

GVS REPORT

July 18 - August 30 (this took ages!!)

Track Night

The club's first track night (for some time, anyway) attracted a great turnout at the VPG. One-mile and 3,000m races were laid on for new members and also a handful of non-members. The plan is to repeat the night again - please let us know any feedback.

New Members

We've had plenty of new members since the last update, so much so that you may read this and think 'they're not new!' A big welcome to everyone below, who a lot of you will already know, but please make them welcome when the chance arises.

Justin Bainbridge, Bob Coates, Stef Lumley, David Maddison, Rachael O'Brian, Steven O'Brian, Clare Tune, Louis Turner, Robin Williams.

Nutrition Night

Local sport nutrition company Nutriproservices are coming to the club on Wednesday September 26 to give a talk on running nutrition, answer questions and also provide sample meals. Hopefully we can get as many people along as possible - it'll be a good chance for new members to meet people they are yet to meet, too.

Riverbank Challenge

Slated for June 2, 2019.



The Silent Assassin

In case you haven't noticed, Leeds United have a new manager and well, he's brilliant. In starting so well (let me enjoy this while I can...), he hailed the impact of Spanish forward Pablo Hernandez, calling him the a "silent assassin".

Why am I telling you this? Well, it would have been easy to just kick off and say that a silent assassin is what Dave McKinnon has become, but then I wouldn't have been able to talk about Leeds doing so well, would I?

Anyway, where to begin with what Dave has managed since the last update.

First place at the Laxton 10k is a good place to start, with a time of 34 minutes and 47 seconds. And that's not just first place for GVS, but first place overall. Quite the achievement and one that puts him fourth on the club's all-time men's 10k list.

Dave followed that up with 15th place overall at the Gilberdyke 10 mile, a time of 59 minutes and 25 seconds taking him well under the hour and well above the predicted finishing place of 45th given to him by the organisers.

Also in good form at Gilberdyke was Jonny McFaul, second back for the club in a time of 65:00 exact, with Steve Tether third in 65:15 and Julie Masterman the first lady (68:36). On a near-perfect day for running, there were PBs for James Williamson, Wayne Gardiner, Martin Downer, Matt Clarke, Neil Stead and Paul Brewer.



Social Committee

Philippa Oldridge and Sophie Booth are taking on the social committee, with help from current committee member Gemma Oughtred. The presentation night is slated for January 19 at The Oaks. Further details to follow. However, more importantly, a huge thank you on behalf of all members to Julie and Joanne for their tremendous work on the committee up until this point.

Classified times

Laxton: D McKinnon 34:47, S Tether 40:11, J Williamson 40:19, M Johns 42:20, W Gardiner 42:22, R Bramham 44:01, M Clarke 44:43, M Downer 44:51, E Tune 44:57, J McFaul 45:26, T Bramham 46:19, M Walker 46:52, N Stead 48:21, D Hanney 48:35, S Whitlam 48:38, S Tupling 48:54, A Proctor 49:40, S O'Brian 50:04, M Harvey 50:09, A Trotter 50:10, P Oldridge 50:31, P Brewer 51:18, G Oughtred 51:25, A Hoggarth 61:48, R O'Brian 62:56, C Blythe 64:20, E Johns 69:01, S Booth 70:22

Great Grimsby 10k: J McFaul 37:52, M Booth 40:29, M Johns 42:47, W Gardiner 43:04, E Tune 47:10, N Stead 47:57, P Brewer 51:39, G Oughtred 51:39, S Booth 76:02

York 10k: A Masterman 39:52, J Williamson 40:17, J Masterman 41:31, R Coates 44:22, E Tune 46:38, N Stead 48:23, S O'Brian 51:45, R O'Brian 62:50, S Booth 63:35, A Hoggarth 64:35, S Dixon 81:02

Gilberdyke 10m: D McKinnon 59:25, J McFaul 65:00, S Tether 65:16, J Williamson 68:04, J Masterman 68:36, W Gardiner 69:34, M Downer 69:44, H Patrick 71:46, M Johns 72:35, M Clarke 76:05, N Stead 77:34, D Maddison 77:50, P Brewer 85:54

Going further back, Dave led a squad of 28 at Laxton, a record turnout for 2018. Steve Tether was the second Goole man back (40:11) and James Williamson third (40:19). Emma Tune led the women (44:57) and, ably supported by Mel Walker (46:52) and Philippa Oldridge (50:31) the women won one of the team prizes.

Jonny McFaul was the quickest Goole athlete at the Great Grimsby 10k in a terrific time of 37:52 and Andy Masterman went under 40 minutes by eight seconds to lead the way at the York 10k at the start of August.

Friday August 17 saw the 'Night of the Supermile' at Normanby in Scunthorpe and there was plenty for GVS to celebrate.

Emma Tune was the quickest female overall on the night, a time of five minutes and 58 seconds earning her not just a striking yellow vest, but a place in the UK top-10 for the U23 age category. Well done Emma! Similarly impressive on the night were Jonny McFaul (5.00), James Williamson (5.26) and Heather Whitaker (6.33).

Cross Country Update

The Cross Country season is upon us again, with the fixtures as per the below. Please note all start times are 10am for this campaign with a 90-minute cut-off. Richard Bramham is team captain once more, numbers are available from him. Updates for races will be communicated on here and Facebook.

 30 Sep: Bishop Wilton, 11 Nov: Drewton Woods, 2 Dec: Langdale End, 6 Jan: Sledmere, 10 Feb: Welton, 3 Mar: Sewerby

Also, the club will have an XC night in Welton on Wednesday September 5th, meeting at the Green Dragon for a 6.30pm start. Food and drinks at the Green Dragon after - there will be no run from the Rugby Club that night.

Any other business

- Mick Pollard is currently renovating the club website and is looking for any submissions for the all-time records list that may be missing - please see his e-mail for further details.

-The club plans to introduce a blue running vest for the 2019 season. Feedback from the fluorescent this summer was of too many bugs being attracted, so an alternate colour is to be introduced and distributed, once a design has been completed. Further details in due course.

- Well done to Martin Booth and Cath Blythe, who have represented GVS as far out as Canada and Florida this month.

Finally, thanks (and well done!) to Dot and Dave Pullman who went behind enemy lines when the travellers moved in to the Rugby Club, rescuing all our club equipment from the lock-up which had already been broken!