

# SWALEDALE ROAD RUNNERS

JUNE NEWSLETTER 2010



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

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## Chairman's Report

I was extremely disappointed by the attendance at our recent Annual General Meeting and presentations evening which represented only 14% of our membership. I know some people had other commitments on the evening but I was still left wondering as to why there was an unprecedented lack of interest this year. Was it a vote of no confidence in the committee and myself or was it an indicator that everyone is so satisfied with the way the club is run they saw no reason to attend? With no one else offering their services, the committee was re-elected en bloc but we are still seeking a Men's Club Captain. To do the role you don't need great athletic ability but just the enthusiasm to encourage, motivate, co ordinate and organise our male members to run and compete. If you are interested please have a word with either myself or our ladies Captain **Jackie Keavney**.

Those who attended the AGM would have heard from **Pauline Bennison's** treasurers report that the club is in sound financial shape. The Committee has decided to invest the proceeds from last years Richmond Castle 10k into a brand new website which I hope will be amongst the best club sites in the country. The aim of this is primarily to improve communication within the club which I think has suffered since we stopped giving everyone hard copies of the newsletter and also as a way of attracting new members. We are looking to have a small team to look after the new site rather than having one webmaster so that it can be constantly be updated with the latest news and information for members. We are also looking at having extensive links so that our site will be your first port of call for any running related or local information. If any of you feel you would like to be involved with the new website can you please let me know.

Just a reminder to anyone who has not yet paid that subs are now overdue. This year England Athletics has said that anyone not paid and registered with them by the end of June will have their affiliation cancelled. Please either pay at either Richmond or Northallerton on club nights or post a cheque to Richard Johnson at Leighton Lodge, Leighton, Healey, Ripon, HG4 4LS. Since the last newsletter there have been two more Harrogate Summer League races both held on excellent new courses. The Leeds and Bradford Tri race was in the splendid landscaped grounds of Temple Newsham whilst the Dragon race was tough, hilly

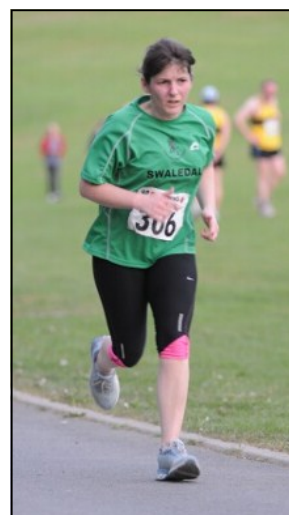
course with long stretches in lovely woodland. On July 1<sup>st</sup> it is our turn to host a race which once again will be at Hudswell. I'm hoping we will have a good turnout of club members running on the night but we also need some help marshalling. **Vic Parkinson** is organising the marshals and would like to hear from any volunteers.

There have been some tremendous race performances over the past month. We had a number of members taking part in the Edinburgh Marathon and everyone deserves credit for completing the 26.2 miles in such stifling temperatures for marathon running. Although he was disappointed with his time I think **Neil Bower's** 3.12.35 was very creditable in the conditions. Not for the first time the Melmerby 10k saw **Darran Bilton** and **Erika Johnson** finish as winning man and lady. Also in the prizes were **Amy Cassar** and **Marian Hunter** whilst **Simon Barlow**, **Gary Young** and **Jess Brown** all recorded PB's. The Yorkshire 10k held at Newby Hall saw previous race winner **Tony Lambert** finish 3<sup>rd</sup> behind two talented Leeds City runners.

Good luck to everyone taking part in this years Swaledale Marathon, out of all the races and events I have had to miss as a result of my illness this is the one I will miss the most, so enjoy it.

Have a great month running.

*Pete Richardson*



*Nicky Eason at a HDSRL race*

## Thunder Bay 10 mile road race

Last year I competed in the City2Surf, the race which is claimed to be the world's largest, with around 70,000 runners. This year I wanted to race in something that was less brash, traditional, local and somewhere a bit isolated but associated with a distinct community. It took a lot of Googling, but I eventually came up with the Thunder Bay Firefighters Road Race, originally established in 1910 which was celebrating its centenary on May 24th 2010. The race is run each year on Victoria Day, a public holiday, which celebrates Queen Victoria's birthday. So, where is Thunder Bay? Thunder Bay is an amalgam of two distinct industrial and commercial communities. Fort William and Port Arthur, on the far north-west side of Lake Superior at the very end of the St Lawrence Seaway within Ontario in Canada. The name Thunder Bay came about as a result of a local referendum in 1969. To say the least, it is a tad isolated. To put it in perspective the nearest Canadian is Winnipeg at 425 miles away. Toronto is 853 miles, and Montreal 1,032. In fact the nearest city is Minneapolis, across the US border at 345 miles.



Having made my mind up to run in the race, the difficulty then was how to get to Thunder Bay. Panicking, I wrote to the race organisers! Passenger train travel finished in Thunder Bay around 10 years ago. Thankfully, it has an airport, although very few travel websites seemed to realise this! But, eventually everything was booked.

Thunder Bay was known originally for its fur trading, but then forestry, exporting grain, manufacturing, shipbuilding and paper, turned the towns, or cities as they are known locally, into industrial centres at the heart of the Canadian economy. However, as with many industrial areas, industry has declined. Today the grain elevators are largely closed, the area is almost abandoned by shipping and many of the former industries are characterised by dereliction. In fact I am sure that I was the only tourist there. There are two tourist offices, both of which were closed. The museums claimed to be open, but the doors were locked when I tried to visit. Perhaps they saw me coming!

The Thunder Bay 10 mile road race runs from Fort William to Port Arthur, before returning along the same route. Preparation for the race starts on the pre-

vious day when all of the runners meet for a 'carb-up'! In other words they attend a pasta supper in Fort William. I was a bit sceptical about how this would turn out, but it was really interesting to sit down and enjoy some spaghetti and salad with other runners. For some reason, and I do not know why, they were really surprised that I had come all of the way to Canada with the sole intention of running in the race! I have to make the point here, that I was extremely impressed with Canadian people throughout the trip, who could not have been more social, generous and helpful.

Although the race is flat and largely linear, it has in the past depended upon the weather. As one entrant explained, it is not unusual to still be using snowmobiles at this time of year. The race started at 9.00 am, and it was very slightly misty, with temperatures at around 18 degrees. To celebrate the centenary, two Kenyan runners had been invited to run within the race. There were around 700 runners, 400 women and 300 males, alongside associated relay races. The first five miles went well; at one stage a Canadian Pacific train ran alongside the runners. However, by the time we had reached the half-way stage, the weather had changed; it was now around 25-30 degrees and humidity levels were high, at about 80%. It was almost like a race of two halves. At about 7 miles, I was sure I was hallucinating or was it a mirage? All I could see was a shimmering road and a set of traffic lights in the distance. They just did not seem to be getting any closer. Clearly, this was something affecting all of the runners. I was talking to somebody at the end who said that they had run the first half in an impressive 31 minutes and the second in 35. I finished in 47th place in 1:08:21 and came third in my age category.



The awards ceremony was easily the most impressive I have seen. It lasted nearly an hour and a half. There were a huge amount of prizes and awards. When I collected my trophy, I got a tumultuous round of applause and was informed that I was the first Brit to have run in the race. When I think of this event words almost fail me. It was wonderful. It might not be next year, or the year after, but I now want to be the first Brit to run the race twice! **Dave Needham**

## The Blaydon Race

"I went to Blaydon Races t'was on the 9th of June, eighteen hundred and sixty two, on a summer's afternoon....." The words of the 1862 Blaydon Races song are used as a basis for everything in the race where possible. The event takes place every "9th of June" whatever day of the week it is.

The Blaydon Race has been organised annually by Blaydon H & AC since 1981 and incorporates as much local tradition as possible in a run that's open to all, including top athletes and humble joggers "gannin along the Scotswood Road". From just 212 competitors in the first race, the field has grown to 4000 runners, covering the 5.9 mile course between Newcastle and Blaydon.

Entry for the race usually opens in February each year and race places are fully allocated within days. On the 9<sup>th</sup> June 2010 thousands of lads, lasses, gadgies (over 40) & dames (over 40) braved atrocious weather to compete in the 30<sup>th</sup> Blaydon Race. It rained all day despite the BBC saying the sun would come out at 7pm. Just in time for the race I thought. We assembled outside "Balmbras" pub in central Newcastle, just as the travellers to see the Blaydon Horse races did in 1862. The race was started with the actual hand bell mentioned in the song, which is brought out specially, under guard, from the Discovery Museum in Newcastle.

We were slow to get away at the start "along Collingwood Street" due to the sheer number of runners, before winding our way to Scotswood Road and Scotswood Bridge to finish in Blaydon itself.

Due to the inclement weather the usual crowds of spectators were sadly missed on Scotswood Road with just a couple of local bands playing under the shelter of garage forecourts. However brave spectators had gathered in Blaydon shopping precinct car park to welcome the runners. Their support was much appreciated.

I wasn't tempted by the black pudding, tripe and pickled onions always on offer to finishers! I just wanted some dry clothes and a hot bath!

All finishers receive a goody bag containing the all important tee-shirt, local food (ham and peas pudding sandwich) and beer. I was expecting Newcastle Brown Ale but got Fosters Lager. Not sure how that's local beer!

This is a really well organised race with a lovely atmosphere, as long as you're not bothered about recording an accurate time.

The time recording arrangements are the only drawback. Chip timing would prevent the big crush at the start and I'm not really sure how accurate times are recorded at the finish with various funnels and long queues. Results are only published in the local Journal Newspaper a couple of weeks after the race. Perhaps the Blaydon Race is trying to maintain one tradition too many.

*Sara Wooley*

## Black Sheep Race Series Update

This last month the Black Sheep Race Series got well under way.

Ripon 10 on the 9th May saw 11 members vying for positions. Over this tough multi-terrain 10 miler some good times were recorded. **Tony Lambert** 59:20, **Martin Randall** 1:08:48, **Derek Parrington** 1:10:14, **Ronnie Cassar** 1:18:12, **Amy Cassar** 1:19:44, **Stuart Clarkson** 1:21:40, **Peter Devlin** 1:22:39, **John Hunter** 1:28:56, **Jessica Brown** 1:35:26, **Marian Hunter** 1:39:26 and **Julia Spittle** 1:43:08.

The next race was the Melmerby 10km on the 30th May, this can usually be a fast course but the runners were greeted with strong winds which they faced for much of the run.

**Darran Bilton** was once again first man in 32:01.

**Martin Randall** 39:44, **Erika Johnson**, first lady 41:29, **Simon Barlow** recording a PB in 41:44, **Ronnie Cassar** 45:45, **Peter Devlin** 46:03, **Gary Young** 46:04, **Amy Cassar** 47:0, **Stuart Clarkson** 48:38, **Jessica Brown** 52:30, **Marian Hunter** 57:34, **Julia Spittle** 60:09 and **Glenys Nutter** 82:59



*Some of the team at Melmerby 10km  
(photo Pete Richardson)*

Six days later at the Kirkby Malzeard 10km the humid conditions slowed the runners at this Saturday afternoon 10km. **Tony Lambert** was 6th man in 36:36, **Martin Randall** 40:44, **Erika Johnson** 43:44 (3rd lady), **Ronnie Cassar** 47:33, **Amy Cassar** 48:57, **Peter Devlin** 49:07, **Stuart Clarkson** 50:27, **John Hunter** 53:45, **Marian Hunter** 1:00:26, **Julia Spittle** 1:02:55, **Glenys Nutter** 1:32:46.

So far in the series we have **Marian Hunter**, **Amy Cassar** and **Ronnie Cassar** all leading their respective age groups and **Julia Spittle**, **Martin Randall** and **Erika Johnson** currently placed second in their age groups but it is early stages yet, with Rainton and the Burn valley Half Marathon in the next month.

**Erika Johnson**

## Round Up

It has been a really busy month race wise, so apologies for all those Swaledale Runners who I have inadvertently missed out of the following round up.

Edinburgh marathon was one of the highlights of the month, but unfortunately their website isn't the easiest to search for runner by club. **Neil Bowmer** 3:12:35, **Any Gaines** 3:35:06, **Martin Luxton** 3:45:18, **Niall Cheyne** 3:55:35, **Karen Palmer** 5:21:53, **Sally Ruth-erford** 5:37:23, **Helen Smith** 5:49:13 and **Susan Smith** 6:53:31. Well done to all the runners on what was a very warm day for marathon running.

**Liz Sowter** opted for the Chester Marathon on Bank Holiday Monday. She finished in an excellent 3:39:00.

**Dave Needham** finished 24th in the Kingsbury Classic 10k trail race in 41:35

On the 15th May **Derek Parrington** completed the Fairfield Horseshoe in 1:54:40, this race over 10 miles incorporated over 3,000ft of climb.

The next day at the Yorkshire 10km at Newby Hall was held. In this multi-terrain 10km we had a couple of runners in the prizes, **Tony Lambert** was 3rd in 34:16, whilst **Karen Hopwood** was 2nd lady in 42:50. **Anthony Cassidy** 42:16, **Alexina Cassidy** 47:04, **Jessica Brown** 54:17.

At the Raby Castle 10km this year we only had one representative, this was **Andrew Barningham** who crossed the line in 69:27

On the first of June at the Ossy Oiks Fell Race **Derek Parrington** finished in 36th position in 64:44, **Jackie Keavney** 69:00 and **Michael Fenwick** in 70:52.

In the Lake District **Michael Fenwick** took part in a new event in the Lakeland Trail Series on the 5th June. The race set off from Staveley and up the Kentmere Valley, he finished in 1:49:20.

On the 13th June **Simon Barlow** finished in 42nd position at the Castle Howard 10km trail race in 45:00. Over on the east coast the Tees Valley Half marathon was under way. **Martin Luxton** 1:38:11, **Michael Fenwick** 1:40:54, **Nicola Pearson** 2:02:47 and **Ruth Clapham** 2:15:43.

## 100 Club

The 100 club draw for May was made at Northallerton and the lucky ball drawn out was No 9 bought by **Jo Richardson**

As I've missed the last few Newsletter deadlines here is a round up of the lucky winners for the missing months:

March **Pete Richardson**

April **Marian Hunter**

If you want to join in the fun, see myself at Richmond, or Pauline at Northallerton. So far this year member's winnings have been around £20 per month.

**Geoff Kensett**

## Club Picnic

Club picnic at the Shawl in Leyburn. Bring your own picnic on Saturday 19th June 1 pm. (WEATHER PERMITTING) All welcome, there is a playground at the Shawl if you wish to bring your children too. Hope you can make it. Jackie K 07906023497

## 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 ) indicates the race is part of the Black Sheep Series

### Road Races

June 29th Newton Aycliffe 10km– flat, fast 3 lap course.

June 27th Rainton 10km (BSS)

June 27th Beamish tram Challenge 10km

June 27th Humber Bridge half marathon

July 4th Burn Valley Half Marathon

July 7th Darlington Pit Stop 10km, Croft Circuit,

July 11th Eccup 10

July 11th Kilburn 7 mile

July 11th Lune Valley & Howgill 10 mile

July 25th Harrogate Town Centre 10km

August 8th Darlington 10km

Please note NO ENTRIES ON THE DAY THIS YEAR.

August 14th Arncliffe 4

August 22nd Ray Harrison Memorial 10km, Billingham

Sept 5th Tholthorpe 10km

Sept 12th Wetherby 10km (BSS)

Sept 19th Great North Run

Sept 25th Great Langdale Half Marathon and Marathon, Cumbria

### Multi-terrain Races

June 20th Staveley Stampede 10 mile

July 17th Yorkshire Wolds Half Marathon, Bishop Wilton

July 18th Burton Leonard 10km (BSS)

July 25th James Herriot Country Trail Run 14k

Sept 11th Snape 10km, 11am Saturday

Sept 12th Para's 10 Endurance run, Catterick

October 10th Shaun Lee Johnstone memorial 10 mile

### Fell Races

June 29th Maybeck 3 Crosses

July 17th Ingleborough Hill Race 7 mile

*Thank you to this month's newsletter contributors.*