

SWALEDALE ROAD RUNNERS

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www.swaledaleroadrunners.co.uk

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Chairman's Report

A big thank you to everyone who helped marshal at Hudswell when we hosted the final Summer League race of the season. I would also like to thank all our members who represented our club in the league this year, although for the first time in many years we did not collect any silverware it seems everyone enjoyed taking part. **Dave Atkinson** finished 13th overall and top scorer for Swaledale and **Alexina Cassidy** was once again our highest scoring lady. **Neil Bowmer** finished the series as 2nd man over 40 which was a good effort considering the amount of cake he consumed at the post race suppers.

The new club website is looking really good and hopefully it will be ready to go live before too long. Since we stopped giving hard copies of the Newsletter to every member communication has suffered within the club especially for those members who don't attend club nights very often. I'm hoping that the new website will go along way to address these issues as it will carry all the latest club news, what's ons, blogs, picture galleries and links to other relevant websites.



Runners before the start of the Burn Valley

I've been asked by a couple of members if we will enter teams in the Northern 6 Stage Mens and 4 Stage Ladies Road Relays which take place on Sunday 2nd October in Manchester. When we took part a couple of years ago I thought it was both an enjoyable and an inspiring experience, and a level of competition that we should be represented at. Should be a good day out so lets get some teams there.

There have been some good achievements over the

past month, at the Pit stop 10k **Jules Simpson** finished 8th in his debut for the club whilst **Alexina Cassidy** was 3rd lady.

There was a good turnout of Swaledale runners at the tough Burn Valley Half Marathon and **Tony Lambert** finished 5th Man and **Karen Hopwood** was 5th Lady.



Karen at the finish of the Burn Valley Run

Karen followed that up with an excellent 2nd place at the Burton Leonard 10k. At the Rainton 10k **Erika Johnson** finished 1st Lady and good running and support from **Karen Hopwood** and **Amy Cassar** secured team victory for Swaledale. On the same day as Rainton **Darran Bilton** and **Simon Barlow** both had good runs in hot conditions at the Humber Bridge Half Marathon with **Darran** winning the event once more. I'd like to congratulate **Darran** for being appointed team manager for the Great Britain Marathon team running this years Toronto Marathon. I know he'd pre

fer to be running once more in a GB vest but this must still count as an honour.

Congratulations also go to **Liz Duggan** who set and achieved her target of running 60 races in her 60th year. 70 at 70 by any chance!

Have a good month

Pete Richardson

New Member

Welcome to new member **Julian Simpson**

Edinburgh marathon 2010: The hottest May day in Scotland on record!- The Scotsman newspaper.

A report from some of the early lot regulars. Along with a total of 12 club members (that we know of – apologies if we have missed anyone, the website does not have club names) on Sunday 23rd May we took part in the Edinburgh marathon. And as soon as we arrived on Saturday what a contrast we experienced to the frost and ice when we first started training.

The start time on Sunday was scheduled for 10.00 am, by 9.30 the sun had burned away the welcome cloud cover - from then on it was unrelenting. The mainly open and treeless coastal route allowed for virtually no shade. In the absence of even the expected sea breeze one runner said "it was like running in a blast furnace" and none of us can disagree.

One poor man died after a heart attack within the first 2 hours and 185 casualties were recorded. All Swaledalers lived to tell the tale. However both Allyson Cole and Bridie and Gary Kinnane-Davison dropped out; Allyson at 14 miles ("legs just didn't feel like it!") and Bridie and Gary after 12 when Bridie couldn't continue due to a calf injury and Gary very kindly kept her company. Unfortunately for Bridie in the absence of shuttle buses or any other transport they both had to walk a further 12 miles back to the finish anyway!

Due to the conditions the early lot regular's times were 25% or more over their expected times: - Helen Smith: 05:49:13, Sally Rutherford: 05:37:23, Karen Palmer: 05:21:53.

Neil Bowmer was hoping to get a time of 3:05 and was disappointed to narrowly miss this coming in at 03:12:35; but given the conditions, which he described as exhausting, this was a great achievement. Well done too to Andy Gaines: 03:35:06, Martin Luxton 03:45:18, Niall Cheney: 03:55:35, Graham Smith, 04:19:03.

Sue Smith had suffered with a bad knee problem and need advised not to take part, but she decided, as this was to be her last marathon to complete it by running and walking. So her time of 06:53:31 was exceptional given the conditions – *and the condition of her knees!* Following were more than 300 runners with times of over 7 hours, which belies the fact that this is officially the fastest British marathon. The winner finished in a time of 02:26:30 after a dramatic collapse of the person who had been in the lead (by a long way) for most of the race – no doubt again due to the heat.

Conditions were eased (a little) by the friendly local spectators at the ready in many locations with garden hoses, oranges and containers of water. Sally Rutherford did not hesitate to accept a large bucketful of water over her head offered by one eager resident – say-

ing "go for it!".

Asked "Would you run would run this marathon again", the answer from most of the early lot was a resounding "No" (for now anyway - time is a great healer).

PS: as if by magic as we left for the railway station on Monday it started to rain.

The early lot meet up at the club to go out at about 6.15 most often for a 4 - 5 mile run on or off road depending on the weather – and if anyone is training for a marathon. If you'd like to join us one evening let us know - all are very welcome.



left to Right Niall Cheney, Karen Palmer, Sally Rutherford, Sue Smith, Helen Smith, Allyson Cole.

Sally Rutherford

Worcester Pitchcroft 10k (Sunday July 18th)

This was my first entry to the race, prompted by a visit to my father who lives in Worcestershire, my home county. The route is basically three laps around the outside of Worcester racecourse, starting at the grandstand. The course was mainly tarmac paths, and naturally flat, so PB potential, or so I thought. Unfortunately, there were a number of narrow gateways, which did tend to slow things down a little. Conditions were good, overcast and a slight breeze, so I was unusually confident. Competitors (256) were virtually all from the local clubs, so no familiar faces, although there was some good pre-race banter at the expense of the marshals and local residents exercising their dogs. I started too fast, as always, but just couldn't keep the pace up for 6 miles and finished in a disappointing 44' 11", third supervet. I still don't seem to be back to normal after the Edinburgh "incident". Perhaps age is finally catching up with me. Oh well, we're into the 10k season, so some more chances coming up!

Martin Luxton

THE LYKE WAKE RUN:

A 42 mile trail run from Osmotherley to Ravenscar

10th July 2010 Carol Murray

After 18 months or so of training, race morning was finally upon me. Rising with more ease than anticipated at 2.20 am I was pleased to find that despite darkness, the ambient temperature was still warm and no further layers of clothing would be needed: my camel-back was tightly crammed and once items were removed from it I feared they would not go back in later!

Setting off at the start in Osmotherley at 4am was a surreal experience. The race is organised on a handicap basis, with runners of previous or predicted slower times starting earlier and faster runners following at a more civilised time. No carnival atmosphere or starting pistol for this race: just a few like minded lunatics hanging around a car park in the darkness until the start marshal casually comments that we can be on our way now if we want.



Mindful that pacing is everything for this kind of distance and terrain, I set off so slowly it felt positively unnatural. 14 others had set off before me, and one other runner set off at the same time as me. I knew from the start order there would be no other runners for some 40 minutes after me so being able to navigate myself over the course was essential.

The view of the Teesside lights twinkling as I crested the first minor hill was strangely beautiful, then it was off into the forests before hitting the first major gradient of the day at Carlton Bank. I had decided my pacing strategy would be to run for all but the steeper hill sections, so pretty quickly I slowed to a walk! With the ascent to Carlton behind me it was through check point one at 5.4 miles and on past Hasty Bank towards Clay Bank. After a quick drink and a handful of omnipresent Jelly Babies it was up to Urra Moor and Round Hill, the highest point on the course. By this time the sun had risen providing the most stunning

views and memories which will last a life time.

From here it was over to Bloworth crossing and through some low cloud hanging over the old railway round to the Lion Inn at Blakey Ridge. With the wind behind me and an easier flattish terrain I was able to get a bit of speed in here and finished the section as the third person through. After a very welcome bowl of rice pud and tinned peaches it was time to move on to the more challenging sections of the course. By this time the temperature was starting to rise and it was becoming increasingly uncomfortable. On the plus side, all the dry weather recently had made a huge difference to the terrain of the next two sections. When I had last practised them before the bogs had left me buried in mud up to my waist and following a stream rather than a path. This time though the ground was positively springy under foot and were it not for the boulders strewn across the path would have been a joy to run on.

Hamer track and then Stape Rd check points came about soon enough though, and as Fylingdales came into proper focus I had managed to pass another runner, leaving only one who was reported to be a good ½ hour ahead.

The navigation became a little tougher once past the next check point at Ellerbeck, a place in which I had got lost on previous reccies, and which therefore had assumed rather sinister connotations in my mind. Here the path disappears completely among the heather and rocks, and I was forced to rely on the compass and fervent prayer. Finally the summit and Lilla Cross came into view, and from here it was a slow but steady descent eastward towards Jagger Howe. After traversing the steep ravine here, it was on to the check point at the busy A171, where I was told there was only 3 miles and 1 runner between me and the finish line!

With the view of the mast at Beacon Howes drawing slowly closer and spurred on by the prospect of finishing in under 10 hours, crossing Stony Marl Moor was surprisingly easier than I thought. Looking back, with a 10 – 11 minute mile average for this section, it must have been my equivalent of a sprint finish!

At the beacon there is a choice of following the road down to the finish line at Ravenscar Hall Hotel, or taking a steep more direct path down across the fields. Taking a gamble for a faster finish time I cut across the fields and hoped I could find the exit. The point at which I emerged back onto the road from the field was apparently the point at which the remaining runner ahead of me had looked down the final stretch and cursed his decision to take a breather on the longer route! To his credit after 42 miles of running he rectified this with a thunderous sprint down the last straight to cross the line seconds ahead of me!

Having assumed initially that he was a later runner who had caught up with me, I was as thrilled as he was to discover he was the very first over the line, and

and even more so to discover that as an earlier starter than me I had still cleared his time by 20 minutes (me, competitive?!).

With a finish time of 9 hours 40 minutes it was a sublime feeling. I hadn't even dreamed of finishing in under 11 hours, and had had real concerns about finishing within the 12 hour time limit at all.

The event was won overall by last years winner Dan Shrimpton, in an unbelievable time of 6hrs 9 minutes, the ladies winner was Shelli Gordon with a similarly spectacular 6hrs 51 (taking third overall) and my fellow finisher and I picked up the trophies for Male and Female Handicap race winners.

I would recommend this wonderful race to anyone who is willing to put themselves out there and push themselves towards their limits. It's not really a high profile event, and you wouldn't do it for the atmosphere as you barely meet a handful of people throughout the day. But those that you do meet are a terrific bunch of people who have volunteered their time and effort because they love the Moors and who are full of wonderful encouragement. The spectacular scenery makes the long hard effort all worthwhile, and having truly come to love the area over the last 18 months, I will be spending plenty more time getting to know it better.

Croft Pit stop 10K – July 7th 2010

This run wasn't as boring as I was expecting – not being a fan of flat circuit races. The weather was good although there was a fairly strong wind. The race was over 3 and a bit laps of the circuit, but I didn't find it tedious as there were some pretty good views of the surrounding countryside. It was kind of surreal running on a motor racing circuit. I kept expecting to hear the roar of engines



Husband and wife, Anthony and Alexina at Hudswell

There were only 5 Swaledale runners with new member **Julian Simpson** first back for the club in 37:54, **Anthony Cassidy** was delighted to record a PB time of 41.02. **Alexina Cassidy** was in next in a PB of 44.42 and 3rd female overall. **Sara Woolley** came in

in 57.15 and **Jo Richardson** in 60.22. It was a fairly small field of 120, but there were some good prizes. Worth entering if you want to try for a PB.

Alexina Cassidy

James Herriot Trail Race Sunday 25th July

This event is organised by Wensleydale Rotary Club each year, starting and finishing from Castle Bolton. They have full results and the following report was taken from their website.

'There was a very strong contingent of runners from London Frontrunners who had come up to Yorkshire for the weekend. One of them, Shaun Whelan, won the race last year, beating previous winner Gary Dunn. However, Gary reversed the situation this year, beating Shaun by 8 seconds in 53.45 minutes. Mark Forrest, also of London Frontrunners, was third, with regular attendee, Lewis Banton of Chesterfield Clowne Runners 4th.

The winning Lady was Mairead Rocke of Corby AC in 62.4, with Carol Morgan of Burley in Wharfedale (NVR) second, while **Erika Johnson** of Swaledale Road Runners was 3rd for the third year in succession!'



Jess Brown at the James Herriot Run
(photo Liz Sowter)

Conditions were good although the runners faced a strong head wind on the moor tops this year.

Steve Brown 61:47 (14th), **John Wilson** (22nd) 64:58, **Martin Randall** 66:08 **Erika Johnson** 72:49, **Julie Tanner** 74:34, **Stuart Clarkson** 80:15, **Claire Stewart** 81:47, **Julia Snape** 86:07, **Pauline Bennison** 89:41 and **Jess Brown** 92:57

Black Sheep Race Series Update

With three races in the series to report on runners from the club have been busy.

Firstly there was Rainton 10km on the hot afternoon of June 26th. We won ladies team here as well as picking up individual prizes along the way. **Martin Randall** was first in for the club in 41:46, **Erika Johnson** was 1st lady in 42:48, picking up valuable points in the series, **Karen Hopwood** 3rd lady in 43:35. **Amy Cassar**, 1st under 35 lady in 47:44, **Ronnie Cassar** 1st over 65, **Peter Devlin** 49:30 **Stuart Clarkson** 52:50 **John Hunter** 55:20 **Marian Hunter** 61:13, **Jo Richardson** 63:54 and **Glenys Nutter** 93:21.

A week later it was the Burn Valley Half Marathon, we had 9 members taking part in this grueling race. **Tony Lambert** was 5th man in 1:22:24, **Martin Randall** 1:35:44. **Karen Hopwood** ran a well paced run to finish 5th lady and first local lady in 1:40:37 **Erika Johnson** was 1st over 40 in 1:44:56, **Amy Cassar** was well ahead of **Ronnie** this week finishing in 1:49:57 to his 1:52:23, though he was still in the prizes. **Gary Young** 1:51:26, **Stuart Clarkson** 1:55:11 and **Karen Saward** 2:01:09

The penultimate race in the series was the Burton Leonard 10km on the 18th July. **Tony Lambert** finished in 37:48, **Martin Randall** 43:06, **Karen Hopwood** was in winning form again, this time she was 2nd lady in 45:12, **Amy Cassar** 50:12, **Ronnie Cassar** 50:36, The off-road course was obviously to **Stuart Clarkson's** liking as he closed the gap on the Cassar duo to finish in 51:03, **John Hunter** 58:34 and **Julia Spittle** 64:03.

Round Up

At the Humber Bridge Half marathon in hot conditions on the 27th June **Darran Bilton** was first man in 1:10:46, with **Simon Barlow** recording 1:39:34.

At the Kilburn Feast 7 on the 11th July we had a trio of ladies taking part. **Nicola Pearson** 64:54, **Nicky Eason** 65:00 and **Pauline Bennison** 67:00.

Meanwhile over in West Yorkshire **Martin Luxton** was running the Eccup 10 mile. He finished this hilly route in 1:16:44

Carol Murray took part in the Cleveland Olympic Triathlon, completing the course in 2hours 38 mins. On the 11th July **Elizabeth Sowter** was our sole representative at the Lune Valley and Howgill 10 mile. On this hilly route **Elizabeth** finished in an excellent 3rd lady position in 1:26:03.

At the Harrogate Town Centre 10km **Darran Bilton** was first man in 31:48, **Simon Barlow** had another good run to finish in 51:28 and **Peter Devlin** 51:28

Race Diary

Entry forms available at the clubhouse or on these websites www.ukresults.net

Barry Cornelius website has a new address; www.northeastraces.com (BSS) indicates the race is part of the Black Sheep Series

Road Races

August 8th Darlington 10km
Please note NO ENTRIES ON THE DAY THIS YEAR.
August 14th Arncliffe 4
August 22nd Ray Harrison Memorial 10km, Billingham
Sept 1st Autumn Coast Road 5km, Redcar
Sept 5th Tholthorpe 10km
Sept 5th Ryedale 10 mile, Malton 9:30am start, now an accurately measured course
Sept 5th Middlesbrough Tees pride 10km
Sept 12th Wetherby 10km (BSS)
Sept 19th Great North Run
Sept 25th Great Langdale Half Marathon and Marathon, Cumbria

Multi-terrain Races

Aug 30th Spofforth Gala Trail Race 10km
Sept 11th Snape 10km, 11am Saturday
Sept 11th Castleton Show Run 6 mile
Sept 12th Para's 10 Endurance run, Catterick
October 10th Shaun Lee Johnstone Memorial 10 mile. www.riponrunners.org.uk for an entry form

Fell Races

Aug 3rd Gribdale Gallop
Aug 7th Osmotherley Show 5.5M, 1050ft 2pm.
Aug 17th Guisborough Grunt
Aug 28th Dentdale 2.9M, 1385ft 2pm English Championship counter, part of Dentdale Show. www.dentdale.com for race route and info
Aug 31st Roseberry Topping
Sept 25th



Wherside Fell Race, Dent 11am