

# SWALEDALE ROAD RUNNERS

JAN/FEB NEWSLETTER 2010



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

Editor - Erika Johnson Tel:01765 689077

[newsletter@swaledaleroadrunners.co.uk](mailto:newsletter@swaledaleroadrunners.co.uk)

## Chairman's Report

It seems a long time since my last report and with the bad weather causing such disruption to the running world I agreed with **Erika's** decision not to publish a newsletter in January. A few events did go ahead however despite the conditions and I understand that crampons or Ice Skates would have been an advantage to our members at the Jolly Holly Jog. I was disappointed at not being able to join **Jackie Keavney, Derek Parrington** and **Darran Bilton** in the Captain Cooks Fell Race in what is the perfect event to celebrate New Years Day. **Darran** secured his nomination for the wooden spoon by getting lost although he did manage to catch everyone up to win the race. Fifteen members took part in the Brass Monkey Half Marathon, **Dave Atkinson** was first finisher for the club and a number of others had outstanding runs. The Loftus Poultry Run was put back to the end of January and gave a number of our members the chance to run against the on- fire **Ricky Stevenson** who was fresh from his recent win over **Mo Farah**. **Darran** was 34 seconds behind **Ricky** to come 3<sup>rd</sup>, new member **Martin Randall** had a great debut run in the green vest to finish 43<sup>rd</sup> and **Jackie** was 2<sup>nd</sup> lady over 35.

Despite a thick blanket of snow a small number of members attended the Club's annual fun run and I'd like to thank **Mary Carnegie-Brown** and her family for kindly hosting this event once again. I was desperately disappointed in being unable to attend especially as I missed out on the snowball fight!

The birthday supper held at the clubhouse for **Vic Parkinson, Geoff Kensett** and **John Lynch** was very well attended, who would have thought there is only 175 years between them.

I'd like to thank **Jackie Keavney** for taking my place at the latest meeting of the Harrogate Summer Race League. The race dates are on the league website [www.harrogate-league.co.uk](http://www.harrogate-league.co.uk) and it is our turn again to host a race this year. Race numbers will be available shortly and the cost will be again £5 for the whole series.

The club jackets have arrived and look very smart, most were pre-ordered but we have a few spares. If you would like one please contact **Sara** or myself. I have also ordered some more short sleeved technical T-shirts with the summer in mind.

As you all know now sadly **Tony Ward** died on New Years Eve. **Tony** was a great friend, an outstanding runner, and a well-loved and committed member of this club. I'm pleased for **Tony** that his suffering was not drawn out over a longer period of time but feel so sad that there will be no more happy times to share with him. I disagreed with him when he told me that he didn't think there would be many people at his funeral. It was no consolation to be proved right but it was only fitting that so many people attended and it was pleasing to see so many club members there. He will be missed.

At long last I am making progress in my illness and I hope to see you all soon although it will be a bit longer before I can join you out running.

**Pete Richardson**

## Tony Ward 1950-2009

If anyone were to write a history of Swaledale Road Runners **Tony Ward** would demand a chapter to himself. Not only was he one of the most natural athletes the club has ever had, he was also one of the biggest characters and probably the funniest person I have ever met. Even when talking to me about his impending death he made me laugh. He told me that he wouldn't be able to whinge and moan at me anymore when he was in his box. We discussed me giving the eulogy at his funeral and he chuckled when I said I would tell everyone what a miserable old git he was.

**Tony** seemed to leave quite a simple life, he had his early morning cleaning job at Tesco's in Northallerton and he did a few garden jobs. He enjoyed a drink at the weekend, loved his horse racing and was rather benevolent to the bookies. He adored his dog Lady and he supported the world's most despicable football club. After all the stick he used to give me about my team it was typical he died two days before the mighty Leeds beat his lot at Old Trafford and I couldn't get my own back! But it was as a runner that **Tony** excelled.

In his younger days **Tony** ran for New Marske Harriers and he enjoyed his fair share of race wins in an era where as we are often told, standards were a lot higher than today. I often wondered what **Tony** could have achieved as a runner if he had received the right guidance and opportunities as a young man. Certainly as a veteran there were few who could compete with him in the North of England and despite a very “unathletic” lifestyle and diet, he was ranked just outside the top 10 in the UK.

**Tony** loved nothing more than be part of a team of often got frustrated if other club members didn't show the same commitment as he did. I didn't know until after his death that he came out of hospital the night before the Richmond Castle 10k as he felt he was needed for our Men's team and he didn't want to let the club down. He didn't want to tell me as he thought I'd try to stop him running. **Tony** represented our club with distinction, I was so proud of him when I saw him win his Yorkshire Veterans trophies and he was a regular winner of his age group in the Harrogate Summer Race League. A couple of years ago **Paul Wood** the league secretary, telephoned me saying he was unsure what trophy **Tony** should receive as he had finished 1<sup>st</sup> veteran in the over 45, 50 and 55 age groups. The same year the League also released age adjusted results for the series and **Tony** finished top, ahead of the talented **Ian Fisher** who had run for Great Britain that year. There were very few races in which **Tony** didn't win his age group and if he didn't win he was invariably second. A few years ago **Tony** was very concerned when he only came 2<sup>nd</sup> at the Snake Lane 10 and thought something must be wrong. He went to see his Doctor who discovered that Tony was anaemic and also suffering from very high blood pressure. When he quizzed about his diet **Tony** revealed he ate 7 bags of crisps every night. The doctor lectured **Tony** about the dangers of high salt levels in his diet so **Tony** told me he had started to buy the crisps where the salt came in the little blue sachets so he could still enjoy his favourite snacks.

**Tony** was of course famous for his running shoes. In the first race I ever saw him run in the sole and upper of his right shoe had become unattached and were flapping like a crocodiles jaws as he crossed the finish line. His favourite running shoes were his Nike Mayfly's, these are super lightweight race shoes that are designed for only the most efficient runners and have a life expectancy of 60 miles. **Tony** would get at least 600 miles out of his and even though the soles were as smooth as a babies bottom he would wear them on the steepest fell races such as Roseberry Topping and events such as the Swaledale Marathon. Two years ago in the Swaledale Marathon, running full tilt down Gunnerside Gill one of his beloved Mayfly's split in two. Thankfully repairs were made in Gunnerside as the shoe was cello taped up and **Tony** was able to continue to the finish in Reeth. It was my pleasure on several occasions to take **Tony** to various running shops to spend the vouchers that he had won at races.

One day we travel up to Newcastle to visit the Northern Runner shop. **Tony** decided to spend his winnings on a pair of Walshes, the Rolls Royce of fell shoes and he left the shop cradling the box with affection. He told me that finally at the age of 55 he had a proper pair of fell shoes, he was so proud. To get him to wear them however was another matter, he couldn't bear getting them dirty!



As **Tony** couldn't drive he relied on some of us to take him to races and at the end of one year he thanked me for taking him to so many different places that he had never been to before. I asked him what was the furthest he had travelled and he told me that he had once been to London. He explained that when he was a teenager, he and some mates had got in to a bit of trouble so they decided to get away until the dust settled. One of the lads had a car so they decided to run away to London. They made it to the outskirts of the Capital and got lost, so they decided perhaps they should home and face the music.

It was a wonder that **Tony** lived as long as he did when you consider the bike he used to ride. It rattled and clanked so much that you could hear it coming a quarter of a mile away. The rear mudguard was held on with cello tape and the brakes were non-existent. I tried to ride it one day and when you turn the handlebars to the right the front wheel turned left.

I could write so much about **Tony** such were the happy and funny memories I have from being in his company. He greatly enriched my life and I guess the lives of all who knew him. He could moan and whinge for England but even when he had a strop on he was so funny and was always great company. He was a real gentleman and a true sportsman, he was always modest in victory and gracious in defeat. I will really miss **Tony**, he will be a great loss to the club and irreplaceable as a friend.

**Pete Richardson**

## Jolly Holly Jog (Skate!)

Monday 28<sup>th</sup> December was an excellent running day, no wind. Unfortunately the 'arctic' conditions underfoot changed things a little. 441 hardy (some may say foolish) souls queued patiently to ascend the glacial steps up to the start. From that moment on it was clear that getting to the finish in one piece was the first priority. The race director made sure his instructions about the condition of the course was heard by all by moving through the runners and repeating his message a few times.

The icy surface for the first mile caused runners to progress at a sensible speed which they then maintained for the rest of the race. The off road section through Studley Royal Park was fine apart from the slopes of the route which had been used for sledging leaving them covered in ice.

The marshals on the course were very good, not only giving encouragement but also helping the runners negotiate icy corners and bridges. All the runners seemed to enjoy themselves and all were willing to help each other when the situation require. There were a few falls and one or two Bambi impersonations but no major injuries.

Times for the event will probably never be repeated unless similar conditions occur. For the record the winning time was 37.39 and the last runner finished in 107.48.

The race HQ and prize presentation was in the Rugby Club, great facilities and much needed soup. Julie Tanner won her age group and the following 14 club members had an enjoyable and unforgettable run. Derek Parrington, Steve Brown, John Hunter, Vic Parkinson, James Simpson, Marian Hunter, Bridie Kinnane-Davison, Gary Davison, Julia Spittle, Chris Sayer, Andrew Broadly, Sandra Sanderson, Susan Smith and Karen Palmer.

I would like to thank Ripon Runners for all their efforts in staging a wonderful run in harsh conditions.

**John Hunter**

## Jolly Holly Jog

Once again our family travelled north to Ripon for the Jolly Holly Jog, taking place in the Studley Royal and Fountains Abbey grounds. We arrived in Ripon to very wintry conditions, snow covered grounds but a lovely clear, sunny day. The first quarter of a mile was treacherous as the road was completely covered in ice. The pace was slow as runners had to negotiate the icy conditions. Running across the fields allowed an increase in pace and the stunning views enhanced morale. Even with a slowed pace and a few bruises it was still a thoroughly enjoyable run. Well done to everyone who took part, and managed to complete the precarious but rewarding course.

James Simpson 68.30, Laura Simpson 63.14, Matthew Simpson 55.10.

**James Simpson**

## Tips from the Top (by Darran Bilton): Running a Spring Marathon?

Best wishes to everyone at Swaledale and all the best for the New Year.

If you are running the London marathon (or Edinburgh, or Rotterdam, or Boston, or any other Spring marathon of which there are many), you are probably thinking about your 'launch' into marathon training next year. But before you blindly follow one of the many schedules in the hope of marathon glory, try fine tuning your plan so it works even more effectively for you.

There are different approaches that you can take leading up to a marathon, but there are some basic rules that you should follow in order to maximise the chance of fulfilling your potential...

1. Don't build up your mileages too quickly, or you'll risk OTS & injury.

2. Divide your build up into three main cycles; **Build, Conditioning & Taper** phases.

3. During the **Build** phase, simply build your weekly mileages and the length of your longest run (though you never have to train 26 miles... I'd say 20 at the most).

4. During the **Conditioning** phase, add lots of lactic turn point work (sustained speed) and marathon paced training (e.g. run 12 miles with the first 6 at 2 mins per mile slower than your expected marathon time and then run the second 6 miles at your marathon race pace). During this period, you'll be adding this to high miles so will feel tired (miles may have to suffer to give way for quality) but don't do any more than 3 'hard' sessions per week (long runs are not hard, if run at the right pace!)

5. During the **Taper** phase, mileages are reduced drastically (typically over 3 weeks), quality is reduced (less sessions and much less intensity) and typically you will feel sluggish and tired (as your glycogen levels increase by about one third). You'll probably put a pounds on at this time... don't worry, it is preparing your body for the mission ahead!)

6. All runs other than 'key' sessions should be easy; don't forget that around 37% of elite marathon runners get to the start line overtrained, therefore underperform. Don't make their mistake.

7. Be flexible with your schedules and NEVER feel the need to play 'catch up.'

Keep your fuel levels up. eat more, drink more and particularly if you are female, keep your vitamin (and iron!) levels up.

The above is in no way exhaustive, but points you in the right direction on how to approach your marathon training schedule. If you are training well already, I personally wouldn't get too carried away until the end of January before the miles start to creep up. Start your marathon schedule too early and by the time you get to the start line, you will be utterly bored with it

all and motivation will be waning.  
So just enjoy the excitement up to the BIG race and fit in a half marathon and around three 10k's as sharpeners. If running cross country, count these as 10k's.

Best wishes, see you at London!!!

*Darran Bilton.*

### New Members

Welcome to new members **Jessica Brown** and **Kevin Stewart**

### 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)  
(BSS Race) indicates the race is part of the Black Sheep Series

#### **Road Races**

Feb 28th	Snake Lane 10 RACE FULL
Mar 7th	Haweswater Half Marathon
Mar 13th	Dentdale 14.2
Mar 14th	Trimpell 20, Lancaster
Mar 27th	Coniston 14 online entry only online
Mar 28th	Wakefield Hospice 10km, fast course
Mar 28th	Hartlepool Marina 5, start and finish
May 23rd	Melmerby 10km (BSS race)
April 4th	Helmsley 10km, new event
May 3rd	Rothwell 10km
May 3rd	Tees Barrage 10km

#### **Multi-terrain Races**

Feb 14th	Ann Johnson Absent Friends Trail Run, Billingham, 5 mile
Mar 20th	Cartmel Ultimate Trails Race, 18km,
Mar 21st	Lightwater Valley Challenge 10km, new event on gravel paths around the theme park.
Mar 28th	Arkendale 10km, near Harrogate
Mar 28th	Grizedale Forest 10 mile, Hawkshead
April 25th	Grantley 10km (BSS race)

#### **Fell Races**

Feb 14th	Castleton-Beacon, Eskdale Inn, Castleton 8.1M/1140ft
Feb 21st	Ilkley Moor Fell Race
Feb 28th	Comondale Clart 5.5m/600FT

### Race News

The **Coniston 14** will be run over a 16.75 mile route this year. This is because of a bridge which was weakened in the storms of last November. A detour has been necessary adding the extra distance and probably a few more hills!

For those interested in running the **Tees Valley Half Marathon** the race date has moved to June 13th.

Entries for the **Blaydon Race** on 9th June will open online on 16th Feb, this normally fills up within hours so if your interested you will have to be quick of the

mark. See [www.northeasttraces.com](http://www.northeasttraces.com) for further info and updates.

The Inaugural '**Dalby Dash 10k Trail Race**', near Pickering will take place on the 14th November. Start time 11.01am (Remembrance Sunday, so 1 minute's silence before start). It's a Tarmac & hard crushed stone, trail race suitable for road or trail shoes on an accurate 10km course.

All proceeds to local charities through the Pickering Rotarians.

*More details by the end of February on [www.dalbydash.co.uk](http://www.dalbydash.co.uk)*

### Round Up

**Dave Needham** took part in the popular Keyworth Turkey Trot half marathon back in December. He finished in a respectable 1:32:58 despite battling with a injury in the last 5 miles.

**Ian Derry** took part in the Clitheroe 10km, he finished in 58:01

On New Year's Day there was the rare sight of **Darran**



**Bilton** competing in a fell race. He was in the lead at the Captain Cooks race at Great Ayton when he and a fellow athlete took a wrong turn. They got back on course and overtook the other runners and Darran was victorious in 34:26, with a winning margin of 13 seconds. **Derek Parrington** 43:48 and **Jackie Keavney** 44:59

(photo courtesy of Esk Valley Runners, David Aspin)

The Brass Monkey Half marathon saw a turn out of 15 members. **Dave Atkinson** 1:22:07, **Simon Barlow** 1:33:18 **Jackie Keavney** 1:33:19, **Martin Luxton** 1:33:24, **Niall Cheyne** 1:34:01, **Derek Parrington** 1:35:44, **Andy Broadley** 1:35:44, **Lee Thornton** 1:39:18, **Roy Ashman** 1:44:08, **Chris Kirby** 1:45:32, **Jon Rutherford** 1:49:57, **Pat Neeson** 1:58:21, **Chris Sayer** 1:58:26, **Pauline Bennison** 2:13:49 and **Julia Spittle** 2:13:49.

The Loftus Poultry Run took place on the 31st Jan this year after heavy snow on the initial race date. **Darran Bilton** was 3rd man, first vet 40 in 43:00. **Martin Randall** 55:22, **Simon Barlow** 1:00:43, **Jackie Keavney** 1:012:50 and **Carol Murray** 1:08:20.

### In the Press

This month it was the turn of **Derek Parrington**. He was spotted on the pages of the March issue of Running Fitness, in a article about Sunderland Strollers.