

SWALEDALE ROAD RUNNERS

JANUARY 2008 NEWSLETTER



www.swaledaleroadrunners.co.uk

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Chairman's Report

I hope you all enjoyed the Christmas and New Year festivities, I know that as dedicated athletes you will all have been very restrained in your partying!

There were a number of races over the Christmas period and we had a sizeable turnout at Ripon for the Jolly Holly Jog and in my capacity as a spectator it was good to see many members running who do not often race. We had two prize winners at Ripon with **Tony Lambert** being 1st man over 35 and **Karen Hopwood** 2nd lady over 35. On the same day **Erika Johnson** was 2nd lady over 35 in a top quality field at the Ribble Valley 10k. Five of us took part in the Guisborough Woods fell race where **Erika** and **Jackie Keavney** were 2nd and 3rd lady respectively, and **Richard Johnson** also finished amongst the prizes. Only three of us managed the excellent Captain Cook's fell race on New Years day (where were you, the mud was lovely?) and **Erika** completed a trio of 2nd places. Just before Christmas we had several members take part in the Great Langdale Christmas Pudding 10k races where some excellent times were recorded including an impressive 37.25 by **John Wilson** on his return from long term injury. **Erika** again confirmed her return to form by winning the first lady over 35 prize.

On Saturday 26th January I am delighted that the club is fielding both a Men's and Ladies team in the North of England Cross Country Championships in Roundhay Park, Leeds. This will be the first time our club has been represented at this level of competition and I know our runners would appreciate as much support on the day as possible from other club members. If you wish to attend let me know and we'll try and coordinate transport down to the event.

I'd like to remind you that **Martin Scaife** of Up and Running, Darlington will be coming to the club on Thursday 31st January. **Martin** will be bringing with him a selection of running gear for sale and may well join us for a run. So don't forget to bring some money with you.

Hopefully everyone who wants a place in this years Swaledale Marathon has already entered, but if you haven't you need to do so straight away to secure a place.

Happy New Year.

Langdale Xmas Pudding 10k 15th/16th December

How do you fit 847 runners, their supporters and their vehicles into a beautiful valley in the Lakes? Easy if you are Rod Berry (the entertaining race organiser). Hold the race on two consecutive days. 451 ran on the Saturday and 347 competed on the Sunday.

As usual the accuracy of the course could never be in doubt. It started at the sign marked START and finished in the field under the sign marked FINISH. The running conditions were better on the Saturday. This was reflected in the times. Ewen Mallock won the Saturday race (30.28) on Sunday Simon Powell was first across the line (31.35) his time would have placed him 4th on the Saturday.

Five club members ran on Saturday. **John Wilson** had a great return to racing after a long injury lay off (37.25). **Tracy Hunter** (43.06) was 4th in her age group. **Sara Wooley** (54.26) continues to improve. One of the supporters said that **Sara** seemed intent on catching **John Wilson**. It's always good to have a target! **Eric Nutter** (56.50) continues to race well and won his age group as did **Glenys Nutter** (64.03).



Sara Wooley, John Wilson, Eric and Glenys Nutter

On the Sunday I turned up fully prepared to do my best to help win the team prize. I was so disappointed when I discovered **Richard Johnson** was fighting a virus and **Tony Lambert** did not find his way to Langdale!

A cold wind blew along the valley but conditions were good for running. **Erika Johnson** (38.13) ran well and won her age group. I ran my best 10k for several years (45.54). **Marian Hunter** (56.12) was happy to be back racing.

All the finishers received full size Xmas puddings, hence the name of the races. This is a race I would recommend an excellent course, great scenery and Rod Berry!

John Hunter



John Hunter finishing Langdale 10km

Thirsk 10 2nd December

This year the Thirsk 10 moved to a December morning rather than a June afternoon. Thinking the weather would be kinder for running than the heat which normally greets the runners I entered this 10 miler. Any hopes that I would get the chance to run a flat 10 miler, after running a hilly Derwentwater and a windy Brampton-Carlisle in November, were dashed as the weather forecast promised a day of rain and more rain. But I was committed having entered the race so I sat in the car on the Sunday morning at Thirsk race course watching everyone slide around in the muddy car park wondering why I was there.

The race had a new start which involved everyone being walked out in a crocodile across the race course to the narrow lane where over 600 runners were packed tightly, consequently the start was rather fraught with lots of toes being trampled on. Once we were on our way things improved and the rain seem to let up. The course was flat, well marshalled with a couple of drinks stations along the route. The last mile is a straight line from Carlton Miniott to Thirsk Race Course, with a rather abrupt finish as you turn left in through the entrance gates. The club had 18 runners,

with times as follows;

Dave Atkinson (27th) 60:57, **Paul Emson** 63:08, **Tony Ward** 63:56, **Erika Johnson** 66:06 (8th lady), **Jacqui Keavney** 66:35 (9th lady) **Derek Parrington** 70:51, **Andy Gaines** 71:41, **Nial Cheyne** 72:07, **Liz Sowter** 74:28, **Thomas Grindley** 74:42, **Trev Walker** 75:42, **David Burke** 77:45, **Patrick Neeson** 79:03, **John Hunter** 80:17, **Wendy Findlay** 86:04, **Roy Ashman** 86:10, **Chris Sayer** 88:46, **Ruth Clapham** 102:50

The ladies **Erika, Jacqui, Liz** and **Wendy** collected 3rd ladies team prize.

Erika Johnson

The Ribble Valley 10K

31st December

The Ribble Valley 10K at Clitheroe is a very popular and high profile race, run on country lanes. There were over a thousand entries, 842 finishers. The first man Antony Ford in a time of 29:51 and first female Helen Clitheroe 32:44.

In theory the first two thirds of a mile should be fast but the sheer number of runners spoils that, this is a weakness of the race. There is then a steep hill which develops into a long incline. It now becomes undulating until the last half mile with another steep hill to the finish, similar to the Richmond Castle 10K.

With the exception of the start it is a good course, well marshalled and organised.

It was good to be joined by our fellow club member, from Blackburn, **Ian Derry**.

Erika came 2nd vet over 35 in a time of 38:53 , **Ian Derry** 54:56 , **Glenys Nutter** 01:07:19

Eric Nutter 01:07:21

Glenys Nutter



Ian Derry at Ribble Valley 10km

Member Profile - Jacqueline Sarah Keavney



Jacqueline storming in at Kilburn 7, July 2006

Age 42

Family Husband and 3 children

Occupation Housewife and Oxfam Volunteer

Years Running Since 1999, ran the Great North Run as complete beginner.

Favourite Races N.Y.M Summer and Winter Hill Series.

Favourite Distance 20 mile plus

Furthest Travelled to a race Budapest and Reykjavik.

PB's **10km** 40:50 Middlesborough 2006

10 mile 66:35 Thirsk 2007

Half-marathon 1:30:13 Reykjavik 2007

20 mile 2:22:46 Trimpell 2007

Marathon 3:22:58 Edinburgh 2006

Favourite piece of running gear Inov 8 running shoes and a good sports bra!

Average weekly mileage 25

Running tips Mix up your running terrain and distances. If running a marathon write your name on your t-shirt. Listen to your body!

Worst race/run experience Never really had one. Can even manage to laugh at myself for getting lost during fell runs.

Running Claim to fame Shared the winners rostrum with Olympic medallist Stefano Baldini in Reykjavik. I was 4th woman overall and 1st FV40 in the half marathon.

Running Goals To improve my times over all the distances. Stray injury free and enjoy my running for as long as possible.

Runners who inspire you All runners, get out there come rain or shine and enjoy yourself.

Club Championship What is age related grading?

The number of veteran runners in track, field and Road racing now make up more than 50% of the field. With this number increasing and the fact that we all slow down with age a way was needed so all runners could be compared to each other. In 1989 the World Association of Veteran Athletics (WAVA) developed the first age-related tables in one year increments. The tables are composed of world class standards as a function of both age, sex and race distance. For every age form 8-100 there are standards for track, field and Long distance running, from 1 mile to the marathon.

Here is an example of how the calculations are done for three male veterans over a 10km race.

	A	B			
age	10km time	10k factor	AXB	10k standard	Age graded %
43	39:48	0.9471	37:42	00:28:29	71.6
52	41:37	0.8834	36:46	00:30:32	73.4
64	46:21	0.7914	36:41	00:34:05	73.5

In the above example the 64 year old man had the best performance even though he had the slowest finishing time.

NB All race times are converted to seconds before calculations are started.

Eric Nutter

Website of the Month

www.nym.ac

This is the website of North York Moors AC. It is well worth a look as it is updated regularly with race information, specifically the infamous Dave Parry Winter and Summer Series Fell Races. Here you can find all the information you need from race route maps, past and present results, photographs and they even have films by 'Wobbly Camera Productions'. So take a look, just don't go defecting to their club or Pete will blame me.

London Marathon Draw

Sandra Sanderson, Roger Webber and Roy Ashman were the lucky people picked from the draw for the London Marathon club numbers.

In Brief

In addition to the results already given other race results in December were; **Peter Devlin** ran the Percy Pud 10km on the 2nd at Sheffield with his wife, finishing in 1:09:35.

On the 16th, a sole representative in Lancashire was **Ian Derry** running in the hilly Longridge 7 miler, He finished in 1:05:22. On the same day over on the east coast saw another hilly race the 7.5 mile Loftus Poultry run. Shane Gray ran with his daughter Scarlett to finish in 53:47 **Jacqui Keavney** was next in 55:12 and **Claire Stewart** in. 62:21.

On the 23rd, Swaledale Runners were spotted at Gateshead, running in the Saltwell 10km. **Bridie Kinane-Davison** and **Gary Davison** ran together to finish in 57:01.

The 27th saw 5 runners at Guisborough Woods Fell Race. **Richard Johnson** 45:10, **Erika Johnson** 47:06 (2nd lady), **Jacqui Keavney** 50:36 (3rd lady), **Pete Richardson** 59:04 and **Neil Parkinson** 60:43. **Andrew Parkinson** ran the one lap junior run in 17:45 collecting a couple of boxes of chocolates for his efforts.



Michael Keavney, Erika, Neil, Pete, Richard and Jacqui at Guisborough

The Jolly Holly Jog on the 30th December saw another good turn out of runners from the club. **Tony Lambert** 34:33 (4th) **Dave Atkinson** 38:47, **Karen Hopwood** 43:18 (2nd lady over 35), **Philip Biggs** 49:13, **John Hunter** 49:55, **Vic Parkinson** 55:27, **Mary Carnegie-Brown** 56:11, **Neil Stevenson** 56:36, **Bill Wilman** 59:01, **Sara Wooley** 1:00:14, **Julia Spittle** 1:03:18, **Ruth Clapham** 1:05:52 and **Susan Smith** 1:09:40.

Any volunteers to write an article about this run, and the new course, for next months newsletter? Take a look at the clubs website for some photographs Pete took at the run.

Race Diary

A selection of race entry forms are kept in the folders at both clubhouses and many can also be downloaded from www.ukresults.net.

Jan 11th Clay Bank East 5.8M, 870ft climb

This is part of the North York Moors Winter Series. Entry on the day only.

Jan 26th North England XC Championships

Roundhay Park Leeds. A reminder for those who have entered as part of the team that ladies 8km starts at 12:25pm whilst the men's 11km race starts at 2:00pm.

Feb 3rd Dewsbury 10km early 9am start

Feb 17th Castleton-Danby Fell Race 8.1m 1140ft of climb. 8th race in the NYM winter series.

Feb 24th Pocklington 10 RACE FULL

Feb 24th Muddy Boots 10km, Ripon

Mar 2nd Trimpell 20, near Lancaster. Flat, run on tarmac footpath, along a disused railway. Good to do if you are training for a spring marathon. Fastest 20 mile in UK for 2007.

Mar 2nd Comondale Crossing 5.5m 600ft. The 9th race in the NYM winter series. This race has staggered start times with runners setting off in small groups between 10-10:30am.

Mar 2nd Haweswater half marathon. This out and back course starts from the village of Bampton near Penrith at 11:30am. Take a look at www.edenrunners.co.uk for photos from last year.

Mar 8th Dentdale 14.2. This Saturday afternoon run is in its 25th Year. Fine Food in the School Hall after the race. One to enjoy in fine weather.

Mar 9th Little Strickland 10, near Shap. A new race on the calendar,

Mar 15th Grizedale 10mile approx, Hawkshead Starts at 1pm on Saturday from Grizedale Forest Visitor Centre. Run on gravel tracks which climb through the forest, enjoying excellent views over Coniston Water.

Mar 30th Arkendale 10km, Harrogate. Road and trail.

Apr 5th Coniston 14

Apr 13th London Marathon

Apr 19th St Georges Day 10km, Another Saturday run. The same course as Langdale Xmas Pud 10km

Apr 19th Hawkshead Trail Race 15km

Early entry essential. Take a look at www.lakelandtrails.org for more details. Part of a series of four Lake District trail races. Option of the 'challenge' for those who would prefer a more leisurely pace around the course.

Apr 20th Redcar Half marathon popular well organised race, over a 1,000 runners last year.

Apr 20th Rothwell 10km Early entry recommended.

April 26th Three Peaks Race Entries closed. This year the race hosts the World Running Challenge. Starting and finishing in Horton-in-Ribblesdale the 24 mile course traverses Pen-y-Ghent, Whernside and Ingelborough. Good view point from Ribblesdale.

Predictor

The next predictor is on Thursday 31st January. **Martin Scaife** from **Up and Running** will be in attendance with a range of running kit and shoes for sale. This will be an ideal opportunity to purchase any items of running kit you may need without having to making a trip into Darlington. If you would like **Martin** to bring any specific items or sizes of kit please let **Jo** or **Pete** know or contact Up and Running direct on 01325 367723.

Pete Richardson

Answers to last months legs competition

1. Darran Bilton
2. Amy Cassar
3. Stuart Smtih
4. Sara Wooley
5. Pete Richardson
6. Erika Johnson
7. Tony Lambert
8. Paul Emson
9. Jackie Keavney

Deep Water Running

This will be commencing on Monday 7th January at Richmond Swimming Pool 8-9pm. There are 7 sessions left at £3.00 per session.

Remaining dates 7th, 14th, 21st, 28th Jan and the 11th, 18th and 26th Feb. Anyone interested should contact **Sue Smith** on 01748 818504

100Club

This was won by **Jacqui Keavney** with a jackpot of £29.00

Sports Injury- prevention Lecture

Physio **Angie Stirk** is holding a sports injury-prevention lecture on Friday 18th January 2008 at the Liberty Health Club (behind the Richmond swimming pool), 7.30pm. There is no entry fee and all club members are welcome. If you think you may attend can you please let me know so I can pass on to Angie an idea of numbers she can expect to attend from the club. You can contact me on 01677 427657.

Jo Richardson

Social Diary

On **Sunday 6th January** there will be the annual fun run with optional fancy dress, followed by a cold buffet. As last year there will be a secret Santa, wrap up a small present value under £5.00 and take part in the lucky dip after the run. The venue is Old Maids Farm, Parkgate Lane, Brompton-on-Swale Contact **Mary Carnegie-Brown** on 01748 812054 for further details.

Stop Press

Three Swaledale runners saw in the New Year at the Captain Cooks Race at Great Ayton. **Pete, Jackie** and **Erika** braved the muddy conditions to take part in this traditional New Years Day run. More on the race in next months newsletter.

Articles for next months newsletter would be much appreciated. Please can they reach me by **Thursday 7th February**.

Thank you

**DATE OF NEXT CLUB MEETING:
Monday February 4th at 8pm at the
George and Dragon, Hudswell.
Committee Meeting at 7.20pm**