

SWALEDALE ROAD RUNNERS

JULY 2009 NEWSLETTER



www.swaledaleroadrunners.co.uk

Editor - Erika Johnson Tel:01765 689077

newsletter@swaledaleroadrunners.co.uk

Chairman's Report

For me and I guess for many other members the Swaledale Marathon has been the highlight of the past month. The weather on the day was glorious and our own Yorkshire Dale looked at it's very best leading to a number of fellow competitors saying how lucky we are to have this on our doorstep. I would like to congratulate everyone who completed the challenging course and I'm wondering if I'm the only one who still has peat stained feet 2 weeks after the event (and yes, I have taken a couple of showers since!). A superb 3.38 and a 7th place finish saw **Steve Brown** win the veterans trophy for the second year running and with excellent support from **Stuart Smith**, **Tony Ward** and **Derek Parrington** led our men's team to the runners up position. Our team of **Tracy Hunter**, **Jackie Keavney**, **Oonagh Bathgate** and **Lucy Tulloch** went one better than the men as they retained the ladies title for another year and I was especially pleased for **Oonagh** and **Lucy** to experience being part of a winning team for the first time. Their efforts fully deserved it.



Helen Law still smiling at the finish of the Swaledale Marathon

With so many members taking part in the Swaledale Marathon it was inevitable that our Mid Week League performance would suffer but as I write there is one race to go and our Supervets team sit in 1st place with everything to play for to retain this trophy. It was great to see **Darran Bilton** back in the famous green vest at Richmond and he did us proud to win the race with a 59 second lead over the usually undefeated and unbeatable **Ian Fisher**. What a boost for the league to

have two of Yorkshire's top endurance runners going head to head. I also realised that evening why I'll never be in **Daz's** class, I just don't sup enough Guinness and eat enough Meat Pies with Chips. (He never put that in his Tips From The Top!)



Stuart Clarkson at the end of the Swaledale Marathon

Gary Davison has started his appeal for marshals for the Richmond Castle 10k on the 18th October and has put some suggestions in this newsletter. We do need more marshals than ever before and given the size of our club we should not really be in a position to struggle to provide enough. I have so far resisted bringing in rules that stop members running in their own race unless they provide someone to marshal for them as many other clubs do and I hope we never have to but we need enough fellow members to support us.

One of my favourite events is the James Herriot Trail Run which this year is on Sunday 26th July at Castle Bolton and as in previous years will host our club picnic. The race is organised by the Rotary Club of Wensleydale as part of their charity fund raising and they have approached me to see if we will again help them with the timekeeping and finish. I have offered my support once more I could do with 2 or 3 others who could assist me. Please let us know if you could help. Two years ago when I was timekeeping there I was well entertained by James Herriot's son **Jim Wight** who was telling me anecdotes and stories about his father. You might enjoy the same pleasure, and don't forget your picnic.

Have a great month and Come on the Supervets!

Pete Richardson

Long Bennington 10K

Situated in Lincolnshire, just south of Nottinghamshire's Newark, and just north east of the Vale of Belvoir in Leicestershire, Long Bennington is a broad and attractive linear village close to the A1. The setting seemed almost idyllic, emphasised by the fact that it was warm and sunny. A BBQ had been set up alongside the local sports pavilion. Everybody was social, entertaining and talkative. The local characters were around. It was all very Darling Buds of May! This was a small race with only 96 runners, which took place alongside a 5K fun run. RAF Cranwell is not so very far from here and there were a preponderance of second world war airfields locally such as at Bottesford and Bingham and so the topography of the area is relatively flat and potentially good for a pb. This was a road race and an enjoyable event. The course was a figure of eight, leaving Long Bennington towards Staunton and Bottesford, and then swinging back into the middle of the village before undertaking a circuit of the other side of the village. Marshalling and facilities were excellent and there were a number of excellent pubs afterwards for a nice Sunday lunch. I came 10th in a time of 41:07.

Dave Needham

Ossy Oiks Fell Race

On a warm mid week evening **Tracey Hunter** and I took part in this short mixed terrain run. Earlier in the day the temperature was a hot 25 degrees, thankfully by the start of the race it had cooled down to about 15 degrees. The start of the route takes you across a beck and up onto the moors. Following gravel paths and grassy tracks you skirt round a small reservoir and up the main route to Black Hambleton. The final climb to the top is along a narrow stony path to the highest point which is 1800 ft. On the descent you briefly go over boggy moorland before returning to a short road section. The final part of the run is through woodland before returning to the beck crossing and the finish. The total mileage is about 8, certainly not 6ish and flattish. Because of the dry weather the normally boggy section was bone dry and dusty for a change. This made for very quick times. Jim Bullman from North York Moors won the race and broke the course record. In the ladies race Pippa Whitehouse won and also set a new record. After playing cat and mouse with Kay Neesam most of the way round, I managed to maintain my lead and finish ahead of her finishing in second place. **Tracey** finished 7th woman and went home with a bottle of wine for her efforts.

Jacqueline Keavney

Settle Hills Race

21st June

This was new race for me, one I have intended to run for a number of years and have never made it. The



race headquarters are at Settle RUFC, and the start is a 2 minute walk away in the Market Place. There is mixture of terrain, over limestone pavements, grass tracks and fields, with plenty of climbing mixed in and some steep downhill sections. There was even a drinks station 3/4 of the way around, which was most welcome as it was warm day. A well organised event one which I intend to run another year. I finished first lady in 68:40.

Erika Johnson

Tebay Fell Race

June 20th

This race was a counter for the British Fell and Hill Running Championships. It took part on Saturday 20th June in the village of Tebay, between Kendal and Kirby Stephen. The weather was good but humid, visibility was clear. It was the "who's who" of fell running, celeb spotting of a different kind. The route is advertised as 8 miles but is more like 9 or 10. There are three main climbs totalling 3000ft, saving the best till last. Its around 1000ft in half a mile, those not called Rob Jebb had to grit their teeth and hang in. The route is on short grass with narrow paths in places and of course beck crossings thrown in for good measure. A new course record was set by Simon Bailey from Mercia Fell Runners in a time of 1.09.44. Philippa Jackson from Keswick AC set a new womens record in 1.23.01. After doing the Swaledale seven days earlier and the Richmond Mid Week League run I was pleased with my time and thoroughly enjoyed the run. My time was 1.48.47. The voucher that you were given for a pint at the end of the race was very welcome!

The Gibson Grind *Saturday 27th June*

As they say the clue is in the name. Having spent many weekends running up and down the hills in the Dales I thought I would venture further afield and run on one of the southern Lakeland fells.

The race is organised by the PTA of a Kendal junior school. As the field assembled it was clear to me that the other 89 runners were seasoned lake district fell runners. The cloud cover disappeared and the temperature began to rise. I decided getting round the course was going to be my only concern. By the time we left the school playing fields my worst fears were confirmed the bulk of the field were disappearing up the side of Scout Scar Fell, the odd stile did cause the field to come together but not for long.

I managed to run all the way to the top and along the edge of the scar. The views were fantastic the heat haze was oppressive. The descent to the water station was followed by a climb which reduced me and those around me to a purposeful walk. The top of the climb bought a swift descent to be followed by a climb similar in gradient to the hill in the middle of the 'James Herriot' only three times as long. At the top we started the long final descent to the finish in the school grounds. My heat sapped legs wouldn't allow me to try any clever descent at speed. I did realise that I was gaining on the five or so runners ahead of me but the rate of gain was never great enough for me to cause them any problems. The stiles and gates allowed me to look behind me and wonder if there were any runners behind me because I couldn't see any.

The quality and quantity of the prizes were amazing. Both the men's and women's course records were broken so a bonus of £75 was given to the winners. The last man and woman received £20 prizes, if only I had known! All at the prize presentation received two bottles of beer which went down nicely after a few litres of water.

I finished 72nd out of 90 runners. My time for the 14km course was 92.17. Did I enjoy myself? Of course I did. The added bonus is that Pete Bland's shop was only 5 minutes from the start and it is would have been unthinkable not to call in and make the odd purchase. The 'lakes' fell races have a very different atmosphere to the road races I am used to. The fields are smaller and everyone seem to know each other. There was a great atmosphere. I would recommend members to try races they wouldn't normally try but do beware the Lakeland fells and the Sun!

John Hunter

Timberhonger 10k Sunday June 28th

This was my third entry to this race, which is close to my home town of Hagley in Worcestershire, where my father lives. The route starts at the Bromsgrove end of Timberhonger Lane, close to Sanders Park, where the rather underwhelming carnival was taking place. The first 1 k was mostly uphill, then a downhill slope for 2k, followed by 2 2k loops round country lanes, then returning back up "a bit of a hill" and a final welcome downhill to the finish. The weather was hot, but a slight breeze made it bearable, and there were two water stations plus a wet sponge point. My previous times had both been around 49 minutes on what is a challenging route, so my finishing time of 46'02" was quite pleasing.

I had chatted to a group of local runners at the start, from the Malvern Joggers club, some of whom had competed in races "up there" in Yorkshire, in particular the "Muddy Boots 10k". I naturally recommended the Swaledale marathon and Richmond Castle 10k, which seemed to raise some interest.

Martin Luxton

Rainton 10k

Sunday 28th June

The Rainton 10k is another of the well organised village races in North Yorkshire with a reasonably flat course and about 1 mile of gentle off road running. Before the race **Darran Bilton** told me he felt he had over done his training during the preceding week by doing a very fast 15 miles followed by 18 the next day. It didn't seem to affect his race form too much as he went on to break the long-standing course record with a winning time of 31.20.

Erika Johnson also had a fine run to finish 2nd lady in 40.22 to maintain her lead in the Black Sheep Series. **Simon Barlow** was next to finish in 43.43 followed by my current nemesis **Ronnie Cassar**, who finished in 46.32 to take the 2nd M65 prize. I was 7 seconds behind **Ronnie** in 46.39 although I did come in ahead of his daughter **Amy** who got a prize as 2nd lady under 35 with a time of 47.27. **Pete Devlin** a regular in the Black Sheep series was next to finish in 47.58. Again proving my theory that ditching all her bling makes her run faster, **Sara Woolley** set herself another personal best time of 54.31. **Marian Hunter's** 58.30 showed that she is getting back to form and it is good to see **Tina Hudson** 59.38 taking part in a few races now. Happy just to be back running again **Jo Richardson** finished in 63.30 and **Glenys Nutter's** 74.27 saw all the Swaledale members home. With no meat pies on offer for post race refuelling this time a rather delicious bacon buttie had to suffice!

Pete Richardson

New Members

Welcome to new members **Elizabeth Duggan** and **Marion Dove**

Member Profile Dave Needham



Dave at Edwinstowe 10km

Age 55

Occupation University Lecturer

Family Wife, Alison and sons Alex and Graham

Years running I have been running circa 5 years but have only had 2 years racing experience

Pb's

5km 19:59

10km 39:33

10 mile 1:06:40

Half marathon 1:27:40

Marathon Even thinking about attempting one is daunting.

Other interests I am lucky as my job is my hobby but I also enjoy reading, travelling and putting myself into new and challenging situations.

Favourite Race

There are so many wonderful rural races. I have chosen the Holme Pierrepont Grand Prix series of 4 races in Nottingham. What great value for money they are and all are in really wonderful parkland locations!

Favourite running equipment

Saucony Omni 6 running shoes

Best race experience

There have been so many. What I really like is the camaraderie of runners both before the start and also at the end of races.

Worst race experience

This was running the Ropsley Raid in January 2009. Running through deep claggy mud across long freshly planted fields spoilt the day for me.

Furthest travelled to a race

It will be the City2Surf 14K Sydney Hyde Park to Bondi Beach on 9th August 2009

Average weekly mileage

45-55 miles

Resting heart rate Help, I cannot find my pulse!

Running tip

Keep a log of the miles you run. Then each year try to outstrip the number of miles you ran in the previous year.

Running goal

To complete the City2Surf in under 1 hour

Claim to fame

Although he was 3 years or so older than me, at school I was in the same cross country team as Ray Smedley (Munich 1,500 m, 1972)

Favourite running website Runner's World

Race Diary

Road Races

July 5th Sedbergh Howgills 10 mile-new event
July 5th Burn Valley Run. July 8th Pit
Stop 10km, Croft circuit 7:30pm
July 12th Eccup 10 mile
July 12th Kilburn 7, traditional afternoon tea for all finishers
July 26th Harrogate Town Centre 10km
July 26th Victorian 10km, New Marske
Aug 8th Arncliffe Fete 4 mile, Sat afternoon
Aug 9th Darlington 10km-2 lap route
Aug 11th Millenium Bridge 5km, York
Aug 22nd Burnsall 10
Aug 23rd Ray Harrison Memorial 10km, Billingham
Aug 23rd Escrick Priory 10km, York
Sept 3rd Wetherby 10km

Multi-terrain Races

July 4th Osmotherley Phoenix 17/26/33 mile
July 12th Kirkby Overblow Rural Run 10km, on country tracks, info on nym.ac website
July 18th Yorkshire Wolds Half marathon, Bishop Wilton
July 19th Burton Leonard 10km
Aug 31st Spofforth Gala Trail Race 10km

Fell Races

July 18th Ingelborough Fell Race 7 Mile
July 26th James Herriot 14km Trail Run
Aug 8th Arncliffe Fell race 2 mile
Aug 22nd Burnsall Fell race 2 mile

Richmond Castle 10km Marshalling

Your Club's annual Richmond Castle 10km road race will be held on Sunday 18th October 2009 and if previous events are anything to go by, will be one of the regions most anticipated events. Even before the dust was settling on the last race, runners were pencilling in the next Richmond 10k. A quick scan of the comments section on the Runners World and Fetcheveryone web sites will provide a pleasing indication of how popular our event is in the regional and national racing calendar. With the event being so popular, it puts your Club's profile in the spotlight, generating new members and revenue. However, due to the uniqueness of the route, including many hills, sudden bends and blind crests and its popularity, the race does include an unhealthy mix of keen runners and motor vehicles. Unfortunately for a number of reasons we are not in a position to close the roads. It is with this in mind, as one of the race organisers, that I make an impassioned plea for assistance with the race-marshalling of the event. In other words, the standing at the side of the road managing and directing traffic and runners, so that all are able to pass in the correct direction and without problems. Plus an odd motivational cheer and clap is worth a million to a struggling runner. As this race is a single major generator in keeping your Club in a healthy financial position, then is it too much to ask you to help out with the marshalling. Our Club is unlike a lot of clubs who have a blanket ban on all club members competing in their club's event. However, may I suggest the following. All Club members turn up on the Saturday, the 17th October and run the course, as they would on a Club night on the paths, but attempt their own goals, such as a pb etc., **AND** then turn up on the Sunday and assist with the marshalling. Some may not want to, are unable to run the course on the Saturday, but at least we will then have a strong turn out of marshals for the Sunday. Let me emphasise that this is not a blanket ban. I will hold no negative thoughts on anyone wishing to compete in the event itself. Indeed I would support the inclusion of a Men's and Women's team to compete in the race. What I am looking towards is positive encouragement to the marshalling of the event. I am sure I will have stirred up opinion and thought on the matter. Please discuss among yourselves, send an item into the newsletter, see me on a club night or e-mail me personally (davison@virgin.net); you may have a more workable suggestion. Yet, let us not fall into the difficulty we had last year

when North Yorkshire Police were close to stopping the race due to a lack of Marshalls. In the meantime I will display a board on Club nights (I will attempt to get to Richmond and Northallerton when work permits), with all the marshalling positions. If you can pencil in your name and a contact number and e-mail address, then this will help greatly. Otherwise, send me an e-mail direct or catch me on a run to volunteer.

Thank you all for your help in the past and I'm sure we will be holding successful events well into the future.

Gary Davison

Congratulations

Congratulations to **Anne** and **Dave Atkinson** on the birth of daughter **Lucia Elizabeth** on the 2nd July at 7:50pm, weighing in at 9lb 3oz.

Monthly Round up

On the 6th June the runners at the Kirkby Malzeard 10km enjoyed cooler than normal conditions, **Erika Johnson** (second lady) 40:25, **Ronnie Cassar** 46:55, **Peter Devlin** 47:25, Amy Cassar 48:23, **John Hunter** 49:00 and **Glenys Nutter** 1:17:42.

On the 10th June **Erika Johnson** took part in the Otley 10 mile on a wet Wednesday evening. This popular race

Which attracted 350 finishers she was first lady over 35 in 1:08:42

The next weekend two members took part in the Castle Howard 10km, **Martin Luxton** recorded 49:49 and **Pauline Bennison** 1:00:21 for this multi-terrain course.

On the same day the Humber Bridge half marathon was held. **Simon Barlow** finished in 1:38:42. **Niall Cheyne** 1:40:46, **Pat Neeson** 1:55:35 and **Nicola Pearson** 2:23:35.

On Thursday the 18th June **Erika Johnson** was third lady (first vet 35) at the inaugural Abbey Anniversary 5.5 mile fell race at Kettlewell in a time of 48:40.

Nicola Pearson took part in the Summerhill 5km trail race near Hartlepool recording 30:34

On June 21st **Kathryn Philpotts** was second lady at the Staveley Stampede 10 mile in 68 mins.

At Summer 5km at Redcar **Nicola Pearson** crossed the line in 27:10.

Dave Needham completed the popular Holme Pierrepont Grand Prix. With the competition and the heat hotting up with each race **Dave** finished 40th man overall.

Contributions for next month by the 1st August please