

# SWALEDALE ROAD RUNNERS

JUNE 2009 NEWSLETTER



[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 was pleasing to see a good turnout of club members at the first Mid-Week League race at Thirsk. Although we did not match our success of 12 months ago there were some very creditable performances on the evening. First home for the club was **Steve Brown** who is obviously determined to retain the League's over 50 trophy and our Supervets team finished second and are well placed to hold on to their title. Some excellent running from **Erika Johnson, Ali Mcindoe, Jackie Keavney, Alexina Cassidy** and **Amy Cassar** placed our ladies a close third behind Otley and Harrogate.

At the second race at Wetherby we were somewhat down on numbers for some reason and despite everyone's best efforts we will need some strong performances in the remaining fixtures to get amongst the silverware. It's been great to receive some very positive comments from members for whom this has been their first and very enjoyable experience of taking part in the league.

Our ladies enjoyed more success, this time at the Melmerby 10k where **Erika, Jackie** and **Amy** won the team prize, with **Erika** and **Jackie** also picking up individual awards. Melmerby also proved a good race for our Club Secretary **Sara Woolley** as she recorded a new personal best.

Congratulations to **Darran Bilton** who finished fourth overall in the Edinburgh Marathon and first veteran. **Darran's** time would have been enough to secure an outright win in any previous year but gives him the honour of being first vet at both London and Edinburgh.

We have a very large number of members taking part in the forthcoming Swaledale Marathon and I'd like to wish everyone good luck.

**Louise Branford- White** has now moved to York and although she is still prepared to carry on as club Treasurer she has asked if there is anyone else who would be prepared to take on the role as she will not be able to attend the club as often as in the past. If anyone does fancy the job they will get full support and help from both **Lou** and the rest of the Committee. Let me know if you are interested.

Just a reminder to those that have not yet paid that the 2009-2010 subs are now due. It saves an awful lot of work if these are paid promptly as returns and fees have to be sent to England Athletics. You can pay your

£12 either at the Club House or post your money directly to **Richard Johnson**, cheques payable to Swaledale Road Runners.

Have a great month.

*Pete Richardson*

## PARIS MARATHON 2009

After another 16 week training programme which was much more difficult to sustain in the winter months (you name it, we had it – biting cold winds, icy and snowy conditions and very wet), April 5<sup>th</sup> had arrived and here we were in beautiful Paris.

Helen Smith, Sue Smith, Sandra Sanderson and Karen Palmer were here to complete the Paris Marathon. We met up with fellow runners Gary Davison and Bridie Kinnane-Davison and also Andy Broadley, Chris Kirby and Chris Sayer at the airport and hotel. We travelled the day before the marathon from Newcastle airport to Charles de Gaulle. Although the flight was only just over an hour the day was long as we had to get to our hotel, collect our numbers and remember to eat.



### *Parisian Style!*

*Andy Broadley and Chris Kirby*

*Karen Palmer, Sandra Sanderson, Sue Smith, Helen Smith*

The day dawned and it was warm and sunny. Even though we weren't staying in the same hotel as Gary and Bridie it was an added bonus that we managed to meet up before the Marathon. We started with the Arc de Triomphe behind us and it was a magnificent start.

The route was fantastic although the cobbles were very slippery from the water and food stations – some of which had bananas!! The only downside was there were no glucose drinks available. Due to the number of runners, it was also very slow in places. There was plenty of support from the Parisians and because we had our first names on our race numbers they would call your name in French. Towards the end of the Marathon there was even cider and wine on offer, which some of us had need to savour (just a wee tipple, I hasten to add).

Overall, although none of us did the time we had hoped for, it was a very good experience and is one of the marathons definitely worth considering. Will we do another marathon? - straight after doing Paris, no - a couple of days after the marathon and we are already trying to decide which one will be next - watch this space!

It is also worth staying an extra couple of days to take in the wonderful sights of Paris and be prepared to do at least another half marathon doing this! After all, you just have to do the 1060 steps to the second floor of the Eiffel Tower and have a run round the top of it to make sure you have taken in all the wonderful views at night-time when Paris is spectacularly lit up. The twinkly lights on the Eiffel Tower are magical and it was fantastic to reminisce and recognise the route we had run the day before. After another 284 steps you are at the top of the Arc de Triomphe, another wondrous monument. There is definitely something very special about Paris in the spring.

Karen Palmer

### Tees Barrage 10K Monday 4<sup>th</sup> May

On a mild wind free spring day this will be an excellent course. This year however the weather was more like November and the wind was blowing down the Tees. It was a day for gloves and thermals not PBs. The course is mainly flat with a few inclines up to bridges across the river. One section of rough track doesn't help the traction but that is a minor point. The car parking and other facilities are good although I did have a minor problem finding the entrance.

I meet Nicola Pearson for the first time. Quote "I run in Northallerton I don't do hills". Derrick Parrington was there. Quote "I have just remembered the Mid Week League is on Thursday!"

As we came towards the end of the race I saw Derrick on the other side of the canal which made me think I was running well or he was going well within himself. Wrong! The canal travels well into Teesside University campus and it took a while for me to arrive at the point where Derrick had been..

The race was won (just) by Gary Dunn, he also won at Kirkbymoorside the day before! The times for the club members were, Derrick Parrington 42.16, John Hunter 50.02, Nicola Pearson 56.07, Marian Hunter 57.42.

John Hunter

### Leeds Half Marathon 10th May

I decided (probably after a drink!) that it would be a good idea to spend my 48th birthday running the Leeds half-marathon. A 09:30 start saw 3000 runners plus two bananas and Scooby-doo line up for the event. The run starts and finishes in Millennium Square, usefully close to the City Infirmary and despite the number of runners it didn't feel overcrowded. Facilities at the start included a bag drop, plenty of loos, massage (oo er missus) and a brass band, there were start pens for sub 95 min. runners. Along the route there were enough drink stations to have a Gatorade crawl and plenty of first-aid points. It's not an undulating course but there are two long steady hills from 2.5 to 4.5 mile and from 6.2 to 7.0 mile, after this it's either downhill or flat. One thing to note is that the run includes a 'corporate relay' event, this means that every two miles or so you can expect to be over-taken by someone fresh out of the blocks looking to make mincemeat out of Harry from Pimms, Wallace and Cranks Ltd. In the end I beat the bananas and managed a PB at 1:33:31.

Graham Smith

### Melmerby 10km Sunday May 24th

Summer decided it would make it's appearance on the day of the Melmerby 10k and with a 11.30 am start we had to contend with pretty warm conditions which affected times.

With the winner of the previous two years race keeping his powder dry for the Edinburgh Marathon it left the way open for **Gary Dunn** of Thirsk to produce a convincing win in 32.18. Chatting to **Gary** afterwards he said he was rather disappointed that he did not get the opportunity to run against **Daz Bilton** prior to their meeting in the Scottish capital.

First finisher for Swaledale was **Erika Johnson** who finished 2<sup>nd</sup> lady in 40.46 and **Jackie Keavney** was next across the line in 41.53. First Swaledale man was **Graham Smith** in 42.04, followed by **Ronnie Cassar** in 46.31. I was next to cross the line in 47.16 with **Pete Devlin** close behind in 48.15. **Amy Cassar** finished in 49.39 to help secure team victory for our ladies. My training buddy **Sara Woolley** found she could run a lot faster by taking off all the bling and jingly janglies from her wrists and produced a PB of 55.06.

**Helen Smith** was next to finish in 59.43 and **Glenys Nutter** completed the course in 78.41.

This is only the second time I have done this race but I do like the course which is run entirely on quiet, country lanes and given the right conditions is capable of producing some quick times.

Pete Richardson

## Ilkley Trail Run Sunday 24<sup>th</sup> May

The course is 6.9 miles along trails to the north of the river. The start is on the flat for a whole 200m after that the first half of the route climbs out of Ilkley through bluebell woods, farm land and moor (930ft). The second half is a gradual descent with the pace increasing all the time. The marshals were very good all the road crossings were well controlled. The one stile was removed leaving a gap for the race and then rebuilt afterwards so there was no time for a breather on the way up.

Just before the drinks station I featured in an action photograph with a grey haired (long) septuagenarian who was wearing a Clayton le Moor vest labelled Dr Ron Hill MBE.



*Ron Hill and John on the climb out of Ilkley*

As it was a warm day I stopped for water. Ron Hill ploughed on without refreshment creating a gap which he maintained to the end.

The race has a limit of 250 but they allow entries on the day so the field was over 300. The incentive for speed came with the announcement that there were only 250 goody bags. Some how I don't think that would happen at the Castle 10k.

I enjoyed the run and the great scenery. I was happy with my time (64.14) but we all know the only way to run quicker times, is to run faster!

*John Hunter*

## Membership Subs are NOW due

Membership subs are **£12.00** cash or cheque

Please make cheques payable to Swaledale Road Runners and drop them off at the clubhouse or post to;

Richard Johnson  
Leighton Lodge  
Healey  
Ripon  
North Yorkshire  
HG4 4LS

Prompt payment would be much appreciated.

Thank you

**Richard John-**

son

## Mission Impossible... Possible!

### Edinburgh Marathon 31st May 2009

Anyone who sets themselves the task of running a marathon is embarking upon a mighty challenge, so when Darran Bilton accepted an invitation to not only race the London Marathon, but to also race in the Edinburgh marathon just five weeks later he was indeed setting himself a 'mission impossible!' For his challenge was not only to simply 'get round' both 26.2 mile circuits, but to race them at full speed with the worlds elite. And his target? To finish as first 'Master' (that is, the first man over 40) in **both** races!

Baring in mind that this would entail winning the Masters class for a third year in a row, an honour that no one in the 29 years history of the London marathon had ever achieved this, it seemed an impossible task indeed. Yet on a swelteringly hot Sunday in Edinburgh, Bilton did indeed achieve his dream. Not only did he win his class for an unprecedented 3rd year in a row at the London marathon in an amazing time of 2 hours 23 minutes and 32 seconds (which also made him the 10th Brit out of 36,000 runners), but just five weeks later he went on to finish an amazing fourth (out of 17,000 runners) to finish as first Master athlete yet again in the Edinburgh marathon!

The fact that conditions for the Edinburgh race were not conducive to fast running (temperatures reached 25 degrees!) made the fact that Bilton completed the course in EXACTLY the same time (2.23.32) as he'd run in London just five weeks earlier, all the more amazing! His quest captured the imagination of the Pickering Rotarians who used his inspirational story to help raise money for local charities including the Yorkshire Air Ambulance, St Catherine's Hospice, McMillan Cancer Research and the Multiple Sclerosis Research Centre.

The Pickering based International Athlete who owns Apricot Lodge Guest House and also works in York, is delighted with his success and said "To win the Masters class in two big city marathons in exactly the same time is a world's first. And to raise money for charity on the way gave me a real incentive and a tangible goal."

Anyone who'd like to celebrate in Darran's achievement can do so by sending donations to the charities mentioned or donate through his 'just giving' site (labelled '*Darran Bilton, Marathon Runner*').

## New Member

Welcome to new member **Nicola Jackson**

## Member Profile

## Graham Smith



*Graham at the finish of Leeds half marathon*

**Age** 48

**Occupation** Procurement Manager

**Family** Gail and my two girls, Rebecca and Rachael, 21, 10 and 8 respectively.

**Years running** Yes. I entered my first 10K about 15 years ago; I went off too fast and then got a stitch. Two mature ladies overtook me whilst discussing their grandchildren and Audley's Lily of the Valley talc.

### **Pb's**

10km: 40:36

10 mile: 1:07:37

Half marathon: 1:33:31

Marathon: are you kidding?

**Other interests:** Leeds United, fly-fishing and walking

**Favourite Race** The Ebor at York

**Favourite running equipment:** Vaseline then my Heart Rate Monitor which proves I've got a heart and slows my training runs.

**Best race experience** By pretending I could run a sub 30 I got on the start line at the Auckland Castle 10K with the elite Kenyans

**Worst race experience:** Trying to keep up with the elite Kenyans. Also a novelty race after a 10K I was part of a five man team pushing a soapbox around Letchworth. These guys were real athletes and I had to try and keep up, I fell over.

**Average weekly mileage** 25

**Resting heart rate** 45

**Running tip** Target at least one run a season to 'peak at'

**Running goal** Sub 1:30 half-marathon and sub 40 10K.

**Best prize:** A miniature bottle of whisky after the (freezing cold) Saltwell 10K

**Worst Prize:** The glass that came with the whisky, the text and logo disappeared when I first washed the glass.

## Thoughts from a New Member

My New Year's Resolution 2009 was to take up running again. At 37, I had been busy bringing up 3 children, and had sort of 'gone to seed'. Up to the age of 30, I had done a lot of sport and had enjoyed running, being outside and generally taking exercise. But then the babies arrived, and all that side of my life went out the window. So, 2009 dawned and after a few months' practice on my own, I was encouraged to join Swaledale Road Runners by **Emma Robinson**. So, in April, I pitched up at the Mencap Centre in Northallerton and there began my running adventure.

First there was **Andy**, with his Mum's lovely short-bread and ginger biscuits; then there was **Martin** and his obsession with stats; then **Julia** and **Pauline** who gave me lifts; and **Dave** and **Derek** who ran very fast; and **Tony** with his bike and the milk delivery; and **Roy**; and **Pat**; and **Chris, Marc, John** and **Chris**. And others whose names I don't yet know. They were all great - very welcoming and helpful.

After a couple of Wednesday night runs with them, I found myself plunged into the Harrogate Summer League. What a brilliant set-up. Not only do you get a chance to test yourself amongst a load of really professional runners, you also get to run for your team and try and beat the other teams. Every runner gets points which go towards a team total. Being a competitive sort, that has really appealed to me. I love seeing the green Swaledale shirts out in the pack.

I'd like to think that the Ladies and Men's Teams could do really well this year.

So, all in all, it's been a fun couple of months. I am very glad indeed to have stumbled upon the Swaledale Road Runners. I find it hard to imagine life without running now. I'm clearly addicted to those 'endorphins' and am the proud owner of a Garmin Forerunner watch. I think the family are happy with my new leisure pursuit – the only thing that's suffering is the garden – which has 'gone to seed.'

Alexina Cassidy



## Race Diary

### Road Races

- June 14th Humber Bridge half marathon  
June 21st Newton Aycliffe 10km  
June 24th Beamish Tram Challenge 10km  
June 24th New Marske Summer 5km  
June 28th Rainton 10km, near Ripon. Pre entry only for this popular 10km.(BSS)  
July 5th Sedbergh Howgills 10 mile-new event  
July 6th Burn Valley Run. This year the run will be on a Sunday morning for the first time in its 19 year history.(BSS). So far 170 entries, no entries on the day. [www.burnvalleyrun.com](http://www.burnvalleyrun.com)  
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 23rd Ray Harrison Memorial 10km, Billingham  
Aug 23rd Escrick Priory 10km, York

### Multi-terrain Races

- June 14th Castle Howard Trail Race 10km. A two lap course around the Castle Howard Estate.  
June 14th Grasmere Gallop 7M. A picturesque run on road and trail around Rydal  
June 21st Staveley Stampede 10 Mile, near Knaresborough, mainly flat, road & trail  
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

### Fell Races

- May 19th Fox and Hounds Chase 9M/1500ft**  
June 16th Whorlton Run 7:15pm 7M/1080ft  
June 18th Abbey Anniversary Fell Race, Kettlewell, 5 mile, 1800ft, 7:30pm [www.abbeyrunners.co.uk](http://www.abbeyrunners.co.uk)  
July 26th James Herriot 14km Trail Run

## In Brief

On the 10th May we had a good turn out at the hilly Ripon 10. **Erika Johnson** 1:10:16, **Gary Davison** 1:16:27, **Martin Luxton** 1:17:34, **Ronnie Cassar** 1:22:18, **Peter Devlin** 1:23:52, **Amy Cassar** 1:27:22, **Sue Pearson** 1:42:06 and **Glenys Nutter** 2:11:31.

**Nicola Pearson** took part this month in the off-road Newham Grange 5km at Coulby Newham recording 26:37.

At the Yorkshire 10km on the 17th four members finished this off-road race in the Newby Hall Estate. **Martin Luxton** was first home for the club in 46:38, followed by **John Hunter** 52:13 **Laura Simpson**

54:17 and **James Simpson** 57:54.

**Jackie Keavney** couldn't resist squeezing in a fell race before the League Race at Wetherby and Melmerby 10km. She ran the Fox and Hounds 9 mile on the North York Moors, recording 91:53 (1st vet 40) At the popular Raby Castle 10km race on the 24th **Kathryn Philpotts** finished in 44:21, **Martin Luxton** 45:47, **Gary Davison** 45:56 and **Abi Bromirskyj** 59:42.

*Thank you for the brilliant response this month, it really helps putting the newsletter together. Contributions for next month by the 1st July please*



*Roy Ashman at the Harrogate League Race*