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## Huntingdon parkrun run report

It was great to see 146 runners turn out this wet grey morning, and even better to see 37 PBs recorded. Thanks to all of you brilliant volunteers, there are so many today that David runs out of hi-Viz tabards – now that's a problem we want every week! Thanks to Paul Harris for doing the newbie meeting, and Aimee and Charlie for singing for everyone. Two AC Hunts guys fought it out in front and gained new PBs for their efforts. It was great to see Ian Marshall cross the first line in 7.40pm, his first ever first finish, followed by Erik Martin in 19:53. Chris Hurcomb was third in 20:07. Chloe Loosely is first lady today in 23:43, banging her PB yet again! You're definitely rocking that mojo at the moment Chloe, I think there are a few of us who wish we could borrow some. Brilliant run, keep it going other notable PBs today are Charles Butcher, Leigh Aitken, Paul Mitton (his first in 20 months!), Russell Scrivener, Cheryl Jenner (25:00, Tom Williams wants one!), Emily Cochrane and Martin Wren (the other first in 20 months). We only have one magpie today, and it's a mix-up between Karl and Cameron, but it's all settled! It's not long now until our 2nd anniversary, and there's a tight race in front of the men's point leader, with Paul Harris just edging Marco Wasserleben. Sam Brown is out there alone for women. If you have any idea how we should celebrate our 2nd birthday pass them on to us. Happy Running Mel Which of you reads the parkrun newsletter every week? For those of you that do, you'll have discovered that Huntingdon parkrun's Alice Irwin, daughter of our Run Director and Parkrun ambassador Dr David, was one of the few chosen to secure a UK Alzheimer's Golden Bond place for the 2015 London Marathon. How interesting is that?! If you can't imagine Alice, there's a photo of her on the parkrun newsletter. No doubt you will remember some great cakes that she has baked for us over the years. Alice will race for #TeamARUKparkrun in memory of her grandfather Harry Archer. Alzheimer's Research UK is the official UK charity parkruns, so I'm sure you will all support Alice when she takes on the challenge. No doubt David had his training plans out, if it's anything like last year's family vacation Alice won't be taking a day off! Congratulations Alice, and good luck with the training. 119 athletes took part in this cold winter day, while I was lying in bed feeling sorry for myself! Sadly I have not been able to join you this week having been attacked by this terrible virus doing the rounds this winter. Looking back at the signs first appeared last Saturday when I was rd and couldn't think straight and struggled to raise my voice in the meeting before the run. It got me down on the third day and gradually got worse day by day. Thank you Suzie for stepping in as CEO at the last minute, and sorry you missed Cambridge's 5th birthday Thanks great again for our amazing volunteers to make this event happen every week. Simon Margot is in sizzling form at the moment, and first finished again and for the 8th time overall, and this week set up a new PB in the process (6.12pm). Well done Simon it must be rewarding to see all that hard training pays off. Simon was followed by Ty Farrer (18:48) and Erik Martin (20:15). Today's first lady is Lucy Hurley for 22:59. Some of our young players are also running brilliantly at the moment, with James Orell and Chloe Loosley setting up new PBs. If you know someone who deserves to be mentioned in the newsletter, please let us know. Wishing you all a lurgy week-free Mel 147 runners turned out this morning, which is more than I had expected for very cold temperatures! Traveling Tim Williams joined us for the first time, Tim ran 213 parkruns in more locations than I could mention. Neil Parker celebrated his birthday with us, happy birthday Neil. We have been greeted by development work underway to provide the café area with a decking area to expand café seating, this will be brilliant in summer and I can't wait already! Hero of the day is Henry Pipe, who stepped in to volunteer at the last minute after a few of our volunteers didn't show up, we're so grateful to Henry and I've been told that you did a great job. As I mentioned this morning, please don't think we don't need your help, it's a real struggle some weeks to get enough volunteers and we tend to rely on the same face. There's even a T-shirt for volunteers to work towards now! Kevin Cole received some brilliant feedback today for his advanced barcode scanning capabilities. The first finisher was Simon Margot regularly in 18:24, balancing his PB, not a bad attempt considering he had run a few miles before and was running home afterwards, in preparation for the Milton Keynes marathon. Erik Martin is 2 in a new PB, also made Erik; so close to a sub-20 now! Chris Cotton was third. The first woman was Emily Jane Wake-Primett at 22:33. The best PB of the day goes to Jemima Davey (JW 10), who knocked 8 minutes out of his time last week; Continue as Jemima and some day you will wear a GB jacket! Super tools! Chloe Loosely also had a brilliant run and did a PB for the first time since July 2013, which Chloe also made! Congratulations also to Andy May on his PB, and to everyone else: not sure how you all manage it for how slippery it is. I think parkrun has missed a trick with sponsorship deals, given the amount of mud that you've all covered in. Mark Dobson was delighted in counting the numbers that slipped last corner, 6 is the last I heard. Great thanks to those of you who returned your end card, but aargh I don't believe it, we missed a few more this week! So a plea if they pop up at the bottom of your bag/car please pass them back. Happy Running Mel 132 runners turned out on this icy, snowy morning; I was surprised to see so much for the temperature and the fact that Folksworth 15 is the next day. Many people seem to have been overdressed as there are a lot of people stripped away as they run through the café! Len Kirby was brave to run in suits and shorts - it's not bravado he explains, I'm simply getting too hot! It was one morning when our volunteers were expecting the café to open sooner so we could have a nice cup of tea to warm us up. I could sway my toes at the end, and I knew that other volunteers were in similar pain. Although the freezing temperature has a great lot running on the screen to warm the heart. Chris Hurcomb had a great run, and crossed the line for the first time in a brilliant PB of 7:50 p.m.; it's an incredible 5 PBs in 7 outings with us since September. Our runner-up today is unknown, followed by Ian Marshall in 20:27. The first female today is Sabrina Sibley in 23:37, a new PB. The best celebration of the day went to Katherine Ireson, who danced for joy and rang the bell with gusto as she knocked a minute off her PB. Super tool Katherine and many deserve, you will be absolutely awesome to spring The volunteers were brilliant and all did a great job, especially at the same time our Kate and Alice and two Davids came up with the finishing cards – very hard work when Jack Frost is snapping at your fingers! Many thanks to Nigel Owen who will be volunteering in the next few weeks when he will be recovering from knee treatment. Nigel Prouten, who completed 52 parkruns, has also volunteered for 5 consecutive weeks, once again we are really grateful for your help. We seem to have a few magpies of end codes between us, as the number of end cards decreases with weeks; they are not souvenirs for keep! If you go home and discover one, it's really important to us that it's returned every week. Having a full supplement of cards is very important to get processing results; the more we lose, the slower it becomes and the more Paul has to work to enter the results himself. See you Saturday Mel Huntingdon parkrun see the hardest of runners at event number 90! With Wimpole and Cambridge parkruns cancelled due to high winds, we see a welcome stream of tourists from these events, looking for their parkrun/mud repair! Jon and Nicky who always set out courses for us were out early and had checked the course the evening before, so we knew we were pretty sure we would go ahead, with Hinchingbroke Park recently handling any unstable trees. Dr David also arrived at the park early for a run around, and was met with a small fallen tree and a larger one that was completely down and blocking paths. We assessed the risk, and decided that we were safe to go ahead with caution. However, Nicky and Jon can move large trunks falling from the road (I'm sure this is part of the training for a crazy obstacle event) and Park Ranger David was able to cut down trees above and inside we were good to go! After the most beautiful performance of Happy Birthday I've ever heard for Frank Holmes, runners thank the volunteers and I suggest runners don't try and get a PB as the field is particularly slippery. Even so, 8 people accidentally had PB and had the pleasure of ringing PB, to a round of applause from all the listeners. I want to thank the volunteers who have gathered together so that parkrun can go ahead. It's the worst condition so far to be standing out in the cold, although many say how much they would love to volunteer. If you want to volunteer but aren't sure what this will require, ask any core team (Suzie, Dr. David, Mel, Jon, Nicky, Paul or I) and we can tell you about it. We've got many experienced juniors volunteering, with Emily Cochrane accompanying mom Sallie at Marshal Point 1 and cheering you all along. There is a special mention for the boys vs marshal girls point in the woods. The girls, (Amie, Charlie and Mia) give you music, and Ed and Cameron say they enjoyed every second cheering you on, despite the rain! Ben Lloyd was the tail runner, in high green-vis, and he also looked as if he was enjoying himself. The first was Adam Barlow, on his first visit to Huntingdon parkrun in a time of 18:08. He was followed by Simon Margot and then Thomas Musson. First Lady, for a PB time of 25:05 is Maisie Taylor. The second woman was Joanne Owen and then Liz Robinson. 11-year-old tourist Ben Davies has stayed with his grandparents and often runs Taunton parkrun. Gregory John, from Chelmsford parkrun was along to encourage some local first timers, unfortunately missed an arrow and took a turnaround. He backtracked and still finished in 7th place. We also had a lot of Wimpolians with the enthusiasm it was a great scene at the starting line. We had a PB from the facility, Jack Holmes especially for his father's birthday. Pauline Blake and Linda Crook, who often run Cambridge parkrun can be seen below, have a lot of fun before the rain hits! It's great to see Jez Botley back from a period of injury. I have to give a plea for the return of 4 end cards that have been taken away – we reuse them every week so if you have them, please let us know. Remember to drop your end passcode in the bath after you've had it scanned. Mel is your Run Director next week, and on her behalf, I would like to offer a plea to the volunteers. You can save your footing for the Folksworth 15m race on Sunday, or just want to give something back to the parkrun. Very thankful, Sarah A typical wintery morning greeted us today, and made me realize how spoiled we have been lately with beautiful blue skies. I'm afraid the moment of waking up and pulling back door to see grey and rain. With only a 1/3 of the turn-out that we had on Thursday, it seemed like many people thought better about it. It's a controversial debate about whether people give up their time to but on days like today it's not always easy to recognize a cozy cozy bed to stand around and get wet. 20 very special people, your volunteers, did it and with a lot of encouragement and smiles on their faces, I'm sure they'll tell you that it doesn't feel like a chop or a sacrifice. This newsletter is all about great volunteers. Lead you all as your CEO, Sarah Hall. Out of bed early to set the course are Nicky Barlow, Jon Barlow and Paul Harris. Your chiefs this morning are Richard Davies, Jada Griffin-Howard, Shane Hunt, Len Kirby, Nigel Prouten and Mairi Thelwall. The computer is now Suzie Hall and Annette Baker. Your tail-running man is Faye Palmer. Karen and David Charman are your barcode scanner. Give you your finish card as Paul Decker and Megan Wilson. The funnel manager is Jonathan Deacon. Karl Taylor closed the event, Stuart Ainsworth arranged the finishing cards and Paul Homewood handled the result and took pictures. Finally, don't forget every one of you has volunteered in the past, you are all superstars and we can't run without you. Volunteering is an enjoyable and rewarding experience, no matter what the weather, so for those of you who didn't try it, why not make that your New Year's Resolution for 2015? Now that the T-shirt supplier has changed to Tribesports, there is even a t-shirt in it for you when you get to 25, which many of our regulars have had and will be wearing with pride very soon. Today's first finishers are Simon Margot (19:27) followed by Chris Cotton (20:21) and Rod McKee (20:42). The first lady was Colchester Harrier Kelley Haniver in 21:34. We were joined by Dave and Jane Reid's tourists to let go of the run. See you Saturday Mel It's a great way to see in the new year. Tons and tons and tons of people joined us this morning, a lot in the fact that we ran out of finish cards (we didn't panic, honestly). Under normal circumstances, this will be the largest title producer of the newsletter. However, even more of a shocker than the record turned out to be Dr David drowned out by 'howling hounds' when delivering the press conference run! 310 athletes were out in force this morning, including a humongous 102 who joined us for the first time. Forty-four different clubs have been represented, with strong turnouts from BRJ, Riverside, Hunts AC, Yaxley, Werrington, Eye and Cambridge and Coleridge. Your load did 'double' whether it was running at both, volunteering at both, or volunteering at one and running the other. A special mention goes out to Ed Cochrane who runs doubles, and even manages a PB course in Peterborough. Finishing first today in his first outing with us was Chris Darling in 17:51 like he was flying around, followed by first timer synchronizer Darren Hale (18:16) and John Uff (18:18). The first lady is Sibbhan Skinner in 21:04 a new PB and age category record, what a great start to the year. If you already have you you know how muddy it is, especially around the hopper finish that we have to move 3 times to make it safer. Quiet a few of you slipped through (muddy hands are the tell-tale sign), but fortunately there were no injuries. It's nice to hear so many of you ring that bell, including Mairi Thelwall, Dan Middleton and Tony Cotton. It may not have been a PB for Sallie Walker, but she managed to walk all the way around for the first time since last month, which is a huge milestone in itself and no doubt just as satisfying. For those of you who don't manage a PB today, you still have a 52 chance for 2015. Try to see it as a positive; after you don't want to go set the bar too high on January 1st and then be disappointed for the rest of the year! Wish you all the best from the parkrun team for 2015, maybe all your running dreams come true. Mel Here's a link to Peterborough's running report for those who did double Huntingdon parkrun last year saw 91 runners and 18 volunteers take part despite the threat of rain/snow/systemamine and the promise of mud and puddles! For the first 18 times, 5 athletes scored a personal best and representatives of 19 different athletics clubs participated. Jamie Hall of Sheffield University Bankers HC was first on the line in 5:29pm, his third in four appearances. An anonymous athlete came second. Thomas Musson of Werrington Joggers was third in line in 18:46. Fion Jones was first lady (10th overall) on the line in 21:29 - her ninth in 22 appearances. Maisie Pritchard of Bedford &amp; County AC, was the second woman (22nd overall) on the line in 22:38. Joan Clarke of Stourbridge RC was the third woman (27th overall) on the line in 23:48. The following athletes scored the best age grade: Joan Clarke was given a score of 79.27% for a time of 23:48 (27th overall). Phil Redden scored 75.83% for 21:31 (11th overall). Jamie Hall scored 73.78% for the time of 17:29 (overall first). Huntingdon parkrun began on April 13, 2013, and since then 2,205 different athletes, including participants from 167 athletics clubs, have completed 11,853 runs covering a total distance of 59,265 km, and there have been 2,779 new individual Bests. The women's record was held by Katie Good, who ran in time from 00:18:36 on 2014-12-20 (event number 86). The men's record was held by Paul Martelletti, who ran in time from 00:16:44 on 2013-04-13 (event No. 1). The Age Grade course record was held by Margaret Phillips, who recorded a record 85.99% (22:15) on August 23, 2014 (event number 69). We look forward to seeing some of these records broken in Suzie 127 runners and 21 volunteers took part in 86 Huntingdon parkrun and it was great to see so many of you in fancy Christmas dress outfits. Of the 127 athletes, 6 of you are first-time and 17 of you have recorded the best new personal time (and (and can ring PB bells!). The highlight of the event was seeing the return of Katie Good (University of Manchester Cross Country Club), who was first lady to finish (overall second) and set a personal best time and a new women's record at Huntingdon parkrun - a wonderful 18:36. Katie set the women's record at Huntingdon parkrun at our first event on April 13, 2014 so it was great to see this record finally broken. The second woman to finish was Odette Robson (Saint Edmund Pacers) in 19:41 and Polly Smith (Hunts AC) as the third woman on the line in 21:00. For the men's place, Michael Taylor (Riverside Runners) was first on the line in 18:11. Simon Margot (Ac Hunts) was the second man (third overall) on the line in 18:55. Peter Downhill (Hunts AC) was the third man (5th overall) on the line in 20:05. The runners later recorded the best age grade score: Katie Good was grading 79.57% for the time of 18:36 (second overall). Annette Newton scored 79.37% in 24:48 (50th overall). Odette Robson scored 79.34% for the time of 19:41 (4th overall). Other highlights were seeing Paul Harris set up a new PB by 8:57 p.m., his first sub-21 time and first age scoring score of over 70% at Huntingdon parkrun (and this is after getting to the park early to set the course signs and finish the tunnel!) – also made Paul Edward Brand (Hunts AC) complete his 50th parkrun in total and base runner Florence Shipley completes her 10th parkrun. In addition, also made to Stuart Turner who has taken the challenge to run every day for 36 days through to New Year's Day and is running at Huntingdon parkrun every week as part of the challenge. You can do it Stuart! Huntingdon parkrun would like to wish you all a great Christmas and we look forward to seeing you all on our next parkrunday (9pm December 27 and a Huntingdon parkrun special at 9pm new year's Day!). Suzie In Craig Revel Horwood style this morning was truly stunning love, although it didn't get above 0 degrees even in the sun. Thanks great to our amazing volunteers, especially those who did it for the first time, we hope that you enjoyed it. 113 runners joined us this morning – is the rest of you too busy hitting the store? Despite the icy warnings from David, a few of you managed to get to a cropper including James Orell who slipped on the corner of the container into the mud; we hope you're okay James. It's not the first time Chris Hurcomb's logi has made mischief for him, and there has been confusion at the café where he has replaced around trash cans and bottles of our glass pron sirs crashing to the floor. However Chris still manages a PB - I hope you ring the bell Running with us for the first time since August was Jevan Robertson, who managed to cross the first line in 17:58, just 7 seconds outside his PB, very well going considering the conditions. Following Jevan was Simon Margot in 18:41, who still had enough energy to run home to hellingforde afterwards. Simon Pennington is third in the just a pesky second slower than his PB. The first lady was the first timer (and first parkrun) Elissa Tennant-Brown in 23:17, which was an awesome achievement also made. There are 13 PBs today, which considering the conditions to be a good thing. Notable PBs for Max Sandever, Leigh Aitken, Barnaby Smith and Ellie Loosely, brilliant runs by all we heard. Your CEO Dr David Irwin is most sorry for trying to re-christen John Morris as James Morris (I'm sure you've called a lot worse than John :-). A reminder that tonight is sports person of the year, so just to re-iterate David's encouragement for you to vote for the great Jo Pavey is an inspiration to all of #GoJo. Happy run/plan your favorite dress dress/shopping for Christmas/pant! Looking forward to seeing you outfit next Saturday Mel Mel

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