

# SWALEDALE ROAD RUNNERS

JUNE 2008 NEWSLETTER



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

Editor - Erika Johnson Tel:01677 460372

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

## Chairman's Report

It's been great to see so many members take part in the first two races in the Midweek League. To have 35 runners at Ilkley and 33 at Starbeck is fantastic and I'd like to thank you for your support. We have got off to a terrific start with our club placed third in the main competition and clear leaders in the Supervets (the old codgers over 55 class!). Everyone I have spoken to has seemed to enjoy the first two races and we have certainly been well fed afterwards. There have been some very notable individual performances throughout the field, with **Steve Brown**, **Oonagh Bathgate** and **Bill Wilman**, amongst others, showing big improvements. It is our turn to host a race this year on 1<sup>st</sup> July at Hudswell and although I would like to see as many members as possible running, help will be required with marshalling and other duties. If you could assist please let **Vic Parkinson** or myself know.

Several Swaledale members have tasted success over the past month. **Tony Lambert** won the Yorkshire 10k at Newby Hall and immediately found himself having to conduct a live interview with BBC Radio York. Talking of "media tarts", Athletics Weekly's favourite pin up boy **Darran Bilton** won the Melmerby 10k in an impressive time of 30.56 whilst in the same event **Erika Johnson** won the ladies race. At the Ripon 10 mile race **Erika**, **Karen Hopwood** and **Jackie Keavney** won the ladies team prize as well as picking up individual prizes.

Thank you to everyone who has paid their subs promptly this year, it greatly assists both our Membership Secretary and Treasurer when payments are received on time. For anyone who has not yet paid can you please do so as soon as possible.

On Thursday 10<sup>th</sup> July we are hoping to have **Martin Scaife** from Up and Running in Darlington back at the Richmond clubhouse with a selection of running kit for sale.

Although not until October many entries have been received already for the Richmond Castle 10k which is a good sign that the race limit will be reached yet again. I have just received a photo from Hilly Clothing of the finished race give away and it is a really good looking, quality item.

Good luck to everyone doing the Swaledale Marathon on the 14<sup>th</sup> June. Our club secretary has offered me several inducements, principally Brymor Ice Cream and Black Sheep Ale to accompany her around the

course on the day but I am willing to listen to other offers!

Have a great month.

*Pete Richardson*

## Kirkbymoorside 10km 4th May

Thirteen Swaledale RR turned out for the Kirkbymoorside 10k. The biggest decision was what to wear, anyway we all plumped for shorts and vest which was just as well as the weather was heavy with no wind.

We lined up at the start with the sound of Kirkbymoorside Brass Band playing swing-swing-swing, and what an inspiring send off.

A steady climb up out of Kirkbymoorside for approx 3 miles to the village of Gillamoor to be met by more music, this time a reggae band and the villagers out cheering everyone on. On through the village of Fadmoor to more cheering from the villagers, we were wondering when the flat bits would come.



At about 5 miles you hit a bit of a blip!! What another hill, but short and sharp. As you approach Kirkbymoorside for the last leg more cheering and encouragement from the crowd 'nearly there, down hill all the way, sprint finish' trying to avoid a car pulling out of the carpark with the marshals shouting at them 'out of the way runners coming through'. One or two of the runners had collapsed and were being given oxygen by the ambulance crew, thankfully no S.R.R, we are made of better stuff!! On to the finish line with the crowds on both sides all cheering you on to a welcome drink of water from a commemorative mug which you get to keep.

There is a great atmosphere in the town and a B.B.Q at the pub if you want.

There is a great atmosphere in the town and a B.B.Q at the pub if you want.

Good venue which everyone enjoyed with PB's all round and hosted by Radio York.

First home for the club, in 11th position **Stuart Smith** 38:42, **Dave Needham** 40:40, **Bill Wilman** 51:32, **Neil Parkinson** 51:56, **Mary Carnegie-Brown** 52:53, **Martin Luxton** 52:58, **Karen Palmer** 56:17. **Helen Smith** 58:10 third lady over 55, **Sally Rutherford** 58:37. **Sandra Sanderson**, fresh from the London Marathon 58:40, **Rachel Parkinson** 60:52, **Allyson Cole** 61:34, **Susan Smith** 66:20.

Helen Smith

## White Peak Marathon May 17th

I had been looking forward to running this marathon for years and must have read every report on it that the internet could offer. My training hadn't exactly gone to plan, thanks to a combination of tendonitis and work pressures, but it seemed a shame to give up without even trying, so I set off for Derbyshire, resolving to forget about finishing times and just enjoy it.

This is a point to point race on former railway tracks, which follows the Tissington Trail from Thorpe to Parsley Hay, then the High Peak Trail to Cromford. You get all the advantages of a traffic-free course, but the running surface is firm and fine for road shoes. The bus journey to the start took about 40 minutes, then there was just time for a quick portaloos visit before we were off. Even with such a small field (around 200) the start is quite congested and it took a while for me to get into my stride. The weather was just perfect for me - cool, with a light drizzle at times - much better than the heat of London last year. Opinions vary as to how hilly this course is: some say it is uphill for the first half, some say it is uphill for the first 20 miles! On the whole I agree with those who say that the slope is so gentle that you hardly notice it. However at several points where the path twisted and turned we could see runners ahead and they always seemed to be higher up the hillside. The miles passed by pleasantly and uneventfully and I reached the half marathon point in around 1.50. There were water stations every 4 or 5 miles and I forced down some of those yucky energy gels at regular intervals. I set my mind on reaching the 21 mile mark, knowing that it was pretty much downhill from there. Again the accounts I had read of the three descents varied: some runners love them but others dread them.

Just before the first descent the serious rain started, the sort that goes right through you and makes you feel as if you are running naked (not a pretty thought). I was glad to be wearing my faithful old Helly Hansen under my vest. After 10 minutes though it stopped and I soon warmed up again. Although heavy legged I enjoyed the downhills ( 1 in 8 - call that a hill?), par-

ticularly the last long descent between 24 and 25 miles when I overtook a couple of runners who were clearly not enjoying them. The final mile along the canal was very quiet - no spectators or runners in sight - and then it was all over as I crossed the line in 3.52.16. I can honestly say I enjoyed every mile of it and I'll definitely be back next year.

Liz Sowter

## John Carr 5km Series 7th,14th &21st May

It has been quite a while since my running legs had the pleasure of road racing, so I needed something to ease me back into the joys of trotting on tarmac, I knew of the Esholt 5k series, which is run over three consecutive Wednesdays, so I duly entered with a little apprehension.

From the village of Esholt, which was once the original Emmerdale village, you run a lollipop shaped course, it is relatively flat with a few fast twist and turns before a great last 800m gentle downhill finish. The first race on a warm sunny evening was a shock to the system, 5k, while not a big distance, was a long way to be pushing yourself hard. I finished in a disappointing 18.34 I didn't feel too bad finishing, I knew I could improve, I hadn't quite re-established my pain threshold!

The second race was another learning experience - I was out of breath finishing! And felt I had pushed from the start, even putting in efforts on the incline at 3km my 18min goal was getting closer with a 18.04 The third race was mentally tougher, I knew where I was lacking and concentrated in really pushing through the twist and turns and finding the straightest racing line while really hitting the incline and the last km was a real blast for the finish - 17.43!

The John Carr 5km series is on every year on Wednesday evenings in May, while it clashes with the league runs it's a great series if you want to test yourself on the same course over three weeks, and really see an improvement to your running speed.

Richard Johnson

**Erika** and **Eric Nutter** also took part in the series, and like **Richard** saw an improvement in their races times at each event. The first race incorporated the Yorkshire Vets 5km Championships and **Erika** won Gold for the over 35's. Times for each race as follows; **Erika** 19:13, 18:59, 18:56, **Eric** 39:55, 34:43 and 34:23. At the end of the series **Erika** finished second Lady and collected first over 35 prize.

## New Members

A warm welcome to new member **Pauline Ben- nison** and **Simon Barlow**

## **Black Sheep Series Update** **Ripon 10, 12th May**

A new scenic multi-terrain route for this tough 10 mile race. The run starts on the grass of Hell Wath at Ripon and winds it's way in Studley Deer Park, taking in every hill in the vicinity, before climbing out at the top of the 'Golden Mile' to run past the Fountains Abbey visitor Centre, before climbing once again, you are then rewarded with a run down Whitcliffe lane, with heavy legs into the finish on Hell Wath. The 25<sup>o</sup>C blazing heat didn't make the run any easier, and unfortunately when the main pack of runners arrived at the finish they had run out of water.



*Ronnie Cassar at Melmerby 10km*

**Tony Lambert** 5th, first over 35 male prize, 58:13, **Paul Emson** 1:07:30, **Erika Johnson** 1:10:52, 3rd female prize, **Karen Hopwood** 1:12:40 4th female, first over 35 prize, **Jacqueline Keavney** 1:14:17, 5th female, first over 40 prize, **Ronnie Cassar** 1:20:50, **Peter Devlin** 1:22:10, **John Hunter** 1:28:10, **Amy Cassar** 1:29:58, **Sally McCulloch**, in her first 10 mile race 1:44:43, **Julia Spittle** 1:49:35, **Glenys Nutter** 2:09:45 and **Eric Nutter** 2:27:53.

**Erika, Karen and Jacqui** won the ladies team prize.

## **Melmerby 10km, 25th May** **www.blacksheepseries.co.uk**

This is usually a pretty fast course, but unfortunately on the morning of the race a strong wind blew up. The race starts in the village, taking in Sutton Howgrave and Wath, before returning. The gusty wind was felt all the way round the course, but was particularly bad in the last 2km's on a uphill section back to the village. There were 306 finishers, with a large group of over 20 Ripon Ladies running there first 10km race, creating quite a jubilant atmosphere.

**Darran Bilton** won the race in an excellent 30:52.

**Paul Emson** 38:56, **Erika Johnson**, first lady 40:18,

**Ronnie Cassar** 45:18, **Peter Devlin** 45:30, **Amy Cassar** 49:02, **John Hunter** 49:17, **Marian Hunter** 56:36, **Julia Spittle** 59:27, **Glenys Nutter** 69:33 and **Eric Nutter** 79:23.



*Paul Emson at the finish of Melmerby 10km*

After 3 races in the series **Ronnie Cassar** is leading the male over 65's, while **Amy Cassar** is currently third in the ladies under 35 category. It is only early stages in the series though and some of the club members have only competed in two races so far, so we could see a change in the order of several of the age groups as the series progresses.

## **Membership Fees**

Thank you for all the membership fees paid up to date, from this year details are entered directly on to the long awaited England Athletics website, £5 from your membership fee is paid to England Athletics.

You will receive your membership card from England Athletics with a user name, password and registration number, you will then be able to edit your profile on the website- [www.englandathletics.org](http://www.englandathletics.org) – when you receive the details.

I will e-mail receipts to all paid up members and send off the club affiliation fees in the next few weeks, your card should follow shortly afterwards.

If you wish to renew your membership please pay the £12.00 fee at the clubhouse on training nights, or post to Richard Johnson, West End Cottage, Ellingstring, Masham, Ripon HG44PW. Cheques payable to Swaledale Road Runners

**Richard Johnson**

## **Publicity**

Some of you may not be aware that I do the publicity for the club. I send race reports to the Darlington and Stockton Times, the Northern Echo and one of the free papers. If you have taken part in a race it would be great if you could let me know. I can find finishing times on the usual results sites, but I need a bit of personal information to make it into a report. Occasionally they even print photos. You can phone me on 01969 663026 or email me at [liz@lairdswwod.com](mailto:liz@lairdswwod.com) **Liz Sowter**

## Member Profile

**Name Richard Johnson**



*Richard at Arncliffe Fell Race 2007*

**Family** Wife Erika and Son Kristian

**Age** 38

**Occupation** Postman

**Interests** other than running, a 1950 Grey Ferguson TED 20 Tractor, often seen frustrating racing drivers around home when I'm loaded up with firewood.

**Years running** 7yrs

**PB's**

**5k** – 16.50 New Marske ,

**10k** – 34.23 Leeds Abbey Dash,

**5m** - 27.50 Spring Lake, NJ ,USA

**10m** – 56.20 Brampton to Carlisle,

**Half-Marathon** 1.16.13 Brass Monkey,

**Marathon** 2.47 Dublin

**Average weekly mileage** 35miles

**Resting heart rate** 37

**Favourite race/distance** Any races in the Lake district – Langdale Christmas Pudding 10km for the atmosphere and eccentric race organiser, also Dave Parry's - North Yorkshire Moor Winter/Summer Fell running series.

**Furthest travelled to a race** - Holidays in America with the odd race thrown in every few days!

**Favourite running gear** A good quality Gore-Tex running jacket will keep you comfortable while running in the foulest weather, any Inov-8 fell shoes.

**Claims to fame** Spending a day filming with Heart-beat stars, in shorts and vest, and greased back hair in bitter cold winds and snow.

## Race Diary

A selection of race entry forms are kept in the folders at both clubhouses alternatively look at [www.ukresults.net](http://www.ukresults.net)

[www.barrycornelius.com/running/races/next.htm](http://www.barrycornelius.com/running/races/next.htm)

[www.riponrunners.net](http://www.riponrunners.net) - for Black Sheep Race Series (BSRS) entry forms and results

### **Road Races**

June 7th Kirkby Malzeard 10km (BSRS) 2pm  
June 7th Harrogate 5km. A new race on Harrogate's Stray, 11 am start time  
June 15th Newton Aycliffe 10km  
June 29th Rainton 10km, near Ripon, pre entry only (BSRS)  
July 5th Burn Valley Half Marathon. Over 200 entries so far and no entries on the day this year (BSRS)  
July 9th Darlington Pit Stop 10km, a Wednesday evening race at Croft.  
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 10th Darlington 10km  
Sept 7th Tholthorpe 10km, near Easingwold  
Sept 14th Ray Harrison 10km  
Sept 14th Wetherby 10km (last race in BSRS). Starts and finished at the racecourse.

### **Multi-terrain Races**

June 7th Wharfedale Off-Road Half Marathon, Threshfield. There is also the 25 mile option as well.  
June 8th Harewood Trail Race, separate start times for men (11:00am) and women (10:30am). Course mainly within Harewood House Estate.  
June 15th Castle Howard 10km trail.  
June 29th Beamish Tram Challenge 10km, 9:30am. Race one of the historic trams around the circuit, followed by a woodland course.  
July 19th Yorkshire Wolds Half Marathon, held in conjunction with the Bishop Wilton Show.  
July 20th Burton Leonard 10km (BSRS) 2:30pm

### **Fell Races**

June 3rd Ossy Oiks 9M, 1800ft  
June 7th Pen-y-Ghent 5.9M/1650ft  
June 17th Whorlton Run 7.2M, 1080ft  
June 21st Buckden Pike 4M/1500ft  
July 5th Osmotherley Phoenix 17, 26 and 33 mile options! . Entry form available on [www.nym.ac](http://www.nym.ac)  
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. Bring your sandwiches, club picnic after the run

## **Tip from the Top**

### **Race Time! (what to do, what not to do):**

Many of my 'tips from the top' have been pretty generic, referring to general training and conditioning. All quite straightforward and obvious stuff, really. So this month I've decided to get down to the nitty gritty of race day preparation and how to get yourself properly prepared for the start line whilst others don't even give themselves a fighting chance.

#### **1) The lead up days:**

In the days leading up to a race (of any distance) you need to decide how important the race is to you. If it's just another 'stocking filler' of a race that you want to treat as a training run, then train normally up to it. If it's an important one, then reduce your daily mileage the week before the race. Don't do any 'silly' sessions like hard speed work, that simply take so long to recover from, you'll feel tired on the start line. Also, increase your percentage of carbohydrates that you eat... not the total number of calories you put into your mouth. For a marathon, the three days before the big race, I increase my carbs from around 55% to 70%. This increases glycogen stores by a good amount.

#### **2) On race day:**

The night before, you should have had a nice carbo-rich meal and enough liquids (don't go to bed feeling thirsty). If you are nervous, don't worry about sleep the night before racing, it won't effect your run. Get up in plenty of time to let your body wake up and warm up. Eat something bland and carbo-rich for breakfast (like muesli). Don't have full fat milk, instead drink semi skimmed (full fat is more likely to upset the stomach when racing). Drink between half and one pint of isotonic liquid a couple of hours before the start. And only drink coffee if you are used to it (add a spoon of brown sugar for a bit of a lift). But if you aren't used to coffee, stay away, it could cause heart burn.

#### **3) Just before the race:**

Give yourself time to warm up, stretch and have a toilet stop. Be positive about being there. And don't let those milling around you ambush your preparation.

#### **4) After the race:**

Well done, you've finished! Now have a 5 minute jog to cool down, do some easy stretching and most importantly, drink a carbohydrate solution containing around 6% carbs (one's like 'Hydro Plus' also contain protein, which accelerate recovery). Try to drink (and eat) within 2 hours of finishing. And don't forget, have one easy day (I didn't say day off !) for every mile you raced (e.g. one week for a 10k).

## **Website of the month– Blog sites**

In this technical age it seems all the rage to have an online diary. So I thought I would have a look at what was out there. Two local runners with 'blog' sites, who many of the club members will know or have heard off, are Gary Dunn from Thirsk and Sowerby Harriers and Ian Fisher from Otley AC.

Gary's blog site is updated every weekend and can be found, at [www.thirskandsowerbyharriers.co.uk](http://www.thirskandsowerbyharriers.co.uk). I have been following his recent training for and racing of the Edinburgh Marathon, in which he finished an excellent 4th position of 2:26:57. It makes interesting reading to see how an athlete of this level tackles such an event. Ian Fisher's blog site, reached from [www.otleyac.co.uk](http://www.otleyac.co.uk), unfortunately sees Ian injured at the moment, and having to make the decision to pull out of the marathons that he was training for.

## **Harrogate Road League**

The next venues are as follows. Meet outside Wetherpoons for transport sharing. See Stuart Smith at the clubhouse for further details.

**Thursday 5th June 7:45pm** Thirsk and Sowerby Harriers. A 2-lap approx 5 mile flat course. Parking at Thirsk Athletic Club, Newsham Road, by the side of the racecourse. 5-10 minute walk to the start, so arrive in good time.

**Tuesday 17th June 7:45pm** Leeds and Bradford Tri Club. Course is approx 5 miles along a disused railway line. Parking at Garforth Leisure Centre.

**Tuesday 1st July 7:45pm** Swaledale RR at Hudswell. Parking in the field at the rear of the village hall. Course approx 5 miles.



*Steve Brown at the finish of Nidd Valley League Race*

**Darran Bilton**

## In Brief

The Bank Holiday on May 5th so two club members taking part in the Tees Barrage 10km, **Andy Gaines** recorded a time 43:57 while **Hannah Wright** finished in 52:57.

On the 11th May **Alex Sutcliffe** ran in the blistering heat at Beverley 10km, she recorded a time of 1:13:31.

The week after completing the Buttermere Sailbeck Fell Race in soaring temperatures, **Chris Jameson** took part in his first triathlon on May 18th, the inaugural Keswick Triathlon. The competitors swam 750m in Derwentwater, cycled 35km and completed this with a 10km run. **Chris** finished in 2:37:10.



*Chris Jameson competing in Keswick Triathlon  
Photo courtesy of Borrowdale Fell Runners*

On Tuesday evening of the 20th May **Tracey Hunter** took part in the Fox and Hounds Fell Race, the 3rd race in the NEHRA Summer Series. She finished this 8.8 mile route in 87:29 in the position of 4th lady.

On the 25th May **Mary Carnegie-Brown** was our soul representative at the Ilkley Trail Race. She completed the 6.9 mile out and back course in 71.51. On the same day at Raby Castle 10km the following times were recorded, **Martin Luxton** 52:10, **Stuart Clarkson** 53:23 and **Lisa Bentley** 63:17.

*Any contributions to the newsletter would be much appreciated, by the 1st of July please.*