

# SWALEDALE ROAD RUNNERS

APRIL 2007 NEWSLETTER



[www.swaledaleroadrunners.co.uk](http://www.swaledaleroadrunners.co.uk)

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## Chairman's Report

Well this is my last report before the AGM and I must begin by saying how sad I was to hear of the sudden death of **Dave Clarke**. **Dave's** death was announced just before the start of the Coniston 14. For those of you who didn't know him, **Dave** was the man who did the results for the Richmond Castle 10k and also ran the [ukroadraces.net](http://ukroadraces.net) website as well as organising a great many races himself. **Dave** was someone who really put a lot into our sport. We have sent a card from the club to **Dave's** widow **Diane**, and **John Hunter** has written a tribute elsewhere in this newsletter.

Apart from the sad news the club trip to Coniston was very much enjoyed by all those who travelled and the summer like temperatures and sunshine added to the beauty of the setting. Well done to all that ran and to our very vocal supporters. Special mentions go to **Ann Luxmoore** for an excellent performance to win the lady over 60 prize, to **Eric Nutter** for being 2<sup>nd</sup> over 70 and to **Glenys Nutter** for winning the 1<sup>st</sup> lady over 65 trophy.

**Tony Lambert** also represented the club in the Lake District and produced a superb win in the Grizedale Forest 10 mile race. I am hoping this will be the first of many race victories for **Tony** this year.

It's been quite a while since **Tony Ward** has felt he has had a good run, his latest "poor" performance saw him win the male over 55 prize at the Hartlepool Marina 5 mile road race.

Our club is getting increasingly more active and successful on the fell running scene, which makes it a shame that the SOC are setting up their own fell running section rather than taking up my offer to combine forces with us. In the North York Moors winter series **Jackie Keavney** has finished 1<sup>st</sup> lady overall and 1<sup>st</sup> lady over 40 with a race to spare. Currently **Erika Johnson**, who is rapidly regaining form, is 2<sup>nd</sup> in the open ladies category with a chance of capturing top spot and **Eric Nutter** is leading the men's over 70's. Meanwhile back on the roads as part of her London Marathon preparation **Jackie** finished 2<sup>nd</sup> in a 20 mile race in

Merthyr Tydfil.

The 2006-2007 club championship is now finished and congratulations go to **Tony Ward** and **Jackie Keavney** for being overall winners and to **Dave Atkinson**, **Tony Lambert**, **Andy Gaines**, **Martin Luxton**, **Karen Saward**, **Alex Sutcliffe**, **Liz Sowter**, **Julia Spittle** and **Ann Luxmoore** who all won their age groups. Trophies will be awarded to all winners at the AGM on 29<sup>th</sup> April.

**Darran Bilton** must still be running well because every time I open a copy of Athletics Weekly I see his picture. Must bode well for the next time he wears the famous green vest.

April is a big marathon month and I would like to wish all of you running London or Lochaber the very best of luck and hope it all goes well on the day.

My annual report will be delivered at the AGM and will appear here but for now I would like to thank everyone who has helped and supported me over the past year. As a couple of you already know, I really needed it.

*Pete Richardson*

## Haweswater Half Marathon

The Haweswater run is one of my favourite half marathons - undulating but with no real killer hills, offering beautiful Lake District scenery but easily accessible. The weather forecast for March 4th was none too promising, but as I drove over there was no sign yet of the heavy rain. Perhaps we would be lucky. As we lined up at the start there were the usual warnings: mind the traffic and the bumps in the road, watch out for a small landslide - and it will start raining at five past one. I set off at a steady pace, hoping I wouldn't be too much slower than last year. Round about mile two **Niall Cheyne** came past me, full of confidence from a good run at Blackpool the week before. My legs seemed quite heavy already, which didn't exactly bode well. I gave myself the usual sort of pep talk in these situations - just enjoy feeling alive and well and running in such a beautiful

place. At four minutes past one the rain started, right on cue. I looked forward to reaching the turning point: it is an out-and-back race so you can see how all the other runners are doing. It would also be a relief to have the stiff wind behind us. The leading men came past at a terrifying pace and **Tony Lambert** was looking strong in around eighth place. **Niall** was still in front of me, still smiling. After the turning and drinks station I felt a new lease of life and picked up the pace. The rain was getting heavier and although most of the runners looked OK I felt for the slower runners who would still be out there for some time. With no one particular to chase I enjoyed the rest of the race and kept up what felt like a reasonable pace, but gave up trying to read my watch with rain running down into my eyes. Within seconds of crossing the line I started to chill rapidly and hobbled as quickly as I could back to the car to get some warm clothes, my legs seizing up with the cold. **Tony Lambert** had run brilliantly in the closing miles, moved up to fifth place and finishing in 1.18.03, a new PB quite literally by miles. **Niall Cheyne** had continued to run strongly to finish in 1.39.13, while I was not too far behind in 1.40.35. **Stuart Clarkson** had suffered from the cold and was just glad to get it over with when he crossed the line in 1.46.28. The other four Swaledale runners were **David Burke** (1.48.59), **John Lynch** (1.49.05), **Cath Sunter** (2.01.46) and **Rachael Iveson** (2.13.36). **Cath** and **Rachel** had coped well with the conditions and were both pleased with their times. The excellent race organisation included tractors and willing helpers in both car parks to get us out of the mud. No doubt I'll be back next year.

*Liz Sowter*

### Trimpell 20 Mile (Morecambe)

Four club runners took part in what is becoming a well known flat and fast long training run for the London marathon. The course is mainly on track alongside a river and is quite scenic in parts. There were lots of marshalls and water stations enroute. Weather wise the day was near perfect for distance running if a little cool and breezy in the latter stages. As well as the usual T shirt at the end of the race runners were also given a mars bar which few refused.

Results are as follows:

Winner and first male **Nigel Thompson**, Lytham St Annes V40 1.55.50

First female **Helen Lawrence**, Wirral AC 2.03.36  
**Jackie Keavney** 7th, 1st V40 2.22.44 ( a P.B. for a half marathon 1.31). **Liz Sowter** 14th, 4th V45



*Glenys having a good run*

2.31.33. **Eric Nutter** 3rd V70, 2.57.14 and **Glenys Nutter** 1st V65, 4.04.17

Excellent runs were had by us all. Its a race worth doing for a fast time a flat course and with the lead up to London a long run with other people around you.

*Jacqueline Keavney*

### Liverpool Half Marathon

Formerly managed by the London Marathon Company for two years, this year's event was back in the hands of local organisers. Not that this seemed to make much difference for the vast majority of runners there last Sunday, like myself, who have previously enjoyed the atmosphere and location of this race, no matter *who* organises it.

Over 5,000 runners began the race after a delayed start – collectively we were all lacking an hour's sleep and had optimistically headed for the 'last' shuttle from Albert Dock, 2 miles from the start.

This was my third outing and each time I have experienced a different route due to accommodating mass redevelopment projects in the city centre. This year's seemed by far the most scenic. Helped by the spring weather, much of the route was on pathways through Sefton and Princes Parks. Was it my imagination, or was this route somewhat hillier too than previous years? Picking up breathless snippets of conversations throughout the 13.1 miles, it appeared that a few more gentle climbs *had* been included this time. An hour's less sleep and a less flat course were my excuses for a bit of a disappointing time of 2.02, despite enjoying the day as usual. Can anyone explain to me though the difference between chip time and gun time? The starting gun went when I was in the region of the Portaloos (rather alarmingly). I joined the crowd and crossed the start line several minutes later. Both my times were registered as being exactly the same.

At the time of writing, I have not been able to see an official report from the runliverpool website to see how the top performing runners' times fared on this course.

*Chris Sayer*

*Kate Staines* was also running and ran a pb of 2.19.11

## Redcar Half Marathon

How to celebrate my first Mother's Day? I could sit with my feet up while **Richard** did the ironing, I could enjoy a drive out in the countryside with Lunch out, no, I decided to run the 25<sup>th</sup> Redcar Half Marathon.

The forecast was bad, and as the winds got stronger the night before, doubt started to set in. As I left in the morning with the snow coming down, little did I think sunglasses would be essential at today's run, but more of that later.

Parking in Redcar we made our way to the race headquarters at the Leisure centre, the wind was so strong that I had to keep steering my mum in the right direction, this was nearly enough to put us off doing the run, we ended up with trainers full of sand and we had only been walking on the pavement!

The race got under way at 10:30am prompt, and as over a 1,000 starters crossed the timing mats loud beeps could be heard from the runners timing chips. As the run heads out of town towards Kirkleatham I thought we would get some relief from the wind but it was still strong, nearly blowing me over as we crossed a bridge over the railway line.

I mentioned those sunglasses earlier, those were not for the sunshine, though it was a bright day, it was for the sandblasting we would encounter in the last four miles. We had 2 laps on a gravel path, with the sand swirling, but this got worse on the sea front. Trying to run with my eyes screwed up and leg's blowing into each other wasn't easy, but as I approached the finishing mile with my target time in mind, the 1:40 barrier, I hoped if I sprinted I would be able to manage it, but the last 400m was like running in a wind tunnel, with arms and legs flailing everywhere. I just managed to sneak across the line in 1:39:54.

All this aside the race was well organised, with 3 drinks stations offering large bottles of water, a t-shirt and a goody bag at the finish. I will probably be back next year to see what windy Redcar has to offer.

Times recorded; **Dave Atkinson** 1:27:35, **Tony Ward** 1:28:07, **Jacqueline Keavney** 1:34:52, **Erika Johnson** 1:39:54, **Martin Luxton** 1:40:47, **David Burke** 1:51:54, **Eric Nutter** 1:55:19, **Glenys Nutter** 2:40:13, **Graham Turnbull** 2:57:32

*Erika Johnson*

## Midweek League

The Harrogate & District Midweek league resumes in **May** with the first fixture at **Otley** on

the **3rd**. The club has again decided to cover the cost of entry for all members who wish to take part to encourage as many people as possible to represent the club. You can now get your race number from **Stuart Smith** and they will also be shortly available at our Northallerton clubhouse. For anyone who has not taken part in the Midweek league before there is a series of 5 races of between 5 and 6.5 miles with points awarded against finishing position. The series concludes with a handicap race at Ripon. All races finish with a supper provided by the host club and prove very sociable occasions. The races are open to runners of all abilities and are keenly contested between the 12 participating clubs. In recent years we have performed very well in the league and hope to do even better this year.

### Fixtures:

Thurs 3rd May - Otley

Thurs 17th May - Richmond

Thurs 7th June - Harrogate

Wed 27th June - Wetherby

Tues 3rd July - Guiseley (Dragons RC)

Tues 17th July - Ripon - Handicap

Details on [www.harrogate-league.co.uk](http://www.harrogate-league.co.uk)

## Club Championship

The 2006/2007 Club Championship has now ended, please see attached sheet for final placings.

## Predictor

The last predictor the season was won by **Jackie Keavney** (41 seconds under her time) and **Tom Grindley** won the Time Way Out Bar.

## Running Weekend at Darran and Sarah's.

**Pete** and **Jo**, **Mel** and **Matt**, **John** and **Alice** and **Alex** and I went to **Darran** and **Sarah's** lovely Bed and Breakfast in Pickering for their second running weekend.

I hadn't been before but thought I would definitely benefit from **Darran's** encyclopaedic knowledge as part of my London Marathon build up. This would also be the first of my really long runs (18 miles) and I thought the company would help get me round – and I needed all the help I could get.

I arrived at 5.30 on Friday night and **Darran** decided that if we got away quickly we'd just be in time to 'catch the light'. We set off for a 7 miler across the fields and through the woods. The light, what there was of it, lasted about 15 min-

utes but it was a lovely evening and a beautiful run. Unfortunately when we got back we'd only done 6.88 miles so we had to do another loop.

**Darran**, I found out, is famous for his loops.

After a great Chinese meal and a good night's sleep we were all keen. We had a relaxed and leisurely breakfast and set off about 11.00. It was a beautiful day and we climbed up out of Pickering for a few miles to spectacular views. We all stayed together, the faster ones doubling back occasionally and we were all encouraged by **Darran's** constant advice and encouragement.



*Smiley faces ready for a run*

Circling back into Pickering we'd completed about 12 miles so **Darran** took me on another loop to make it up to 18 miles. The others had had enough. **Pete, Jo** and **Alex** were carrying injuries and for some of the others, 12 miles was already further than they had gone before. However, I was determined to stick to my schedule and **Darran** talked me round – he gave me loads of encouragement and confidence for London as well as some inside information on the best post race parties. He also offered to take me on another loop but I decided to quit whilst I could still move.

That night we had another great meal – Italian this time and saw the partial eclipse of the moon on the way back to the B and B.

Everyone had a great time and I'd like to say a big thank you to **Darran** and **Sarah** who made us all feel really welcome – their B and B is one of the best I've ever stayed in.

*Julia Spittle*

For details of the next running weekend (**September 21st and 22nd**) check **Darran's** website [www.yorkshirerunner.co.uk](http://www.yorkshirerunner.co.uk). More details will follow in this newsletter next month.

## Swaledale Marathon

Men's club captain **Stuart Smith** is planning to hold a series of "recce" runs on the Swaledale Marathon course to help runners familiarise themselves with the best route to take. The dates of these runs are:

**Sunday 15th April**

**Sunday 29th April**

**Sunday 13th May**

These runs are for all abilities. Meet at Reeth on the cobbles by the green at 9am. If you need more details contact **Stuart** on 01748 818504.

## Dave Clarke

The sad news of **Dave's** death was announced at the start of the 'Coniston 14' a race for which he had produced the results over many years.

I first came into contact with **Dave** in 1990 when I started racing. It seemed that almost every race I sent off an entry to had the address '3 Cock Robin Lane' and race organiser **Dave Clarke**. As the racing calendar expanded he was always willing to give his support to other organisers. Many of the results sheets you download were produced by **Dave**.

Four years ago when we needed someone to produce the results for the Richmond Castle 10k I asked **Dave**. Secretly I thought he would say no because of the distance between Richmond and Garstang. **Dave** as ever was positive from the start. The answer was yes and was there anything else he could do. The clock at the finish of the race was provided by **Dave**. The week before the race he would drive up the M6 to Tebay to receive the entry slips so they could be entered into his computer (he did not trust the post). On race day he would arrive with **Diane** his wife, and having set up his computer would be ready to handle anything which was thrown at him. The results were always produced quickly and efficiently and he was usually printing out results sheets for competitors after the prize presentations.

**Dave** may not have had the body shape of a runner but he had a runner's heart. If every runner put back into the sport only a little of what **Dave** put in running would turn into the strongest sport in the country.

Goodbye **Dave** and thank you for everything you did for us. You will be sadly missed.

*John Hunter*

## Race Diary

A selection of race entry forms are kept in the folders at both clubhouse and many can also be downloaded from **John Schofield's** excellent website [www.ukresults.net](http://www.ukresults.net).

14th April	Meanwood Valley Trail Race
15th April	Gisborough Moors Fell Race
24th April	Carlton Bank Top Fell Race
29th April	Rothwell 10k (Y.V.A.A.)
6th May	Kirkbymoorside 10k
6th May	Fountains 10k
13th May	Beverley 10k
13th May	Leeds Half Marathon
13th May	Ripon 10m
13th May	Lordstones/Wainstones Fell Race
27th May	Melmerby 10k
27th May	Raby Castle 10k

## Tip from the Top

(This is one of our new additions to the newsletter, each month **Darran** will give us tips/advice on training/running.)

Never spray anti perspirant the morning of a race; if there is one thing you don't need, it is something to stop you sweating (and therefore cooling down).

*Darran Bilton*

## Club Kit

Delivery of the long sleeved fluoro yellow technical t-shirts (£16.00) and club crop tops (£14.00) has arrived. We thought we had ordered sufficient quantities of each but due to the interest shown stocks may quickly be sold out. These items will be sold on a first come first served basis.

We still have reasonable stocks of club vests, some sweatshirts and a few fleeces left in the smaller sizes and a number of extra large fleeces.

The club fleeces and sweatshirts make the perfect tops for pre and post race wearing. They are ideal for warming up in and of course identify you as a Swaledale runner. All the kit can be obtained from **Pete** and **Jo**.

## Marshals Needed

Since it started in 1994, Race for Life has grown to become the UK's biggest women-only fundraising event. All the money raised by participants helps fund the crucial work of Cancer Research UK – the world's leading independent organisation dedicated to cancer research. This year they are holding a Race for Life in Ripon for the

first time, and have approached our club for help. They have asked if we could help them with marshalling the course. As it is the first time the race will be held in Ripon, they would like the experience of a running club to marshal. If you would like to help as a marshal or volunteer in any other way, for example, race officials, volunteers at the end of the race to hand out water, medals and goodie bags they would be delighted for our help. I am willing to co-ordinate the marshals. If you are free on the evening of **Tuesday 12 June**, race start will be 7.30 pm please let me know either at the Northallerton or Richmond club house, or please do ring me on 01677 424666.

*Alex Sutcliffe*

## 100 Club

The luck winner of the 100 club was **Marian Hunter**, £32.

## Club Night Supper

After training on **Thursday 26th April** we plan to have a takeaway supper at the club house. There will be a choice of Chinese or Fish and Chips. Menus will be available at the club house the week before.

## New Members

The club offers a warm welcome to new members **Paul Evans** and **Trevor Walker**.

## In Brief

Well done to **Tony Lambert** on winning the Grizedale Trail Run in a time of 55.24, also running for the club was **David Burke** in a time of 84.55.

## Newsletter

**Mel** will now be taking over the newsletter, you can either email her your reports at : [newsletter@swaledaleroadrunners.co.uk](mailto:newsletter@swaledaleroadrunners.co.uk) or post them to her at 1A Easby Close, Bedale, North Yorkshire, DL8 2UB or give them to her at the club house.

If you do send them to me by mistake I will pass them on to Mel.

*Jo Richardson*

**DATE OF NEXT CLUB MEETING:  
A.G.M. Sunday 29th April 2007 at  
7pm at the Richmond club house.  
All Welcome.**