

TOTLEY NEWS

Running, Friendship, Support, Team Work



Sheffield Half Marathon

Turning The Streets Of Sheffield Green

It was a bit of a grey day for the biggest running event of the year in Sheffield. As ever Sheffielders lined the roads of the city and out to the edge of the Peak District to cheer on the runners. There were over 50 Totley members taking part. Laura Allen was first Totley woman in 1 hour 28 minutes and 57 seconds. Steve Pope romped home first Totley man in 1 hour 19 minutes and 38 seconds just 7 seconds ahead of Angus Eady.

Totley members were also around on the course offering cheers and support. Tim Russon took some great photos that make up most the photos in the collage of Totley Sheffield Half Marathon magnificence.

My First Sheffield Half Marathon

Emily Eastwood

When I signed up for the 2025 Sheffield Half Marathon, before I'd even moved here I knew it would be a challenge. Renowned for its hilly course, it was slightly different from the flat races I had done around London, but I'd been told by many that it's an amazing course and one to conquer.

Martin gave me a lift down and Paul let me know where the 'secret toilets' are – aka in a hotel to avoid the queue for the official toilets before being included in the annual Totley Winter Garden's Steps photo.



Advised to get into the funnel early and near the front and I actually found myself in front of the 1.40 pacers – way away from my target of 1.50. Surprisingly, when we got going I got into a rhythm with the 1.40 pacers as , the infamous Sheffield hills made their presence known. It just kept going up and up and up. We got into Ringinglow and it was so misty there was no views unfortunately and I was just focusing on getting to the Norfolk Arms – the top of the hill! Then the relief of the downhill, at which point I lost the 1.40 pacers as the sped away into Dore.

All along the course each section was lined with spectators cheering, handing out sweets, and offering words of encouragement. It was really lovely to have support of Totley members all along the route and giving you words of encouragement even though they don't know you.

The final couple of miles were hard on the legs and going past hunters bar roundabout was a relief to know that there wasn't far to go. I passed the line in 1.43 and was delighted having set myself a target of sub 1.50 on a hilly course.

What a great race and a great course. I'll definitely be back again next year and hopefully sticking with the 1.40 pacer.

Meet Des.....

Name? Des Ryan

Occupation? Research Computing Support Lead, The University of Sheffield

Where were you born? Dublin, Ireland

When did you start running and why? I started running in February 2018. The reason was that I reconnected with a University Physics classmate (after 30 years) & she was a runner.

Favourite Run? Dronfield Way & 5k TTT All in One

Beach or mountain? Mountain

Favourite Race?

1. the Leicester marathon in October 2018, 9 months after I starting running. I did not believe I could run 26.2 miles non-stop when I started training but that belief flashed into being when I ran my first 16 miler.

2. Dambuster 10, 2024. I was recovering from injury, no consistent training, lots of start-stop training runs. Conditions were very hot. Not my fastest or longest but my finest.

Marathon or parkrun? Marathon because I don't get up early on Saturdays.

Any future running plans?

Totley race series

Simmer Dim half marathon in Shetland (June)

Tissington Trail half marathon (September)

How long have you been a Totley member and what made you join? I joined Totley AC in January 2024. I moved from another Sheffield running club (for a multitude of reasons) and picked the club that was their biggest competition.

What your favourite song? Feelings Undercover by Pascal Letoublon, 2021

Do you play any other sports? Gym & cycling when injured. I am also a technical (scuba) diver.....gear weighs ~ 50kg, so everything to/from water is weightlifting.

Greatest sporting achievement?

Running my first marathon (2018, 4:10)

South Yorkshire Road League 2023 3rd place (age group)

Sheffield Way Relay mixed team 1st place

Favourite post run food? Cake & coffee.

Best part of being part of Totley AC?

Being part of a club that absolutely loves running on fells, trail & road....in any weather. The Club provides so many group runs, and is very welcoming to new runners irrespective of ability. There is a positive pressure to push yourself (but no rebuke), & incredible exploration on the fells.....I see new stuff every time I go out with the Sunday social group (despite living here since 2006). The Race Series is epic having run Tiger's Trail last year & Tigger Tor this year, and looking forward to the rest of the races. I totally love it.



“Running Into The Darkness, Some Hurt Bad, Some Really Dying....” Giacomo Squintani

So goes a line in ‘Backstreets’, a Bruce Springsteen song that kept coming to mind during Tunnel Ultra – and I know one of you was curious about my “race playlist”, not that headphones were allowed... Nobody died, and nobody seemed to be hurting that badly: if they did, they stopped. But it felt an appropriate song line as I went up and down the mile-long Strava line that is The Tunnel.

Tunnel Ultra is one of the Ultras that civilians are most likely to have heard of, not least because a report or film will unfailingly surface, highlighting its madness and causing me to reassure friends and family who have my best interests at heart. Not that I don’t: but sometimes you have to hurt a little to feel alive, you have to hole yourself in the pain cave to fully appreciate the good fortune of having that option. And, as pain caves go, a tunnel’s a good’un.

Kick-off was at 15:30 on Friday, February 28, with cutoff at 22:30 on Sunday, March 2. Fifty-five hours to complete a hundred out-and-backloops of Combe Down tunnel, officially a mile long. It’s closer to 1.056 miles, as the readings on the sixteen wooden planks which indicate the distance in metres to either exit all add to 1,700.

When recounting my Bridge 200 failure last May (DNF’d with two of fifty laps to go because I lost my marbles) in these very columns, I wrote:

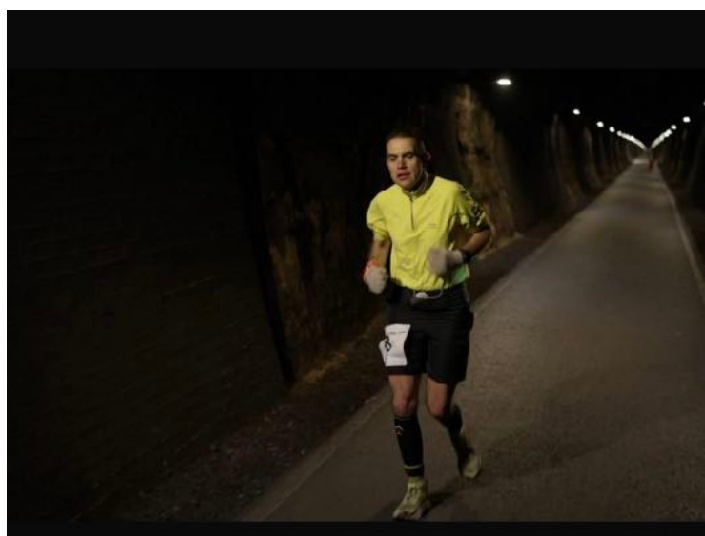
“I won’t bore you with the first 40 laps (40:15). But, as 200-milers go, 55 hours is a pretty aggressive cut-off, so I didn’t hang about. Running by feel and, early on, with other runners, all felt good. My goal was to get halfway in around 21-22 hours to allow almost two-thirds of the time for second half of the distance, so 21h36’ was perfect.”

I approached Tunnel with a similar strategy, so completing the 50thloop in 21h01’ was the stuff of dreams. I was moving well, drinking every two miles from a flask on a table in the tunnel (all other kit had to be stored outside), taking in gels... quite simply, I felt good. And I felt I might manage to finish a couple of hours ahead of the limit, reducing the chances of my brain going awry as it did 52h34’ into Bridge.

With ten laps to go, and time in hand, I tried to push a little. To be clear, ‘pushing’ meant sub-22’ per “Tunnel Mile”: but it was good enough. Until...

I still recall clearly last May’s hallucinations: the yachts, the hotels... This time, it was all more of a blur. Like last time, I felt I’d ended up trapped in a different reality, but for a while was able to convince myself that I was indeed in the Tunnel, even though it didn’t feel like it. I managed a few more laps, but on my penultimate lap (yes, again: only this time of 100, not 50), my CPU shut down. I was struggling to keep awake and must have spent a lot of time leaning against the tunnel wall. I recall trying to teleport myself back to my bedroom but, no matter how hard I thought, it just didn’t work.

By this point, familiar faces had disappeared; and the steady stream cyclists, pedestrians or more sensible runners had turned to a drought. Of the 34 starters, 5 had finished,



with Alex Marshall setting a new record of 41:16'; 26 had DNF'd and 3 of us were still out there. That marked another commonality with Bridge: one runner, Tom Hayward, was one of the other two still out there on both occasions. I can recall him pleading with me to stay with it and finish this time; alas, whilst I recall seeing him and Kendra Wedgwood in the Tunnel a couple of times, I could not keep awake and rational. And then I heard...

...Karen, my wife, walking up the Tunnel having driven an hour from the house to which I couldn't teleport myself. She was always set to come and pick me up, but the hope was that she'd see me finish. Instead, I was probably over halfway to the turnaround point, but with no clarity or purpose about reaching it: so Karen accompanied me to the bottom and my race came to an end, 52h13' after it had begun.

Having DNF'd a 200-miler at mile 192 one year, here I was, doing the same but four miles more and twenty-one fewer minutes in. On both occasions, my legs covered more than 200 miles: but that's irrelevant. The reality is that I now have two itches to scratch and can but hope I'll be allowed back for another go at Tunnel in 2026.

Seven runners finished Tunnel Ultra 2025, Tom and Kendra getting the job done. Of those seven, I reckon three caught some sleep and four didn't. Given I had time in hand, why didn't I get some shuteye instead of worrying about a repeat of 2024, which may well have caused history to repeat itself?

Had I brought a sleeping bag, I might have. If there is a next time, I will. But I felt unusually cold on the Sunday, to the point where I'd gone from running in just a long-sleeve shirt and shorts to throwing on a base layer underneath, a jacket on top and my green Totley hoodie on top of that, as well as leggings. Maybe I should have tried to grab twenty minutes in my foil blanket at the start of those last ten laps, if not sooner. I've time to contemplate that before next time. And, hopefully, if I get through halfway in around 21 hours again, I'll have the courage to sleep. Because stopping when the clock keeps ticking requires more courage than carrying on.

I had 2h46' left to complete four miles. And that's allowing for having turned round early on the penultimate lap and lost time doing so. Could I have gone back out for two more laps? Did my wife coming to find me cause me to be disqualified when otherwise I could have turned it around?

I've asked myself that ad nauseam. Truth is, once my brain had gone it wasn't coming back any time soon. Catching a quick nap then would have made no difference. So, whilst if I get to give this another shot I'll plead with Karen to not set foot on the course, I can sleep at night knowing she didn't cost me a Tunnel completion.

How does the experience leave me?

Firstly, I failed. The goal was 100 laps and I DNF'd at 98. I firmly believe in owning one's failures and this one's truly mine.

That said, I am proud of the 98 loops I did complete. About ten days later I was running... a conference, where one of the speakers said: "We learnt to celebrate our failures and reframe them as lessons". By that point my mind was heading in that direction, but that sentence enthusiastically pulled it over.

So it leaves me wanting to go back and set the record straight. Wanting to build on the race strategy lessons I learnt the hard way whilst looking to return in comparable physical form, as that wasn't the problem. But with one key proviso..... Karen's told me most clearly she doesn't want me to take on Tunnel or Bridge again. I've laid it out that I need to give them both one more shot. Whether successful or not, I need to roll the dice one more time. If I fail again, I will be able to carry that failure with certainty: what I cannot carry is the burden of doubt these two near-misses have sown.

Could I have? Should I have? Let's see if I can find out.

Marathon Diary

Sharon O'Leary

Sharon O'Leary was awarded the Totley place in the London Marathon as a recognition of the tireless work she does for the club, from the quiet behind the scenes organising the committee as Secretary to the supporting the couch to 5k programme to the always here volunteering at club events. We continue to follow her training and preparation updates.

Sharon's also raising money for the brilliant mental health charity MIND. <http://2025tcslondonmarathon.enthuse.com/pf/sharon-oleary>



February

So, after the initial euphoria I now find myself deep in the “hard miles” of marathon training. Everyone who has ever trained for a marathon or beyond knows the feeling of extreme tiredness that can descend at this point.

This time around whilst I am tired, especially after the long weekend run, I'm still able to find the joy partly due to the continued excitement that is the London Marathon and partly because so far I've managed not to succumb to injury or illness. Fingers crossed I haven't just cursed myself.

There are 4 main differences in how I'm training this year that hopefully will get me to the start line in 1 piece.

1. Strength Training

I've always tried to include some strength training but this time I'm definitely taking it more seriously and because I'm only running 4 times a week I've been able to fit it in more easily. Also, whilst I used to get bored and continually change the exercises, I now stick to a set of exercises that I do on repeat adapting as necessary. Yes, it is boring but so far so good.

2. Physio

Painful but necessary. I've been seeing the wonderful Lucy McDermott once a month and although it is an extra expense it's been a game changer. My left knee has always been a problem, but the physio is keeping me running pain free so far.

3. Dog Walking!

Bit of a rogue one this but I feel like it could be the secret weapon in this year's plan. Having to take the dog out every day keeps the legs ticking over on non-running days and on running days seems to help with any soreness.

I remember cursing the long walk to the buses after I'd finished Edinburgh Marathon but the next day I felt so much better that I have after any other marathon. Does it flush out lactic acid? I don't know but my legs definitely feel better.

4. Sociable Training

In previous marathon blocks I've stuck to a very prescriptive plan and as a result done most of my training solo. This time around I've written a very flexible plan with basic mileage for the week and for the long run but within that framework I've been able to do the bulk of my running with other people and this has been so much better.

Monday night runs are a staple. Although I have to run a bit before and sometimes afterwards to make up the miles the bulk of the run is with the lovely Totley Monday night crew and is always a highlight of my week. Thanks to Bryony and Richard W for the lifts back up the hill afterwards. Every other week or so I run on Tues nights with the wonderful Group 4 and I try to include improvers on a Thursday even though I may have to adapt the session to suit me. Thanks to Liz Daly for running extra miles with me after 1 improvers session and then driving me back up the hill to my house. Very kind.

Even on my long run, as well as the sociable element of parkrun in the middle to look forward to, I also come across other Totley members out slogging up and down Abbeydale Rd South and a rueful smile or high five can really lift your spirits when you are into your third hour of running!

Hopefully this running joy will continue as I have 2 big milestones approaching. The first is my first ever 20 mile race this weekend in Oundle. I booked it as I thought it would be a good opportunity to practice fuelling and running with others and, if I'm honest, because I thought it would be a chance to do a long run somewhere flat. Unfortunately, a closer look at the course description reveals it to be "moderately undulating". Hmm!

This will be followed by the Sheffield Half Marathon – I'm planning to run to start so it will be a 16 mile training run. My son is running the half for the first time and I'm hoping that he will wait for me at the end so I can at least have a lift home.

Join me next month for Part 3 (a tale of 2 races!)

March

In order to make myself do a 20 miler I entered my first ever 20 mile race in Oundle. I booked it as I thought it would be a good opportunity to practice fuelling and running with others and, if I'm honest, because I thought it would be a chance to do a long run somewhere flat. Unfortunately, a closer look at the course description the night before revealed it to be "moderately undulating". Hmm!

I must admit I took a very chilled approach to this race. We booked a lovely Air BNB and met up with another couple the night before. After a night of fish and chips, wine and sticky toffee pudding I rocked up to the start line on a glorious, sunny but chilly morning, pretty well fuelled and ready to get the 20 miles done.

I was slightly taken aback when the lady I was chatting to on the start line said she had booked the race “to practice the hills!” Oh well, it was too late to back out now, I just needed to pull my big girl pants up and get on with it.

I ended up having a great run. I stuck to my pace range and didn't go off too fast. It was just one of those rare experiences when you feel like you can keep going forever. It was undulating but nothing compared to Sheffield. The race is on roads but you go through beautiful countryside and pretty villages and the weather was stunning.

My race fuelling was better than usual in that I actually had a plan and managed to almost stick to it. I did find it difficult to keep it up after 16 miles as I just didn't want anymore so I know I need to work on this for London. My average pace ended up being faster than marathon pace and my last mile was as fast as my first. I've never been that consistent over 20 miles before so it was definitely a confidence boost.

I followed this up with the Sheffield Half Marathon this last weekend. I ran to the start to make it into a 16 mile training run.

It was lovely to see so many Totley members taking part and OMG the support on this race was next level. I ended up being pretty emotional on the way back into town, just overwhelmed with the support from family, friends, strangers and most of all this fabulous club! God help me in London I will need to run with several packs of tissues!

So, 2 out of 3 races have gone well. Hopefully I can make it a hat trick in London. As I write this, I only have 2 more long run weekends left and then I'll be tapering for the big one.

Join me next month for Part 3 (the London Marathon 2025)



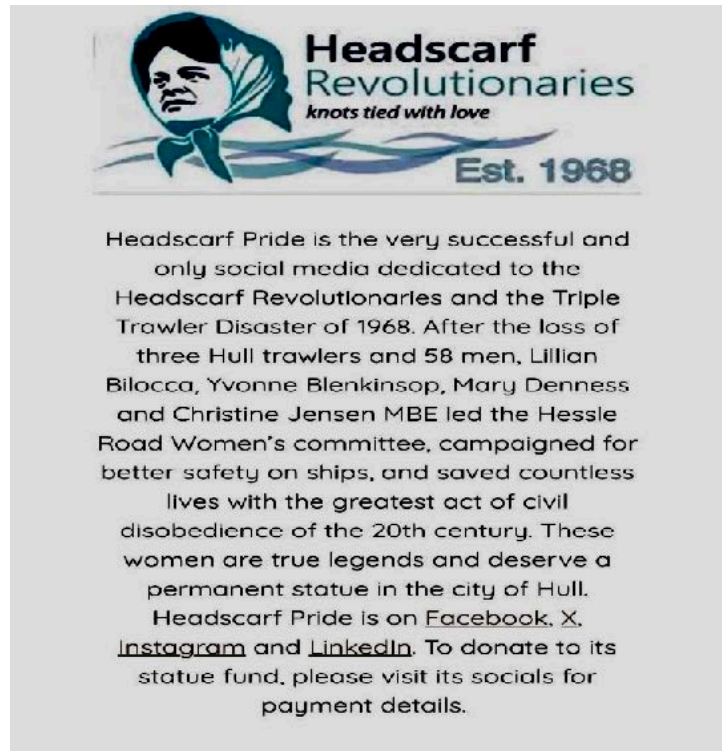
Headscarf Hustle

Mandy Moore

I spotted this low key run , not race, on Curlys Athletes and liked the idea of running across the iconic Humber Bridge. The fact that it was also to raise money for a worthy cause was also a factor in my getting out of bed early on Sunday morning and driving over to the Humber. I've put the full story in the image but in short it was to raise money for a statue of a group of women who went up against the Government of the time to make the fishing industry safer.

Here's me flying the Totley flag with the bridge in the background. The start was in a country park right by the bridge with ample free parking, toilets and a coffee cabin. As part of the £8 entry fee , everyone got a pink spotty headscarf that was obligatory to wear, even the men. I actually like mine and think we should have some Totley green headscarves haha. Although there was no timing or results , we were given a race number as wearing a number gave you access to the bridge and ensured that there were no other people up there during the event.

There was a communal warm up before the start and we were advised that runners should go to the front and walkers to the rear. I found myself alarmingly near the front but had no intentions of 'racing' as I am still struggling with a piriformis injury.



My aim was to run, take in the scenery and stop in the middle for a selfie . So off we set up a spiral ramp to bridge level. I then encountered the most awful nausea as I ran past 100 metres of vertical fencing with the sun streaming through, it was like a strobe effect ! Luckily this soon passed and onto the bridge proper with its three huge towers looming . It was a beautiful spring day and I enjoyed looking out over the estuary and the sunshine.

The 'run' was 4 miles , from the country park, across and off the bridge at the south side and then back up and over again. Kev Megson had warned me that the bridge isn't flat but is up hill to the middle; apart from the uphill start and just after the half way turn around I was too busy enjoying the view and the sun so it honestly felt flat . By the time I was coming off the bridge at the far side, the lead runners were coming back towards me and I could see the marshals at the turn around point. I suppose that I should have counted how many runners were in front of me at this point but I didn't.

The return two miles seemed to go really quickly and I was soon back at the 'strobe light' fencing and then the downhill spiral to the finish. I thought I was being handed a wooden medal but it was a lollipop which seems a waste of money. There was also fruit and other snacks to help your self to which is generous considering we'd already been given a headscarf, the entry fee was only £8 and the event was for charity. My self timing showed that even with my photo stop in the middle of the bridge I'd run 39 minutes, happy with that. Very few people were back , I'm guessing 30-40 at most so out of 400 starters I felt very chuffed and my leg wasn't aching too much. A happy and successful morning out.

Totley Parkrun Challenge – Three. That's the Magic Number

Parkrun Challenge

Three. That's the magic number. Yes, it is. It's the magic number.

Chris Heggs

That's how the 1989 classic by De La Soul begins before descending into a break neck paced rambling of who knows what.

Millhouses parkrun is oddly the antithesis to the song, as it begins at a frantic pace where nobody appears to know exactly what is happening, before returning to some sort of order and rhythm at the point where we pass the tennis courts for the first time. It seemed a pertinent place to begin the report with a reference to the aforementioned tune, as the number 3 refers to the third year of the Totley parkrun Challenge (which unfalteringly is still not a cup).

We began this cycle of 9 events at our spiritual home of Millhouses, with 58 green with a hint of white clad runners and 2 volunteers showing everyone how to do it. As always, the spirit of the club was in full view, and I know that other park runners will have been impressed by what they witnessed.

Pairing of the round saw amazing performances from both Stephen Stewart and Pat Goodall, both breaking into the elite 80% category, with Stephen pipping Pat to the bonus point by a measly 0.28%. Particular congratulations to Martin Robbins and Helen Raynes who completed their 100th parkruns too. 23 of Totlies less hardcore runners, many of whom are challenge regulars, decided to forego the mild undulations of Millhouses and instead 'bottle it' by completing the 34km (with 825 metres of ascent) Grindleford gallop. We all know that during the last 3 miles you were thinking 'only a parkrun to go'. Seriously impressive performances all round and well done to the Wall family who somehow managed the complex logistics of the day, with assistance from Tom Hughes, to ensure they had representatives at both events.

Finally, on a personal note, as I crossed the line to register my 296th mediocre meander, the volunteer cheering on the runners in the last few metres, bellowed at me, "first white beard". I don't know if that is a complement or an insult, but I'll take it!

We convene again at Rother Valley Country Park, on the 19th of April. We are using this location to assist members in familiarising themselves with the course ahead of the Rother Valley relays, which take place on Wednesday 21st of May from 6:30pm.



Cat Lane Canter

Saturday, 26th April 2025

Ricky Charlesworth from the Cat Lane Canter contacted Totley News to highlight a brilliant urban trail run that is worth a short outing to take part. It could be a parkrun and trail run double day.

He writes... We look forward to welcoming you at Newfield Secondary School for The Cat Lane Canter 2025. The course, described as "brilliant, brutal, breathtaking", takes runners along undulating footpaths around the bluebell carpeted woodlands between the Newfield School and Cat Lane. If it's wet, you will get muddy. With roughly 5k and 10k options* there's something for everyone whether you're looking to complete your first 5k or are a seasoned trail/fell runner looking to take on some exciting terrain without needing to drive out to the Peak District. There will also a fun run for all ages (£2 entry on the day only).



The event is jointly organised by Carfield Friends, Friends of Meersbrook Bank and Friends of Newfield and is raising money for all 3 PTAs. We aim to be a green event so please use public transport, cycle, jog or walk where possible and bring your own reusable bottle.

Limited car parking at Newfield School carpark so please carshare if you need to come by car.

Refreshments and food stalls on day so bring cash! This year you can also pre-order a post race bacon, sausage or vegan sausage butty with your entry for just £3.

£15 entry on the day available if race not full.

More information on our facebook page: <https://www.facebook.com/catlanecanter1/>

Race start: 11.00

Age categories: Entrants for the 10k must be 14 or over, entrants for the 5k must be aged 10 or over on race day. Parental consent required for entrants aged under 18. Children aged 10-11 must be accompanied by a parent or other responsible adult who has entered the run. New age category prizes for juniors this year with prizes for under 13s (year 7s and below), under 15s (years 8 and 9), under 17s (years 10 and 11) and under 19s (years 12 and 13) (age at 31 August 2025). Senior and veteran category prizes too.

Dogs: Unfortunately this is a no dogs event.

Other information: We warmly welcome runners of all abilities. The event relies solely on volunteers, many of whom will be marshalling the course to make sure runners don't get lost and the event runs smoothly. So that marshals don't need to be out for too long, the course will close after 1 hour and 30 minutes. If you think you might take longer than this to run 10k, please consider entering the shorter course instead. Bear in mind it is a hilly (and potentially muddy) course. Every year we get runners entering the 10k who then drop down to the 5 which causes problems with the results. If you're not sure you can run a hilly off-road 10k please enter the 5k. If you're enjoying yourself so much after 5k you can continue on the full 10k route.

The route takes place on footpaths and trods that are open to all. Please respect other users of the woods.

The Six Stations Challenge

Tom Ricketts

Living to the west of Sheffield we are lucky to have easy access to the Peak District via the Hope Valley rail line. The line allows for linear runs starting at one station and ending at another. Since moving to Grindleford, near the station, I have used this opportunity a lot, and for any club members who live within easy reach of Dore and Totley station (or Sheffield station), the hourly stopping trains along the Hope Valley are a boon. Despite this there seem to be lots of Totley AC members who don't use local trains to support their running adventures, even though there are peaks within easy reach of every station between Dore & Totley and Edale. The Six Stations Challenge has been developed to encourage club members to use the trains more often.

The Six Stations Challenge rules are very simple. Start at Edale station and run back to Dore & Totley station via all of the stations in-between. For each stage the start is from the ticket machine at the station and the finish is the ticket machine at the next station. All stages must go via the highest point between the stations, which are all Ethels.

Stage 1. Edale Station (235m) to Hope Station (161m) via Mam Tor (517m)

Approx. 9.6km and 340m climb

Stage 2. Hope Station (161m) to Bamford Station (148m) via Win Hill (462m)

Approx. 7.4km and 300m climb

Stage 3. Bamford Station (148m) to Hathersage Station (145m) via Stanage High Neb (458m)

Approx. 10.5km and 380m climb

Stage 4. Hathersage Station (145m) to Grindleford Station (140m) via Eyam Moor Trig (429m)

Approx 11.7km and 356m climb

Stage 5. Grindleford Station (140m) to Dore & Totley Station (119m) via Higger Tor (434m)

Approx. 14.0km and 314m climb

Total approx. 53.2km and 1,690m climb

The Six Stations Challenge would lend itself to an inclusive club event during the longer days of summer. Club members could choose one or more sections to run, catching the train from Dore & Totley station to their start station. If they had over-committed (to all five sections, for instance) they could bail at any of the intermediate stations, returning back to Dore & Totley. A day of hard walking/running could be topped off by a BBQ at the Totley pavilion.

I have completed all of the stages at least once, with Kev Megson for company, but doing the whole route at one go has been beyond me (so far). Let me know when you manage it!

Practicalities

Get a return ticket to whichever station you will starting from. This costs only marginally more than a single ticket, and allows you to end your run at any of the stations heading back towards Dore & Totley.



Ticket machines are in the following locations: Edale – Platform 1. Hope – In the carpark. Bamford – Platform 2. Hathersage – in the carpark. Grindleford – Platform 1. Dore & Totley – Platform 2. There are cafes at Edale station and Grindleford station, and within the villages at Hope, Bamford and Hathersage, so there are ample opportunities for refuelling en-route.

Ruth has kindly added Six Stations Challenge blog pages to the Totley AC website that include maps and GPX files for each of the stages. However the routes shown are not definitive, for example on the Hathersage to Grindleford route we preferred to avoid Sir William Hill by going a longer way round via Eyam. There are no rules regarding the route you choose, as long as you start and finish at the ticket machines and go to the intermediate high points detailed above.

Parkrun Celebration For Pat and Jeremy

Helen Young

Saturday, 22nd March was a double celebration for Pat and Jeremy at Millhouses Parkrun.

Pat turned 70 on the day, entering a new race category. At this Parkrun she was marshalling, resting ready for Sheffield Half marathon the next day. This was clearly the right decision as Pat got 1st Lv 70 at the Sheffield Half. This is an awesome start to her plan to run 70 races in her 70th year. I wonder how many category wins she will achieve.

Jeremy was celebrating his 250th Parkrun. Since their move back to Totley they have been attending Millhouses as their local race. A change from Hassop where they previously ran regularly. Jeremy has managed to run Parkrun in 34 different locations, his pb being 24.05 at Rother Valley in 2016. His best age grade being an amazing 74%. Pat completed her 250th earlier this year with an astonishing best age grade % of 87.67.

Much to my amusement Pat Goodall autocorrected to Pat Goofball which ticked me for hours.

Pat and Jeremy have been members of Totley for many years. They dedicate many hours to supporting other runners, They have both achieved great results on the roads and fell. They are both great ambassadors to the club. It was a privilege to be a part of their double celebration and look forward to many more runs together.

Massive congratulations!



Kev's 100 Marathon Quest

Hardwick Hobble and Croft Motor Circuit Marathon

Kev Megson

The Hardwick Hobble was run around the grounds of Hardwick Hall. It was a 6 hour challenge with 7 laps comprising a marathon.



There had been quite a lot of rain prior to the race which made the course quite muddy and very muddy by the finish.

The route was what race organisers tend to call “undulating” with one decent hill every lap. Fairly early on I was a bit concerned I might not get finished in the required time because of the mud, but, thankfully needn't have worried.

I also ended the race with my best ever finish as 2 of our grandchildren (7 and 4, Grace and Archie) came to meet me and we ran hand in hand to the line. There was a requirement to ring a bell when finished which the 3 of us did together. Wonderful!

Running a few marathons through the year I do get a lot of variety and a marathon at Croft Motor Circuit is certainly different, only my 2nd marathon of this type.

I very rarely listen to music when running but felt it was a good idea for this one as it was 13 laps of the course and wearing bone conductor headphones I was still able to chat to other runners as I went past or (more often) they went past me. The 13 laps and other distances being run meant plenty of chance for a chat on the way round.

I entered this one as I have family in the Darlington area. I enjoyed the visit but probably won't enter this marathon again; just a bit monotonous.

A big plus point for both of these races was how friendly and encouraging the marshalls were.

Next up, along with quite a few Totlies, is Manchester.

Editor's Note - that's an incredible 73 marathons for Kev!

2025 TOTLEY CHAMPIONSHIPS

Road Running Fun

Apply Online
£25 (fundraiser for Dronfield Scouts)

10km of Totley Speediness

10AM START
SUNDAY, 27TH APRIL 2025

A Fairy Dollops Fell Race

1st April 2026

Totley are excited to announce a new fell race for 2026. The A Fairy Dollops Fell Race will be a revolutionary new approach to running on the fells. This new race is along the same route as the Tiger's Trail route but the twist is that the participants will need to run backwards, the new race will take place on 1st April 2026.

Totley AC committee have been debating hard how we can steel a march on Dark Fell Runners who are sometimes (erroneously) thought of as the premier fell racing club in South Yorkshire and Derbyshire. New club Chairman, Marcus Adams said, "We're convinced Totley AC will have an exceptional talent for running backwards on the fells, we have ambitions for Backwards Fell Running to really take off, our plans include running backwards up hills to be a new Olympic sport, we can see Totley gold at a future Olympic Games."

Totley will soon begin introducing backwards fell running to our Thursday night fell runs. This will also mean that the Thursday nights in the pub will have a backwards approach to nutrition with dessert being taken before the main course.

A Dark Peak spokesperson when asked about the potential of a backwards fell race with Totley's finest said, "Dark Peak are terrified at the prospect of backward fell running, we will be setting up a task force to attempt to compete."

Matt Burden, Men's Captain said, "I'm a Manchester United fan and I already fully embrace the principles of going backwards."

Parkrun Tourist Of The Month

North Yorkshire Water Park Parkrun

Mandy Moore

This was my third attempt to run this parkrun, the previous two attempts being scuppered by bad weather. We were staying in Malton and despite recovering from both a cold and an injury, I was determined to run at NYWP this time. I'd thought I'd set off in good time but when the car's clock said 08:57, I still hadn't arrived at the venue. Suddenly there was the turn off and I followed another car into, to my despair an empty car park! Either the parkrun had been cancelled or I was in the wrong car park and it was now 09:00. It was the latter and I had to back track and drive round to another lake where I spotted lots of cars but no runners. Dashing out of the car I ran up an incline and over the brow where the parkrun signs appeared and marshals who informed me that everyone had set off. Usually I arrive in time to take a parkrun selfie but completely forgot that today.

I remember Susie Wall reporting that she had arrived late at Sherwood Pines and that it was relaxing to set off on your own without the crowds and so I didn't panic and thought of Susie. Indeed it was a beautiful morning and as I set off around the lake on my own I decided that as it was my first run in two weeks then this was a perfect training run. Indeed it was a beautiful morning, there had been a frost but the sun was now out and this course is all trail type paths, no tarmac or paved areas at all (yippee, my kind of place). I soon caught up with the tail walkers, then the tail runners, then the runners and slowly started moving through the field.

The course was two laps of a lake on muddy paths, a few icy puddles and woodland trails. I'm sure in the summer it would be hard compacted grassy paths but today it was fun. The final 100 metres was on pea gravel that slipped as you tried to sprint, it reminded me of finishing a race on a beach. I really enjoyed this course and will be keen to run it again when I am fit and will start with everyone else. There is a large, free car park (turn left on the main drive not right into the fisherman's car park as I did). There is also a cafe but I didn't stop for coffee as a full English breakfast awaited me back at our accommodation. No idea of my actual run time as I forgot to start my watch but I was happy to finish mid table.



Captains Report

February 2025

Matt Burden

February had the first Totley Club Championship race of 2025, the Whirlow Woods trail 10km. The cold weather and pre-race snowy conditions didn't put off 37 Totley runners and the race didn't disappoint. It was a very hilly and in parts technical trail race that I would highly recommend. Tom Hughes was 2nd overall and first Totley male and Ellie Fraser first Totley female.

We also had 13 runners at the Half tour of Bradwell which is 17.5 miles and nearly 4000 feet of climb in the peak district. Kate Gibson was our first finisher followed by Simon Rutherford and Colin Osbourne.

We also had some outstanding individual achievements such as speedy Steve Waterworth going sub 37 mins at the Southampton 10km and Yvonne winning her category at Dewsbury 10km. Joel 'track leader' Paisley valiantly represented Totley at the English national XC champs.

Dewsbury 10k	Liz Dally	00:48:00	
	Yvonne Twelvetree	00:55:37	2nd F70
Half Tour of Bradwell	Kate Gibson	02:46:44	
	Simon Rutherford	02:50:26	
	Colin Osbourne	02:55:24	
	Lee Pretlove	03:03:01	
	Phil Applegate	03:08:47	
	David Rodgers	03:16:29	
	Rachel Steen	03:17:46	
	Paul Turner	03:18:58	
	Anne Hegarty	03:40:47	
	Claire Macht	03:41:06	
	Katie Godfrey	03:54:07	
	Susannah Wall	04:09:49	
	Tom Ricketts	04:09:51	
Hardwick Hobble Marathon	Kevin Megson	05:42:34	
Steel City trail 10k Whirlow Woods (Men)	Tom Hughes	00:44:55	2nd
	Matt Burden	00:45:39	
	Will Doyle	00:48:37	
	Richard Snowden	00:50:34	
	Sam Longhurst	00:53:07	
	Mick Crookes	00:54:11	
	Mark Yallop	00:56:44	
	Antony Whitehouse	00:57:19	
	Ian Bates	00:57:55	
	Pete Dooley	01:01:07	
	Will Doole	01:01:21	
	Richard Nicholson	01:02:38	
	Mark Goodison	01:03:15	
	Matt Ridge	01:06:06	
	Trever Fernley	01:12:37	
	Kieran Hickey	01:15:43	
	Mark James	01:18:02	

Steel City Trail 10k Whirlow Woods (Women)	Ellie Fraser	00:53:47		
	Rachel Steen	00:54:12		
	Liz Parsons	00:57:42		
	Kim Morton	00:58:28		
	Hannah McMellon	01:01:15		
	Jam Tidy	01:01:33		
	Liz Dally	01:01:34		
	Jo Brown	01:02:27		
	Rachel Doole	01:04:21		
	Jessica Gardner	01:04		
	Kylie McAteer	01:06:04		
	Helen Young	01:08:38		
	Pat Goodall	01:10:01		
	Jennifer Worley	01:12:44		
	Ruth Garbutt	01:20:17		
	Helen Elleker	01:20:40		
	Yvonne Twelvetree	01:22		
	Heather Beaumont	01:25:17		
	Harriet Eisner	01:27:33		
	Eleanor Hall	01:32:50		
	Judith Alabaster	01:43:50		
Bolsover 10k	Laura Goy	00:39:39		
	Jenny Applegate	00:40:04		
	Sam Longhurst	00:42:42		
	Martin Robbins	00:44:47		
	Chris Heggs	00:46:12		
	Peter Dooley	00:46:47		
	Helen Raynes	00:49:34		
	Joanne Heap	00:53:42		
	Helen Foot	00:52:46		
	Eleanor Hall	01:11:27		
Southampton 10km	Steve Waterworth	00:36:54		
English National Cross Country Champs	Joel Paisley	01:04:14		



Captains Report

March 2025

Matt Burden

There were two popular races this month, the Sheffield half marathon and the Grindleford Gallop which both have big Totley turnouts. Chris Deeble-Rogers and Kate Stabbs were the first Totley male and female finishers. The Sheffield Half Marathon was amazing to watch and a great celebration of the running for the city. Steve Pope was first Totley male and 1st M50, Laura Allen was first Totley female and 1st F40.

There were races galore this month, and few notable performances were Gio who did a 196 mile ultra, Tom Beaumont came 2nd at the Welcome Way 50 ultra and Angus Eady did a 35 minute 10km.

But perhaps the most outstanding result was Kevin Walker who took 35 minutes at the Keith Hall 10k, 3rd M50 which meant he qualified to represent England Masters!

There were so many races ran this month so well done to everyone. Be green, be gorgeous.

Oundel 20 mile	Sharon O'Leary	03:36:20	
North Lincolnshire Half	Rachel Biggin	01:39:39	
	Niall Akers	01:35:25	
North Lincolnshire 10k	Angus Eady	00:35:29	
The Tunnel Ultra 2025	Giacomo Squintani	52:41:09 (196 miles)	
Wingerworth Woddle	Helen Elleker	00:51:54	
	Jane Huws	00:56:49	
Haworth Hobble	Roz Massey	07:33:32	
	James Codling	10:04:01	
Wolfs Pit	Steve Franklin	00:43:40	
	Joel Paisley	00:48:10	
	Bob Haworth	01:10:59	



Grindelford Gallop	Chris Deeble-Rogers	03:17:31	
	Rameswar Tripathi	03:32:15	
	Paul Turner	03:34:52	
	Chris Day	03:34:56	
	Alasdair Tatam	03:36:13	
	Colin Alexander	03:37:33	
	Kate Stabbs	03:39:06	
	Mark Buskwood	03:40:09	
	Niall Akers	03:45:12	
	Jenny Featherstone	03:45:21	
	Alex Wall	03:47:24	
	Sarah Brooks	03:53:17	
	Anne Hegarty	04:02:38	
	Priya Papat	04:09:05	
	Hannah McMellon	04:09:07	
	Roz Massey	04:11:58	
	Richard Nicholson	04:15:55	
	Penny Raybould	04:31:27	
	Susannah Wall	04:35:53	
	Tom Ricketts	04:35:54	
	Rachael Alexander	04:36:10	
	Lisa Cooper	04:36:13	
	Sally Rhodes	05:29:07	2nd F70
	Ruth Harrison	07:38:42	
	Jude Alabaster	07:38:46	
	Joanne Lee	07:38:46	
	Katarzyna Fleming	07:38:48	
Rangers Ultra 55km	Helen Salmon	07:30:04	
Welcome Way Ultra	Thomas Beaumont	07:59:54	2nd MSEN
Bath 1/2 Marathon	Stephen Waterworth	01:19:20	
	Anthony Whitehouse	01:32:09	2nd V70
Wakefield Hospice 5k	Angus Eady	00:17:26	1st MSEN
Wickersley 10k	Stuart Raynes	01:13:59	
	Maria Holmes	01:14:36	
	Sarah Grierson	01:14:37	
Sherwood Pines Half Marathon	Richard Watts	01:45:16	2nd V50
	Chris Heggs	01:48:04	
	Sarah Brooks	02:05:25	
Croft Motor Circuit Marathon	Kevin Megson	04:08:16	1st V65
Trails of Mena 1/2 marathon	Kim Russon	02:31:15	
Keith Hall Memorial 10k	Kevin Walker	00:35:03	3rd V50

23/3/2					
5	Sheffield 1/2 Marathon	Stephen Pope	01:19:38		1st M50
		Angus Eady	01:19:45		
		Tom Hughes	01:21:54		
		Chris Livesley	01:25:41		
		Alex Carlow	01:28:41		
		Laura Allen	01:28:57		2nd F40
		Alex Cozens	01:30:04		
		Sarah Harrison	01:31:56		2nd F50
		Mick Crookes	01:32:59		3rd M60
		Nick Brimacombe	01:34:03		
		Alasdair Tatam	01:34:38		
		Liz Parsons	01:36:03		3rd F50
		Paul Grayson	01:36:10		
		Kathryn Pickford	01:36:13		
		Niall Akers	01:37:28		
		Jackie Sharpe	01:38:30		
		Paul Turner	01:39:54		
		Edward Goodison	01:40:08		
		Richard Watts	01:40:13		
		Colin Alexander	01:40:48		
		Chris Higgs	01:42:25		
		Sophie Thomas	01:43:31		
		Emily Eastwood	01:43:48		
		Martin Robbins	01:46:11		
		Alison McGourty	01:47:37		
		Alyson Rayner	01:49:00		
		Andy Heap	01:50:24		
		Timothy Gibson	01:50:42		
		Liz Dally	01:51:12		
		Anna Home	01:51:34		
		Helen Raynes	01:52:50		
		Minying Wang	01:53:23		
		Will Doole	01:54:52		
		Sarah Brooks	01:54:55		
		Rachel Doole	01:54:57		
		Mark Goodison	01:55:07		
		Jessica Gardner	01:55:09		
		Ian Bates	01:57:30		
		David Ayrton	01:57:49		
		Wilf Fleming	01:58:09		
		Rachel Alexander	01:58:35		
		Lisa Cooper	01:58:35		
		Jenny Featherstone	01:59:23		
		Claire Howard	01:59:23		

Sheffield Half Marathon Results continued

		Richard Hallatt	02:00:26		
		Priya Popat	02:00:40		
		Jennifer Warley	02:01:35		
		Laura Hartshorne	02:02:41		
		Jo Heap	02:03:41		
		Helen Foot	02:04:57		
		Aele Coupland	02:06:09		
		Nadia Raza	02:06:19		
		Bryony Black	02:06:21		
		Pat Goodall	02:06:51		1st F70
		Gazelle Gibson	02:07:22		
		Sean D'Souza Walsh	02:07:26		
		Kieran Hickey	02:09:01		
		Trevor Fernley	02:09:48		
		Amy Wright	02:14:35		
		Mark James	02:15:51		
		Ruth Garbutt	02:16:03		
		Sharon O'Leary	02:17:45		
		Sarah Hastings	02:20:03		
		Louise Anderson	02:20:47		
23/3/2					
5	Malaga 1/2 marathon	Charlotte Woodger	01:32:13		
		Elinor Smith	01:39:51		
		Sarah Hull	01:46:37		
		Amy Conlan	01:55:27		
		Tanya Hayselden	01:59:19		
		Lucy Smith	02:09:37		
		Jill Kenny	02:09:38		
23/3/2					
5	Heptonstall Fell Race	Simon Rutherford	02:26:42		
		Claire Macht	03:12:07		

