

SWALEDALE ROAD RUNNERS

JULY 2008 NEWSLETTER



www.swaledaleroadrunners.co.uk

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Chairman's Report

June proved to be quite a month for the club with some tremendous achievements being recorded. We had 43 members take part in the Swaledale Marathon which was a great turnout and well done to everyone who completed the course. Congratulations go to **Tracey Hunter, Jackie Keavney, Claire Stewart and Liz Sowter** who all counted in the winning ladies team but commiserations to our men's team who were narrowly beaten into second place by Easingwold Running Club. A special mention must go to **Steve Brown** who had the run of his life to finish 7th overall and take the veterans trophy for the first over 50.



The Chairman and Secretary acknowledge the great Swaledale support

We have continued to do well in the midweek league and your support at the Thirsk race was again superb with our club providing 41 out of a field of 287 runners. For the first time ever I was actually glad I was unable to run as it enabled me to watch the strongest team we've ever fielded produce wins in the Main, Elite and Supervets competitions and finish 2nd in the other three classes. It was great to see **Darran Bilton** back in the green vest and he did himself and us proud winning the 5 mile race in an outstanding time of 24.34. When **Tony Ward** finishes 10th counter for us you know we've a strong team and it was good to see new member **Scarlett Gray** finish 4th lady overall. With the Garforth race just a few days after the Swaledale Marathon it was no surprise we were not as strong as at Thirsk but it was still a great effort to do as well as we did. There seems to be a real buzz and real team spirit within the club at the moment and I hope you all share my pride in that.

Just a reminder that **Martin Scaife** from Up and Running will be at the club on Thursday 10th July with a selection of running kit for sale. Up and Running also have a trainer recycling scheme so if you have any worn out running shoes this is an ideal opportunity to get rid of them

Sadly for us Men's Captain **Stuart Smith** is moving down to Pocklington and although he is still remaining a member he will no longer be able to devote the time to the club that he has up to now. On behalf of us all I'd like to wish **Stuart** all the best in his new life and his new job and we hope to see you out in the green vest as much as possible. Many thanks for all you have done for the club up now and I know you'll be missed on club nights. With **Stuart** moving and feeling he should step down as Men's Captain we now need a replacement. If anyone is interested in this position will you please let me know.

We shall also shortly be losing members **Rachel and Neil Parkinson** who are moving down to Leicestershire where Rachel has been offered a new Methodist ministry. Once again on behalf of the club I'd like to give you our best wishes and hope you go with fond memories of Swaledale.

Have a great July!

Pete Richardson

Woodhall Spa 10km 1st June

According to the literature Woodhall Spa is a "Lincolnshire village with an Edwardian Character famous for its peaceful and relaxing atmosphere." Well that was not the case on Sunday 1st June when nearly a thousand competitors turned up for its 10K race. Where did they all come from? After all, this is just rural Lincolnshire! Although runners were chipped, the start of the race was particularly narrow, and it was extremely difficult to get close to the Start line, which meant that the first kilometre was traffic-ridden and difficult to move through. The run was a good one for a personal best as it was largely flat with some minor undulations. The course was road-based, with some interesting agricultural scenery. Although the organisation was excellent, as is the case in many circumstances, the Finish area was busy and crowded. This is a really well organised event and one to be highly recommended.

Dave Needham

Dave finished 63rd out of 934 finishers, first time dipping under 40 minutes in 39:35.

Humber Bridge 10km 1st June

It was a bit of a last minute decision to do this race, as I had put off entering having doubts about the journey and what the race would be like.

It took as about 1hr 15 mins to get there, much quicker than I had expected. Parking and facilities were at Hessle Rugby club. The race sets off running uphill through a pleasant suburban area, gaining quite a bit of height to get to the Humber Bridge. We then ran across the Humber, turning at the end of the bridge, crossing under to come back on the other side. This meant we did have quite a strong side wind from the west on the way back and the bridge does seem to go on for ever. In fact almost 4 miles of the race are run on the pedestrian footpaths across the bridge. We then retraced our steps finishing on the rugby field. The race was well organised and one I would consider running again.

Times recorded were **Erika Johnson** 40:35 2nd lady, **James Simpson** 56:53, **David Crapper** 54:15, **Glenys Nutter** 70:34 and **Eric Nutter** 74:56

Erika Johnson

My Experience of Swaledale Marathon Saturday 14th June

The registration process was efficiently managed (thanks go to the excellent organisation and to the people who volunteered their time) and I passed the kit check along with 467 others with no problem. Milling around at the start I felt no sense of foreboding and almost looked forward to the start at 9.30am! The start felt fast up Fremington Edge and by the time I got to the top I realised this was going to be no walk in the park. Andy Broadly ran past and asked if I was OK. "I'll catch you up", I told him, little did I see of him again until the finish! I half ran, half walked along the top of Fremington, having realised I had absolutely no leg muscles to project me at any great speed up hills

The steep descent to Storthwaite could not have come sooner for me and for the first time that day I had a great run flying down the hill! Running along the river bank to Langthwaite was a welcome "flat" although I must not have been running fast enough to avoid what seemed like millions of little bugs trying to eat me.

I passed through checkpoint 1 and 2 and began to climb out of Whaw relieved that a third of the race was behind me. My relief did not last long as I began to climb the 200 metres or so up Great Punchard Gill. This definitely was the most painful part of the course. Asked by Stuart Clarkson near the top as to how I was doing, my reply "I don't want to do this anymore!". Recovering quickly at the top, it was pleasant to run through the heather and peat bogs, with the cooling breeze and intermittent drizzle. Excellent weather conditions for a 23.2 mile fell run.

I dropped down 100 meters or so to Level House, checkpoint 4 and a very welcome jam sandwich. The down was good fun although I had begun to feel trepidation with every down meaning I was going to be ascending very shortly. All too soon I was re climbing the 100 meters, through the disused mines and on to Winterings Edge. It was great running on grass and the views were stunning as the valley glistened in the sun light.

Then for the descent to Gunnerside. This was fantastic and even though my legs were beginning to scream that they were tired, I had a blinding time racing down 300 meters of the valley side. It was worth climbing up Great Punchard Gill to have the feeling of leaping gracefully (or not so) down the bank.



*Rachel, Louise and Hannah
running the Swaledale marathon*

At Gunnerside, and checkpoint 5, I had completed two thirds of the race. I was asked by a supporter if I was enjoying myself? After considering this, I replied "ask me at the finish". At that time the thought of the slog out of Gunnerside was not looking too appealing, but in the event it was not as bad as I had expected. This was probably due to the many helpful tips that everyone had imparted that this was a difficult part of the race. You know you only had a third of the race left but after completing two thirds, it is still a long way to go.

I passed through Blades and Feetham Pasture and finally arrived at Surrender Bridge and checkpoint 6, where I gladly greeted Jo Richardson and John Wilson for the third time that day. I found that the support that they gave was great (thanks very much) – just to see them was good but the bananas and lush flapjacks were extremely welcome. At this point I still thought I had about 6 miles to go, but being told that there was only 3 miles left gave me a new lease of running life. The thought of the finish spurred me on.

From Surrender Bridge to the finish, there were very few people around. I could see 200 meters ahead a woman in a yellow shirt. I ran for my life to ensure

that I did not get lost. I walked when she walked and and ran when she ran. I never thought I would be so grateful to see the walled path, with high grasses and uneven under foot. For the first time I looked at my watch and knew if I kept going I would make under 5 hours 30 minutes. Emerging on to the road in Reeth, I felt relieved that I was nearly finished. A short sprint (!) and I completed the Swaledale marathon in 5 hours 26 minutes.

At the finish, I said I would never run the Swaledale 23.2 mile Marathon with its 1258 metre (4128 feet) ascent ever again. However on reflection after a week, with a bit of hill training and numerous recky runs of the course, I think I will be back next year to improve on my time!

Louise Branford-White

Times of club members:

Steve Brown (7th) 3:26, **Stuart Smith** (10th) 3:32, **Tony Ward** (17th) 3:44, **Chris Jameson** (20th) 3:52, **Jim Gleave** 3:40 **Tracey Hunter** 4:08, **Jackie Keavney** 4:11, **Claire Stewart** 4:14, **Kenton Smith** 4:30, **Derek Parrington** 4:31, **John Dawson** 4:31, **Gary Davison** 4:31, **Liz Sowter** 4:41, **Ronnie Cassar** 4:42, **Neil Parkinson** 4:45, **Jenny Butler** 4:45, **Catherine Sunter** 4:45, **Mary Carnegie-Brown** 4:52, **Chris Kirby** 4:55, **Andy Broadley** 4:55, **John Lynch** 4:55, **Pat Neeson** 5:00, **Stuart Clarkson** 5:00, **Harry Ellis** 5:23, **Oonagh Bathgate** 5:23, **Louise Branford-White** 5:26, **Amy Cassar** 5:36, **Dave Atkinson** 5:43, **Hannah Wright** 5:44, **Rachel Parkinson** 5:53, **Sandra Sanderson** 6:04, **Helen Smith** 6:05, **Sara Woolley** 6:13, **Pete Richardson** 6:13, **Brian Kinnane** 6:46, **Bridie Kinnane-Davison** 6:46, **Linda Turnbull** 7:04, **Sharon Hughes** 7:13, **John Elliott** 7:13, **Jessica Crann** 8:49 and **Suzie Coombes** 8:49

Email from New Zealand

The following message was received from ex member Sharon Morrison, who emigrated to NZ, wishing everyone luck in the Swaledale Marathon

Hi Everyone

Oh, how I wish I could join you on the Swaledale Marathon. Time has flown by so quick since we left for New Zealand, can't believe it's nearly one year already. Those jam sandwiches were a life saver, thanks Vic, and got me to the end ..just! Good luck to all of you taking part. I miss our club runs, especially the muddy ones at night. The club I've joined over here is great, everyone is so friendly but not as friendly as you lot and I miss Jeff's teeny shorts..not. There are some great events over here, it's all about the outdoors. I've done endless triathlons, am currently training for a half ironman in November, a winter kayaking event (five sessions of 12km) called the Brass Monkey and working up to the Speights Coast to Coast event in February 2009 which is a multisport race from the west coast of New Zealand to the east, a total of 243km - consisting of cycling, kayaking, mountain running and more cycling so add swimming to that and it's full time training for me, except at the moment the weather is freez-

ing so I have to pull myself away from the log fire. So, if any of you ever want a challenge, this is the one for you - if I can do it so can you. Anything is possible when you put your mind to it.

Once again, good luck for 14 June, and wish I was there with you. I miss you all.

Sharon Morrison

Black Sheep Series Update

Kirkby Malzeard 10km 7th June

A fine Saturday afternoon greeted the runners, with near perfect running conditions. The times recorded reflected this despite the hilly nature of the course. The run was followed by free sandwiches and cakes in the Mechanics Institute for the runners. **Tony Lambert** was second man in the race in a time of 34:50. **Erika Johnson** was first lady in 40:23, securing her maximum points in the series for this race. **Peter Devlin** finished in 45:52, **Ronnie Cassar** 46:45 **John Hunter** 48:58, **Amy Cassar** 49:43, **Julia Spittle** just piped **Sally McCulloch** to the finish line, finishing in 59:48 and 59:50 respectively. **Glenys Nutter** recorded a time of 1:09:58 and **Eric Nutter** 1:42:57.

Rainton 10km, 29th June

Conditions were windy for this normally fast course. After the first two fast miles, the runners found the going harder, and the last mile and half of off-road made any idea of a sprint finish out of the question.

Tony Lambert may perhaps have been wishing he had entered the series as he once again finished second man in the race, behind Thirsk's Gary Dunn. This time he had closed the gap to just 40 seconds, finishing in 33:12. **Erika Johnson** was second lady in 40:20. **Peter Devlin** 45:12, **Ronnie Cassar** 45:27. **John Hunter** 48:06, with **Amy Cassar** closing the gap 48:39, **Marian Hunter** 56:33, **Sally McCulloch** 58:57 and **Glenys Nutter** 1:08:58.



Glenys Nutter at Rainton 10km

Member Profile– Sara Wooley



Sara at Nidd Valley League run this May

Family and loved ones Partner John, Brother Mark, Nephew Josh and Mum and Dad

Age 41

Occupation Senior Project Manager for a Housing Association.

Interests As well as running, I love scuba diving and sailing (which I don't do as much as I like) and water-colour painting.

Years running Almost 2 years with SRR. I did a lot of athletics at school (yes, I can remember that long ago!) and ran 100m, 200m & 400m.

PB's 10k 54:26 Great Langdale Christmas Pud
10 mile 1:38:14 Derwentwater 10 mile
5k 26:16 Northern Athletics Road Relays

Average Weekly Mileage 20 to 30 miles depending on what I am training for.

Resting Heart Rate I should know this as John checked it! (I think he just wanted to see if I had a pulse and was still breathing).

Favourite Race/Distance Derwentwater 10 mile, Langdale Christmas Pud 10K and anything with lovely scenery, running slowly has its advantages!

Furthest Travelled to a Race The Lake District (Did a 5K in Florida last year but that doesn't really count as I was on holiday anyway).

Favourite Running Gear My Shock Absorber B109 Sports Bras for a couple of obvious reasons!! My Asics Road and Salomon off-road running shoes.

Claim to Fame A couple of years ago I turned down a drink with Eric Bana's & Pierce Brosnan's Stunt man (hey a girl has standards) A few weeks ago I was chatting with Damon Hill at Croft Circuit (as you do)

Race Diary

A selection of race entry forms are kept in the folders at both clubhouses alternatively look at www.ukresults.net

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

www.riponrunners.net - for Black Sheep Race Series (BSRS) entry forms and results

Road Races

July 5th	Burn Valley Half Marathon. (BSRS)
July 9th	Darlington Pit Stop 10km,
July 13th	Eccup 10, Leeds
July 13th	Kilburn 7
July 13th	Catterick Garrison 10km
July 27th	Harrogate Town Centre 10km
July 27th	Victorian 10km, Marske by the Sea
Aug 9th	Arncliffe 4 mile, near Kettlewell. A pretty 4 mile course, part of the village fete celebrations, followed by a fell race (see below)
Aug 10th	Darlington 10km
Aug 12th	York Millennium Bridge 5km
Aug 23rd	Burnsall Feast 10 Mile, near Grassington. Part of the Feast Day Sports at Burnsall, followed by the infamous Burnsall Fell Race (see below)
Sept 7th	Tholthorpe 10km, near Easingwold Incorporating the North Yorkshire 10km Championships
Sept 14th	Ray Harrison 10km
Sept 14th	Wetherby 10km (last race in BSRS). Starts and finishes at the racecourse.
Oct 19th	Richmond Castle 10km

Multi-terrain Races

July 19th	Yorkshire Wolds Half Marathon, held in conjunction with the Bishop Wilton Show.
July 20th	Burton Leonard 10km (BSRS) 2:30pm
Aug 25th	Spofforth Gala Trail Race 1:30pm Bank Holiday Monday
Aug 31st	Staveley Stampede 10 mile. A new event near Knaresborough.
Sept 14th	Castleton Show 6 mile approx, details from nym.ac
Sept 14th	Ampleforth College 7 mile
Sept 20th	Snape 10km, near Bedale, 11am

Fell Races

July 19th	Ingleborough 3pm, 7M/2000ft
July 22nd	Roseberry Topping 1.5M, 720ft
July 27th	James Herriot Country Trail Run , 8 mile course from Castle Bolton, near Leyburn. (see social diary for info on club picnic)
Aug 9th	Arncliffe Fell Race, approx 2 mile
Aug 23rd	West Witton Fell Race
Aug 23rd	Burnsall Fell Race. A classic fell race, starts at 5pm, 1.5 mile, 900ft
Aug 26th	Kilnsey Show Fell Race, pre entry only.
Aug 27th	Reeth Show Fell Race 2 mile, 800ft
Sept 3rd	Muker Show Fell Race 1.5 mile, 600ft

Tips from the Top

Psycho Killer - Mind Over Matter!

In my 'tips from the top' column, I often talk about how to physically prepare for competition, get the most out of training and apply a little thought into your running plans and nutrition. Yet I am only telling half of the story in helping to get you physically in shape to train well enough to be in p.b. shape.

There *is* another side to this running game... it's the psychological side of things! But what can the mind do to a tired body that doesn't want to go any faster? How can we apply 'mind over matter' principles to our running and more importantly our race performance? Sports psychology is an extremely complex subject that I won't insult by trying to cover all the aspects in one small article. But I'll let you in to a few secrets that will serve to well in your next race...

I'm not going to talk about abstract theories or inner karma (I'll leave that to the hippies!) The tool we need is the power to focus on performing to the best of our ability and not 'bottle' it! On the start line, the pressure to do well can seem so daunting that you simply 'bail out.' This is exhibited by the pre-race excuses that many runners spout out before they even put their trainers on! So here are my top 5 do's and don'ts to train your mind into *wanting* your body to run like the wind...

- 1) In the week before a big race, you will feel sluggish. **Do** this motivationally to accept that your body will be at it's optimum for the start line. **Don't** interpret this involuntary state of preparation as negative.
- 2) Just before the race **do** project confidence and enthusiasm for the task ahead to other runners. This builds a positive running attitude (and puts doubts to you rivals' minds!) **Don't** start giving reasons why you won't run well, talk about aches and pains, or lack of/ too much training; this is like giving the other runners a pep talk!
- 3) Have a set routine before a race. **Do** stick to it, though be flexible. **Don't** let others with nothing better to do, disturb your train of thought.
- 4) When the gun goes off, **do** concentrate on the job in hand. Think about your pace, how you are breathing, how you are coping with the pace and terrain. Think about how those around you are coping. Think about how you look (are you tensing up because the runner behind you keeps clipping your heels?) and that you are running efficiently and relaxed. **Don't** talk to the runner next to you... there is only one person who has the luxury of being able to chat and that is the leader (and believe me, they will NOT be talking!!!) It's great to be racing in a group, but if you've enough breath to talk, you aren't racing, you are just running.
- 5) And finally... most of us run to improve their self esteem, health and quality of life. So why is the possibility of failure such a strong deceditive? Simple, because we all want to do well, not only in our own eyes but also in our piers. And the better you do today, the

more likely you will be to not achieve such success tomorrow (are you with me?) Some runners remain mediocre because they fear failure, not because they can't do better. By mediocre, I don't mean not winning races, I mean not fulfilling their potential. **Do** try hard in races and enjoy the challenge. **Don't** fear failure, as the only one's who are failures are the ones that don't try.

Darran Bilton

Website of the month

With the Swaledale Marathon out of the way thoughts may be to shorter runs and with the season of Village Fetes and shows nearly upon us what better idea than taking part in some fell races that these fetes often hold. The runs vary considerably in character, but most are reasonably short, with lung busting hills to climb and a great atmosphere.

The information for these runs can either be found on the British Open Field Sports site (BOFRA for short) www.bofra.co.uk or the Fell Running Association site www.fellrunner.org.uk. It depends on the history of the race which organisation they are linked to, BOFRA covering 'professional' races i.e. those with cash prizes., and FRA 'amateur'. The book 'Feet in the Clouds' by Richard Askwith (a recommended read) covers this and much more.

One of my favourites is Arncliffe. First there is a 4 mile road race, followed by a short 2 mile fell race later in the afternoon, the challenge being to do both. There is also a small village fete which helps to entertain the family.

In a similar vain there is Burnsall Feast and Sports. This is a much grander affair, hosting children's races as well. There is a 10 mile road race at 2pm, and the Classic Fell Race at 5pm. This 1.5 mile race attracts lots of spectators who line the course, just to watch the descent.

On the same day, closer to Richmond there is the West Witton Fell Race. This small race is longer, at about 5 miles and it definitely helps if you know the route on this one as it's find your own way back from the summit of Penhill. This is followed by the 'Burning of the Bartle Procession' in the village.

A couple of other Dales shows which have fell races are Muker and Reeth and of course the infamous Kilsney Show race.

More detailed info can be found on the websites I have listed giving dates and start times. Go on have a go!

New Members

A warm welcome to new members **Jenny Butler**, **Tracie Taylor-Page**, **Scarlett Gray** and welcome back to **Jim Gleave**

In Brief

June seemed to be the month for races at Yorkshire Stately Homes. The first was Harewood 10km Trail Race on June 8th, within the grounds of Harewood House. The ladies race set off first, with our sole representative being **Nicola Parker**, finishing in 54:31. In the men's race we had **Stuart Smith** finishing 11th in 36:44 and **Dave Needham** in 40:21.

A week later on the 15th June we had another trio at Castle Howard Trail 10km. This two lap testing course around the estate saw **Tony Lambert** crossing the finishing line in 5th position in 36:18. **Erika Johnson** was 4th lady in 43:27 and **Martin Luxton** 54:39.

Earlier that week four members ran in the Blaydon 5.9 mile on the evening of June 9th. **Richard Johnson** 37:30, **Erika Johnson** 38:00 (first over 35), **Jenny Butler** 48:58 and **Ruth Clapham** 59:34.

Two members ran the Newton Aycliffe 10km, **Alex Keenan** finished 21st in 37:22 while **Diane McKay** finished in 43:20.



Diane McKay at Thirsk League race

On the 12th June **Jacqui Keavney** took part in the third race in the Tees Forest Trail 5km's, at Acklam Grange. She finished first over 40 female in a time of 21:18.

On the evening of the 24th **Dave Needham** ran in the first race in the Holme Pierrepont Grandprix. He ran the 10km course in 39:33.

On the fells, **Chris Jameson** and **Jacqui** were out racing in the Northern Runner Summer Series. On the 3rd June they both ran the Ossy Oiks, over the 9 mile course **Chris** finished in 62:26, whilst **Jacqui** was second lady in 65:18. On the 18th June, a few days after running the Swaledale Marathon **Chris** ran at a leisurely Whorlton 7.2 mile course, finishing in 62:42.

On the 29th several Swaledale RR ventured to Hull to run in the Humber Bridge Half Marathon. **Darran Bilton** won the race in a time of 68:31, **Niall Cheyne**

completed the course in 1:37:39, **John Dawson** 1:49:31 and **Pat Neeson** 1:54:07.

Harrogate Road League

The last venue in the series is the Handicap race at Ripon on **Tuesday July 15th**. This is a 9.2 km course with staggered start times, calculated on an individuals race times over the series. The first runner will set off at 7:20pm. See the league website or information at the club for your handicap and start time. The race will be followed by refreshments and the series presentation at Ripon Cricket Pavilion.

Richmond Clubhouse

For over 6 years I have been getting to the club early to open the clubhouse. I am now finding it increasingly difficult to do this on a regular basis and need someone else who can help share this duty. Diane McKay has kindly been helping recently but is moving away at the end of the month. If you can help please speak to me (or call me on 01677 427657) and I will let you know what is involved, I really do need to pass this job on to someone else as soon as possible.

Jo Richardson

Social Diary

Ladies Trip to Reeth-Camping/bar meal/training run

On **Friday 11th– Sat 12th July** **Jacqueline Keavney** is organizing a **ladies only** club trip to Reeth. Meet at 7pm tents up, at the local campsite followed by a bar meal in Reeth. At 9am on the Saturday morning there will then be a training run, different abilities catered for. If you are interested in taking part in any of these activities please contact **Jacqui**.

Club Picnic Sunday July 27th

The annual club picnic will follow the James Herriot Trail run at Castle Bolton, near Leyburn. Please bring your own sandwiches, drinks etc. The more the merrier.

The Need For Speed!

Want to add an element of fun into your training and have a go at a session on the track? Swaledale athlete & coach Darran Bilton has arranged to conduct a 'speed session' on the track at Catterick. All members of Swaledale and R&Z are welcome. Sounds a bit serious? Don't worry, this will be an informal introduction to track training and will be for EVERYONE, no matter what your standard. It is planned to hold the session at 6.45pm on Thursday July 22nd (get there for around 6.30pm) at the track.

Please let Pete or Jo know if you'd like to attend, as we may have to limit places.

Contributions for the newsletter by 1st August please