

# SWALEDALE ROAD RUNNERS

DECEMBER NEWSLETTER 2009



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

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## Chairman's Report

Apologies for a shorter than usual report this month (although you may find it a blessing!) and also that I have as yet, been unable to produce the prestigious and eagerly awaited Newsletter Awards of The Year.

I feel somewhat out of touch of what's been happening at the club recently as it is so long since I've been able to attend but enjoy my absence while you can, I will return!

I understand that the Christmas Dinner was another success and I would like to thank **Sara** for organising this. **Mary Carnegie-Brown** is again organising and hosting another club Fun Run on Sunday 3<sup>rd</sup> January, please support this if you can.

I was devastated to hear from **Tony Ward** that he is suffering from Pancreatic Cancer. As well as being one of this club's most talented runners ever, Tony has been a great character to have in the club, a very good friend and I know he is thought of with much affection. I am full of admiration for the way he is facing this terminal illness with his usual dry sense of humour. It is up to us to give **Tony** whatever support we can.

Finally I would like to wish you all a very merry Christmas and hopefully I'll see you all before too long.

*Pete Richardson*

## Social diary

### ***Festive Fancy Dress Fun Run***

Sunday 3<sup>rd</sup> January 2010, meet 10:30am to run at 11am, approx 4 miles mostly off-road hosted by Mary Carnegie-Brown, Old Maids Farm, Parkgate Lane, Brompton-on-Swale.

### ***Take Away Night 19th Jan 2010***

The off-road group (our motto "we are always in it-only the depth changes") invite you to celebrate a 120th Birthday Party, that's Vic and Geoff combined, with a Chinese take-away night on Tuesday 19th Jan. Full details at the clubhouse.

Guess the split in ages wrongly and you could be buying their meals.

*Geoff Kensett*

## Ravenstonedale 10k

28th November

This race starts from the little village of Ravenstonedale near Kirkby Stephen, and as one would expect from the area it's not a PB course. The spectators, in this case Glenys, Kristian and Marian could cheer us on twice as the course loops through the village at about two miles.



*John Hunter at the finish of Ravenstonedale 10km*

**Tony Lambert** was 5th man in 35:50, **Erika Johnson** 3<sup>rd</sup> lady 40:41, **Alexina Cassidy** 45:22 and **John Hunter** 50:56

*Erika Johnson*

## Thirsk 10 mile 29th November

This year the race hosted the Northern 10 mile Championship once again, so it attracted a high quality field from all over the North of England, with the introduction of chip timing this year. The weather had been extremely wet overnight so there was standing water on the course.

We had a good turn out of members from the club; **Dave Atkinson** 1:02:55, **Derek Parrington** 1:09:27, **Jackie Keavney** 1:11:10, **Martin Luxton** 2 minutes faster than last years time in 1:11:03, **Andy Broadley** 1:11:45, **Roy Ashman** 1:16:48 **Carol Murray** 1:18:09, **Peter Devlin** 1:20:09, **Chris Sayer** 1:26:03, **Nicola Pearson** 1:31:48 and **Ruth Clapham** 1:33:53

## Langdale Christmas Pud 10km 13th December

This one of the more scenic races if you fancy travelling at this time of year, this course has changed over the years but has faithfully stayed within the picturesque Langdale Valley. Again this year it was a cold frosty morning along the bottoms, the sun didn't rise much above the surrounding mountains till just before the race start at 12 noon,

This was my first road race in nearly a year and a half, my old race superstitions surfaced - even numbered race number, race pins facing the same way, laces tied just so and tucked under 3rd row, getting changed in the last 20 minutes, and not wanting to talk in the last hour. Each one achieved just!



*Niall Cheyne at Langdale Xmas Pud 10km*

I opted for a safe start, half way back, big mistake, the first mile was a lot of weaving about. In front Erika, Martin and Niall easily seen in their green vests. My race plan was an easy first half and not to be beaten by any fancy dressed Santa's, followed by a quicker second half.

Being in the thick of it I noticed several things, plenty of people eat garlic, overdressed runners, ipods and talking, it's quite distracting!

Around the half way mark I passed Martin and Niall and tried to keep to my aim of running faster on the return from Elterwater. I was pleased to manage this and began to warm to thought of doing a few more races.

The finish was a welcome sight as was the Christmas pudding and not a single Santa beat me, I'll beat that pesky elf next year though!!

*Richard Johnson*

Due to the popularity of these runs there are races on Saturday and Sunday to accommodate everyone.

Saturday- **Michael Fenwick** 45:56, **Cinzia Miles** 59:09

Sunday- **Erika Johnson** 39:18 2nd lady, **Richard Johnson** 42:22, **Niall Cheyne** 42:58, **Martin Luxton** 43:00, **John Lynch** 47:18.

## Simonside Cairns Sunday 13<sup>th</sup> December

I had previously checked out this run two years ago and managed to remember most of it. The route though had changed a little and though it was slightly longer than before, so the maps I printed off helped. Visibility was a bit of a worry though the day before, but on the actual day of the race it was perfect conditions, cool with a slight breeze.

The run was 11 miles and 1400 ft. The moor section was so boggy with black mud, very heavy on the legs. Two sections of the run went through forests, one of which had been decorated with fairylights together with festive music playing. Some of the marshals were on hand to hand out jelly babies to the needy. At the end of the steepest climb most of the runners were pleased to get onto the rough stone paths and do some actual running instead of bog trotting.

After the final decent of the top the route retraced its self back along a short road section the start/finish in Rothbury. Runners were able to wash down after the run in the local river before going to the pub to enjoy soup that had been laid on for those taking part.

The men's winner was James Buis from Heaton in 1.23.55, ladies winner was Karen Robertson from Northumberland Fell Runners in 1.35.59. I got 3rd vet 40 in a time of 1.55.40, **Claire Stewart** and **Oonagh Bathgate** had a joint time of 1.59.17. A record number of 116 runners took part as it was part of the Northumberland fell runners championship, Certainly a race worth doing again.

Have a very Merry Christmas and a Happy New Year.

*Jackie Keavney*

## New Members

We have a bumper crop of new members this month. Welcome to **Nicola Matthews**, **Yolanda Richards**, **Nicky Harland**, **Michael Fenwick**, **Neil Bowmer** and **Martin Randall**.

## **The Top Tip Doctor (Darran Bilton)**

Being an active runner representing Leeds City and Swaledale, as well as a coach and coach-tutor, I am constantly asked for advice on various running issues from injury management to race preparation. Recently though, a lady athlete (whom the reader will please excuse me for keeping nameless) contacted me about a loss of form. This problem is much more common than you'd think and let's face it, sometimes our running and racing just seem to be generally off the boil. But rather than lecture on motivation and training, I've copied an abridged version of the email I received and my prognosis. It gives some insight into how easy it is to get into a rut and how you can easily get out of it (or better still, avoid it).

### ***The email to me...***

I could really do with some advice on my running. (Its a disaster).

This year I've seen a steady decline in my performance. I know my training hasn't been as focused, I feel much less fit and I've done fewer races (last summer I was doing lots of 10ks and weekend races, vets league races and had done our evening summer league events so was keeping pretty race fit and getting faster). My big worry is that I've also experienced feeling unwell in races. Last year at Thirsk 10 (Nov) I felt really unwell at about 7.5 miles. The world just stopped - I couldn't breathe properly, legs felt ultra heavy like they were lead and I felt quite ill. I could only jog the last couple of miles as my body just wouldn't work. My head was telling me to run faster but I just couldn't physically get going. The same thing has happened again 3 times this year.

I've seen my GP and had blood tests for diabetes, glucose levels, iron, thyroid, cholesterol - all came back ok. I've also had a 24 hour ECG monitor which didn't pick anything up either. I'm wondering whether it is:

- a) me just trying to run outside of my current fitness level
- b) Adrenalin related - it only ever happens when I'm racing.
- c) me not eating right
- d) Not training right
- e) A combination of all of them!

Any suggestions as to what I can do? I really want to get back to running and feeling better.

### ***My prognosis...***

Of all your information and comments, the last statements were by far the most important. They are manifestations of 'over reaching' and possibly OTS. Without further information on your ferritin levels, sleep order, training loads and finally general state of your busy life (all this information is nothing to do with me and should only be shared with your trusted coach), all my following comments are speculation.

The fact that you haven't mitigated your disappointing performances with either very easy or really hard workouts, would suggest that you've entered "steady land." It is an evil state that I tell my athletes never to step foot in. It is where a disappointing performance justifies training a bit harder - except you are not in a fit state to train hard. SO you train as hard as you can (which is steady!)

The answer is this... and don't view this answer as an easy option; it requires more strength and determination than any VO2 max session... you need to return to a state of enjoying each and every run. At the moment you see going slow as a cop out ("copped out when I felt tired by going slow"). If you were one of my athletes, I would get you to time every run you do. If any are faster than 2 minutes per mile slower than your marathon race pace, you've gone too fast.

Run at this mega easy, mega fun pace for 3 months and then return to a structured regime and race plan (doing a 10 miler the week after a 1/2 would suggest there hasn't been enough structure in the past). And remember, distance is not an enemy but fast pace is.

Happy running and Happy Christmas, fellow Swaledale runners!

*Darran Bilton*

## **Black Sheep Race Series 2010**

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

Entries forms are now out for next years series. The same 8 races will be included, but the format will change, reverting back to the points system so competitors only have to complete one of the long races. and 4 out of 6 of the 10km races.

You can enter the series for £10.00, but still have to enter the individual races, with entry forms appearing in due course on the Ripon Runners website. There are lots of age group prizes and awards for completing the series.

Races in the series are as follows;

**Fountains 10k - April 25th**

**Ripon 10 Mile - May 9th**

**Melmerby 10k - May 25th**

**Kirkby Malzeard 10k - June 5th**

**Rainton 10k - June 27th**

**Burn Valley ½M - July 4th**

**Burton Leonard 10k - July 25th**

**Wetherby 10k - Sept. 14th**

(dates subject to confirmation in the New Year)

There is a generous prize list for the series and we had a number of prize winners last year from the club. Lets see some new faces next year.

### 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)

### **Road Races**

Dec 28th Jolly Holly Jog 10km, Ripon.  
Jan 24th Brass Monkey Half Marathon RACE FULL  
Feb 7th St Wilfred's Muddy Boots 10km, Ripon  
Feb 7th Dewsbury 10km 9am, fast city centre race  
Feb 21st GNW Half marathon, Blackpool  
Feb 28th Snake Lane 10 RACE FULL  
Mar 7th Haweswater Half Marathon  
Mar 13th Dentdale 14.2  
Mar 14th Trimpell 20, Lancaster  
Mar 14th Spen 20 mile, Cleckheaton. Two laps from the Princess Mary Athletics Stadium.  
Mar 21st Lincoln 10km  
Mar 27th Coniston 14 online entry only online  
Mar 28th Wakefield Hospice 10km, fast course  
Mar 28th Hartlepool Marina 5, start and finish at Hartlepool Historic Quay 10:30am.  
Mar 28th East Hull 20 mile

### **Multi-terrain Races**

Dec 20th Loftus Poultry Run, 8 mile  
Dec 26th 30th Anniversary Otley Chevin 7 mile, Race full  
Dec 28th Jolly Holly Jog 10km, Ripon.  
Feb 14th Ann Johnson Absent Friends Trail Run, Billingham, 5 mile  
Mar 20th Cartmel Ultimate Trails Race, 18km,

### **Fell Races**

Dec 27th Guisborough Woods, G'bro RUFC, 5.9M/1230ft  
Jan 1st Captain Cooks 5 mile, Great Ayton. A great New Year's Day race to Captain Cooks monument and back, with a bit of mud thrown in! Enter on the day only.  
Jan 10th Clay Bank East 5.8M/870ft  
Feb 14th Castleton-Beacon, Eskdale Inn, Castleton 8.1M/1140ft  
Feb 28th Comondale Clart 5.5m/600FT

### In Brief

The Wensleydale Wedge on November 22nd saw 4 members tackle this 23 mile challenge event for runners and walkers. **Oonagh Bathgate** was first for the club in 4 hours 32 min, followed by **Liz Sowter** in 4hrs 42 min. **Steve Brown** and **Julie Tanner** set out to walk the course but still managed it in 5:37 min.

**Sara Wooley** ventured to Derbyshire to run in the Clowne Half Marathon, which attracted over 500 runners, she finished in 2:00:10.

At the Eskdale Eureka 10 miler on the North York Moors on the 6th December the runners braved very wet conditions, though they fared better than some of the locals. (See photo below) **Jackie Keavney** 90:00, **Claire Stewart** 92:38, **Oonagh Bathgate** 94:47 and **John Lynch** 95:45



*Jackie crossing the river at Hob Hole, ahead of Sue Haslam of Scarborough AC, showing a vehicle swept away in the ford!*

*Photo courtesy of David Aspin, Esk Valley Fell Club*

On the same day over in Cumbria **Erika** was once again on the roads racing a 10km, this time the Ulverston Christmas Pud 10km, the course was very flooded in sections and the runners braved a hail storm as the race was about to start,. She finished in 40:05, second lady, and Richard enjoyed the Christmas Pud!

### V.I.P

**Helen Smith** is this months VIP, having been spotted on the pages of Runners World Magazine in their write up about the Scarborough 10km, perfect timing **Helen!**

### STOP PRESS

**Coniston 14 2010 race in danger of cancellation.** Heard on the Northern BBC news this week there is the threat that Coniston 14 Road Race could possibly be cancelled next year due to bridge weakening on the course after the November floods. If the bridge can be strengthened or a temporary bridge built than the race can go ahead. We will keep you posted of any further news.

**Merry Christmas and Happy New Year**

**Thank you to all the newsletter contributors over the last year.**