

SWALEDALE ROAD RUNNERS

FEBRUARY 2008 NEWSLETTER



www.swaledaleroadrunners.co.uk

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Chairman's Report

It seems a lot has happened since the last newsletter. We had good turnout at the Club Fun Run which this year was kindly and excellently hosted by **Mary and Grant Carnegie-Brown** and their enthusiastic and helpful family. With most people in fancy dress it was very colourful and there were some excellent costumes. My particular favourites were Little Bo Peep and Minnie Mouse although the St. Trinian's school girls also caught the eye. Well done to everyone for their efforts and many thanks to our hosts.

Race wise the past month has been notable with our ladies winning the team prize at the Clay Bank East Fell Race, **Erika** continued her recent good form by being first lady and was well supported by **Jackie** and **Claire**. We had good numbers at the Brass Monkey Half Marathon and several members achieved PB's including **Tony Lambert** and **Jackie Keavney** both of whom were amongst the prizes in a high quality field. For me however the highlight of the month was watching the North of England Cross Country Championships at Roundhay Park. This was the first time we've been represented at this level and to use a quote from **Darran**, "Swaledale were swimming with the big fish in a big ocean". Our ladies team of **Erika, Jackie, Emma, Charlotte** and **Amy** did ever so well to finish 20th out of 30 teams when you look at the clubs we were up against. A great performance especially after we lost a few team members due to injury. Sadly we could not manage to field a full men's team due to a number of reasons but I was also very proud of the effort put in by **Stuart, Tony Ward, Derek, Andy** and **Ronnie**. Congratulations to **Darran** and his Leeds team mates who were convincing winners and who have just returned from representing Great Britain in the European Club Cross Country Championships.

The AGM will be held on Sunday 20th April at the SOC clubhouse starting at 7pm. If anyone has any proposals or motions can these please be given to **Jo** by Tuesday 1st April so that they are available for consideration before the meeting. Next years committee will have a bit of a fresh look about it as **Jo, Sue** and **Erika** wish to step down as Secretary, Treasurer and Ladies Captain respectively. We also require a Northallerton representative as **Alex Sutcliffe** has tendered her resignation as she has found it increasingly difficult to get along to the club. I am currently considering my posi-

tion as Chairman as the role seems to get increasingly challenging both with what's being imposed upon us from outside and also to keep the club progressing forward also keeping on top of a demanding job. I would like to hear from anyone who feels they would like to take on a committee position.

The club now has its own mobile phone (07504 542530) which will be kept at the desk on club nights. I would like all groups to have a phone with them on club runs so that in the event of an emergency or if they're likely to be later back to the club they can let whoever's minding the clubhouse know. We're also compiling a list of who to contact in the event of an emergency so can you please let us know who should be informed if you were to "come a cropper".

Have a great month.

Pete Richardson



Amy and her dog won the prize for the fancy dress

New Members

A warm welcome to new members Nicole Bell, Nicola Parker, Anne Atkinson, Alex Keenan and Graham Smith

The XLIX Volta A Cidade Do Funchal 2007 (a 6k road race in Madeira)

If you are as obsessed about running as me (and dare I say it, you!), a really fun thing to do whilst on holiday is fit in a race. It's fun for two reasons, firstly you haven't a clue how good the opposition are, and secondly you probably don't know the course. Both factors help to make it a pressure-free and enjoyable race with no preconceptions about how you should do. Well, I was lucky enough to spend last Christmas (seems like a long time ago now) in Madeira and during my holiday there was a 6k 'round the town' road race. I found the details from the tourist information web site and noticed at that point that the front runners came from places like Kenya, Russia & Uganda (and of course, Portugal). I know that removed the element of surprise, but I wanted to know how big a lions' den I was putting myself in. I contacted the race organisers, picked up my number at the local athletic club stadium and turned up on the night... oh yes, it started at 9pm with prize presentation at 10.30pm (these ruddy foreigners!)



Darran collecting his prize

The start line was a little intimidating (my fellow 'elite' didn't have race numbers, but had their names on the sheets. Now the first clue) and when the gun went off, the scene was total chaos. Full speed ahead! Running under the hundreds of thousands of Christmas lights at night with 3000 other crazy men and women was surreal, but utter running heaven. I puffed and panted to finish 15th (one too many beer by the pool earlier in the day perhaps) and for finishing as the first M40 I won an enormous trophy (see, there is something good about getting old). As for getting the trophy home, well that's another story.

Next time you're on holiday, find a race. You may win, you finish last. Who cares, as long as it adds to the holiday and feeds this crazy addiction of yours. Oh yes, try to have some consideration for your family.

It's their holiday, too!

Darran Bilton

Jolly Holly Jog Sunday 30th December 2007

There was great turn out for an old race over a new course. The weather was sunny and not too cold which turned out to be a blessing for the organisers. As with all new races there are always a few 'teething problems'. All the competitors were walked over to the start from the Cricket Club. Unfortunately the pace of the transfer left the speedier walkers/runners waiting around for about 10 minutes, on an inclement day this could have caused a few problems (frostbite!).

Before the start we were informed that the first half of the race was up hill. As is often the case, apart from one muddy climb, up hill equated to 'Richmond flat'. We had expected quite a lot of mud after the rain of the preceding days but although the course was wet the going was not too difficult. The route was mainly off road and took in the grounds of Studley Royal.



Mary smiling all the way to the finish of the Jolly Holly Jog

Tony Lambert (34.33) in fourth place was the first of the 13 official club starters to finish. **Dave Atkinson** as usual cycled over for the race and finished well in 38.47. It was good to see **Karen Hopwood** (43.18) at the event she finished in 2nd place in her age group. Other club finishers were **Philip Biggs** (49.13) **John Hunter** (49.55) **Vic Parkinson** (55.27) **Mary Carnegie Brown** (56.11) **Neil Stevenson** (56.36) **Sara Woolley** (60.14) **Julia Spittle** (63.18) **Ruth Clapham** (65.52) **Sue Smith** (69.40). According to the results **Lewis Wilman** (59.01) ran the race but he seemed to answer to the name John and speak with a scouse accent! The photographs show another club member but he is not recorded in the results.

In the main the event was well run and the scenery is wonderful. With a pair of socks to all finishers following on from the gloves and hat of previous years one has to wonder what next year will bring. This was an ideal way to exercise during the Christmas period.

John Hunter

North of England Cross Country Championships 26th January

Ten of us from the club took part in this prestigious event on a blustery Saturday afternoon at Roundhay Park, Leeds. None of us knew quite what to expect. How many people would be there? What would the course be like, especially after all the rain? The first problem was locating other members of the club and collecting our numbers. Amy located the registration building and I signed for the ladies numbers, receiving a booklet of programme of events for the day, listing every runner in every event, their club colours and the respective start times, along with route maps. It was like reading a who's who of running. There were clubs from as far as field as Northumberland, to Derbyshire, some I had never heard of, such as Aurora Harriers and Chesapeake RR. The first event was the under 17 women at 11:30am, the last being the under 20 men at 3:30pm, so a whole day of action. Some clubs had set times where they walked sections of the course so they could work out what length of spike they would need! I opted for a cup of tea at the car and shoved on my fell shoes.

As the start time, 12:25pm, for the ladies race drew near we had to stand in pen 90, Swaledale's allocated starting area. It was starting to feel a bit like the start of the Grand National. A man with a flag signalled for the 300 women to move forward and the gun went off. It was quite exhilarating as everyone stampeded up the grass hillside. The going was good, like running on a golf course, none of the anticipated mud and the undulating course had the added interest of a steep hill which we ran up and down twice on the circuits around the park. There were lots of spectators lining the course shouting encouragement and a running commentary about the front runners over a microphone which could be heard at the other end of the park. It was a very different atmosphere to the normal road and fell races which we take part in and I would definitely take part again next year, having learnt from this year's experience.



Jacqui, Amy, Emma, Charlotte and Erika

The winning ladies time was 27:04 for 8km by Gemma Miles from Kendal AC. **Erika Johnson** (65th) 32:01, **Jacqui Keavney** (89th) 32:58, **Emma Robinson** (168th) 36:16, **Charlotte Sykes** (242nd) 40:20, **Amy Cassar** (259th) 42:03. We were 20th ladies team. The men's winner was David Webb, Leeds City in 37:07 over 11km, with 665 finishers. **Stuart Smith** (407th) 51:50, **Tony Ward** (422nd) 52:17, **Derek Partridge** (520th) 55:33, **Andy Gaines** (577th) 58:26, **Ronnie Cassar** (640th) 63:52.

Erika Johnson

Alsager 5 3rd February

Finding Alsager was not easy, particularly for somebody renowned for running around in circles and who has not yet invested in a 'satnav'. There seemed to be plenty of parking, lots of marshals, good signage and everything was well organised. There were some brilliant bargains in the race HQ, and the T-shirt is very different to the usual 'been there and got the shirt'. The race had a tight start, which caused a little bit of shunting and meant that, unless you were at the front, which I was not, it was slow over the first mile. But, other than the obligatory speedbumps, there were few hazards, until the last mile and a half which were influenced by strong winds. The course is all on-road and attractively urban, but then this is Cheshire, if only just! Thankfully, there was no sign of the Hamiltons! The course was reputedly undulating, but this was not noticeable. The standard seemed to be high. This is a good race, which is highly recommended.

Dave Needham

The race was won by Phil Wicks of Belgrave in 23:50, with **Dave Needham** finishing in 33:55, 268th out of 1008 finishers.

Circuit Training

Following the success of the Deep Water Running we are piloting one land based training session designed specifically for runners. If it proves popular we will hold a block of 6 sessions next winter in conjunction with the Deep Water Running. We will be under the supervision of physio Angie Stirk. Cost will be £3 per person and we do need at least 14 people to make the session viable. It will be held on **Monday 17th March** at Risedale Community and Sports College in the gymnasium, 8pm till 9pm. Please contact me if you are interested on 01677 427657.

Jo Richardson

European Clubs Cup Winners Cross Country Championships Albufeira, Portugal, 2nd Feb 2008

There are big fish. And there are very very big fish! Aside from running for Swaledale, I also run for Leeds City A.C., the British cross country champions. This event is open to the champion clubs of each European nation and, given the varied standard of distance running across the continent, features a fairly wide spread of abilities from the best Europe has to offer (the fully supported and sponsored Portuguese and Spanish outfits for example) through the more typical "Harrier" style northern European clubs to the likes of Luxembourg and Liechtenstein.

The course itself turned out to be the same one used for the well established and high quality "Almond Blossom" cross country races and was typically European in character being set within a compact area and featuring many tight turns and short hills and generally being firm, but a little sandy underfoot. Parliament Hill or Roundhay Park it wasn't but, combined with the strength of the opposition, there was no doubt that the 10000m course was going to represent a severe test of our abilities. As expected the pace was furious from the off and James Walsh and Simon Deacon made fast starts sitting a few seconds off the leaders in the top 25. Whereas I, Mike Burrett and Martin Hilton, all affected by injury or illness to one degree or another opted for a more measured approach and settled in further back. The course was indeed fast and furious. In the speed, I managed to get my hand spiked, so ran round with blood dripping down my fingers (it wasn't a big cut, but it looked good at the time). Being my third race in three weeks really told on my legs but I just managed to round out the scoring 4. This all added up to 155 points and 6th position out of 18 International teams, only a handful of points off the Czech team in 5th and not far off the Turkish team in 4th.

Do you think I'm too old for this? I do!

Darran Bilton.

Predictor

There was a poor turnout for January's predictor with only eleven runners braving the strong winds. Quickest on the night were new member **Alex Keenan** and guest runner **Martin Scaife** who finished in 26.39. Recipient of the Time Out bar was **Roy Ashman** a massive 7 minutes 55 seconds under his predicted time whilst **John Dawson** won the bottle of wine finishing a mere 3 seconds outside his estimate. The next predictor will be on Thursday 28th February. I'll then review whether we carry on holding them as it is unfair for two of us to be always sacrificing our runs when the majority don't seem to want to take part.

Pete Richardson

Website of the Month www.blacksheeppraceseries.co.uk

This is a series of races over the summer. Each race has to be entered individually, but if you think you may be interested in doing a few of them then you can be part of the series for £10.00. To be eligible for race series awards you have to complete 4 of the 10km's races and either the 10 mile race or the half marathon. Runners are then awarded points on their finishing position in each race, these then go towards your overall points. There are lots of age group categories so most people seem to go away with something at the presentation and meal, which is held at the Black Sheep Brewery, incentive enough some would say. The races that form part of the series are;

April 27th Fountains 10km, Grantley
May 11th Ripon 10
May 25th Melmerby 10km
June 7th Kirkby Malzeard 10km
June 29th Rainton 10km
July 5th Burn Valley Half Marathon
July 20th Burton Leonard 10km
Sept 14th Wetherby 10km

An additional 10km race at Catterick may be incorporated into the series.

Even if decide not to enter the series then you may still enjoy doing these local races which are held in picturesque countryside. So far 5 people from the club have entered the series this year, so you would be in good company. Take a look at the website for more information and the application form.

Harrogate Evening Road League

The latest information on the league races is as follows.

www.harrogate-league.co.uk

| | | |
|----------------|----------------|--------------------------------------|
| Tues 6th May | 7:45pm | Ilkley Harriers |
| Thur 22nd May | 7:45pm | Nidd Valley RR |
| Thur 5th June | 7:45pm | Thirsk & Sowerby |
| Tues 17th June | 7:45pm | Leeds & Bradford tri club, venue tbc |
| Tues 1st July | 7:45pm | Swaledale-Hudswell |
| Tues 15th July | 7:20pm onwards | Handicap race Ripon. |

More information will follow.

100 Club

This months winner of £25 was Bill Wilman

Member Profile - Glenys Nutter



Glenys running at Lowther half marathon

Age 70

Family Husband Eric, daughter Erika, son in law Richard and grandson Kristian.

Star sign Leo

Resting heart rate 54 bpm

Years running since 1991, first race the Great North Run in 1991.

Races to date 632, including 19 marathons, the favourite of which is Boston marathon.

Favourite local race Burn Valley Half Marathon

PB's 5km 24:49 Harrogate 1994
5 mile 41:29 Rossett (Harrogate) 1992
10km 50:29 Bromham 1994
10 mile 1:23:54 Brampton-Carlisle 1994
Half marathon 1:53:44 Brass Monkey 1994
Marathon 4:34:52 London 1994

Favourite piece of running gear

My Garmin, because you can't kid yourself on the mileage.

Worst race experience Appleby Half marathon, running 2 miles in the wrong direction and ending up behind the back up vehicle.

Claim to fame Receiving third place over 60 prize at Philadelphia Marathon 1997.

Running goals To keep running.

Running tips Keep a training diary and enter races, it keeps you motivated. Above all have fun.

Race Diary

A selection of race entry forms are kept in the folders at both clubhouses and many can also be downloaded from John Schofield's excellent website www.ukresults.net or www.barrycornelius.com/running/races/next.htm

Road races

Feb 24th Pocklington 10 Race Full
Mar 2nd Haweswater Half marathon. So far 11 runners from the club have entered.
Mar 2nd Trimpell 20
Mar 2nd Norton 9, near Doncaster
Mar 8th Dentdale 14.2
Mar 9th Little Strickland 10, near Shap
Mar 16th Ackworth Half Marathon
Mar 21st Marske 10km, If you fancy a run at the seaside on Good Friday then this fits the bill. Just be prepared for strong winds from the sea as the run is along the coast road, but it is very flat.
Mar 30th South Leeds Stadium 5 mile
Apr 5th Coniston 14 race full
Apr 13th London Marathon
Apr 19th St George's Day 10km, Langdale
Apr 20th Redcar Half Marathon
Apr 20th Rothwell 10km.
May 4th Kirkbymoorside 10km
May 4th Keswick Half Marathon
May 5th Tees Barrage 10km
May 25th Raby Castle 10km

Multi-terrain races

Feb 24th Muddy Boots 10km, Ripon. Run on footpaths, road and trail.
Mar 15th Grizedale Forest 10
Mar 30th Arkendale 10km, road and trail.
May 18th Yorkshire 10km, run on tracks and fields around Newby Hall, Ripon.

Fell races

Feb 17th Castleton-Danby 8m, 1140ft. 8th race in NYM winter series.
Mar 2nd Comondale Clag 5.5m, 600ft. Staggered start from 10am, 9th race in NYM winter series.
Mar 16th Eston Nab Nee Nacker, 5M, 900ft. 10th race in the NYM Winter Series.
Mar 30th Eskdale Eureka, Castleton, 10:30am start, 11th race in NYM winter series.
Apr 13th Gisborough Moors 12.5m 2,300ft (yes, it is spelt like that), from Guisborough RUFC. Final race in the NYM winter series. This is very scenic race, which takes in the Captain Cooks monument and Roseberry Topping along the way. It always popular with over 160 finishers last year.
Apr 22nd Carlton Bank Challenge 4.8m, 860ft. The first race in the NYM summer series, starting on a Tuesday evening at 7pm

Tip From The Top

Start with the end in mind...

A New Year dawns and the prospect of Spring Marathons and a Summer of p.b.'s lie ahead. Except, how do we get to the point of doing better or running further when it's the same old (and getting older!) pair of legs at the helm?

The answer is simpler than you might think; start with the end in mind! No I'm not resorting to management garb from 1988, what I'm suggesting is that you target important races and train with a view to peak for these races. So here's how it's done: think about your race diary for the year and pick out races that are important to you (the ones you particularly like or just happen to consistently do well in, for example). Don't pick too many and if at all possible, space them out so you have no more than one every three weeks or so. Don't worry, I'm not saying that is all you can race, it's just that some performances may at the sacrifice of the races that matter. Aim to taper off for the races that count (similar to how you taper for the marathon, though in a smaller scale) and recover after the race with an easy week. Added those weeks with some quality miles and long runs, and it represents a formula for success. Yes, run other races. But without the taper and don't even worry about doing a longish run the day before an unimportant race.

Simply put, you can't race at 100% week in, week out. But if you put some thought into the preparation, you'll amaze yourself with the results.

Darran Bilton

In Brief

In addition to the races already covered in the race reports Swaledale runners have been busy this last month on all terrains. The ladies team had success at Clay Bank East Fell race, collecting the team prize, with stiff competition from Knavesmire Harriers. Times as follows; **Richard Johnson** (9th)42:28, **Erika Johnson** 44:46 (1st lady), **Jacqueline Keavney** 47:48 (3rd lady), **Claire Stewart** 54:28, **Tracy Hunter** nursing a thigh injury limped in with a time of 60:42 and **Eric Nutter** taking a detour at the end finished in 74:45, collecting first over 70 prize. 5 of the 6 runners went home with boxes of chocolates.

On the 20th January 9 runners ran the Brass Monkey Half Marathon. **Tony Lambert** knocked a couple of minutes of his PB to finish in 1:13:22, collecting 9th men's prize. **Dave Atkinson** also ran a PB time of 1:19:49. **Erika Johnson** 1:27:12. **Jacqueline Keavney** knocked a minute of her PB to finish in 1:29:12. **Stuart Smith** 1:37:14, **David Burke** 1:40:47, **Pete Richardson** stormed in in 1:44:48, **Eric Nutter**

2:04:25, **Neil Stevenson** 2:08:45, **Hannah Wright** 2:15:25 and **Glenys Nutter** 2:29:34.

On the 28th January **Ian Derry** ran the Chernobyl 10km near Preston, finishing in 54:29 and second over 70.

On 3rd February 6 runners made the early trek to Dewsbury ready for the 9am start of this high profile 10km, **Erika Johnson** finished in 38:58, **Karen Hopwood** 40:34, **Derek Parrington** 41:57, **David Burke** 45:00, **Eric Nutter** 59:32 and **Glenys Nutter** 1:06:00.

Stop Press

If you fancy 'gannin along the Scotswood Road' in the **Blaydon 5.7 mile race**, which is always held on the 9th June, this year that's a Monday, the latest info is that entries are planned to open at the end of February, and will close when the 4000 limit is reached, which is usually very quickly. See **Barry Cornelius's** website for more details.

www.barrycornelius.com/running/races/next.htm

*Articles for next months newsletter would be much appreciated. Please can they reach me by **Saturday 1st March**. Thank you*

**DATE OF THE AGM is
Sunday 20th April at the SOC Clubhouse
starting at 7pm, this includes the trophy presentations and club championship awards.**