

# Killamarsh Kestrels January news

## Achievements

We must start with a huge thank you and well done to the 44 Kestrels who took part in Clowne Cross Country. We can't wait for the next 3 events and hope you can join.



## Race news

- ★ Sara HR – first place age category win in the KMR race series. 9 races in total. Amazing 🏆
- ★ Rachel C – Tissington 10K – 56:18, 14<sup>th</sup> woman and 2<sup>nd</sup> in her age cat 🙌
- ★ Louise GP – Tigger Tor Fell Race, 8.5 miles, 1650ft elevation, 01:52:05, wow! 🏔️
- ★ Jasper – Melthem 10K, 01:14:10, a hilly one, well done 🙌
- ★ Adam Doctor – Marrakech Marathon, 03:16:37 in the heat! ☀️
- ★ Kati W and Milo 🐶 - Druridge Bay Cani Cross 10k, 01:09:55 🐾
- ★ Mark D – Stockport 10K – 38:16 🙌
- ★ Phil C – Stockport 10K – 59:24 🙌



## Monthly Kestrel Member Focus ~ Meet Martin S ~ Our London marathon ballot winner!

**\*How do you feel about winning the Kestrels London marathon ballot place?**

Elated! I've entered the ballot many times over at least twenty years and usually donate my fee which should give you an extra chance. To be honest, last year I decided I wouldn't bother again.

**\*What do you enjoy most about being a Kestrel?**

I enjoy running with a group of like-minded "serious" runners - who don't take running too seriously.

**\*What is one of your favourite running events?**

I enjoy running off road and in the Peak District the most, but I would say that Handsworth cross country is my favourite - it's challenging and sometimes a bit mad.

**\*What is your favourite piece of running kit?**

I've got to say shoes - can't do it without them and what would we talk about if we did?

**\*What advice would you give to new runners?**

Be patient and don't worry about what everyone else is doing. We have all had to start slow, take breaks, and gradually build up.



**\*Who in the Kestrels would you like to give a shout out to and why?**

I started running with the club occasionally back in the late 1980s after reading an article in a local free newspaper, Mosborough Leader, about a new club forming so I've got to give a lot of thanks to Les Crownshaw for establishing a club with an ethos of social inclusivity where everyone felt welcome. However, I think an enormous amount of recognition should be given to current committee members for keeping the club going through the pandemic and taking great steps forward to develop it further.

### Information

\*Kestrels Grand Prix: Rules have been shared on the website, Facebook and Whatsapp. Enter events as a Kestrel. Thank you to Jon and Sara for organising this.

\*Kestrels PB league: E-mail PBs to [kestrelspbleague@gmail.com](mailto:kestrelspbleague@gmail.com) Enter events as a Kestrel if you would like to be involved in this.

\*Cross Country dates: Handsworth 2<sup>nd</sup> Feb, Killamarsh 16<sup>th</sup> Feb, Worksop 2<sup>nd</sup> March

\*Marshalls needed for Killamarsh XC, family and friends would be brilliant as we need as many runners as possible

\*Amy's 5K (multiple lap option!) Anston Stones fundraiser ~ Sunday March 9<sup>th</sup>. Ask for details!

\*Upcoming track nights – Thurs 13<sup>th</sup> Feb, Tues 25<sup>th</sup> Feb, Thurs 13<sup>th</sup> March, Tues 25<sup>th</sup> March