conditions of previous weeks and we got to follow a gritter round the race route in the snow! No final results out yet, so again we apologise for not getting everyone's PBs mentioned. However, first Totley over the line was Neil Stabbs in 12th (2nd V45?) followed by one of our newer members, Sam Evans, in 15th. First lady was Fiona Kesteven (3rd lady, 1st FV40?) closely followed by Laura Allen (4th lady). That bodes well for the women's team prize, so watch this space. Despite all the quality running throughout the field, stars of the day were clearly the marshals who stood around in the freezing cold wind, snow and sleet - big thanks to all of you!

Loads of races to come in April with Graves Parkrun and Tiger's Trail in the club champs, Worsbrough and Lodge Moor 2 (Judgement Day) in the Road League, The 3 Peaks and the long-awaited start (for some of us, at least!) of the English Fell Championships. Let us know what you're up to and send your results and race photos through to the new 24-hour results hotline (results@totleyac.org.uk).

See you on the start line, The Captains (Neil, Charlie and Caz).

THE RESULTS

| | | | | |
|--------------------|------------|--------------------|---------|--------------------|
| Mark Buskwood | Fell | Stan Bradshaw | 1:35:21 | |
| Roz Massey | Fell | Stan Bradshaw | 2:03:23 | |
| Richard Snowden | Fell | Black Combe | 1:47:45 | |
| Mark Jacobi | Fell | Saddleworth 10 Res | 4:59:07 | |
| Matt Burden | Road | Retford HM | 86:08 | |
| John Gorman | Fell | Cloud Nine | 1:26:34 | 2nd V65 |
| Matt Burden | Fell/Trail | Grindleford Gallop | 3:01:16 | |
| Mark Jacobi | Fell/Trail | Grindleford Gallop | 3:11:15 | |
| Jenny Featherstone | Fell/Trail | Grindleford Gallop | 3:27:16 | 2nd FV40 |
| Bryan Bradwell | Fell/Trail | Grindleford Gallop | 3:33:28 | |
| Pat Goodall | Fell/Trail | Grindleford Gallop | 3:44:14 | 2nd FV60 |
| Kevin Megson | Fell/Trail | Grindleford Gallop | 4:06:41 | |
| Caryl Hartwright | Fell/Trail | Grindleford Gallop | 5:28:12 | 1st FV70 |
| Aidan Linskill | Road | Dronfield 10k | 38:33 | |
| Fiona Kesteven | Road | Dronfield 10k | 39:56 | 5th lady, 1st FV40 |
| Laura Allen | Road | Dronfield 10k | 40:24 | |
| Jen Applegate | Road | Dronfield 10k | 42:19 | PB |
| Peter McCoy | Road | Dronfield 10k | 43:48 | |
| Helen Longden | Road | Dronfield 10k | 46:33 | |
| Sophie Middleton | Road | Dronfield 10k | 47:05 | |
| Scott Blanks | Road | Dronfield 10k | 47:51 | |
| Anne Hegarty | Road | Dronfield 10k | 48:39 | |

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| Lucy Smith | Road | Dronfield 10k | 50:54 | |
| Deborah Lodge | Road | Dronfield 10k | 51:05 | |
| Yvonne Twelvetree | Road | Dronfield 10k | 54:35 | 1st FV70 |
| Kieran Hickey | Road | Dronfield 10k | 57:40 | |
| Judith Alabaster | Road | Dronfield 10k | 65:44 | PB |
| Steve Franklin | Parkrun | Monsal Parkrun | 16:53 | 3rd overall |
| Laura Allen | Parkrun | Monsal Parkrun | 19:54 | 1st lady |
| Scott Blanks | Parkrun | Monsal Parkrun | 21:33 | PB |
| Matt Ridge | Parkrun | Monsal Parkrun | 23:12 | 3rd V50 |
| Anne Hegarty | Parkrun | Monsal Parkrun | 23:17 | 1st FV55 |
| Kevin Megson | Parkrun | Monsal Parkrun | 23:23 | 2nd V60 |
| Sam Brentnall | Parkrun | Monsal Parkrun | 24:08 | |
| Pat Goodall | Parkrun | Monsal Parkrun | 24:45 | 1st FV65 |
| Jane Harriman | Parkrun | Monsal Parkrun | 24:46 | 1st FV60, PB |
| Helen Young | Parkrun | Monsal Parkrun | 26:34 | |
| Jeremy Brayshaw | Parkrun | Monsal Parkrun | 27:08 | 1st V75 |
| Carol Parsons | Parkrun | Monsal Parkrun | 27:59 | 2nd FV55 |
| Harriet Eisner | Parkrun | Monsal Parkrun | 28:00 | 3rd FV55 |
| Steve Terry | Parkrun | Monsal Parkrun | 30:20 | 3rd V70 |
| Caryl Hartwright | Parkrun | Monsal Parkrun | 33:09 | 2nd FV70 |
| Anna Megson | Parkrun | Monsal Parkrun | 34:48 | |
| Neil Stabbs | Fell | Wolf's Pit | 45:27 | |
| Pat Goodall | Fell | Wolf's Pit | 60:11 | |
| Tom Briggs | Fell | Wolf's Pit | 62:45 | |
| David Ayrton | Fell | Wolf's Pit | 64:05 | |
| Jill Davies | Fell | Wolf's Pit | 68:24 | |
| Charlie Baker | Fell/Trail | Total Coastal Ultra | 5:33ish | 3rd overall |
| Steve Pope | Road | Sheffield HM | 78:59 | 2nd V50 |
| Chris Livesley | Road | Sheffield HM | 84:35 | PB |
| Sam Evans | Road | Sheffield HM | 84:54 | PB |
| Bryan Bradwell | Road | Sheffield HM | 93:00 | |
| Jenny Hall | Road | Sheffield HM | 94:20 | |

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|------------------|------|---------------|---------|---------------------|
| Peter McCoy | Road | Sheffield HM | 94:56 | PB |
| Claire Howard | Road | Sheffield HM | 97:12 | 3rd FV50 |
| James Hartley | Road | Sheffield HM | 97:33 | Spiderman! |
| Edward Goodison | Road | Sheffield HM | 98:39 | |
| Nick Brimacombe | Road | Sheffield HM | 98:53 | |
| Richard Bulmer | Road | Sheffield HM | 1:40:11 | |
| Elinor Smith | Road | Sheffield HM | 1:40:41 | |
| Sophie Middleton | Road | Sheffield HM | 1:43:42 | |
| Sarah Hull | Road | Sheffield HM | 1:43:42 | |
| Anne Hegarty | Road | Sheffield HM | 1:44:53 | |
| Lucy McDermott | Road | Sheffield HM | 1:47:34 | |
| Kevin Megson | Road | Sheffield HM | 1:48:14 | |
| Pat Goodall | Road | Sheffield HM | 1:51:09 | 2nd FV60 |
| Marcus Adams | Road | Sheffield HM | 1:51:39 | |
| Simon Walkden | Road | Sheffield HM | 1:52:35 | |
| Kylie McAteer | Road | Sheffield HM | 1:54:50 | |
| David Ayrton | Road | Sheffield HM | 1:58:42 | |
| Lindsay Evans | Road | Sheffield HM | 2:00:04 | |
| Nasser Babazadeh | Road | Sheffield HM | 2:03:59 | |
| Bronwen Reece | Road | Sheffield HM | 2:12:54 | |
| Scott Blanks | Road | Sheffield HM | 2:20:40 | 2:20 Pacer |
| Richard Knowles | Road | Sheffield HM | 2:29:57 | |
| Ollie Hart | Fell | Edale Skyline | 3:53:06 | |
| Richard Snowden | Fell | Bilsdale | 2:49:45 | 3rd V50 |
| Neil Stabbs | Road | Lodge Moor 5 | 29:49 | 2nd V45? |
| Sam Evans | Road | Lodge Moor 5 | 30:24 | |
| Aidan Linskill | Road | Lodge Moor 5 | 31:38 | |
| Tom Beaumont | Road | Lodge Moor 5 | 32:04 | |
| Matt Burden | Road | Lodge Moor 5 | 32:14 | |
| Fiona Kesteven | Road | Lodge Moor 5 | 32:57 | 3rd lady, 1st FV40? |
| Laura Allen | Road | Lodge Moor 5 | 33:00 | 4th lady |
| Sam Mellor | Road | Lodge Moor 5 | 34:05 | |

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| Peter Harris | Road | Lodge Moor 5 | 34:08 | |
| Joel Paisley | Road | Lodge Moor 5 | 34:21 | |
| Nick Brimacombe | Road | Lodge Moor 5 | 35:35 | |
| Sally Hook | Road | Lodge Moor 5 | 36:16 | |
| Richard Bulmer | Road | Lodge Moor 5 | 37:02 | |
| Sara Sheppard | Road | Lodge Moor 5 | 37:13 | |
| Clair Taylor | Road | Lodge Moor 5 | 37:20 | |
| Rachel Steen | Road | Lodge Moor 5 | 38:09 | |
| Mark Buskwood | Road | Lodge Moor 5 | 38:32 | |
| Sophie Middleton | Road | Lodge Moor 5 | 40:17 | |
| Anne Hegarty | Road | Lodge Moor 5 | 41:05 | |
| David Haire | Road | Lodge Moor 5 | 41:58 | |
| Rosa Sampson Geroski | Road | Lodge Moor 5 | 44:38 | |
| Nadia Raza | Road | Lodge Moor 5 | 47:53 | |