

# SWALEDALE ROAD RUNNERS

APRIL NEWSLETTER 2010



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

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## Chairman's Report

I still need a number of club trophies returning so they can be re-engraved for the AGM on Sunday 16<sup>th</sup> May. If you have a trophy can you please return it to me or bring it to the clubhouse by 15<sup>th</sup> April. Can I also remind you that if you wish to make a proposal at the meeting you submit this in writing to **Sara Woolley** by Tuesday 4<sup>th</sup> May. I also need your help with nominations for our most prestigious trophy, The Wooden Spoon. In past years there has been a fairly lengthy short list for this award but this year I'm struggling to find a worthy recipient given that protocol would suggest that the Chairman is exempt from receiving it.

Subscriptions are due on 1<sup>st</sup> May and this year England Athletics has set clubs a much earlier deadline for clubs to pay their affiliation fees by. It is imperative that we meet this deadline to maintain all the benefits of affiliation such as our insurance cover so can I ask you to pay your subs promptly. Given the financial position of the club I am delighted to say that we can maintain our subs at their current level of £12 for the year.

There has been a good number of members racing over the past month with several people making their debuts in the famous green. **Tony Lambert** continues his return to racing with an excellent 2<sup>nd</sup> place in the Great Grizedale Forest Run. **Darran Bilton** finished 2<sup>nd</sup> in the Silverstone Half Marathon after producing a sub 30 minute split for the first 10k. **Simon Barlow** continues to set PB's lowering both his 10k and half marathon times over the last four weeks. **Martin Randall** has had the honour being first club finisher at the Hartlepool Marina race and also at the Mermaid 10k where **Erika Johnson** was in the prizes. In the same race new member **Richard Twedde** ran a very creditable 44.42 given it was his first proper race in over 5 years and **Marian Hunter** showed her improvement finishing over 4 minutes faster than previous year.

April is one of the big marathon months of the year and I would like to wish good luck to all our members who will be tackling the arduous 26.2 mile challenge. I will be at London looking out for the Swaledale vests but unfortunately I won't be there in Paris to support our members there.

The first Midweek League race is almost upon us and I hope we can get a good turnout for the first race at Ilkley on Thursday 29<sup>th</sup> April.

Have a great month

*Pete Richardson*

## 100 Club

This months 100 club was won by **Pete Richardson**

*Geoff K*

## Ann Johnson, Absent Friends Trail Run Sunday 14<sup>th</sup> February

What a great run! The race is just over 5 miles of trail and cross country running. Only one hill and that comes under the category of flat if you live in Richmond (well maybe a gentle slope). Plenty of mud to keep a lot of our club members happy, may be you might think of being there next year (only 40 minutes by car from Richmond).

Marian and Ann Johnson (who was a Marsh House Harrier) often meet at races and got to know each other as they chatted before, during and after a race – she is sadly missed.

The race is based at Cowpen Bewley Country Park outside Billingham with plenty of well organised parking. The weather was ideal for running and the course apart from the mud and the afore mentioned gentle slope, is flat with two stiles and a kissing gate, well it was Valentines Day. The whole route was well marked and marshalled. Tech T shirts were given to each finisher along with a mini Mars Bar and bottle of water. The prizes were awarded in the visitors' centre where hot drinks were available. Great news for all you 'also rans', this 'also ran' won his age group, I still can't get used to it, autographs will be available shortly.

Marian (52.20) and I (43.18) thoroughly enjoyed the event. It would be wonderful to see some club members at the event next year we already intend to be there.

*John Hunter*

## Dentdale 14.2 Sat 13th March

I have run Dentdale 14 more times than I can remember and yet I can still count on one hand the number of times that it hasn't rained at the event. This year we were blessed with glorious blue sky.

It is always a tough course with lots of ups and downs along the way, but at the end you are rewarded with copious cups of tea and sandwich and cake in the school hall whilst you rest your weary feet.

The locals are always very much involved in organising of the run, possibly because it raises money for the small local Primary School. Due to the nice weather we had quite a few walkers and farmers cheering us on as we ran along the dale. I did notice there were more day trippers out in cars on the day and this did cause some traffic jams along the route, the sort where you have to squeeze between two cars trying to pass, thinking I'm losing time here.

We had 4 members from the club finishing. **Steve Brown** 1:37:16, **Erika Johnson** 1:41:02, **Derek Partridge** 1:42:16, **Julie Tanner** 1:50:00.



*Erika and Steve at Dentdale 14*

*Erika Johnson*

## Coniston 16.7 Sat 27th March

### A bridge too far...

Every since there was an announcement that this year that the Coniston 14 would be extended to 16.7 miles, due to flood damage closing a bridge, meaning the route had to have a detour extending it by 2.7 miles, my thoughts were drawn to the challenge this would present. Ok if you are training for a marathon, you might relish the idea of a longer race, but 14 mile was far enough for me thank you. But having already entered I thought I would take on this new challenge

It was therefore with some trepidation that I stood on the start line on a fine Saturday morning, anticipation of what was ahead of me, determined to set of steady and just keep going was the plan.

The section which was added on was reasonable, we turned through Lowick, home of some of my ances-

tors in the 1800's but this didn't inspire me I was more concerned about having my energy gel and taking enough water on board.

We reached the hilliest section at Brantwood around 13-15 mile and it is here where the pace slows. When you reach the last of the hills you then have a sharp downhill section followed by a flat last mile, Unfortunately we were running into quite a strong wind at this point, just when you don't need it.

I finished in 2:00:34, 8th lady and **John Hunter** in 2:32:39.

It was reported in the local paper that there were 1,800 entries but only 1,300 finishers on the day. The biggest drop out rate over the years. Possibly I would think due to the race being lengthened after many entries had already been received.

*Erika Johnson*

## Race Diary

Entry forms available at the clubhouse or on these websites [www.ukresults.net](http://www.ukresults.net)

Barry Cornelius website has a new address;

[www.northeasttraces.com](http://www.northeasttraces.com)

(BSS) indicates the race is part of the Black Sheep Series

### **Road Races**

May 3rd	Rothwell 10km
May 3rd	Tees Barrage 10km
May 9th	Ripon 10 mile
May 23rd	Edinburgh Marathon
May 30th	Melmerby 10km (BSS)
June 5th	Kirkby Malzeard 10km (BSS)
June 9th	Otley 10 mile
June 9th	Blaydon 5.9M, race full
June 29th	Newton Aycliffe 10km- flat, fast 3 lap course.
June 27th	Rainton 10km (BSS)
June 27th	Beamish tram Challenge 10km
June 27th	Humber Bridge half marathon

### **Multi-terrain Races**

April 25th	Grantley 10km (BSS race)
May 16th	Yorkshire 10km, Newby Hall, Ripon
May 30th	Raby Castle 10km
June 6th	Harewood House Chase 10km.
Women start 10:30, men at 11:00.	
June 13th	Castle Howard 10km Trail Race
June 20th	Staveley Stampede 10 mile

### **Fell Races**

April 20th Carlton Challenge First in the summer series.

## Race News

A new event on Sunday May 16th 9:30am the **Ravenscar Half Marathon**, along the coastal section of the Cleveland Way, 95% footpaths and trails. Register on the day, raising money for Scarborough & Ryedale Mountain Rescue.

## Tips from the Top - Barefoot Running

Recently, a storm arose following an article in the Times newspaper on barefoot running. It stated that a recent study suggested that trainers were simply a contrived con, manufactured by industry in order to shackle us all and subject us to a lifetime of injury, all to get rich off our misery!

Wow, some pretty harsh statements there, but what was the evidence such scorn was based upon? Well, it was based on a study that was carried out solely to discredit the use of trainers. The results were misinterpreted and most of the evidence was anecdotal. But if you look up '**the times on line**' and select '**barefoot running**' as the subject matter, you can read the article for yourself and draw your own conclusions. But here are mine...

Hmm, lots of quack-theory being banded around here. It looks like there are a few 'radical thinkers' who are claiming credit for reinventing the wheel.

Yet, oddly enough, they are also proud to exhibit their contradictions for all to see... "Let's run like nature intended" they spout whilst at the same time wearing the latest hi-tech clothing that the running industry they so vitriolically scorn, can manufacture. One contributor also mentioned the validity of barefoot running on a treadmill; the cause of so many injuries to those unwilling to run outdoors.

But to balance the argument, I really do believe there is a strong case for barefoot running. Not on roads (artificial), not on treadmills (artificial), but on heath, moorland and parkland... but please don't drive to your running destination - that would be very unnatural, surely!

Joking aside, I have run and raced Internationally for over 32 years without any chronic injuries; partly down to good luck, partly down to common sense (always warm up, dynamic stretch and after the run, cool down and static stretch - it's not rocket science). But mostly due to a holistic (nice word, much over used) approach, appropriate shoes and a sensible approach to training.

See you on the front line on the 25th, at the London Marathon, along with the rest of the racing shoe-shod elite!

*Dannan Bilton*

## Midweek league

This year is the 25<sup>th</sup> anniversary of the Harrogate Summer Race League and our club has been proud members of the competition for most of those years. I have always found the league very enjoyable and sociable and in the past it has fostered a very good feeling of team spirit within the club. I hope in it's 25<sup>th</sup> year we can support it as well as we have in recent years and also perhaps get amongst the silverware again. The dates for your diary are :-

Thursday 27 <sup>th</sup> April	Ilkley
Thursday 20 <sup>th</sup> May	Leeds & Bradford Tri ( Temple Newsham, Leeds)
Thursday 3 <sup>rd</sup> June	Dragons ( Esholt)
Thursday 17 <sup>th</sup> June	Nidd Valley (Starbeck)
Thursday 1 <sup>st</sup> July	Swaledale ( Hudswell)
Thursday 15 <sup>th</sup> July	Handicap ( Ripon)

Full details at [www.harrogate-league.co.uk](http://www.harrogate-league.co.uk)

*Pete Richardson*

## Black Sheep Series

Congratulations to **John Hunter** who won the Black sheep series Quiz. His prize is a complimentary meal at the presentations at the Black Sheep Brewery and a



race series t-shirt.

*John at Helmsley MT 10km on Easter Sunday*

We have 11 club members in the series this year. The first race is Grantley Multi-terrain 10km at the end of April. Entry forms are out for most of the races now, early entry is recommended as several of races don't have entries on the day.

*Erika Johnson*

## New Members

Welcome to new members **Anthony Cassidy, Andrew Barningham, Julia Snape, Gary Young and Danielle Walker**

## Round Up

On the 21st of March the Lightwater Valley 10km was run in aid of Help the heroes. We had 6 runners from the club taking part. **Dave Needham** 42:48, **Derek Parrington** 42:54, **Karen Hopwood** 44:17 (3rd lady), **Elizabeth Sowter** 49:53, **Stuart Clarkson** 50:37 and **Ruth Clapham** 64:21

The weekend of the 28th was a busy one for the club. At Grizedale 10 mile trail in the lakes **Tony Lambert** finished second in 57:18 and **Yolanda Richards** in 83:17.

Meanwhile at the Hartlepool Marina 5 mile **Martin Randall** recorded a 31:38 and **Peter Devlin** 37:31 for this breezy coastal race.

In Wakefield **Simon Barlow** was racing in the Wakefield Hospice 10km, finishing in 42:37.

On Good Friday the annual Mermaid 10km took place at Marske. Once again **Martin Randall** was first in for the club in 39:02, **Erika Johnson** 41:08, **Richard Tweddle** 44:42, **Marian Hunter** 56:55 and **Jo Richardson** 1:01:58



*Richard Tweddle at Mermaid 10km*

On Easter Sunday a new race was organised, the Helmsley 10km Multi-terrain Challenge. **John Hunter** recorded 53:23 and **Jessica Brown** 57:34.

We had success at the Silverstone Half Marathon, **Darran Bilton** running for his first club Leeds City AC was second man in 69:50 and **Simon Barlow** recorded a PB time of 1:33:51 as part of his marathon training.

Beautiful weather greeted the runners at this year's Guisborough Moors Race. We had two finishers in this testing race which encompasses Captain Cooks Monument and Roseberry Topping. Firstly **Martin Randall** in 1:49:18 and **Lucy Tulloch** in 2:31:36.



*Lucy at the start of Guisborough Moors Race  
(photo courtesy of David Aspin)*

Meanwhile over on the west coast **Erika Johnson** was running in the Three Bridges 10km at Lancaster, she finished 4th lady in 40:48.

## Membership Subs

Membership subs are due on the **1st May**. This will remain at £12.00 for the year. Prompt payment would be much appreciated. Cheques made payable to Swaledale Road Runners sent to;  
Richard Johnson, Leighton Lodge, Healey, Ripon, North Yorkshire, HG4 4LS



*Jessica, Gary and John at Helmsley MT 10km*

*Thank you to this month's newsletter contributors. We have lots of photos this month!*

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