

SWALEDALE ROAD RUNNERS

MAY 2009 NEWSLETTER



www.swaledaleroadrunners.co.uk

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Chairman's Report

I would like to thank everyone who attended the Club's Annual General Meeting and pass on my congratulations to everyone who won a club trophy. For those of you who could not attend I can report that the Committee was re-elected en bloc in the absence of anyone else wishing to stand as a club officer. We still have one vacancy for the position of Men's Club Captain and if you feel you could do this or are interested in finding out more about what it entails please contact me. With no proposals being put to the meeting I can only assume everyone is happy with the way the club is being run at the moment. If that is so then great, if not let me or another committee member know. I would like to repeat here the thanks I gave to all the committee members for their hard work and contribution to our club over the past year and also to all the other members who have given that little bit extra to the benefit of us all.

At the AGM we also gave out the trophies to the winners of the 2008-2009 Club Championship. Congratulations go to **Tony Lambert** and **Erika Johnson** who were the overall winners, and also to age group winners **Peter Devlin**, **Dave Needham**, **Martin Luxton**, **Ronnie Cassar**, **Amy Cassar**, **Jackie Keavney**, and **Glenys Nutter**. I'd like to thank **Glenys Nutter** for all her work in compiling and maintaining the Championship and hopefully we'll see more members completing the required number of races for 2009-2010.



Darran, Simon, Jo and Pete at the London Marathon Expo

Well done to all our members who took on the challenge of running a marathon in April. We were well represented in both Paris and London and there were some excellent performances. Worthy of special mention is **Jackie Keavney's** superb 3.14.10 at London, where **Simon Barlow** fully justified his "Most Improved Male" Trophy, by knocking off more than 50 minutes off his 2008 time, to finish in 3.34.06. **Darran Bilton** again showed his class to finish 25th overall and 1st Vet. for the 3rd year in a row, with a time of 2.23.32. When I caught up with **Darran** after the marathon he had just come back from a cool down run and was bouncing up and down with more energy than most of us had before the race! I know **Jo** would like to thank you for all the messages of support and best wishes she received following her unfortunate experience at the marathon. We are keeping our fingers crossed that there is no permanent damage done but are waiting further tests to be carried out before we will know more.

The Mid Week League is now upon us and over 40 Swaledale members have already registered to take part in the series of races. I really like the league as it seems to promote a real team spirit within the club and hopefully we can compete as strongly as we did last year and get amongst some silverware again.

Finally I'd like to thank **Erika** for the work she puts in producing this newsletter, it's not easy, I know, as I helped **Jo** do it for many years. You can all help by sending in reports and articles, they don't just have to be race related or serious, just anything you feel your fellow members would enjoy reading.

Have a great month and remember to enjoy your running.

Pete Richardson

Club Trophy Winners 2008-2009

Congratulations to all the following who were awarded trophies at the recent AGM.

Overall Male- **Tony Lambert**

Overall Female- **Erika Johnson**

Male Vet under 50 – **John Wilson**

Male Vet over 50- **Dave Needham**

Lady Vet under 50- **Jackie Keavney**

Lady Vet over 50- **Helen Smith**

Most Successful Vet- **Steve Brown**

Most Improved Male- **Simon Barlow**

Most Improved Male Runner Up- **Andy Gaines**
 Most Improved Female – **Kathryn Philpotts**
 Most Improved Female Runner Up- **Bridie Kinnane-Davison**
 Marathon Trophy- **Niall Cheyne**
 Fell Runners Cup- **Erika Johnson**
 Windy Miller Trophy- **Gary Davison**
 Kathy Windley Shield- **Diane Mckay**
 Endeavour Trophy- **John Dawson**
 Founders Shield- **Bill Wilman**
 Chairman's Trophy- **Darran Bilton**
 Mid- week League Top scorers- **Tony Lambert and Tracy Hunter**
 Wooden Spoon- **Derek Parrington**

Wensleydale Wander

On Sat. 18th April some members of Swaledale Road Runners took part in the annual charity walk through Wensleydale, organised by the local Rotary Club. The event which started at Grove Square, Leyburn, at 9.00am had a choice of 2 circular routes, a 12 mile and a 22 mile loop. Most of the participants were 'seasoned' walkers, but some chose to run the entire route while others, including club members **Halina Clare, Mary Carnegie-Brown, Linda Turnbull and Marian Hunter** chose to combine running and walking over the shorter distance. Other club members, **Claire Stewart and Cath Sunter**, both ran the longer route which is ideal training for the Swaledale Marathon in June

It was a perfect morning for a 'wander' - weather conditions were ideal and the route itself was superb. The entire route was 'off road', the views were spectacular and the marshals at each check point were very supportive.

What is most enjoyable about this event, is that it is non-competitive, there are no prizes, and no one is too concerned about 'times'. It is just a wonderful day out for all the family, with a hot meal waiting for everyone when they get back to Wensleydale School.

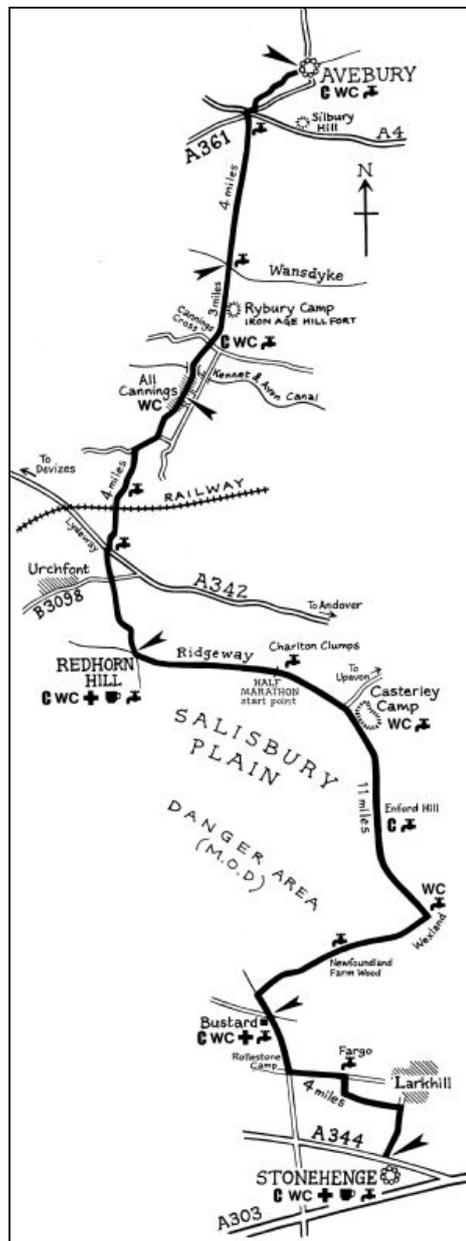
Marian Hunter

Neolithic Half Marathon

Sunday 3rd May was the day I have been training for now for 3 months. It was the day of my first ever half marathon the Neolithic Half Marathon.

The Neolithic Marathon and Half Marathon follow the route of the Sarsen Trail, which is a 26 mile route across the Wiltshire countryside. The trail links 2 of the UK's world heritage sites, the ancient stone circle of Avebury and the world famous Stonehenge.

The trail starts at Avebury and takes you across the Vale of Pewsey and the Avon Valley, along Salisbury plain to finish at Stonehenge.



Route of the Neolithic half marathon

The multi-terrain route is a mixture of undulating grassland tracks and roads with variable surfaces.

The Half marathon started from a place called Charlton Clumps on Salisbury plain and I then had to run the 13.1 miles to the finish, luckily the weather was just right not raining and not too hot, there was one section which was all open and the wind was against me for a good 2/3 miles.

It was a good course and enjoyable, there was a few hills and a lot of uneven ground, I was just very happy to see the finish and my family waiting for me.

I finish 2nd lady and 15th overall with a time of 1 hour 37.15, so for my first half marathon I am pretty happy with that and looking forward to my next half marathon - Burn Valley Half.

Kathryn Philpotts

Gisborough Moors Race 12th April

The final event in the NE Hill Running Association Winter Series this 12 mile race sets off from Guisborough RUFC and snakes through the local woods before coming out on Gisborough Moors (Spelt with the 'u' missing).

The weather was excellent, sunny with a slight breeze, and the tracks were dry, requiring trail shoes rather than fell shoes which would have been a little hard under foot over the distance.

The course takes in Captain Cooks monument before continuing along the ridge, it then steers off to take in Roseberry Topping and Little Roseberry before heading back towards Guisborough.

In the final descent through Guisborough Woods I got caught up with the local hunt out on exercise, and anyone who knows me would realise what a flap I would get in surrounded by a pack of dogs and horses. I just concentrated on looking for the red flags to direct me through the wood and back to the finish. I was first lady in 1:46:50.

It is a beautiful run, with some fantastic scenery, run on good tracks. I would recommend carrying some water with you as there is only one drinks station at about half way and running up and down Roseberry Topping can get thirsty work. **Erika Johnson**

Fountains 10km Sunday 26th April

What's in a name? I've done quite a few 'Fun Runs' that were not fun at all and the odd 'Plod' that was anything but, here's the Fountains 10K with no fountain and a course described as 'about 10K'. The run was the first of the 2009 Black Sheep Series and took place in the village of Grantley about five miles north west of Ripon.

For a 'small' event this was very well organised, there are changing rooms and toilets in the primary school and parking in an adjacent field. The first run is at 09:30, a one mile fun run that allows entries on the day (£3). The 10K starts at 11:00 but a bouncy castle, hot dog stall and playground kept my children and wallet busy between the runs. The race organisers thoughtfully provided an altitude profile of the 10K course that showed a two mile climb from the start. I found this to be a steady rise with only one short steep section, this is around the two mile point just after the course leaves the road to cross open moorland. In a wet year this one mile stretch would be very boggy but at the moment it's generally hard and dry. The route returns to the road for a remainder of the run, it's undulating rather than hilly but be prepared for the hill at the six mile mark, it's only a short climb maybe quarter of a mile but quite steep, once negotiated it's only 400m to the finish. The winning time was 34:53, some distance ahead of second place at 35:42. I came in at 42:37 with Ronnie Cassar, the only other Swaledale entry, at 49:18.

Graham Smith

Tip From The Top : How easy is your easy?

There was an interesting article in Runner's World last month, that stated "to train to perceived effort is folly, as it is based on no numerical arbitrary figure and is also very subjective, therefore is of no value", but as always they over simplify the situation. They state that 'perceived effort' is guesswork, whereas a heart rate monitor gives an actual figure. Sadly (and here are a couple of vital facts they certainly won't mention in their article);-

1) If you are in a state of over-reach or over training you not only have an unusually fast heart rate at rest, but also...

2) when tired, your heart rate has a ceiling beyond which your 'central governor' (an in built pace system in your body) will not allow it to go.

Therefore heart rate monitoring is only useful if considered along with many other factors such as tolerance to training, conditioning, fatigue, diet and training history.

In other words, the best way to 'judge' your effort is how you feel. This takes a great deal of honesty and self feedback. But in my opinion, it is ultimately more accurate than heart rate monitoring, though there is a place for using a heart rate monitor (like during speed-work, to gauge effort).

That is why I ask athletes to measure their effort by 'perceived exertion' and not by measuring heart rate. But as I said, do not throw your heart rate monitor away straight away because it has great value as a tool, particularly for the prevention of training too hard. As with any instrument, it is only as worthwhile as the knowledge of the person using it, so if you do use a HRM, read about how to get the most out of it and particularly how to obtain your 'maximum heart rate.'

Happy running!

Darran Bilton

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 Johnson

Member Profile Anthony Ward



Tony at a league run last year

Age 58

Years Running 25

PB's

5km 16:15

10km 35:46

10 mile 57 min

Half marathon 1 hour 12 min at Appleton Wiske

Marathon 2 hr 51 min in 1985

Average weekly mileage 30-35 miles

Favourite Race

Swaledale Marathon (plus Thirsk midweek league)

Favourite Running Equipment

Light racing shoes

Best Race Experience

Doing the Lyte Wake 42 mile event

Worst Race Experience

I was in the lead in the Rugby 7 mile race, and 1/2 mile from the end I was dehydrated and didn't finish. But I learnt from this and won the next time.

Claim to Fame

Wining first race

Other hobbies

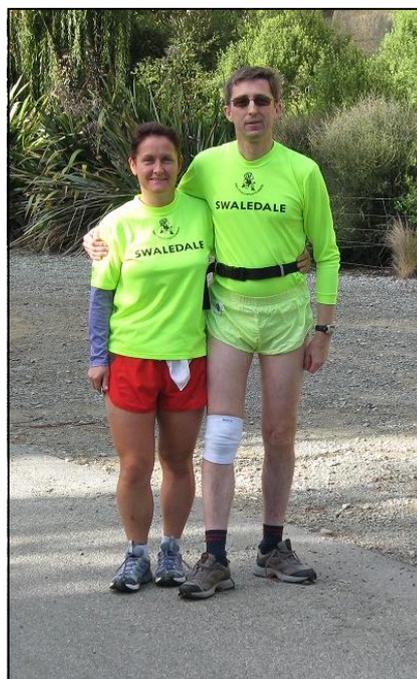
Darts, football and horseracing

Running Tips

I always put Vaseline on my feet on long races and carry a sponge to wipe my forehead

Message from New Zealand

How nice it was to see a familiar face after nearly two years. Yes, Geoff had finally made it to Timaru whilst on his travels of the South Island of New Zealand. It didn't take Geoff long to whip out his 'teeny weeny shorts' and off we went for a short 'bush' run. I had suggested we go further afield and do a mountain run but as he hadn't been running for a while I didn't want to have to do CPR in the middle of nowhere! The Swaledale top is fabulous; I think I need a new one as I wear it all the time.



Sharon and Geoff in New Zealand

After a tour of Timaru, with a population of 27,000, we headed to the nearest bar so Geoff could sample the local beer, which I must add went down quite nicely.

Time goes quickly when you are enjoying yourself and before we knew it was time for Geoff to continue on his journey, this time to Dunedin.

On a final note, hi to you all; it's good to hear that you are all fit and well.

Sharon

Swaledale Marathon Recce Run

Steve Brown and Kenton Smith have been doing a couple of runs on sections of the Swaledale route. The last is on Saturday 16th May. The route section is to be confirmed depending on who turns up and of course weather conditions have to be taken in to consideration. If anybody would like to do the run please see Steve or Kenton on a club night.

Race Diary

Road Races

- May 10th Ripon 10 mile, second race in the Black Sheep Series (BSS).
- May 17th Windermere Marathon
- May 24th Melmerby 10km, near Ripon. A reasonably fast course for this village 10km. Part of the Black Sheep Series
- June 6th Kirkby Malzeard 10km, A friendly village 10km near Ripon, food provided free to runners in village hall after this Saturday afternoon run. (BSS)
- June 6th The Stray 5km, Harrogate
- 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 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
- July 8th Croft Circuit 10km 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

Multi-terrain Races

- May 17th Yorkshire 10km, Newby Hall, 10am
- May 17th Keswick Mountain Festival trail 10km
- May 24th Raby Castle 10km
- May 24th Ilkley 6.9 mile trail race, 930ft climb
- 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,
- July 19th Burton Leonard 10km

Fell Races

- May 19th Fox and Hounds Chase 9M/1500ft**
- May 25th Austwick Amble 8M/1200ft
- June 2nd Ossy oiks 7:15pm 8.5M/1800ft
- June 6th Pen y Ghent 5.9M/1650ft 3pm
- June 6th Wharfedale Marathon and Half Marathon
- June 16th Whorlton Run 7:15pm 7M/1080ft
- July 26th James Herriot 14km Trail Run

New Member

Welcome to new member **Alexina Cassidy**

In Brief

On the 5th April two members took part in the Hartlepool Marina 5, this flat but breezy seaside run saw **Peter Devlin** finish in 37:38 and **Nicola Pearson** 45:39.

On the same day at the Wakefield Hospice 10km we had another two members racing. **Dave Needham** returning to form finished in 40:59 and **Simon Barlow** ran a PB of 42:38.

On the 10th April, Good Friday, the Mermaid 10km at New Marske took place **Kathryn Philpotts** ran 43:24, **John Hunter** 50:42, **Sara Woolley** 58:37, **Joanne Richardson** 1:00:09 and **Marian Hunter** 1:01:09.

A glorious day at St George's day 10km on the 19th April in the Langdale Valley saw both club members coming away with prizes. **Erika** was first lady in 39:53, whilst **Glenys** picked up the female vet 70 prize for her run of 1:13:50

Back at the coast again **Nicola Pearson** recorded a 27:09 at the Spring 5km at Redcar on the 22nd April.

At the London Marathon on the 26th April **Darran Bilton** finished in an amazing 2:23:32 and to take a quote from the Athletics Weekly Magazine

'Darran had his third consecutive victory in the M40 category. He went through half way in 71:11 and maintained a steady (!) pace to finish 25th overall and 10th Briton'.

Our other members also faired well with PB times smashed along the way. **Jackie Keavney** 3:14:10, **Simon Barlow** 3:34:06, **Martin Luxton** 3:47:45, **Pete Wicks** 3:59:02, **Pete Richardson** 4:06:53 and **Pat Neeson** 4:08:31

On the 2nd May **Dave Needham** took part in the Nottingham Marrow 10km at Woolaton Park. He finished 18th in 40:12

On the bank holiday Monday the Tees Barrage 10km had four representatives from Swaledale **Derek Parrington** 42:16, **John Hunter** 50:02, **Nicola Pearson** 56:07 and **Marian Hunter** 58:04.

Helen Smith ventured to Rothwell 10km, recording a time of 56:44

I believe several members took part in the Paris Marathon, times and any info about the run would be great.

Thank you to all the newsletter contributors this month.

Articles for next month by 1st June please.