

SWALEDALE ROAD RUNNERS

MARCH NEWSLETTER 2010



www.swaledaleroadrunners.co.uk

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Chairman's Report

Due to various reasons this year's AGM will take place a month later than usual on Sunday 16th May at 7pm at the Richmond Club House. We traditionally hold the AGM in April so that any increases to subscriptions can be approved and implemented before the start of the club year on the 1st of May, but given our good financial position at the moment there is no need to make any changes. As this is your club the committee invites any proposals for discussion and voting on at the AGM and these should be made in writing to our secretary **Sara Woolley** by Tuesday 4th May. I would also like to hear from anyone who would like to serve on the committee and feels they could make a greater contribution to the club. To all of you that have club trophies can I please have them back as soon as possible so that I can order replacements where necessary and arrange the new engravings.

I now have the numbers for the Midweek League, which now commences a week earlier than originally announced on Thursday 29th April. In the past few years we have been very strong in the league, have supported the league races in good numbers and a tremendous sense of team spirit has been fostered within the club. I feel we lost a bit of this last year (with the exception of the Supervets) for some reason I don't quite understand. I hope we can regain it this year and get the pride back in running for our club and for each other rather than just doing it for ourselves.

As those of you that have been to the club recently will have seen we now have some technical t-shirts in "Swaledale" green and printed with the club badge and logo. Priced at £8 each it was no wonder the first batch virtually sold out in a week and more have been ordered. We also have club Hoodies available at £12 each, what a bargain!

I have recently been updating the club photo album, which provides a great pictorial history of Swaledale Road Runners. If you have any pictures, which you would like to have included, please let me know, or e-mail them to me so I can print them straight off and put into the album.

I'm still a bit out of touch with the race circuit at the moment, so please forgive me if I miss giving you a deserved mention, I am aware of a few notable performances over the past month. Congratulations go to **John Hunter** for winning the 1st Man over 60 prize at the Ann Johnson Absent Friends Trail Race. **Jackie**

Keavney finished 2nd Lady over 40 at the High Nick Cup Fell Race in Cumbria and **Erika Johnson** finished 2nd Lady over 35 at the Netherall 10 also in Cumbria. At the Snake Lake 10 at Pocklington strong headwinds didn't prevent both **Simon Barlow** and **Lee Thornton** recording PB's. It was also good to see **Tony Lambert** racing again with a creditable 5th place at the Muddy Boots 10k.

As Press and Publicity Officer **Liz Sowter** is desperate to receive your race reports so she can use these in her regular submissions to the local newspapers. If you do a race please drop **Liz** a line at liz@lairdswood.com. Have a great month

Pete Richardson

100 Club

What is the 100 Club?

Some of our new members' might not know. It is a bit of fun that raises a bit of money for the club, and more money for lucky members.

Members pay £1 per number that they hold each month, and if their number is drawn, they get approx 2/3rds of the money collected that month, and the club get the rest.

Why is it called the 100 club? I have no idea as we only have 60 numbers.

Although it is run out of Richmond, it is for the whole club, and I would welcome ideas as to how Northallerton members can be more involved.

The draws were thrown into a bit of chaos over the last few months due to the weather, but we are now up to date with the December draw being won by Vic Parkinson. The January and February draws were won by Gary Davison, a first in the history of the 100 club I believe, when the same person has won two consecutive draws

The 100 club is now under new management by yours truly, and I intend to make the draw as close to the end of each month as possible, subject to dates and works travels.

If you want more information, want a number, or have ideas as to how the Northallerton members can be more fully involved, see me on a club night in Richmond, or email me on geoffkensett@tiscali.co.uk

Geoff K

Ilkley Moor Fell Race, **Sunday 21st February**

I'd decided to enter this race organised by Ilkley Harriers as the next episode in my fell racing experience. I've always loved running off road and really enjoyed the previous 5 fell races I'd competed in. This was my first Category A race (at least 250ft climb per mile) but I wasn't too concerned as the race was 'only' 5 miles long with 1260ft of ascent. Naive or what!

I was greeted in Ilkley by 2-3 inches of snow and a very picturesque scene. As I was registering it was good to see 65 entrants starting a very well supported junior fell race.

The senior race only cost £3 to enter but despite this it was very professionally run with around 30 marshals on the course.

Whilst warming up I was surprised how slippery the paths were, 2-3 inch of soft snow soon being trampled into a thin layer of slippery compacted snow. I got the feeling my trusty Inov8 Flyroc shoes were not a good choice for these conditions. At the start it was good to bump into Michael Keavney (Jacqui's husband), an experienced fell runner. He'd done the race before and enthusiastically described how hard it was. Doubts had really set in by now!

Soon we were off and the first major climb had us all queuing to clamber up the very steep, narrow and slippery path. At one point I was struggling that much I got a helpful shove up the backside from a female competitor below.

The descents were a nightmare and I usually love this bit of fell running. I was slipping all over the place and having major gravity problems.

At the bottom of the steepest descent there was an enthusiastic group of supporters shouting, clapping and laughing at the antics of the runners opposite. I fell twice coming down this stretch and completed a far chunk of it on my backside. At this point I began to get the distinct feeling I was getting in people's way.

A change in tactics was called for; I decided to run through the heather at the side of the path to get some grip. This seemed an improvement until I got a foot caught in a bramble and came to a dead halt in a spread-eagled position. At least it was a soft landing.

By the finish I'd fallen 7 times and had taken almost 1 hour 5 minutes to complete the 5 miles, finishing a less than impressive 151st out of about 210 entrants. The winner took under 40 minutes.

Despite all this I enjoyed the race, it was a very well run event in difficult circumstances.

The problems I had were my fault, different footwear and more ability required. I'll be back next year to improve on my time, which shouldn't be too hard! I'm also going to treat myself to a pair of Mudclaws when I get paid.

I'd definitely recommend fell racing to anybody who loves running, just stay away from Cat A races in snow until you've a few under your belt.

Derek Parrington

Malcolm McDougall Memorial 10 mile, **Netherhall, Maryport** **28th February**

The race starts from the community sports centre at Netherhall School at Maryport over on the west coast of Cumbria. There were only about 80 runners in this event so there was a friendly low key atmosphere. The course isn't the flattest around, with the first two miles having a steady uphill, we then had an undulating section which was quite exposed in parts, we were very close to the coast after all. We were rewarded with a fast last two miles which always helps at the end of a race.

We were treated to a buffet of food before the presentation, which was the best I have seen at a race, it was more like being a someone's birthday party. I highly recommend the ginger cake, just the job after racing around ten miles.



Erika at the finish of the 10 mile

There was quite a range of runners the first man recorded 57:42, whilst the last person in finished in 2:24:04. I was third lady in 68:32. I promptly made my way to the New Balance Factory Shop a mile down the road with my NB voucher I had won to put it towards some running shoes.

Erika Johnson

Running in Spain

Running is massively popular in Spain, with just about every city, town and tiny village organising races. The smaller races are often sponsored by the local council, with no cost to the runner. During our winter on the Costa Blanca we decided to sample a few races, starting with the Cursa del Nadal in Gata de Gorgos on the 19th December 2009. Some 250 runners took to the 5.7 km route as it wound its way through the tight streets of the old town, with some sharp corners and short hills to negotiate. Neither of us had run such a short race before, so it was quite challenging to work out a good pace. Neil finished in 22.10 and I managed 26.47.

Our next race, the II San Silvestre in Altea, was even shorter, being only 4.9km, but with a slightly larger and more competitive field. There was however a festive atmosphere as it was held on Boxing Day, with many runners sporting santa hats and a smattering of fancy dress outfits. I was surprised to be passed on the line by a runner with a dog wearing a tutu! Although short, the course had an evil long hill in the middle. Neil finished strongly in 17.25 and I fell over the line in a lung busting 22.48.

Neil's next challenge was the 21st Santa Pola Half Marathon, a few kilometres south of Alicante, on the 24th January. This was a very popular race, attracting 7,000 entrants, including some very fast Kenyan athletes. The course profile showed a high point of just 8 metres, so Neil was hopeful of a new pb, which he got, finishing in 1.26:50, slightly behind the course record breaking Erik Kibet who finished in 1.01:10! These races, combined with our twice weekly training runs with the Costa Blanca Striders, were in preparation for the 'big one' the 30th Valencia Marathon on the 21st February. This was a great event in a fascinating city, with over 3,000 runners taking part. It was a good course for spectators too, with only a short walk to watch runners at both 13kms and 31 kms as well as at the finish line. Neil produced an excellent pb, finishing in 3.08.26.

Overall, although the Costa Blanca has a slightly tarnished image, it makes for a great winter running destination, with cheap flights, a wide range of cheap accommodation and good running conditions when much of Europe is snow-bound. A useful website for races in the Costa Blanca region is somesport.es. The Costa Blanca Striders are an English speaking club who welcome visiting runners of all abilities and would love to meet some Swaledale Road Runners!

Ros Blackmore and Neil Bowmer

Race Diary

Entry forms available at the clubhouse or on these websites www.ukresults.net Barry Cornelius website has a new address; www.northeasttraces.com (BSS) indicates the race is part of the Black Sheep Series

Road Races

Mar 13th	Dentdale 14.2
Mar 14th	Trimpell 20, Lancaster
Mar 27th	Coniston 16.75
Mar 28th	Wakefield Hospice 10km, fast course
Mar 28th	Hartlepool Marina 5
May 23rd	Melmerby 10km (BSS race)
April 4th	Helmsley 10km, new event
May 3rd	Rothwell 10km
May 3rd	Tees Barrage 10km
May 9th	Ripon 10 mile
May 30th	Melmerby 10km (BSS)
June 5th	Kirkby Malzeard 10km (BSS)
June 9th	Otley 10 mile
June 27th	Rainton 10km (BSS)

Multi-terrain Races

Mar 21st	Lightwater Valley Challenge 10km, new event on gravel paths around the theme park.
Mar 28th	Arkendale 10km, near Harrogate
Mar 28th	Grizedale Forest 10 mile, Hawkshead
April 25th	Grantley 10km (BSS race)
May 30th	Raby Castle 10km
June 13th	Castle Howard 10km Trail Race
June 20th	Staveley Stampede 10 mile

Fell Races

April 11th	Guisborough Moors
April 20th	Carlton Challenge

Race News

New event– Lightwater Valley Challenge 10km

An application form for this event can be downloaded from www.riponrunners.org.uk. The race route goes through the theme park and into surrounding countryside on gravel tracks, with one mile of off-road. There is also a family fun run 5km.

Black Sheep Series So far we have 5 men and 4 ladies from the club entered in this local race series. It would be great to see some more club members at these runs, there is still time to enter. Information on www.blacksheepseries.co.uk

Cleveland Survival 26 mile A challenge through the heart of the NY Moors on 27th March, based on an orienteering course to be completed in 12 hours, visiting a series of checkpoints identified by grid references and description. More information on www.csrt.co.uk. Also details of the Viking Chase on the 26th September this year can be found here.

Gentle reminder

Everyone's club membership fee's will be due on the **1st of May**, this is just a reminder which does make our life easier if we receive your payment as soon as possible. However much I enjoyed receiving some late payments with Christmas cards, this time I would prefer them with an Easter Egg!

The membership fee looks to be remaining at £12.00, cheques made payable to Swaledale Road Runners, sent to Richard Johnson, Leighton Lodge, Healey, Ripon HG4 4LS.

Richard Johnson

Round Up

At the Muddy Boots 10km at Ripon **Tony Lambert** was fifth in a time of 37:15. He was followed by new member **Martin Randall** in 43:13, **John Hunter** 54:38 and **Marian Hunter** 63:44.

On the same day **Simon Barlow** completed the Dewsbury 10km in 46:04.

At the Blackburn Winter Warmer 10km **Ian Derry** was our sole representative on the 14th, he finished in 59:34.

On the 14th **Jackie Keavney** and **Derek Parrington** were to be found racing around the Castleton-Beacon 8 mile fell race. Finishing within seconds of each other **Jackie** crossed the line in 78:07 and **Derek** in 78:10

Meanwhile **John** and **Marian Hunter** were back on action at the Ann Johnson Absent Friends Trail Run in Billingham, which they completed in 43:18 and 52:20 respectively

On the 21st of February **Niall Cheyne** and **Pat Neeson** made the journey over to Blackpool. **Niall** finished in 1:37:28 and **Pat** in 1:51:12.

On the 27th a team of ladies from the club took part in the High Cup Nick Fell race from Dufton. **Jackie Keavney** finished in 1:31:50, **Claire Stewart** 1:43:26 and **Oonagh Bathgate** 1:43:28.

At the popular Pocklington 10 mile we had three runners **Simon Barlow** 1:11:27, **Lee Thornton** 1:11:37 and **Jo Richardson** 1:49:26.

Perfect weather conditions greeted the runners at the scenic Haweswater half marathon on March 7th.

Martin Randall recorded 1:28:33, **Jackie Keavney** 1:34:34, **Martin Luxton** 1:36:38, **Lee Thornton** 1:40:16, **Oonagh Bathgate** 1:45:00, **Claire Stewart** 1:45:34, **John Lynch** 1:49:27 and **Peter Devlin**.

Don't forget British Summertime starts on March 28th, clocks go forward one hour.