

SWALEDALE ROAD RUNNERS

APRIL 2009 NEWSLETTER



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Chairman's Report

I hope to see you all at the **AGM at 7 pm on Sunday 19th April** at the Richmond Club House. Please attend if you can as the presentations are a chance to celebrate the achievements of our club and our members over the past 12 months and there is also the small matter of who is going to be the recipient of this year's Wooden Spoon.

In the running world April is marathon season and I would like to wish good luck to all our members who are running in Paris and London this year.

It seems that each month I have some special performances to report on in this column and in the past month we must congratulate **Erika Johnson** for setting a new course record at the Comondale Clart fell race and for finishing 1st lady at the Blakey Blitz race and the Little Strickland 10 mile road race. Doing a proper job hasn't slowed **Darran Bilton** down and he was delighted to beat the other 6801 runners at the Adidas Silverstone Half Marathon including his protégé **Simon Barlow**, who as usual ran a PB.

It was good to see the Richmond Castle 10k get a plug in this month's Runners World magazine although it was mentioned in the same item as three other 10k's which were recommended for being fast, flat and having definite PB potential!

The first Mid Week League fixture is at Thirsk on Thursday May 7th and it would be great to put on as strong a performance as we did last year. You can get your race numbers from me over the next couple of weeks or you can register for the series at your first race. The cost for the whole series is just £5 that you will need to pay to me as the League charges the club for every member that competes.

I was saddened to hear of the sudden death of **Norman Smith** who was President and Chairman of the League. **Norman** gave a tremendous amount of time to the sport, he was on various committees, acted as Race Referee at numerous local races, organised the Thirsk 10 mile race as well as being Chairman and founder of Thirsk and Sowerby Harriers. He will be a great loss to running in this area.

Have a great month and don't make me address my Annual Report to an empty room at the AGM.

Pete Richardson

Silverstone Half Marathon 15th March

The adidas Silverstone Half Marathon is the official warm-up race for the Flora London Marathon to be held on Sunday April 26, and with just six weeks to go to this world famous event, the 13.1 miles run around the world famous F1 circuit is the ideal preparation. Former World Record holder and Flora London Marathon Race Director Dave Bedford, and Jim Clarke, Chairman of the London Marathon dropped the famous chequered flag to start the 6,801 runners across the grid. Conditions were ideal for the 13 mile race, both for runners and the thousands of spectators who witnessed the event bathed in glorious sunshine, with temperatures at 11 degrees, and an 8mph north westerly wind, and 65% humidity.



Simon Barlow setting a PB Silverstone

A name that most Swaledalians are becoming increasingly familiar with, one **Simon Barlow**, flew the flag for the club, being the only member to travel to Northamptonshire and race in this prestigious, if a little intimidating event. That being said, the way Simon has been racing should be intimidating the other runners... he has consistently progressed in his training and racing to produce a string of personal bests in every distance he has raced in! And Silverstone proved no exception to the Swaledale athlete currently in training for this year's London Marathon. The twisty course that twice followed the formulae one circuit and also included two laps of 'peripheral' circuits only served

to add grist to the mill that is Simon Barlow, person best machine! He completed the 13.1 miles in a (wait for it...) personal best of 95 minutes and 46 seconds, knocking over 3 minutes off his previous p.b. over the distance set at this year's Brass Monkey Half. A congratulations goes out to Simon on what was a brave run.

The only other Swaledale contingent was in the form of Simon's coach and 2nd claim Swaledale runner **Darran Bilton**, this time running for his 1st claim team Leeds City, who led the field through in the first mile in 4.43, with Will Clarke, World & European under 23 triathlon champion from Cambridge AC in second place, and Tom Bedford from Shaftesbury Barnet Harriers in third place. At mile two, the leading runner Bilton went through in a time of 9.45, firmly establishing himself as the leader of the pack at just nine minutes into the race The three mile split was 14.52 and at 4 miles 19.58, with Darran Bilton holding a 25 meter lead over Will Clarke, and Tom Bedford 120 metres behind in third place. At five miles, Darran Bilton racing at just under five minute mile pace, went through in 24.55, but being chased down by Will Clarke who came through five miles in 25.11, but Will was losing ground on the race leader. At six miles Darran went through in 30.10, and second placed Will Clarke in 30.34, so both men averaging just under 5.15 miles. At seven miles Darran Bilton was holding a 27 second lead on Will Clarke and the split for seven miles was 35.30. At eight miles lead Bilton was leading by 32 seconds from Will Clarke, and Darren settled into five minute miling pace, with the eight mile split 40.40, and this time was then close to the course record of 65.23 set in 2005 by Matt Smith of Tipton. With a 40 second lead at nine miles in 45.55 Bilton looked set to take the finish tape, then passed the ten miles point in 51.11 with an 85 second lead over second placed Tom Bedford, who had caught Will Clarke just before 10 miles. Crossing the 11 mile marker at 56.24, Darran Bilton was 500m clear of second placed Tom Bedford, with Tom holding an 100m lead from third placed Will Clarke. Bilton the race leader went through 12 miles in 1.01.33 and took the finish tape in 1:07:23.

Darran said at the finish 'Absolutely fantastic, I wanted to run a half marathon this year before I run a full marathon – bring on London! Last year at the Flora London Marathon I was the tenth British male over the finish, and first man over the age of 40, so I can't wait for this year's Flora London Marathon, thanks for the crowd who were great, I feel amazing even in a borrowed Leeds City club vest, roll on London, today was a fantastic race, fantastic marshalling, overall fantastic support '.

Darran Bilton

Cartmel Sticky Toffee Pudding 12k Trail Race

Saturday 21st March

As you can imagine, the name of this race caught my attention, and the reward of a sticky toffee pudding on completion of the race sealed my entry. John Hunter and I had spent weeks training up the Dale and things were going well until he recklessly threw himself off a slippery stone on the decent into Healaugh and decided to preserve himself for the Consiton 14.

There were a number of events in Cartmel: 16km, 12km and 8km trail races. Luckily the early morning mist burnt off meaning it was a lovely warm spring day. Just right to tackle a course that had been billed as a "Beauty and Beast" - mostly beautiful, runnable and scenic with short horrible, tough sections. Quite accurate I found! With the dry weather in the preceding week the wet sections had dried out but had been 'relogged' by judicious use of water tankers to ensure the mud was a least knee deep in sections.



I had a great run overall all the training had paid off as I came home in 1:16 to be 2nd lady and 4th overall in my race. There are 3 more races in the series which can be found at www.ultimatetrails.org

Charlotte Wardle

Dentdale 14 Saturday 14th March

This year was the 25th anniversary of the Dentdale Run. Raising money for the local primary school the run receives lots of local support and the WI on hand to make tea and sandwiches for the hungry runners at the finish.

This year the weather was much kinder than last, though there was a sharp wind in the first couple and last few miles. I was determined not to go of too fast and felt strong as we passed near the village at half way. The course has a flat section and then starts to climb, with the 9th mile, as always, being the slowest mile on the course. After passing some farms the road

drops down to the river and just past the 10 mile mark you cross over a bridge and this marks the return. It is here that the run becomes tougher, in part due to the head wind, but also the constant ups and downs of this course start to take their toll. A nice downhill stretch into the village is followed by a thankfully short sharp climb to the finish line.

Dave Atkinson 1:37:27, **Erika Johnson** (4th lady) 1:38:37, **Tracy Hunter** 1:57:40 and **Claire Stewart** 2:06:15, placing **Erika, Tracy** and **Claire** second ladies team.

Erika Johnson

Blakey Blitz **Sunday 22nd March**

This was the first running of the Blakey Blitz, billed as a 9.5mile/2370' fell race starting from the Lion Inn, on the exposed Blakey Ridge in the heart of the North York Moors National Park. The Lion Inn pub has been voted 'Best pub in the North York Moors' and Glenys, Richard and Kristian soon made themselves very comfortable inside with coffee and apple juice, instructing me to bring the car keys into them when I was ready to run.

The race route followed a figure of eight crossing Rosedale, Danby High Moor, and Glaisdale and Great Fryup. It was a kind of inverse fell race, with the start and finish on high ground. The first mile was a charge down into Rosedale, but off course this meant a long hard slog back up the same route to the finish, with a 600ft climb in that last mile.

Like many of the Dave Parry fell races much of the course is on moorland tracks, across loose rocks and peat bogs. Halfway round the route drops steeply down into Great Fryup Dale (you couldn't make that name up) followed by a steady climb and then a steep scramble past waterfalls before coming out on the moor top again. The straggle of runners was thinning out by now and you had to keep a watchful eye on the red tape to ensure you stayed on course. I believe the lead man missed a check point, so adding a penalty of 10 minutes to his finish time.

The last mile was hard work and I was relieved to finish in 1:44:50, first lady.

Erika Johnson

Social Diary

A **club Supper** is planned at Richmond on Thursday 30th April at 8pm. Menus and booking sheets available at the clubhouse from the first week in April.

New Member

Welcome to new member **Tina Hudson**

Tips From The Top: **Too Old At 30?**

I was recently sent an email from an athlete fairly new to running, along the lines of "I am 30, really committed to my running despite only having a career in athletics spanning one year, but already have a p.b. of just under 34 minutes for 10k. I dream of running under 30 minutes for 10k, but am not sure if I am deluded because I have taken up running at this age. What do you think?"

Wow, what a question! Too old at thirty? What hope is there for the rest of us? But to be serious, this is a good and relevant question and I think the answer I gave is one we can all relate to...

I wrote:-

Thank you for your email. It was a fair question to ask and prompted some debate between myself and my coach, who is one of the Country's top specialists on the subjects of sports science and psychology.

The way the 'average' runner (or other athlete, for that matter) career goes is that at a young age they improve dramatically up to a point, plateau out and slowly decline until they reach their 30's or more often 40's, at which point the decline accelerates. Why? well, it is a self fulfilling prophecy... if you think that you will slow down from a certain day, you will not put as much commitment into training. You will also give yourself an excuse (i.e. justification) for underperforming. And therefore a combination of lower expectations and reduced training load will mean lower performance standards.

So what of yourself, who is relatively new to running (I believe)? Well firstly, you don't have the years of wear and tear that the rest of us 'old lags' have. Which means that you'll be able to endure a greater training load for your age. Also, your personal hope and expectation is to improve, not decline. So you are willing to put more into your training and hence will certainly benefit from that increased training load. And finally on a personal note, I am performing as well as ever due to my continued commitment... This year I have competed in the Euro Clubs cross country in Turkey, have counted in the winning teams for the Yorkshire and Northern cross country champs, am aiming for the London Marathon with high hopes of a top British placing, and just five weeks later have been invited to race in the Edinburgh marathon as an elite athlete... and I'm 43!!! So you are a relative 'spring chicken.'

But there are some factors that you have to consider with due reverence;-

1) Martin Lel (the great marathon runner) once said

that it takes seven years to truly prepare for a marathon. And that is from a starting point of a club athlete! What he means is that it takes a time to slowly improve the strength and resilience of your muscles and connecting tissues in order to perform at their highest levels. And more importantly, train at their highest levels. So BE PATIENT! If you are to achieve a sub 30 minute 10k, it may take three years to get to the training level required to race at this speed.

2) You probably do not have the core background in athletics that those (like me) that came through the school system do. That is, knowledge of injury prevention, nutrition, training methods and so on. But that need not be a problem. Join an athletic club and find a coach (one that is at least level 2) who has quality endurance athletes already under his wing.

3) Training alone makes you focussed, but training with others gives you a better perspective of how you are doing. Again, an athletic club (preferably with their own track) plays a part here.

4) It's not just about training hard, it's about training smart. Training is all about 'supercompensation.' That is, continually getting stronger without incurring injury. So read up on training techniques. Read Runner's World and get a few booked on 5k racing and even marathon running (you may want to run the marathon in the future).

5) There will be plenty of people ready to tell you, you've missed the boat and you are too old to achieve great things. This is rubbish. In fact, you have time on your side. As an endurance athlete, you have arguably the best years ahead of you.

Well, that's about it. Ultimately we are all limited by what our bodies are capable of. If yours wasn't made to run 29 minutes for 10k, it never will.

But there is only one way to find out and that's to train intelligently, take advice candidly and be prepared to commit yourself to a great sport where the ultimate justice is that you really do get out what you put in.

Best wishes,

Darran Bilton.

Multiple Sclerosis Resource Centre

Darran Bilton is raising some much needed money for the **MSRC** (Multiple Sclerosis Resource Centre), a National charity helping people with M.S., that runs on a shoestring.

They are run mainly by volunteers and are not one of those 'corporate' charities that waste a lot of money.

His aim is to be the first elite runner to complete both the London marathon on the 26th April and the Edinburgh Marathon on the 31st May. For more information follow the link;

<http://www.justgiving.com/darranbilton>

Race Diary

Road Races

April 10th Mermaid 10km
April 19th Redcar Half Marathon
April 18th/19th St George's Day 10km,
April 26th LONDON MARATHON
May 3rd Keswick Half Marathon 11:30am
May 3rd Kirkbymoorside 10km
May 4th Rothwell 10km
May 4th Tees Barrage 10km, 500 limit.
May 10th Ripon 10 mile, second race in the Black Sheep Series (BSS).
May 17th Windermere Marathon
May 24th Melmerby 10km, near Ripon.
June 6th Kirkby Malzeard 10km, A friendly village 10km near Ripon, food provided free to runners in village hall after this Saturday afternoon run.
June 14th Humber Bridge half marathon
June 21st Newton Aycliffe 10km

Multi-terrain Races

April 12th Guiseley Gallop, near Leeds
April 26th Fountains 10km, Grantley, near Ripon first race in the Black Sheep Series
May 17th Yorkshire 10km, Newby Hall, 10am
May 17th Keswick Mountain Festival trail 10km
May 24th Raby Castle 10km
May 24th Ilkley 6.9 mile trail race, 930ft climb
June 14th Castle Howard Trail Race 10km
June 14th Grasmere Gallop 7M
June 21st Staveley Stampede 10 Mile, near Knaresborough,

Fell Races

April 21st Carlton Challenge 4.8M/860ft 7pm

In Brief

On the 8th, 5 members braved strong winds and hail to compete in the hilly Little Strickland 10 mile. **Tony Ward** 1:09:10, **Erika Johnson** 1:09:48(1st lady), **Derek Parrington** 1:14:42, **Pete Richardson** 1:24:13 and **Jo Richardson** 1:47:28

As a pre marathon warm up four members took part in the Trimpell 20, near Morecambe. **Jackie Keavney** 2:24:29, **Niall Cheyne** 2:35:42, **Pete Wicks** 2:48:13 and **Pat Neeson** 2:51:12.

On Saturday the 28th a group of SRR ventured to Coniston to take part in the scenic Coniston 14. They faced windy conditions in this popular road race meaning times were down on last year. **Jackie Keavney** 1:42:36, **Pete Richardson** 1:55:39, **John Lynch** 1:55:41, **John Hunter** 2:05:54, **Jo Richardson** 2:37:37.

Sunday March 29th saw several club members taking part in off-road events in the North of England.

Kathryn Philpotts took part in the Great Grizedale Forest 10 mile trail race. She finished in 72:23. Nearer to home at the Arkendale off-road 10km, **Ruth Clapham** recorded 1:03:55 and **John Elliott** 1:10:12.

Thank you to all the newsletter contributors this month. Articles for next month by 1st May please.