

SWALEDALE ROAD RUNNERS

AUGUST 2009 NEWSLETTER



www.swaledaleroadrunners.co.uk

Editor - Erika Johnson Tel:01765 689077

newsletter@swaledaleroadrunners.co.uk

Chairman's Report

The Harrogate & District Summer Race League is over for another season and congratulations go to our over 55's who after a tremendous effort at Otley, beat off the close challenge of Ilkley Harriers to retain the Supervets Trophy. Congratulations also go to **Tony Ward** who finished 1st man over 55 in the league. Despite never being on top form this season **Tony** always gave his best for the team. The Handicap race is always the finale of the league and for the second time honours went to **Jo**.

It was good to see a large club turnout at the James Herriot Trail Race again although it was disappointing that the bad weather meant that the annual club picnic was cancelled, especially as we were all looking forward to sharing **Marian's** birthday cake. The race saw yet another team victory for Swaledale Ladies and individual prizes went to **Erika Johnson** (3rd lady), **Jackie Keavney** (2nd over 35) and **Pauline Bennison** (2nd over 55).



Pauline Bennison

(photo courtesy of Wensleydale Rotary Club)

Other notable performances over the past month include **Erika** finishing 1st lady at the Burton Leonard 10k, and 2nd lady at the Osmotherley Show Fell Race.

Jackie finished 2nd lady at the Stanhope Fell Run and 1st over 40 at Osmotherley. **Darran Bilton**, the man described as "The Galloping Geriatric" on the Leeds City website broke the course record at The Kilburn Feast Race where **Steve Brown** finished 2nd over 50. At the Harrogate Town Centre 10k **Simon Barlow** continued his run of PB's with a time of 42.31. Over longer distances **Tony Ward** finished 3rd overall and 1st vet in the Osmotherley Phoenix 17 mile race and **Derek Parrington** finished the 33 mile race in a creditable 6 hours 26 mins,

I shall be shortly placing an order for some club running jackets manufactured by RonHill. These are not only great jackets to run in but will look very smart as team clothing for attending races in. These will be in green with a black trim and will carry the club badge on the chest and "Swaledale" across the back. These jackets are lightweight, breathable and water resistant and have reflective trim. The cost of these jackets will be between £38 to £40, depending on how many we order. I will be receiving a sample jacket from RonHill for you to look at, please let me know if you would like to purchase a jacket, as I don't really want to over or under order. Because of the printing costs ordering small quantities in the future would incur additional costs so it is best to get in on our first order.

I am also looking at organising transport again to the Derwentwater 10, which will be on Sunday 1st November. Full details will follow.

The Richmond Castle 10k is attracting entries from far and wide including places such as Germany, Belfast, Chelmsford and London. Thank you to everyone who has so far offered their services to **Gary Davison** for marshalling duties.

I must thank **Sara Woolley** for organising the latest club supper evening, which was much enjoyed by those that were there.

Have a great month.

Pete Richardson

New Members

Welcome to new members **Jason Daniel, Laura Beardsworth, Catherine Cowan, Ros Blacmore** and welcome back to **John Smith**

Saltwell Harriers Fell race

A cool evening awaited 76 runners at Stanhope, Co Durham. The route was five and a half miles and multi terrain. The first section went up a moor to a mast. You then followed a path alongside a fence. The organiser described this part of the route as moist. One runner who was waist deep in bog spent two minutes retrieving his shoe! Once the boggy bit was over you crossed a minor road and ran along an old railway line before a sharp descent to a stream. In previous years the stream has been in full flow, waist and even chest deep sometimes. At this point you need to get into the stream and self clip your race number, before climbing back out again onto the same side of the river bank. The route takes you along the river bank before a nasty little climb up to the finishing point. It was a beautiful run and the weather was perfect and would love to do it again next year. The presentation was held at a pub a few miles away. Ben Abdelnoor from Ambleside won the race and broke the course record. Sarah Lister from Blackhill won the ladies race. I was second. Everyone who took part got a bottle of beer for their efforts. A great run and a top night out.

Jackie Keavney

BUPA Great North 10K 12th July

It's not often I've been able to claim arriving well inside the first quarter of the field in any race, but this is what happened at Sunderland's staging of this 10K!

Formerly a women's only charity race, this was the first year that it was open to both men and women and had the impressive start and arrival at Sunderland AFC's Stadium of Light.

The weather was just right for a flat loop of the town, out along the sea front, around the outside of Roker Park, before doubling back to the stadium.

This is predominantly a fun run, so very few club vests but plenty of good causes benefiting from over 4,000 participants' efforts. Think this may have explained my personal 'impressive' performance (52.29) as I'd somehow been put in the first wave after the Kenyans and other elite runners so I had a good start! Therefore, there was very little elbowing and crowding, such is my usual experience of big city races.

Have to say that the event was very well organised indeed, which I'd hoped with BUPA's usual high entry fee and no reduction for club runners. But it certainly went a long way to erasing my previous experiences of the Great North Run and Manchester 10Ks a few years ago. A pleasant, varied route in an often overlooked attractive part of the north east, and for a large event, it had a friendly, local feel, with other

junior races taking place later in the day. So BUPA, for my self-esteem, maybe again next year.....

Chris Sayer

HDSRL Handicap Race 14th July

The grand finale of the HDSRL season was the handicap race hosted by Ripon Runners. 172 runners took part and **Jo Richardson** stormed home to victory by a large margin, collecting a prize on the night. The club supervets team won the prize for the series.



Harry Ellis being chased to the finish line

Summer Turkey Trot 4 mile , Redruth, Cornwall Wed 15th July

For reasons better known to themselves Cornwall AC organised a 'Turkey Trot' race in the middle of summer. As I was in Cornwall on holiday and hadn't had my weekly fix of racing I thought what better way to spend an evening, I even persuaded my Mum that she would enjoy the event.

It proved a popular race with over 440 runners and had the feel of a league race with many local clubs fielding large teams. The run was started by Dave Buzza, former GB international Marathon runner.

The first mile was fast!!! Far too fast for me but we came to steep hill at one mile and that allowed me to pass some of the runners who charged past me at the start. The course continued to climb gradually, well we had to make up for that initial drop at the start, we were then rewarded with half mile of downhill before a short steep hill at the finish. We collected our beer and mug at the base of a large wind generator which was rather disconcerting as I could hear the blades whizzing around. Nobody else had seemed to notice this enormous structure, maybe they are just used to them down there.

Erika Johnson

James Herriot Trail Race 26th July

The race was started by Jim Wight, son of Alf Wight, writer of the James Herriot Series. With conditions in the week preceding the race being wet this meant the course was muddier in parts, and I witnessed a few runners losing their trainers on the first ascent as they landed in a boggy section just off the path. The race was hotly contested with a new course record being set by visitor Shaun Wheeler 52:59. First Lady was Charlotte Sanderson of Thirsk and Sowerby in 63:07. We had 17 runners taking part with several making it into the prizes and the ladies collecting the team shield once again.



John Wilson

(photo courtesy of Wensleydale Rotary Club)

John Wilson 62:26, **Steve Brown** 63:02, **Erika Johnson** (3rd lady) 66:40, **Jackie Keavney** 70:04 (second over 35) **Kathryn Phillpotts** 70:31, **John Hunter** 81:55, **Amy Cassar** 84:43, **Pauline Bennison** (second over 55) 87:19, **Helen Law** 91:54, **Karen Palmer** 94:36, **Sara Wooley** 95:28, **Marian Hunter** 98:04, **Julia Spittle** 98:39, **Sally Rutherford** 101:10, **Alyson Cole** 104:55, **Jo Richardson** 106:38 and **Glenys Nutter** 128:36.

A special mention must go to the club members who helped with the timekeeping and waited in the rain until everyone had finished. Lots of photos of the race and full results can be found on the Wensleydale rotary Club website.

Erika Johnson

Derwentwater 10 mile Sunday 1st November

As a club coach trip is being organised for this run then I thought a short review would be in order for those of you perhaps not familiar with the race.

This year will be the 50th anniversary of the Derwentwater 10 road race. The run starts at noon from the town centre in Keswick, a half mile walk from the race headquarters. From here you run down the eastern side of the lake, on a undulating route, crossing over at Grange. It is here that the course becomes

more challenging, with some steep inclines, but you are rewarded with some fantastic views. The run then winds its way back towards Portinscale and then onto Keswick, with a flat last mile.

It is always a popular run in the Lake District calendar, and last year we were blessed with glorious weather, that I can't promise for this year but the backdrop is fantastic. Family members can have a look around the shops of Keswick whilst you are running or perhaps enjoy a short walk along footpaths in the area.

Entry forms are available from www.keswick-ac.org.uk or Barry Cornelius's web site. Entries before the October 28th are £7.00. I've done my best to sell it too you, all you need to do now it fill up the coach.

Erika Johnson

Race Diary

Entry forms available at the clubhouse or on these websites www.ukresults.net
www.barrycornelius.com/running/races/next.htm

Road Races

Aug 11th	Millenium Bridge 5km, York
Aug 22nd	Burnsall 10
Aug 23rd	Ray Harrison Memorial 10km, Billingham
Aug 23rd	Escrick Priory 10km, York
Sept 2nd	Autumn Coast Road 5km, Redcar 7pm
Sept 6th	Malton 10 mile
Sept 6th	Tees Pride 10km, Middlesbrough
Sept 6th	Tholthorpe 10km
Sept 12th	Castleton Show 6 mile
Sept 13th	Wetherby 10km
Sept 20th	GNR
Sept 27th	Sutton 7
Oct 11th	Yorkshire Coast 10km, Scarborough, a new event
Nov 1st	Derwentwater 10 mile

Multi-terrain Races

Aug 31st	Spofforth Gala Trail Race 10km
Sept 5th	Snape 10km
Sept 13th	PARA's 10 mile Endurance Run
Sept 20th	Kirkstall Valley Trail Race 7.25 mile
Oct 4th	Harewood House 10 mile
Oct 11th	Ampleforth 7 mile new date for the run
Oct 11th	Shaun Lee Johnstone Memorial 10 mile

Boroughbridge

Fell Races

Aug 18th	Guisborough Grunt 6.1M/975ft 7pm from Guisborough RUFC. Info for this and other North York Moors races is now available from www.eskvalleyfellclub.org
Aug 22nd	Burnsall Fell race 2 mile
Sept 1st	Roseberry Topping 1.5 mile/750ft, 7:15pm start.

Monthly Round up

July got underway with the Burn Valley Run. This hilly half marathon was run on the humid afternoon of the 5th and we had 7 runners up for the challenge.

Erika Johnson was second lady in 1:35:04, followed closely by **Kathryn Phillpotts** in 1:36:09. The ladies team was then complete with **Jackie** (1:44:09), securing them the ladies team prize.

Niall Cheyne 1:45:38, **Gary Davison** 1:48:39, **Ronnie Cassar** (second over 60) 1:53:03, **Amy Cassar** 1:54:03 and **Glenys Nutter**, first over 70.

At the Kilburn 7 on the 12th July we had 3 members **John Wilson** stormed in in 46:51, followed by **Steve Brown** 46:51 and **Simon Barlow** 51:03.

Gary and **Bridie Davison** opted for the popular Northumberland coastal Run, finishing this scenic route in 2:20:28. Whilst **Martin Luxton** headed to Leeds to run in the testing Eccup 10, which took him 1:15:28

At the multi-terrain Burton Leonard 10km on the 19th the conditions were dryer than the runners expected after recent heavy rainfall. **Erika** finished first lady in 42:46, Next was **Ronnie Cassar** 49:26 followed by **Amy Cassar** 52:54, **Simon Hudson** 54:53 **John Hunter** 56:01, **Tina Hudson** 69:03 and **Glenys Nutter** 82:44, collecting the prize for the oldest female runner.

Martin Luxton and **Nicola Pearson** opted for the coast instead of the James Herriot Run. They took part in the Victorian 10km at New Marske. **Martin** recording 42:29 and **Nicola** 55:43

Meanwhile over in Harrogate three members were racing around the new Harrogate 10km course. **Darran Bilton** was third finisher (1st over 40) in 31:24, **Simon Barlow** 42:31 and **Peter Devlin** 49:19.

This summer **Carol Murray** has been busy competing in triathlons. First was the Cleveland short course triathlon on June 14th (Olympic distance: 1500m swim, 26 mile bike, 6.25mile run), based at Ellerton lake. Carol finished in 2hrs 35. She followed this with the Cleveland Steelman triathlon on July 4th (Half Ironman distance: 2000m swim, 58 mile bike, 12 mile run), also based at Ellerton lake on July 4th finishing 5hrs 39.

On Saturday 1st August the Osmotherley Show 5 mile Fell Race took part. A select field of 29 runners took part in this well marked route. **Erika** was second lady in 46:10, **Jackie** collected first over 40 in 49:45 and **Pete Richardson** had a brilliant run finishing strongly. Results not yet available to confirm his time.

Contributions for next month by the 1st September please