

SWALEDALE ROAD RUNNERS

JANUARY 2009 NEWSLETTER



www.swaledaleroadrunners.co.uk

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Chairman's Report

I hope you all had a fantastic time over the Christmas period and that you will be able to achieve all that you want to in 2009.

I would like to thank **Sara Woolley** for organising the club's Christmas Dinner at The Station where we had another great night. For those who went up to town afterwards, the revelry went on to the early hours, and the few who could remember said it was memorable night, just ask **Allyson!** I would also like to thank **Lou Branford-White** for arranging a very enjoyable post run meal at The Pepperpot in Northallerton. I think the success of these show we need to get back to organising more social events.

As we know Christmas is no excuse for not running and there have been some notable achievements over the festive season. At the Great Langdale Christmas Pudding 10k **Erika Johnson** was 1st lady over 35 and it was good to see **Glenys Nutter** back racing again and finishing 1st lady over 70. **Martin Luxton** continues to improve after his injury problems and just missed out on a top 3 place in the over 55's. **Erika** also recorded an impressive 39.25 at the Ribble Valley 10k but such was the high-class competition this race attracts this was only good enough for 4th in her age group. At the Loftus Poultry Run youth won over experience where previous winner **Darran Bilton** finished 3rd overall and 1st over 40 and **Simon Barlow** continues to make giant gains by knocking over 9 minutes off his 2007 time. On the fells **Jackie Keavney** won a large case of Beer for finishing 3rd lady in the Guisborough Woods race. The Jolly Holly Jog was again well attended by Swaledale members with **Karen Hopwood** being first home for the club and finishing 2nd lady over 35. **Kathryn Philpotts** had another great run and was obviously inspired by meeting **Ron Hill** at Ravenstonedale recently. **Kathryn** ran in some pain as a result of her recent appendix operation, **Ron** would be proud!

For those planning a spring marathon be it Paris or London, the hard work begins now.

Have a great year!

Pete Richardson

New Members

A warm welcome to new member **Lucy Tulloch** and welcome back **Zoe Williamson**

Harrogate Road League 2009 Events

Provisional dates for this years league races are;

Thur 7 May	Thirsk & Sowerby 7:45pm
Wed 20 May	Wetherby 7:45pm
Thu 4 June	Harrogate Harriers & AC 7:45pm
Thu 18th June	Richmond & Zetland 7:45pm
Tue 30th June	Otley AC 7:45pm
Tue 14 July	Handicap Race-Ripon Runners 7:20-8pm start

Edwinstowe 10K Christmas trail race 7th December

Having completed nearly 30 races this year, it is difficult not to have a favourite. This was the first running of the Edwinstowe Christmas trail race, which promised to have everything. Situated in the heart of Sherwood Forest close to Nottinghamshire's Center Parks and the Sherwood Forest Visitor Centre, this race was an ideal venue for a challenging trail event. The facilities provided by the local cricket club were excellent. On a glorious winter's day, the clear sky and hard frost, seemed to sharpen up the scenery in what was an exhilarating event. The race started with a relatively steep uphill section, that led past the Major Oak, although there did not seem to be any merry men or merry women about! The race was well marshalled as it twisted and turned, though a variety of delightful forestry scenes and the hills, dips and turns made it challenging, but also very interesting. And then, finally as you move towards the Finish, you exit from the woods on a downhill stretch that encourages you to finish with a metaphorical running flourish. Although this is not an event for a personal best, 'yes', it was my favourite event this year. Without being too brazen in my support for it, this is worth travelling for. It has everything. It also helped me to appreciate why I love running so much. In a field of 339 runners I came 24th in a time of 40:59.

Dave Needham

Langdale Christmas Pud 10km 15th/16th Dec

As many of you will know due to the popularity of these events the race organiser decided to hold 10km races on both the Saturday and Sunday, so nobody would be disappointed.

The race starts from New Dungeon Ghyll Hotel in Langdale, one of the most picturesque valleys in England in my opinion. With quite a few runners in Santa outfits there was a Christmassy spirit. From here it runs down towards Chapel Stile, with changes to last year's route we then found ourselves winding through a hotel complex before coming out at Elterwater. The route then doubles back up the valley to the finish where every runner received a Christmas Pud. Runners were then treated to free mince pies inside the tavern.

John Hunter was our soul representative on the Saturday, in rather wet conditions he ran 50:03. On Sunday we had 5 runners. **Erika Johnson** 40:25, 4th lady, **Martin Luxton** 45:14, **Bridie Kinnane-Davison** and **Gary Davison** 51:59 and **Glenys Nutter** (1:14:09) who managed to get her photo in the Westmoreland Gazette along with a group of Santa's.



Rod, the race organiser, hosts the St George's Day 10km in April and this year there will be races on both the Saturday 18th and Sunday 19th to accommodate more runners whilst still keeping the number of competitors on each day to about 500. He informed me that his race marshals were happy to help on both days so the races can go ahead. Where does he find such obliging helpers! New entry forms are now out to accommodate this change. www.ukresults.net

Erika Johnson

The Keyworth Turkey Trot (Half marathon) 16th December

This is probably the most oversubscribed race in the East Midlands. It is certainly the one that everybody talks about. From the moment the race goes on the web in the middle of September, e-mails fly around

work telling individuals to enter, and within around 10 days the race is full. Keyworth is south of Nottingham, close to the Leicestershire border, in what is known locally as the south Nottinghamshire wolds. The race started from South Wolds School, the local secondary school. It was really good having decent changing facilities and having somewhere to keep warm both before and after the race. As the race started in the road outside the school, the first half mile or so was fairly narrow and there was a lot of traffic. There were some interesting and difficult hills, particularly the long arduous journey up a hill from 3 miles, and another at around 9 miles. This was a road race and the roads ark around the wolds, which meant that you did not look ahead to see a demoralising never-ending line of runners on a long straight road. The race meandered through the three beautiful villages named with a 'w' - Wysall, Willoughby-on-the-Wolds and Widmerpool and the views were spectacular. The race was well marshaled and supported. The school hall was a perfect place to warm down and the free soup and tea were appreciated. It was particularly interesting to see projectors and laptops used across a network to portray the results on different sides of the hall after we finished. The race was challenging but also interesting and I could appreciate why it is the event that everybody wants to enter. In a field of 793 runners, I came 76th, with a surprising personal best half marathon time of 1:27:40

Dave Needham

Guisborough Woods Fell Race 27th December

This is a great little post Christmas race that deserves far more than the 78 runners that turned up this year to burn off their seasonal excesses. The race is 5.9 miles run through the beautiful Guisborough Woods and competitors climb a total of 1230ft. Being a 3 lap course my ambition is to get round without being lapped, a feat I achieved in 2006 but just failed by seconds in 2007. This year I was overtaken by the winner well before I commenced my last lap and I was left cursing having those 2 small sheries on Christmas Day!

As it transpired, the winner **Matt Speake** of Knavesmire Harriers ran the fastest time since 1991 and lapped a large part of the field and I in fact finished over 2 minutes quicker than last year, 58th overall in 56.50. My only club mate there was **Jackie Keavney** who ran rather more impressively than me to finish 41st in 50.03 and 3rd lady overall whilst her husband **Michael** was 49th in 52.45.

I would recommend all the North York Moors series of fell races to members, they are held over some great courses and are very friendly and welcoming events. Don't be put off by the word "fell" as they are no more challenging than many of the runs around Richmond.

Member Profile - Erika Louise Johnson



Family Husband Richard, Son Kristian and mum Glenys Nutter

Age 39

Interests As well as running 1:12 scale Dolls House Miniatures and needlepoint.

Years Running 17 years

Pb's

5km 18:32 Redcar 2005

5 mile 30:42 Spring Lake 5, NJ 2003

10km 37:55 Leeds Abbey Dash 2001

10 mile 63:55 Brampton-Carlisle 1994

Half Marathon 1:24:57 Brass Monkey 2003

Marathon 3:06:55 Dublin Marathon 2003

Weekly mileage For 2008 I averaged 32.5 miles

Resting heart rate 37 bpm

Favourite distance 10 km

Favourite race The Langdale Races organised by Rod Berry for the scenery and that 'x' factor which exists at his races. I also enjoyed Blaydon Races last June for the atmosphere at the run.

Best race experience The finish line of any of the marathons I have run.

Furthest travelled for a race Disneyworld, Chicago, Boston and New York marathons. Boston is my favourite marathon to date.

Favourite running equipment Garmin Forerunner and Gore-Tex jacket.

Running goal To keep on enjoying running and the challenge of racing.

Running tip Be consistent with your training, don't over do it and then not run for a month. Wear trainers in good condition, which are suited to your running style.

Claim to fame Have stood on the start line of the Great North Run 2003 with Paula Radcliffe and Sonia O'Sullivan

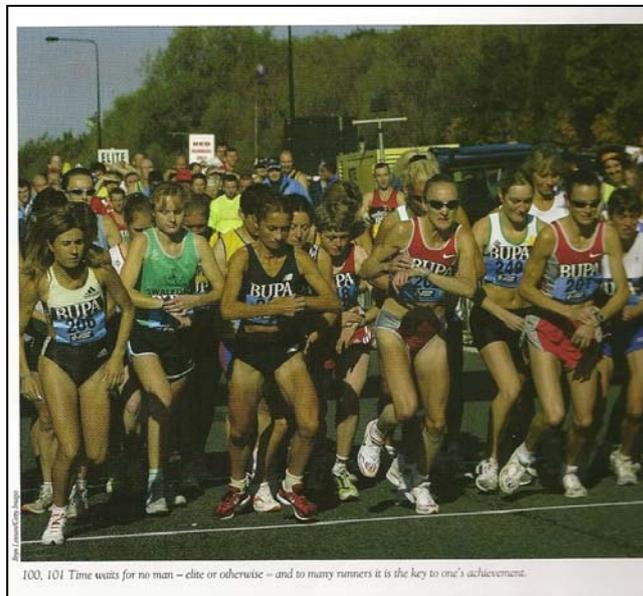


Photo from the book 'the GNR, the first 25 years'

Race Diary

www.ukresults.net

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

Road Races

Jan 18th Brass Monkey Half marathon-race full
Feb 1st Dewsbury 10km. A fast town centre 10km, 9am start, entry form now available and online entry.

Feb 22nd Snake Lane 10, Race full

Feb 22nd Great North West Half Marathon, Blackpool.

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 28th Coniston 14. A popular Lake District race, which fills up quickly, entry is only available online.

April 19th Redcar Half Marathon.

April 18th/19th St George's Day 10km, due to popular demand there will be a race on both Saturday and Sunday, Please note a new entry form has been printed to allow entry on either day.

Multi-terrain Races

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

Mar 29th Grizedale Forest Trail 10, run on a hilly course on man made tracks in the forest. Please note change of date so as not to clash with Coniston 14.

Mar 29th Arkendale 10km, near Harrogate

Fell Races

Jan 11th Clay Bank East 5.8M/870ft, 10:30am

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

Mar 1st Commondale Crossing 5.5M/600ft

Stop Press Results

Captain Cooks Hill Race

1st January

This is one of those traditional New Year's Day events. The race starts and finishes outside The Royal Oak pub in Great Ayton, running up to the Captain Cooks monument on tracks and through woods before a lung busting climb to the summit. Here the route joins up with an established path over stone slabs before detouring back in the direction of Great Ayton across fields and paths. The locals come out to watch the race, with cow bells being rung en route to add to the atmosphere. All proceeds from the run go towards local charities, with over £1,500 being raised this year.

The going was easier under foot due to the recent frosts, but the sheer number of people always means some congestion is inevitable early in the course on the narrow paths.



*Kathryn checking her watch at the start of the Captain Cooks Fell Race
(photo courtesy of nym.ac)*

We had 6 members from the club taking part I was first lady by a narrow margin of 6 seconds, I overtook the second lady on the descent from the monument and just managed to hold her off on the return leg of the race to finish in 38:30, **Richard Johnson** 43:59, **Diane McKay** 45:52, **Pete Richardson** 47:12, **Kathryn Philpotts** 47:57 and **Jo Richardson** 57:29.

Erika Johnson

Unwanted Running Kit

A request has been made to have a designated evening to bring along unwanted running kit to give away, swap or sell. This will be trialled on the last Thursday of the month **January 29th**. If you wish to sell an item then this up to you as an individual to organize cost, payment etc. The club will hold no responsibility for any of the items being lost or damaged.

In Brief

Over the festive period there is always lots of races to choose from, at the Loftus Christmas Poultry Run **Jackie Keavney** was first home for the club in 58:33, **Tracy Hunter** 1:00:37, **Simon Barlow** 1:03:29, **Bridie Kinnane-Davison** and **Gary Davison** ran together to finish in 1:10:14. **Darran Bilton** was third man in 43:14 (first vet 40).

Charlotte Wardle opted for the North Pier 10km at Blackpool over Christmas, she finished 3rd over 35 in 49:59.

We had an excellent turn out of Swaledale RR at the Jolly Holly Jog. Times as follows **Karen Hopwood** 43:46 (2nd over 35), **Martin Luxton** 47:49, **Kathryn Philpotts** 49:15, **John Hunter** 51:20, **Peter Devlin** 52:55, **Bill Wilman** 54:30, **Laura Simpson** 54:44, **Julia Spittle** 58:47, **James Simpson** 58:49, **Karen Palmer** 59:43, **Jo Richardson** 1:01:40, **David Crapper** 1:02:05, **Marian Hunter** 1:02:28, **Sandra Sanderson** 1:09:38, **Mary Carnegie-Brown** 1:11:22, **Susan Smith** 1:14:26.

On the same morning, over the border in Lancashire, **Erika Johnson** and **Glenys Nutter** took part in the Ribble Valley 10km at Clitheroe. With nearly 1000 runners there was lots of competition in this popular race, with the aptly named Olympian Helen Clitheroe winning the ladies event in 32:30, First man Ben Lindsay finished 29:55. **Erika** recorded 39:25 (4th over 35) whilst **Glenys** finished in 1:14:40.

Meanwhile **Jackie Keavney** was taking part in another fell race, this time the Christmas Ayhope Skyline 9.5 mile from Hamseterley Forest. She finished 2nd lady in 80:23.

Happy New Year and thank you to all the contributors

Articles for next month by 1st February please