

SWALEDALE ROAD RUNNERS

FEBRUARY 2009 NEWSLETTER



www.swaledaleroadrunners.co.uk

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Chairman's Report

The 2009 club Fun Run was a very colourful and enjoyable event, and once again was well hosted by **Mary Carnegie-Brown**. Congratulations to both **Steve Brown** and **Cath Sunter** for winning the best dressed runners prizes, there are no sour grapes from me even though **Steve** was wearing my leopard skin and I spent many hours selecting the right tutu!



January has seen some great performances from club members with congratulations to our ladies team for finishing 1st at the Dewsbury 10k, well done **Erika, Karen** and **Kathryn**, 2nd at the Brass Monkey Half Marathon and 3rd at the Clay Bank East Fell Race. **Martin Luxton, Gary Davison, Simon Barlow** and **Bridie Kinnane-Davison** all ran PB's at York. At the Dewsbury 10k **Simon** picked up another personal best as did **Kathryn Philpotts** and **Jo Richardson**.

2009 has also started well for top veteran **Darran Bilton** with an impressive 68.38 run at the Brass Monkey to finish 2nd and then finishing 7th at the Northern Cross Country Championships. **Darran's** form in the mud led to another appearance in the European Club Cross Country Championships this time held in Istanbul where he finished 48th and 1st Brit in a top quality field.

I recently attended a meeting as club representative of the Harrogate Mid-Week League. The format will be the same as in previous years although this year all finishers of the handicap race will receive a commemorative bottle of beer. The dates of the races have been confirmed and I will have the numbers to distribute in a few weeks time.

I received some very sad news last week and I know I speak for all of our members when I wish **John Dawson** good luck in his fight against serious illness. You have our best wishes **John** and are in our thoughts.

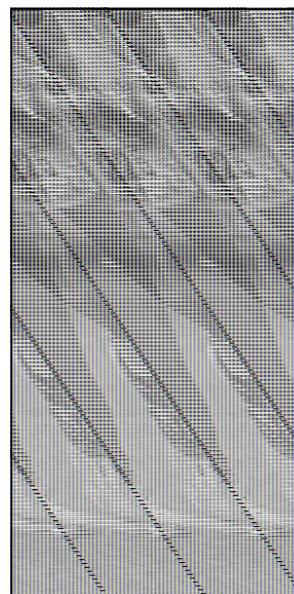
Pete Richardson

Clay Bank East Fell Race

11th January

Runners were greeted with treacherous underfoot conditions and that was just the car park. A week of icy conditions followed by the start of the thaw in the morning meant 113 hardy runners were skating their way around the moor tops above Stokesley. At the start of the run the race organiser gave a warning to take a path through the heather at the stream crossing or risk breaking a leg on the rocks! My goal was not to fall over, one which I achieved, but I think I was in the minority on this one.

Consequently times were down on last years race. We had 7 members brave enough to take on the challenge.



Jo running at Dewsbury

Erika Johnson 47:28 (2nd lady), **Richard Johnson 49:32**, **Jackie Keavney 52:58**, **Claire Stewart 56:16**, **Peter Richardson 56:25**, **Diane McKay 56:55**, **Jo Richardson 69:01**

Erika Johnson

Brass Monkey Half Marathon

18th January

In the mad rush to enter this race way back in October one forgets the training that needs to be put in around the festive period and all too soon the half marathon is a fortnight away and you start to dread the thought of those last couple of miles of this flat course.

For those of you haven't run the Brass Monkey it starts at the Racecourse in York and heads out towards Bishopthorpe and out into the countryside before winding it's way back. Over the years the race has grown in stature, now offering slick organisation and top athletes from around the country entering. I remember when there were a few hundred runners, rather old fashioned facilities in a concrete building and the presentation was in a hotel down the road near the no defunct Rowntree factory, I managed third place lady back in those days, with a prize of inscribed wine glass for my efforts, now I'm lucky to be placed 15th.

Parking is now quite a walk from the start so it is advisable to take a sports bag and leave this in the provided area in the new Race Course building, here one can wait in the warmth before the start. This year chip timing was implemented and if the race organisers were informed then unused race numbers could be swapped officially, to prevent the inevitable confusion which happens when runners give their numbers to friend when they can't make the run.

The course is flat, quite breezy due to the open nature, and one hill to look forward to as you cross over the railway line, but by then you are starting to tire and just want to get to the finish. The course definitely has PB potential because there aren't many flat half marathons in this area.

On finishing you get a goody bag and a high quality rucksack-I was quite impressed with this.

After the run a recording of the race is played over the televisions in the race course building and there are refreshments available while you recover before the journey home.

We had 15 runners completing the run, and I'm sure some of these times must have been PB's.

Erika Johnson 1:26:41, **Jackie Keavney** 1:31:10, **Niall Cheyne** 1:24:03, **Gary Davison** 1:35:06, **Martin Luxton** 1:38:05, **Simon Barlow** 1:38:20, **Diane McKay** 1:40:00, **Roy Ashman** 1:44:07, **Peter Devlin** 1:46:16, **Peter Richardson** 1:46:30, **Liz Sowter** 1:46:37, **Bridie Kinnane-Davison** 1:49:07, **John Lynch** 1:51:09, **Pat Neeson** 1:52:22, **Jo Richardson** 2:11:47.

Darran Bilton was second man in 68:38

Erika, Jackie, Diane and **Liz** were second ladies team.

Erika Johnson

Blackhill and Beck Fell Race

25th January

Derek Parrington and I did the above run in Hamsterley Forest. The course was about 8 miles and 1150 ft. Over night there had been about 2 inches of fresh slushy snow. There was a good turn out of about 75 runners. Nick Swinburn won the race in an alarmingly quick time of 45 mins!

The first part of the route was an uphill section of trail path after which it changed to a technical bit through the woods leading to a stream crossing. At the half way mark the trail route went gradually downhill and back into a wooded section. The final part of the run took you through a very densely wooded section after which you popped out onto the road before finishing.

Derek finished a little ahead of me in 64:26 and I finished in a time of 65:19 min, third lady and first vet.

Jackie Keavney

For more events over the year at Hamsterley Forest

www.durhamfellrunners.org.uk

Harrogate Road League 2009 Events

www.harrogate-league.org.uk

The dates for these races have now be confirmed;

7th May Thirsk and Sowerby

20th May Wetherby Runners

4th June Harrogate Harriers

18th June Richmond and Zetland Harriers

2nd July Otley AC

14th July Ripon Runners-handicap race

Please note the new date for the Otley event.

Social Diary

There will be a committee meeting on **10th Feb** at the clubhouse after the evening run.

A supper night is also being arranged for **Thursday 26th Feb**

Sara Wooley

The Hundred Club Draw

A number costs £1.00. The draw is the last Thursday in the month. 1/3 of the monthly total goes to the club, the drawn winner receives 2/3's of the monthly takings.

Legend suggests that previous 100 club winners have, or may have given up the day jobs on wining.

Gary Davison

Member Profile - Diane McKay



Diane at the Hudswell League Race 2008

Name Diane McKay
Family Me and my teddies!
Occupation Radiographer (Military)
Age 31
Interests Running!, Listening to music, watching films, being as pink and fluffy as I can!
Years Running Since I started training to join army, about 9
Pb's
Half marathon 1 hr 40 Brass Monkey 2009
10k 43 mins
1.5 mile 9:37 (Army fitness test)
Weekly mileage Not as much as I would like!
Resting heart rate about 66 bpm
Favourite Distance 10km
Favourite Race Don't have one yet
Best Race experience Taking about 5 mins off my 10k time last year
Worst Race experience Getting lost on fell race!
Furthest Travelled to a race Going to Sandhurst for Army X country. Ran abroad but never raced.
Favourite Running equipment Lycra, swore I would never wear it!
Running goal To do better this year than last
Running Tip The best time to run is when you can't be bothered!
Claim to fame From the same place as Ewan McGregor, met him in Iraq!

Tips From The Top

Sticking to Tarmac or Getting Off Road:-

In readiness for the upcoming marathon season, I was recently asked by a Swaledale member whether they should do their long runs on Tarmac or off road. Firstly, we should consider why we are doing these runs.

1) The main purpose of the LSR (long slow run) early in your marathon training is to build your capacity to run over distance without stopping (obvious, really!) These runs also give you a great deal of confidence, that you can indeed cover the distance. Physiologically they help with running economy (how biomechanically efficiently you can run), cardiovascular fitness, the ability to burn fat at a higher rate (therefore sparing glycogen) and finally a good base mileage trims your VO₂max (arguably the ultimate arbiter that dictates your performance).

2) The main purpose of the LSR later in your marathon preparation is not only all of the above, but also to inject some pace into some or all of any particular run in order to replicate the pace at which you will be running the marathon. In other words, if intend to run the marathon in 5hrs, you won't do it by training solely at 6hr pace. Yes, I know it seems paradoxical that your 'slow' run has 'pace' in it!

Let's simplify it... If you run your LSR of 12 miles at a comfortable pace of 10 mins per mile, though you intend to race your marathon at 8 mins per mile, then at the start of your marathon preparation your LSR's should be between 1 1/2 to 2 mins per mile slower than your intended race pace (i.e. around 10 mins per mile). But later in your marathon preparation (mid March, if you are running London or Edinburgh) it is useful to inject some race pace running into your LSR's. For example, run the first 6 miles at 10 mins per mile and then up your pace to 8 mins per mile. Running at your intended marathon race pace is quite tough (specially when you have some miles in your legs already) but three or four of these sessions before the big day will mean that when the gun goes off, you'll be in familiar territory at your race pace. Trust me, it works!

And back to the original question; do most of your long runs off road, if possible, at the start of your preparation. But later, you need to be comfortable with running at pace on Tarmac. Also, remember that one of your LSR's need to be run in the kit you'll be wearing for the marathon... you don't want any surprises or chaffing on that day!

Darran Bilton

STOP PRESS

Dewsbury 10km

1st February

The nine o'clock start means any early morning get away for this fast 10km race in Dewsbury. Parking and changing facilities are excellent at the Sports Centre. The race starts about 5 minutes away from here, which meant a chilly walk and not much chance of a warm up before we were on our way. The course heads out, slightly uphill for the first 5km, before a sharp turn and then back to the finish, into a cold breeze. It's a fast course though and you definitely get the feel of a big town centre 10km, with chip timing and a t-shirt for finishing.

There were 931 finishers. Matthew Bowser of Newham and Essex won the race in 30:26 and N Geddes from Scunthorpe was first lady in 35:05.



Karen Hopwood breaking the 40 minute barrier

We had a good turn out from the club and **Erika**, **Karen** and **Kathryn** won the ladies team prize.

Erika Johnson 39:15, **Karen Hopwood** 39:49, **Kathryn Philpotts** 42:58, **Simon Barlow** 43:57, **Peter Richardson** 46:12, **Jo Richardson** 56:30 and **Glenys Nutter** 1:09:57

Erika Johnson

Race Diary

Why not try some different races this Spring, here are a few ideas.

www.ukresults.net

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

Road Races

Feb 22nd Great North West Half Marathon, Blackpool. Race nearly full.

Mar 1st Haweswater Half Marathon

Mar 8th Little Strickland 10, near Penrith, The second running of this small village race, scenic.

Mar 14th Dentdale 14.3. a Saturday afternoon race from the village school. Tea and food provided after the run.

Mar 15th Trimpell 20, Morecambe

Mar 28th Coniston 14, Race Full

Mar 29th Middlesborough Tees Pride 5km

April 5th Blackpool Marathon and Half Marathon

April 5th Wakefield 10km. New course, closed to traffic.

April 10th Mermaid 10km, New Marske, be prepared to be blown away at this seaside run on Good Friday.

April 19th Redcar Half Marathon

April 18th/19th St George's Day 10km,

April 26th LONDON MARATHON

May 3rd Kirkby Moorside 10km

May 4th Rothwell 10km– Note this is on a **Monday** this year. Fast course

May 4th Tees Barrage 10km

May 10th Ripon 10 mile, second race in the Black Sheep Series (BSS).

Multi-terrain Races

Feb 8th St Wilfred's Muddy Boots approx 10km, Ripon

Mar 29th Grizedale Forest Trail 10, Sun this year

Mar 29th Arkendale 10km, near Harrogate

April 12th Guiseley Gallop, near Leeds

April 26th Fountains 10km, Grantley, near Ripon first race in the Black Sheep Series

Fell Races

Feb 15th Castleton-Danby 8.1M/1140ft, 10:30am

Feb 22nd Ilkley Moor Fell Race, 5M/1260ft
www.ilkleyharriers.co.uk for more info

Mar 1st Comondale Crossing 5.5M/600ft

Mar 22nd Blakey Blitz, the Lion Inn 9.5M

In Brief

The only other race time which I have found this month is that of **Bill Wilman** running the Cleethorpes 10km. He finished this New Year Day race in 51:13.

Don't be shy, articles for the newsletter are always appreciated. Don't wait to be asked, just email them to me or pop them in the post.

Articles for next month by 1st March please