

SWALEDALE ROAD RUNNERS

MARCH 2009 NEWSLETTER



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Chairman's Report

This years Annual General Meeting and clubs presentations will take place on Sunday 19th April at 7 pm at the clubhouse in Richmond and I urge all members to attend. If you wish to put forward any proposals for the meeting can you please put these in writing, including the name of a seconder to **Sara Wooley** by Monday 6th April, so that these can be included in the Agenda. For those of you lucky enough to win trophies last year can you please return them to me by Tuesday 17th March to give me time to replace any damaged ones and get the new engraving done. I would also like to hear from anyone who would like to be considered for a committee position or feels they have would like to contribute more to the running of the club. At the last Committee meeting we co-opted **Gary Davison** to the vacant Vice Chairman position and I firmly believe an injection of fresh blood and new ideas can only be beneficial.

I have been informed of the death of **John Campbell** of Northallerton who was a stalwart of Swaledale Road Runners in our early years. I never knew **John** myself and have only seen pictures of him in our club albums but some of our long-standing members will remember him.

There have been some more notable performances over the past month and **Andy Gaines** recorded a PB at the Great North West Half Marathon in Blackpool. On the fells **Erika** had a superb win in very wintry conditions at Castleton-Danby race. Under "Coach" **Bilton's** guidance **Simon Barlow** is still knocking minutes off his times with every race he does and it was no surprise he ran yet another PB at the Snake Lane 10. Another member improving greatly is **Kathryn Philpotts** who finished 4th lady at the Huddersfield 10k. **Jackie Keavney** was 2nd lady over 40 and 6th overall at the Haweswater Half Marathon.

Have a great March and enjoy your running.

Pete Richardson

New Members

Welcome to new members **Natalie Crowther** and **Claudia Robinson**

European Champion Clubs Cup Cross Country

1st Feb 2009 - Uskudar, Istanbul

As many club members will know, not only do I run for our wonderful club, but I also occasionally turn out for my 'other' club, which happens to be Leeds City A.C. This offers competition at the highest level and the chance to race against some of Europe's best runners. Here's the tale of how we got on in chilly Turkey...

With a weakened team, the mighty men of Leeds City left blighty with hope in their hearts that they could fair well in the sea of sharks that is the Euro Clubs Cup. The original line up included seasoned campaigner **James Walsh** who due to ongoing injury recuperation, decided to avoid the risk of injury aggravation and save himself to fight another day (namely in the Nationals, where we need the best at their strongest).

So that left the gallant five of 'getting older by the minute' **Darran Bilton**, 'Mr Happy' (according to his 'T' shirt) **Martin Hilton**, **Mike Burrett** (aka Alan Partridge), 'well travelled' **James Smith** and last but by no means least 'laid back daddy cool' **Joshua Whitehead**. What earned this team the right to represent their club and country was success; by winning the National Cross Country Champs and then by going on as the English representatives, to beat the National champions of Scotland, Wales and Northern Ireland. So a weakened squad it may have been, but an undeserved team certainly not. This year this 'champion of champions' race was held on the Asian side of the Bosphorus Sea of Istanbul, the city of two distinct characters (one being European, one being Asian). The event was extremely well organised from officials meeting the lads at the airport with a minibus ready to take them to the hotel, to the race itself, to the obligatory post race cultural evening (and bean feast). The course proved to be more in keeping with our experience of cross country (i.e. undulating and muddy) rather than the standard 'sandy and convoluted courses that we have become accustomed to in Europe. That being said, it didn't pose the challenge of a mudfest in St Helens! The leads were penned in at the start and proceeded to charge around the first 2k lap of the 10k course through parkland. It was shame the scenery had been scarred somewhat by the organisers in an attempt to prove their worth by marking out the course and

bolstering it with the obligatory piles of sand! The lads more or less started where they finished, apart from some early exuberance by **Hilto** in an attempt to take the lead of the five on lap one, soon to be reigned in by the ever strong (if never youthful) **Bilto**. A strong and encouraging **Mr Burrett** held on as third of four to count, proving his continued hard work and application is paying returns in term of placings and form. **James Smith** continues to go from strength to strength at an alarming rate (alarming at least for the other athletes that are now in front and very soon to be well behind) and this human proof that running provides the perfect hub to a healthy lifestyle and success, ran another stormer to finish as fourth counter in a placing close to his Northern result (bear in mind that in *this* race he was running against Europe's best!) That left the ever strong and determined **Mr Whitehead** who finished only two places behind James, proving that both places were indeed deserved and in the end, justified.



The gala cultural dinner provided by the wonderful hosts provided a perfect end to a great trip.... except it turned out not to be the end! Snowfall back in Luton and in the rest of the UK prevented any flights from returning back home, so in true 'necessity is the mother of invention' style, the team quickly returned back to the hotel for a relaxing evening in the hope that they could return home the next day - which they did - but not before squeezing in an extra run whilst avoiding some of the craziest drivers in 'Europe!'

Results:

Bilto 48th; Hilto 57th; Burrett 72nd; Smithy 79th; Josh 81st

Team finished 14th out of 20 (which bearing in mind that 8 teams were essentially National professionally paid squads and therefore constitutes a finishing position of 5th out of 12 clubs, more represents where we finished amongst teams that have similar amateur constitutions).

Well done Leeds, many professional Great Britain teams would do very well to do as well as us!

Darran Bilton

Huddersfield 10km Feb 22nd

I was the only person from Swaledale, I guess everyone has either done it before and/or knew what to expect.

I went with an open mind, obviously knowing I would never beat my PB so far, also was suffering from a cold so knew this would add to my time.

At the start as we were all sandwiched behind the line ready for the go, I asked a man if the course was hilly he said 'yes, most of the way, but there is a downhill finish' he told me I would expect to add 2minutes on to my time.

So we set off and ran up the biggest hill ever, that didn't bother me it was the flat parts that I found the hardest, just trying to keep going.

However I stayed at the top and by 5 miles I was starting to feel drained but was looking forward to this 'so called downhill finish', thinking along the lines of the downhill finish at the race Ravenstonedale but no such luck, it was a slight incline down and then about a 200metre hill downwards and then a straight to the finish, by which time I had no energy left to do my usual sprint into the finish line.

However all things considered, the hills and my cold, I still got 45:09 and my position was 86 out of 526 and I was fourth Lady. So that's something to be happy about. So like that man said at the start I did only add a couple of minutes on to my time.

Just looking forward to running another flat course to see if I can beat my PB time.

Kathryn Philpotts

Pocklington Snake Lane 10 mile Feb 22nd

This is another of those early season races that fills up very quickly due to the scenic course on winding country lanes, good organisation and the prospect of a 10 mile PB.

Six Swaledale members made the journey to Pocklington and it was good to see **Stuart Smith** in his newly adopted hometown.

Jackie Keavney was the first finisher for the club with a time of 1.09.31 followed by the ever improving, slimline **Simon Barlow** who recorded yet another PB of 1.13.07. I managed to get to the finish line under my own steam this year after needing a lift back with a marshal last year following an injury, and I too ran a PB of 1.18.54. (They don't happen to me very often these days!). **Dave Crapper** finished in 1.36.08, **Jo Richardson** 1.43.47 and **Sue Smith** 1.50.41.

Well worth putting this race in your diaries for next year but you do need to get your entries in promptly.

Pete Richardson

Great North West Half Marathon Feb 22nd

This is the second time I have run this popular half marathon at Blackpool. The race headquarters are at the Hilton Hotel, with the race starting opposite on the North Promenade. The course is completely traffic free, comprising of two laps of the lower and upper pedestrian walkway. You run very close to the sea, and at some points the waves were breaking over the barrier. As expected at the seaside there was a breeze, but it wasn't so strong to prevent some good times being recorded by the 4 Swaledale RR who travelled over.

At the finish each runner received a quality medal, t-shirt, energy drinks, sandwich, snack bars, shower gel,



Niall Cheyne, Erika Johnson and Andy Gaines, with Blackpool Tower in the distance.

Erika Johnson finished in 1:26:23 (6th lady), **Andy Gaines** 1:33:05, **Niall Cheyne** 1:33:59 and **Pat Neeson** 1:47:11

Erika Johnson

In Brief

On Feb 8th four members took part in the Muddy Boots 10km at Ripon **Erika Johnson** (2nd lady) 43:41, **Derek Parrington** 46:29, **Helen Law** 56:20 and **Neil Stevenson** 59:10.

On the 15th Feb **Erika** and **Jackie** were back out on the North York Moors again. This time the pair faced tough conditions and frozen feet at the Castleton Beacon 8 mile fell race. Recent heavy snowfall in the area, followed by a rapid thaw that weekend meant streams were flowing fast and the runners had to contend with knee deep icy water in parts. **Erika** was first lady in 77:09 and **Jackie** was 3rd over 40 in 85:48.

Dave Needham back from injury took part in the Sleaford half Marathon on Feb 22nd, finishing 56th in a field of 414 in 1:31:36.

On the 1st of March at Comondale we had two club runners. **Richard Johnson** finished in 41:42 whilst **Erika** bagged the ladies course record in 43:09.

Member Profile - Gary Davison



Gary and Bridie at Langdale Xmas Pud 10km 2008
Age: 43yrs

Years running: Since school days when I ran for Durham City Harriers and represented Durham County at the Schools' All England Finals in Liverpool (400m hurdles and 4 x 100m relay). Running only took a back seat when I started playing rugby seriously.

Best Running Partner: My wife, Bridie and my dog Millie.

Best coach and 'motivator': Father-in-Law, Brian Kinnane

Favourite Race: Other than our own Richmond 10k/ Swaledale Marathon, probably The Tough Guy/Nettle Warrior, based bi-annually in Wolverhampton, which I have completed numerous times.

Favourite Running Equipment: My Garmin 305 (stopwatch, heart rate monitor, GPS, inter-galactic matter transporter.....)

Claim to fame: Beating Mike McCloud at Gateshead Stadium in the final home straight. He was on the coned off inside two lanes, half way through a 6 mile race; I was in the outside 6 lanes of the final two hundred meters of a 400m race!!! I still beat him past the finish line!

Favourite Podcast: Steve Runner, found on i-tunes or www.steverunner.com. A very motivational and humorous running podcast. *And you do not have to be a computer geek to be able to access it.*

Favourite Running Website: Other than our very own, www.fetcheveryone.com is an excellent site for everything from logging your runs to discussing running issues with club runners all over the country.

Most nervous running moment: As Marshal at our Richmond 10k, every second until the last runner crossed the finish line without a critical incident occurring.

Tips From The Top

The final (marathon) countdown!

For those fortunate (?) enough to be in the throws of preparing for the London or Edinburgh (or Blackpool... or any other) marathon, this a dark time in your training. You have probably done some reasonable base mileages and so are quite happy with you 'build phase.' But you are now entering the part of your preparation where there seems more to go wrong than right! This is the 'peak' or 'conditioning' phase; basically it's when you do the highest weekly mileages, longest runs and perhaps even the hardest tempo work.

Do not worry, you are not alone. Other than the other one hundred thousand or so runners in the UK preparing for a Spring marathon, elite runners are going through the same dilemmas that you are... and suffering the same pitfalls!

Let's look at your preparation (or lack of it, in some cases) so far; Since Christmas you have probably slowly been building your weekly mileage and now are feeling a little jaded. London is late in April this year, so the preparation will seem even more arduous. The trap is, at this point, to do too much and over cook it (as they say). Joggers do it, elite do it. "The more miles the better" the devil keeps telling you. That devil is partially right, but more often wholly wrong...

Over the next couple of weeks, it is wise to reduce your mileage and 'take a week off.' You will not lose any fitness, but allow you body to recover from the hard work it's done already. A reduction to around 60% of you current weekly mileage will work perfectly. Don't forget the whole point of training; adaptation to stimulus... which means giving you body chance to 'supercompensate' (or get stronger!) But it takes a brave person to relax for a week in the middle of marathon training. Most don't, most won't, which is why most arrive on the start line in a state of 'over reach,' which means that the costs of the training have taken over the benefits. That is, you've done too much and are guaranteed to run a poor race. It's a fact that almost half of the runners on a marathon start line believe they could have done a little more training, yet around 60% are overtrained.

So the morale of the story is, increasing your weekly and longest run miles will yield great benefits, but only if interspersed with occasional easy weeks and also only if the longer runs are done at a very easy pace (i.e. around 2 minutes slower than your marathon target pace, per mile).

Enjoy March, taper in April and don't just 'do' the marathon, run it!

Darran Bilton

Race Diary

www.ukresults.net

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

Road Races

- Mar 8th Little Strickland 10, near Penrith, The second running of this small village race, scenic.
- Mar 14th Dentdale 14.3. a Saturday afternoon race from the village school. Tea and food provided after the run. 25th anniversary race.
- Mar 15th Trimpell 20, Morecambe
- Mar 28th Coniston 14, Race Full
- Mar 29th Middlesborough Tees Pride 5km
- April 5th Blackpool Marathon and Half Marathon
- April 5th Hartlepool Marina 5 mile
- April 5th Wakefield 10km. New course, closed to traffic.
- April 10th Mermaid 10km, New Marske, be prepared to be blown away at this seaside run on Good Friday.
- April 19th Redcar Half Marathon
- April 18th/19th St George's Day 10km,
- April 22nd Spring Coast Road 5km, 7pm, New Marske
- April 26th LONDON MARATHON
- May 3rd Keswick Half Marathon 11:30am
- May 3rd Kirkbymoorside 10km
- May 4th Rothwell 10km– Note this is on a **Monday** this year. Fast course
- May 4th Tees Barrage 10km, 500 limit.
- May 10th Ripon 10 mile, second race in the Black Sheep Series (BSS).
- May 24th Melmerby 10km, near Ripon.

Multi-terrain Races

- Mar 29th Arkendale 10km RACE FULL
- Mar 29th Grizedale 10 mile, near Hawkshead
- April 12th Guiseley Gallop, near Leeds
- April 26th Fountains 10km, Grantley, near Ripon first race in the Black Sheep Series
- May 17th Yorkshire 10km, Newby Hall, 10am
- May 24th Raby Castle 10km

Fell Races

- Mar 22nd Blakey Blitz, the Lion Inn 9.5M/2,370ft. Required to carry full body cover.
- Mar 30th Doctors gate 6 mile, 11am Hamsterley Forest.
- April 5th Gisborough Moors 12.5M/3600ft
- April 21st Carlton Challenge 4.8M/860ft 7pm

Thank you to all the newsletter contributors this month.

Articles for next month by 1st April please.