

SWALEDALE ROAD RUNNERS

FEBRUARY 2006 NEWSLETTER



www.swaledaleroadrunners.co.uk

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Chairman's Report

January tends to be a quiet month on the race front but the ever popular Brass Monkey Half Marathon presents an early opportunity to check the early season form. Those members who managed to secure an entry all had good runs, and 3 PB's were achieved. It was good to catch up with **Darran Bilton** again, who despite still being troubled by injury managed 3rd place and the first over 40 prize.

The Tuesday night speed work sessions are certainly contributing to some improved performances. Regular attendees **Sally Rutherford** and **Sita Wells** have knocked huge chunks off their Predictor times. **Kate Staines** has a new 10k PB and **Bob Jones** had his best run in years at the Brass Monkey.

The revised Mid-Week League fixtures are now out and race numbers can be obtained from **Stuart Smith**. New rules changes mean that we will now have more than one team, so everyone will count. The club A.G.M. will be on **April 16th (note revised date)**, subject to confirmation. If you have any matters you wish to raise can you put them in writing to **Jo** by **9th April**. Can all holders of trophies please hand them back to **Pete** or **Jo** by **21st March** or they can be dropped off to **Norman** at Roots and Shoots.

Last month I mentioned the Yorkshire Veterans 10k Championship at **Rothwell** on **April 30th**. It's good to see 9 of us entered so far, it would be even better to see a few more green vests there on the day. The race is filling up fast so get your entries in quick.

The next club meeting will be on **Monday 6th March, 8pm**, at the George and Dragon, Hudswell.

Pete Richardson

Brass Monkey Half Marathon

The Brass Monkey half marathon at York is becoming more popular with each passing year. It is a well organised race on a fast, flat course and the sweatshirt you get for finishing makes it excellent

value for money. Nine members of the club had sent off their entries early enough to get a place and we all had our own targets in mind for what was, for most of us, the first race of 2006. It was my first race for six months and 13.1 miles sounded like a very long way. On the other hand it was great to feel that I was under no pressure to do anything other than get round and enjoy it.



Glenys Nutter, Jo Richardson, Eric Nutter and Pete Richardson before the race.

Before the race **Bob Jones** and I compared recent injuries and agreed that anything under 1.40 would be good (yeah sure). I then positioned myself well back in the field, determined to start steadily for once in my life. Meanwhile **Bob** had found **Jacqui Keavney** and the two of them soon sped off out of sight. The great thing about starting well back in a field of 980 is that you can go past so many people and feel really good. I caught **Eric Nutter** after a few minutes, then went past **Pete Richardson** somewhere in the first mile. For the following six miles or so I continued to pass dozens of runners - would they all get their revenge and catch up with me again later?

I was concerned that I would struggle in the final miles, with limited training behind me, and certainly my legs started to feel as if they were running a full marathon towards the end. With 50 metres to go I put in a pointless but satisfying sprint finish and came in at 1.37.12. Meanwhile **Bob** had led the club home in 1.33.22, followed by **Jacqui**

with yet another PB of 1.33.43. **Pete** smashed his PB by 2 and a half minutes, to finish in 1.41.20.

John Hunter and **Eric Nutter** had managed to meet up in the latter stages of the race and finished together in 1.45.42. **Marian Hunter**, who was aiming for anything under two hours, was well under in 1.57.08, while **Glenys Nutter**, aiming to go under 2.15, produced a cracking time of 2.09.12. Finally the biggest PB of the lot came from **Jo Richardson** who knocked off over 5 minutes to finish 8 minutes faster than last year in 2.24.10. We shall have to get these **Richardson's** to share the secrets of their new training regime! I should also mention that **Darran Bilton**, running for Leeds City, finished third in 1.09.05, despite his own injury problems.

We all had a great morning and exceeded our own expectations. It was good to see **Alex Sutcliffe** there supporting us and taking photos. If you want to try this race next year, get your entries in as soon as the forms become available - it's well worth the effort.

Liz Souter

Soreen Stanbury Splash

Kicking our heels midweek because we had not raced for some time, we flicked through The Fell Runners Diary for something to do on the weekend. We happened across The Soreen Stanbury Splash, better still you got a Soreen Malt loaf for finishing, a 7 mile gallop across the moors above Haworth, home to the literary Bronte family.

Entry is on the day in Peniston Park, £3 ensures entry to a very popular race, children's races are catered for, from 6 to 16, The main race starts in the bottom of a very soggy quarry, you have a feeling of entering a roman gladiator pit with all the spectators lining the perimeter. A quick briefing from the organiser before we leave, the start line is some 40 across, 100yds from the start the course narrows, a very quick start is required.

Soon after the start it is very narrow single track with no way of overtaking, boggy conditions catch the unwary, I was unceremoniously dumped in the long grass, regaining my composure cost me a dozen places, a long gravel climb saw me back to my original position, turning into a field, the underfoot conditions were nothing more than slurry, a gradual gradient to the bottom of the field, hesitating for the sudden 10ft drop, at the first stream crossing, a helpful person behind pushed me forward. Hitting the icy water, and grazing my ankle took my breath away, I climbed the bank out like a demented howler

monkey who has cracked his thumb with a hammer, walsh fell shoes flashed in front of my face as we scabbled up the steep bank.

Withens moor passed in a blur of mud and boggy grass, we looped round and retraced our steps to the stream and continued back on the course we started on. We finished past the quarry with a nasty little drop to the finish line, on collecting our Malt Loaf, there was free coffee and biscuits on offer.

I finished in a disappointing 59th position, **Erika** 2nd Lady O/35. The Prize giving was memorable and chaotic at the near by Sun Inn, We collected **Erika's** prize and left tired and bruised. One consolation was the Bread and Butter pudding **Erika** made for tea with the Malt Loaf.

Richard Johnson

Dewsbury 10k

It was 12 months since I had entered my first ever 10k and had subsequently decided that I needed to join a running club. I had completed the Dewsbury 10k in 2005 in 1.07.07 and felt sure that I could beat that time if only I had a club to help me with training.

So, a year later I was standing on the start line in Dewsbury with my fellow club members **Pete** and **Jo**. I had joined Swaledale Road Runners very soon after Dewsbury 2005 and have really enjoyed the club atmosphere over the last 12 months. I felt more pressure to perform well this year though, after all, last year was my first ever 10k, I wasn't running for a club, and had nothing to prove to anyone.



Kate in action

I felt confident and strong as we set off towards Batley and used my heart rate monitor as an indicator of how hard I was working. The course is a fairly flat out and back route (although it is slightly uphill on the way out and downhill on the way back) and although the scenery isn't that exciting, I felt intrigued by the names of some of the shops.

Al-Habib Hair Magic for example - I pictured people going in with ordinary hair and coming out with special hair that possessed magical powers! The things that go through your mind when you run!

At around 18 minutes into the race, the front runners passed me on their way back in. Those guys really fly and it gave me such a boost to see them running past me. **Tracey Morris** was the third lady and she was looking very powerful when she ran past.

I saw **Pete** on his way back in at around 25 minutes who was also going well and looked very strong. I was amazed when I looked at my watch at the half way point and saw that I was on 29 minutes. If I kept this pace up I'd be back in under an hour which had been my goal for the last year. I pushed on for the next couple of kilometres, glad of the slight downhill gradient on the way back. I was doing well until a stitch developed in my left side. I have a breathing technique that works amazingly well for a stitch which I put into practice; however, I then developed a stitch on the right hand side! I spent the next couple of kilometres trying to ease the stitch that I now had in both sides and slowed slightly. By the time I reached the last kilometre I knew that time was tight, so just put up with the pain and pushed forwards as hard as I could.

The final half a kilometre was tough but I knew I could keep going for the last little distance and I was surprised and delighted to have completed the race in 59.20, a seven minute improvement on last years time and a two minute improvement on my previous PB which I got at the Darlington 10k in August 2005 (1.01.32). I was glad to achieve the sub-60 goal at Dewsbury.

Jo and **Pete** also did well, **Jo** got a PB of 1.02.15, despite a tight calf and **Pete** beat last years Dewsbury time, coming in at 45.56.

Add to my delight at my time the fact that **Tracey Morris** pointed out the way to the toilets in the Sports Centre and **Nell McAndrew** congratulated me at the end and the day was perfect! Roll on Dewsbury 2007!

Kate Staines

December (January) Predictor

Twenty runners on an excellent night for running how come so many people were way out in their predictions? **Richard Johnson** was the closest to his prediction finishing first in 23:13 which was 11 seconds over his predicted time. **Richard** was chased home by **Tony Lambert**. **Erika Johnson**

and **Rob Dawkins** pushed each other to produce time well below their predictions. It is a pity that the Army thinks Rob's skills could be better used down South. It is great to see **Bill (Lou) Willman** running and gradually making progress, running for longer and faster.

There was a battle for the 'Time Way Out' bar with three people over the 200 second mark. The winner of the coveted chocolate bar was **Sharin Martin** who was 225 seconds over her predicted time. She has set herself a target for the future.

The next predictor run will be **Thursday 23rd February**.

By the way **Roger** your time for this predictor was 31:29. Please make a note so that we do not have to spend hours looking through the records next time you run in the predictor!

John Hunter

Race Diary

A selection of entry forms are kept in the race folders at Northallerton and Richmond. Entry forms can also be downloaded from John Schofield's excellent website www.ukresults.net.

Mar 5th Hawswater 1/2 marathon
Mar 11th Dentedale Run (14.3m)
Mar 12th Tess Valley 1/2 Marathon (Redcar)
Mar 19th South Leeds Stadium 5m
Mar 19th East Hull 20m
April 1st Coniston 14 (full)
April 2nd Hartlepool 5m
April 2nd Ackworth Half Marathon
April 8th Meanwood Valley-Leeds Trail Race
April 23rd St Georges Day 10k - Great Langdale
April 30th Rothwell 10k (Y.V.A.A.)

Midweek League Dates

Please note there have been a couple of changes:

Thur 4th May Otley AC 7.45pm
Thur 18th May Nidd Valley RR 7.45pm
Tue 6th June Swaledale RR 7.45pm
Thur 29th Jun Thirsk & Sowerby Harriers
7.45pm
Thur 6th July Dragons AC 7.45pm
Wed 19th July Ripon Runners 7.30pm
(Handicap)

Social Committee

After our appeal for more Social Committee Members I am pleased to announce that **Alex Sutcliffe** and **Charlie Toothill** have joined the committee. We still need a couple more new members if anyone is interested!

We have had a few ideas for some social events including Ten Pin Bowling, Night Out (curry night or Chinese), Theatre, Go-Carting, Greyhound Racing, Ice skating, Barbeque and Paint Balling. We will put a list of events at both club houses and if you are interested in any of the events put your name on the list and if there is enough interest will we organise the events. If there are not any names on the list for events we will not organise them so don't leave it for someone else to put names down!

Social Diary

Wed 29th Mar Quiz at Northallerton club house 8pm.
Sun 16th April **A.G.M.** (to be confirmed)
Sun 25th June Hadrians Wall Social Run (details to follow)

Brain of Swaledale Quiz night

We are holding a Quiz Night on **Wed 29th Mar** at the Northallerton club house starting at **8pm**. We will still be having a training night so it's the ideal opportunity to combine a run followed by a Quiz. There will also be a supper. The club house opens at **6pm** and we go out for a run at **6.10pm**. This will be our first event hosted by the club house at Northallerton so it would be great if we had lots of support, details of cost etc and lists for teams will be displayed at both club houses in due course. Or you can contact **Andy Broadley** on 01609 777641.

Coast To Coast With A Difference - 25th June 2006

As part of the Swaledale Road Runners' 20th Anniversary celebrations, it is planned to run the length of Hadrian's Wall in the form of a relay event. The route is a National Trail, 84 miles long, stretching from Bowness-on-Solway in Cumbria to Wallsend on the River Tyne.

The idea is for two groups to run simultaneously, starting from the two ends, each running towards a meeting point that is roughly in the middle. This will give each side a total distance of 40 to 45 miles, achievable in daylight hours, with each group enjoying a variety of scenery and a good mixture of terrain.

The route will be broken down into short sections, probably from 1 to 3 miles, and runners can select the sections they wish to run; the whole route will be supported by vehicles which will carry runners to their next starting point. This way it will be possible to run a number of short

distances throughout the route; or to join sections together to make longer distances. A minimum of 2 runners will be required for each section, but groups can be much larger - you can choose to run as little or as much as you like! The finishing point for both "sides" will be Steel Rigg, close to the forts of Vindolanda and Housteads, and situated in the most spectacular section of the Wall.

Similar relay events have proved very popular in the past, with many runners taking part in the Coast to Coast from St. Bees to Robin Hoods Bay. I hope that as many Swaledale Road Runners will enjoy Hadrian's Wall on Sunday 25th June 2006, to help celebrate 20 years of happy running.

More details will be available soon. In the meantime any suggestions/offers of help would be greatly appreciated.

Linda Turnbull

100 Club

Following the last committee meeting it was decided that as numbers at some of the club meetings were low, instead of holding the 100 club once a month at the meeting, we would run it during the month at the Richmond club house and have the draw on the last Thursday of the month (this will co-inside with the Predictor during winter months). Cost is £1 per number, two thirds of the takings go to the winner and the remaining third goes to the club. During the month you will be able to purchase as many numbers as you want giving you more chance to win, the more people that take part, the more the winnings. If you are unable to get to the Richmond club house and want a number contact **Sue Smith** on 01748 818504.

In Brief

Lin Gossage recently completed the BUPA Great Edinburgh Winter Run which is a 5k scenic course based around King Arthur's seat in Edinburgh's Holyrood Park in a time of 36 mins. The Edinburgh International Cross-Country race was taking place at the same time which some of you may have watched on T.V.

New members

A warm welcome to new members **Tracy Hunter, Kellie McCaig** and **Ian Currie**.

<p>DATE OF NEXT CLUB MEETING : Monday 6th March 2006 at 8pm George and Dragon, HUDSWELL</p>
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