

SWALEDALE ROAD RUNNERS

NOVEMBER 2008 NEWSLETTER



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Chairman's Report

Many thanks to all of you who supported the Richmond Castle 10k either by running it or importantly, helping on the day. In particular I'd like to give special mention to Head Marshal **Gary Davison, John Hunter, Sara Woolley** and **Jo** for all their assistance. As I have said before, the race is a vital fundraiser for our club, it is what allows us to keep our subs at such an affordable level, and it finances or subsidises many other activities and things we do. The race just does not happen, a lot of hard work goes into staging it. For those members who did not support the race for whatever reason, can I ask that you consider giving your time next year. It costs us over £3,000 to stage the race, money that is spent in advance and I did have a number of sleepless nights this year thinking we might have to cancel the race because we were struggling to get sufficient people to marshal the event safely. We just could not afford to lose this sort of money, lose the reputation of the race and disappoint the people who travel from all over the country and for the past two years from as far as Germany to take part.

The feedback received about the race has been very positive, the race is very popular and the marshals came in for a lot of praise for the excellent job they did. Our reputation is growing and along with our continued sponsorship and good relationship with Hilly other national brands such as Sweatshop, Saucony and Lucozade Sport wish to be involved and attend the race. I was of course proud to see our ladies pick up the team prize yet again and have our B team in second place. It was also good to see a number of our members pick up individual prizes.

If the Richmond Castle 10k is not tough enough many members have challenged themselves over longer distances in October. **Andy Gaines** chose the Abingdon Marathon to make his debut over 26.2 miles, **Neil Parkinson** returned to North Wales and despite the hills and gale force winds recorded a creditable 4 hours 25 in the Snowdonia Marathon, his Swaledale vest was also spotted on the TV coverage of the event. We also had eight members take part in my favourite marathon, Dublin, well done to you all. One disappointed member is **Roy Ashman** who was a competitor in the now infamous Original Mountain Marathon that was abandoned in such controversial circumstances in the Lake District.

Those of you who entered the 2009 London Marathon

will now know the results of the ballot. If you were unsuccessful and wish to be included in the draw for one of the three club places please let me have your rejection letters as soon as possible. I will be holding the draw on **Tuesday 11th November**.

Another date for your diary is the club **Christmas Dinner** which will again be held at Seasons Restaurant at Richmond Station on **Friday 5th December**. Menus and a booking form will be available at the clubhouse. I look forward to seeing you there.

Don't forget to wear reflective clothing or bibs on all your club night runs now. Have a good and safe month.

Pete Richardson

Harewood Trail 10 – Sunday 5th October

This is my second year of running this multi-terrain event and the expression "forewarned is forearmed" is very appropriate in my particular case. In 2007 I was cajoled into running Harewood by a very good friend of mine (you know who you are!). It had been described as a 10-mile race, which was a little undulating in places with woodland paths here and there, all set in the very picturesque Harewood Estate. This description was mostly correct however the bit about undulating caught me out as I had turned up in standard road running shoes; needless to say that within the first mile I was trying to run through mud and puddles, and then the hills were something else!



Simon at the Richmond Castle 10km

This year was going to be different as I had the correct footwear and having enjoyed a good summer of training and run well in various races. Together with invaluable advice, support and “Tips From The Top” I felt much better prepared. My wife and I were greeted by **Pete** and **Jo Richardson** who were going to run and at the start I could see **Tony Lambert**. **Tony** was clearly chomping at the bit as he was bouncing up and down more than Tigger on a pogo stick. When the gun went off that was the last I saw of him and I quickly set about getting into my own pace and rhythm. The start was, as is always the case, a mad dash going up a grassy field for approximately two minutes and then the width of the route dramatically reduces (from four lanes to one!) as everybody piles in elbows and mud flying as we hit the start of the muddy trails. With my trail shoes this was no problem as we sped onwards and upwards before getting a breather at 2 miles as the route descends with great views of the Estate. After then it’s a series of inclines along trails and fields until we reach Eccup Reservoir where there is a small section of flat tarmac road which gives you a good opportunity to run the mud off your shoes.

When we reached the edge of the reservoir it’s back to a rough path however due to the amount of overnight rain this was awash with puddles, some shallow, and some deep as one runner found out. I’m not sure which club he was from however this guy in front of me ran into a large puddle and simply sank in right up to his shorts – reminiscent of a sketch from “The Vicar of Dibley” when Dawn French disappeared into a mud pool! After a few more inclines we finally reached the water station and then it was up and down some more fields before heading for the “Emmerdale” village set. There were no dodgy Dingles on this fine sunny morning and so it was on to some more fields etc. By this time I looked at my watch and just knew that, barring any problems on the last couple of miles, I was going to beat last year’s time by some way.

At last we started to descend more than ascend and the route took us through a forest and we zigzagged our way to the bottom. At point I realised that I couldn’t stop even if I wanted to and so decided to blast my way down shouting, “Get out my way – I can’t stop!!” I knew I was going too fast as I thought my hamstrings were going to over stretch but luckily we reached the last couple of hills to slow my momentum. The last hill just before the end is a test of your dedication to the cause. There are some who simply end up walking most of it but I was having none of this, as I wanted to be certain of beating last year’s time. When you finally reach the top it’s a quick right and then left through a wall and then straight and as fast as you can go to the finish. I could hear a dog barking at this point and before you think I’m going mad it was Wallace my black cocker spaniel who was standing next to my wife; he probably thought I wasn’t running quick enough!

At the end my stopwatch showed 1’22”05” which was a huge thirteen and a half minutes off my 2007

time – fantastic! To anyone that has not raced here before I would thoroughly recommend it; great views, challenging terrain and above all a bottle of “Trail Ale” for every finisher – now that’s much more useful than a T shirt!

Simon Barlow

Other times recorded by members; **Tony Lambert** 59:28, **Pete Richardson** 88:02, **Jo Richardson** 108:45

Goose Fair Gallop 10K **October 5th**

Those of you who know the terrain to the west of Nottingham will know that it is undulating and hilly, all the more so as it winds its way towards the Derbyshire Dales. The location of the Goose Fair Gallop was Kimberley, known affectionately for its famous traditional ales, until it recently became a scalp for Greene King. The weather for this race could not have been worse. It had rained all night and it was still raining as the race started.



Dave at a very wet Goosefair Gallop

Described as a 'multi-terrain' race, it starts at Kimberley Leisure Centre and then goes steadily uphill out of the town, before dropping into the countryside where most of the race was run. Although a bit more industrial, and certainly noisy where the race criss-crossed a busy dual carriageway and the M1, even by Swaledale's exceptionally-high standards, the course was attractive and fun to run. From around the half way stage in the race, everything seemed to be uphill, as the runners climbed steep paths in deep and thick mud. As a result of the weather conditions one of the paths was badly flooded and for a couple of hundred yards, this meant running in what seemed to be a fast-moving stream around a foot deep. Although challenging and hazardous this was an excellent largely off-road race which tested runners to their limit in gruelling conditions. As the first male over 50 I came 21st in a field of 146, completing the course in 42:26.

Dave Needham

Shaun Lee Johnstone Memorial Multi Terrain 10 5th October

This was a great way to get away from the GNR. The course is just to the south of Boroughbridge. When I looked at a map of the area I could only find one contour line so compared to Richmond the course is flat but there are some challenging slopes. Heavy rain over night had converted parts of the course into enjoyable 'swamps'. One field was so boggy we just had to go through it twice! The course is mainly in the form of two loops with a twice visited water station in the middle. At about six miles we had the luxury of running on the road through Minskip.

The race was well organised by Ray Johnstone in memory of his son. The profits from the race went to help brain tumour research. All finishers received a well loaded goody bag (one of the best I have seen). The presentations were made at Angela's Café where most of the runners could be found enjoying the home made cakes and a cup of tea. Jackie Keavney was 10th finisher and 1st lady (75.28). I was pleased with my time of 86.53 finishing as usual halfway through the field. The organiser had so many prizes donated at the last minute that he held a raffle using the race numbers and both Jackie and I were luck enough to win a prize.

This is a run I think many of the club would enjoy. It is very much on the same lines as The Jolly Holly only longer and without the steep hills. Boroughbridge is only about 40 minutes away and the organisation is very good. Look out for the event next year I have a feeling it could become a well supported event.

John Hunter

Hamsterly Fun Day Orienteering.

11th October

Orienteering in woodlands is all about map reading....

I should have expected problems when 4 out of the 7 had trouble finding Windy Bank car park in spite of the 4ft long sign 3ft high beside the road saying "Windy Bank Car Park".

Eventually Oonagh & John, Marie & brother Paul, John, myself and Ed from the SOC managed to meet up, complete with maps and decided to split up into 2 groups, 1 to go round the route clockwise, the other anticlockwise. Then the second bomb shell – I can't read the map without my glasses – Where are they? I didn't bring them. Yes we were going to be in for a fun time.

Meet up back at the tea shop said Oonagh. First back buys the tea. Feminine logic? Surely the incentive is that last back buys the tea? No was the reply, it will save us waiting.

John Ed and I ("The Oldies" as our 3 combined age was greater than the other 4) took the clockwise route.

We spent a few minutes planning after the "Boy and Girl Racers" took off with a "Lets go".

Off we set up the path on the south side of the valley, collecting the first Check Point, quickly to the second CP then the third, passing several mountain bikers on the way. The pattern quickly emerged. John in the lead up hill, then Ed, and finally me reading the map as I was the only one with his glasses (my excuse for being last). A yell "About there" and John & Ed would start looking for the CP, calling out the letter by the time I arrived to write it down. Down hill, me in the lead, stop to read the map as the others ran past another yell and another CP done.

How far are we round? About 2/3. Why haven't we seen the others? I don't know. Why haven't we heard them? Mary's not with them. - Down here, turn left, third stream, last CP, back to the cars, change, Ed goes off, and John and I head for the café. There is some logic after all as we don't wait for our tea and chocolate cake.

10 – 15 min later, the Boy & Girls Racers arrive, having been found by ED on his way out the forest without a clue as to where they are. Their score? – About 4 of the 11 CPs in an hour.

Sometimes age and experience count over youth and fitness, but the main thing was that we all had fun and want to do it again.

I will be organising another similar day, probably on a Sunday, in November, and intend to enter a proper competitive event soon.

If interested, please email me at geoffkensett@tiscali.co.uk and I will keep you informed as organisation progresses. I will need to buy the maps for the fun day in advance the next time, so will require names and **firm** commitment.

Quote of the day: - "Instructions, what instructions. Whoever reads instructions?" That is why the Girl & Boy Racers couldn't find the CPs.

Geoff Kensett

Tesco Cancer Research 10K Castle Howard, Sunday October 12th

Fifteen hundred runners gathered for the start on the front lawn of Castle Howard, creating a sea of blue t-shirts which had been distributed before the race. The run passed through the grounds and woods of Castle Howard Estate taking a very undulating but scenic course. The entry fee going to a very good cause. I finished in 61 minutes, just behind my daughter Laura with 52 minutes.

James Simpson

The Great Eastern Run - 12th Oct **Peterborough Half Marathon**

Situated in Cambridgeshire, Peterborough is a well populated city famous for its cathedral in which Catherine of Aragon is buried. All council car parks were opened up for the event and parking for participants in the Great Eastern Run was free. Like the BUPA events, the Great Eastern Run is a mass participation race attracting nearly 3,000 runners. The starting area, in the city centre, was narrow and, although I was close to the front, it took time to filter past the start. This is a relatively flat street race that winds through and across a variety of different types of urban environments, many of which are housing estates, where there is good support for the runners. The route is interesting in that, instead of using the main arterial roads it wends its way from one estate to another, in several cases behind houses and past garages. The whole route was well serviced with water stations, including an informal one from which bottles of water were handed out a mile from the finish. The finish area was in a park close to the city centre where there was a lot of support for the runners. This was a well organised event and a good one in which to get a personal best. I finished in 149th place, with a personal best half marathon time of exactly 1:28.

Dave Needham

Top Tips For Considerate Athletes – Part One

1. Ensure that your entry form is completed as illegibly as possible. This means that the Race Director and/or the results guy can have a good laugh, on the morning of the race, trying to decipher your scrawl, when they've nothing better to do. Also, if you belong to one club of several in a town, just mark the town name for the club. The organiser is bound to know which club you're in!

2. Don't mark your sex/age/date of birth on the form. Reason? See 1 above. It adds a bit of interest to an otherwise mundane job as you try to calculate an age category or to remember whether Frances and Lesley are male or female. Or just put an initial for your first name and don't tell us your sex. We can work this out from your handwriting.

3. Turn up with one minute to go before the 'off' and insist on holding everyone up while you run to the start line, then run back to registration to get some pins, then find someone to put your number on your back, then on your front. No-one minds a latecomer, especially if the rain is horizontal. After all, you're paying a premium for being a latecomer (maybe it should be £5 extra in the last 10 minutes....)

4. Wear your number on your back, inside your shorts, on your other jumper (the one in your car boot), on the tracksuit you left with your wife at the start. You spoil all the fun if you just pin it on the front of your vest! Or wear it upside down, for a bit of variety. Especially good with numbers like 966, 161, 66 and so on. Some

organisers spoil things, though, by printing stuff on the number in an effort to get you to wear it the right way up! But then, you could always fold up or cut off the silly printed bits and still get your number upside down.....

5. After crossing the finish line, ignore those pointless chaps in the yellow jackets shouting at you to stay in line and keep moving. What do they know?!? You've just run a race, for goodness sake. They've just been idly standing around all morning. As soon as you've crossed the line, stand around yourself and have a good chat with your mates over the barrier. The results can easily be re-compiled after you've pointed out where everyone else came in behind you. Better still, just duck out of the funnel (see tip 8).

6. Don't just get your race souvenir and wander off for your hotpot. Why not jog back out to meet your friends who still have to finish and then run back in with them. After all, the timekeepers will recognise you from the first time you finished and they wouldn't be daft enough to note you down again, would they?

7. Alternatively, why bother to enter at all? Just put on your shorts and join in the fun. The event makes enough money anyway AND you get a free souvenir AND you didn't want to be on the results anyway (but you ran across the finish line just in case.....)

8. Of course, if you don't want the souvenir you've paid for, just duck out under the funnel tape between the finish line and the number recorders. That way, you'll avoid the silly woman with the medals, mugs or whatever and it's a real hoot watching the faces in the results room when they try to work out where all the extra times have come from (it's usually the other way round, with more numbers than times, so you'll be correcting an imbalance, won't you?)

9. So that you can get away quickly, find out where the results are being compiled. The chap in there won't mind a bit of a rest for a few minutes from typing in all those numbers. He'll happily stop to chat with you and let you know where you came and what your time was. He'll also enjoy a lengthy discussion about whether your time was recorded correctly. In fact, it would be an ideal opportunity to tell him that you actually finished several places ahead of where your number is on the sheet, because you stopped to have a chat or a stretch after the line. If you can't get to results, the timekeepers usually don't mind being interrogated while you stand over their shoulders or in front of them or whatever.

John Schofield

Many thanks to John Schofield of www.ukresults.net for allowing us to use this, I have experienced most of these things at the Richmond Castle 10k- Pete. Part Two next month.

Member Profile - Geoff Kensett



Family Foot Loose and Fancy Free

Age 51 but who cares

Occupation Customer Account Manager (Europe) for Passive Fire Protection (A salesman to anyone else)

Interests Travel, Mountaineering, Climbing, Skiing, Mountain Biking, Running, Orienteering. In other words The Outdoors

Years Running 15ish

Average miles per week 2 x 6ish and flattish

PBs 4:15 for the Swaledale in 198?, and avoiding entering most races since.

Resting heart rate It's working- that's all that matters

Favourite race distance I don't race – Just run for enjoyment and to stay fit.

Best Running Memory Finishing the Swaledale in 5:15 wearing boots.

Worst Running Memory Any of the few races I've entered.

Why do I run Being fit makes my other activities easier and more enjoyable.

Furthest Travelled to a race As I said I don't race

Favourite running gear My Head Torch

Running goals Stay fit and avoid injury

Running Tips Buy a good head torch and carry on running off road in winter. Its easier on the knees Also, don't take running or life too seriously, its all about enjoying yourself.

Claims to Fame In 1975 a team of Venture Scouts and I became **WORLD** Record Holders for paddling a bathtub the furthest in 24 hrs. (I was paddling at the end of the 24hrs) – It was listed in the Guinness Book of World Records for a few years.



Race Diary

A selection of race entry forms are kept in the folders at both clubhouses alternatively look at www.ukresults.net
www.barrycornelius.com/running/races/next.htm
www.riponrunners.net

Road Races

Nov 2nd Guy Fawkes 10 mile. RACE FULL
Nov 2nd Derwentwater 10 mile, 12 noon start.
No memento for finishing, but the beautiful views make up for this.
Nov 9th Maltby 7 (near Thornaby)
Nov 29th Ravenstonedale 10km 1pm
Nov 30th Thirsk 10, North of England 10 mile Championship.
Dec 13/14 Langdale Christmas Pud 10km, choose either day for a festive 10km in the Lake District. Races filling up quickly.
Feb 22nd Snake Lane 10, Pocklington, near York. Entry forms available now.

Multi-terrain Races

Dec 21st Loftus Poultry Run 12.6km. Long sleeved t-shirts to competitors aswell as 25th anniversary mugs to pre-entrants. Meat and poultry prizes!
Dec 26th Chevin Chase 7Mile, Guiseley 11am. A traditional Boxing day run, with Fancy dress runners. T-shirts to all finishers.
Dec 28th Jolly Holly Jog 10km, Ripon

Fell Races

9th Nov Three Tops, Guisborough 8.5M, 1800ft
23th Nov Clay Bank West 4.2M/1020ft
27th Dec Guisborough Woods 5.9 mile/1230ft
1st Jan Captain Cooks Fell Race, starting outside the Royal Oak, Great Ayton 5.3M, 885ft. A classic New Years day race. Enter on the day.

Tips from the Top If The Cap Fits...

Then wear it, as they say! A good old saying that may apply to your running more than you think. For it doesn't only refer to well-fitting clothes, but also the suitability of garments. And let's face it, now the nights are drawing in and the chill has set in, suitability is a big priority!

Firstly the fit; whether you are training or racing, everything from trainers to socks to the rest of your kit should fit well with no rubbing or chaffing. Most technical kit is very comfy, though a long run through bogs in the freezing wind and rain is the ultimate test. Secondly the suitability; I'm not going to patronise you about wearing suitable footwear and so on, except to say that it can get very cold out on a run and if you are like me, you'd rather feel too warm rather than have chilly hands. So if in doubt, wear too much. And don't forget the reflective bib (and mobile phone, particularly if going out alone or off road).

Now, the above applied to training. But if you are racing, you don't want to be dressed up to look like the Michelin Man! But there is an art to racing light, yet not being cold... the trick is to stay nicely wrapped up until just before the race (even wearing the good old bin liner to protect against the cold and rain, makes a big difference) and then when you are ready for the off, strip down to your racing attire. But it's a balance... not wearing gloves may save you 50g in weight, but may also make you want to stop after a mile because your hands are so cold. So be sensible because ultimately, I would choose comfort over speed.

Darran Bilton.

Orienteering – Hamsterley Forest Re-match

11:00 Sunday 23rd November – Hamsterley Forest Orienteering Course.

Meet in the Windy Bank car park, 200m past the Visitors centre when entering the forest drive from Bedburn.

A chance for a re-match to those who came last time and for those that didn't, a chance to try something new.

As orienteering is a map READING activity, please bring your glasses as well as a pen.

Costs are £3 per car for entry to the forest (this also covers the car parks) and £1.25 for the orienteering map. If you came last time, bring the same map.

If you have any questions, or want further information, contact me at the Richmond club nights or if you don't catch me there, email me on geoffkensett@tiscali.co.uk or by phone / text on 07894 616429

Geoff Kensett

New Members

A warm welcome to new members **Edward Ford** and **Alison M^cIndoe**

Club Championship

We have 5 months to go in the club championship, The aim is complete 6 'short' races eg;5km, 10km and 2 'long' races over 10 mile in distance. The races must be accurately measured courses with a race permit, and other than that it's up to you which races you choose. Your score is based on age graded % using standard tables in one year increments,

Several runners have reached the minimum requirement already, so their average % can only improve from now until March 30th when the championship finishes.

If you take part in a race further afield please email richard.erikajohnson@btinternet.com with your time, or where we can find the results online, as this would really help when I am updating the championship each month. See website for latest results.

Glenys Nutter

In Brief

The Great North Run on the 5th October saw 5 members amongst the 50,000 runners. **Karen Hopwood** 1:33:33, **John Dawson** 1:45:27, **Stuart Clarkson** 1:55:43, **Neil Stevenson** 2:06:32 and **Lisa Bentley** 2:39:42.

A fortnight later at the Scarborough 10 **Steve Brown** was the first member from the club to finish in 65:01 (1st over 50), **Erika Johnson** finished second lady in 67:20 winning a silver North Yorkshire Championship medal along the way. Next was **Julie Tanner** 1:21:44, **Karen Palmer** 1:31:00, **Helen Smith** 1:32:36 and **Susan Smith** 1:49:14.

We had 33 members taking part in our own 10km race on the 19th, full results on www.ukresults.net along with photos of all the finishers on our website.

On the same day two club runners took part in the Great Cumbria Half marathon. **Niall Cheyne** finished in 1:35:58 and **Pat Neeson** 1:54:20.

Down in Oxfordshire **Andy Gaines** took part in the Abingdon Marathon, running a time of 3:35:50.

On the 26th October **Dave Needham** took part in the Fenland 10 mile, finishing in 1:06:40, whilst **Derek Parrington** over at the Pickering and Moors 10km recorded time of 44:39.

At the Dublin Marathon the following times were recorded **Chris Kirkby** 4:25:06, **Karen Palmer** 4:26:00, **Sandra Sanderson** 4:33:16, **Helen Smith** 4:40:19 (10th lady over 60), **Andy Broadley** 4:45:46 **Sally Rutherford** 4:51:09 **Susan Smith** 5:19:15 and **Allyson Cole** 6:25:52.

STOP PRESS The Christmas Dinner will be on Friday 5th Dec at the Station Restaurant, Richmond. The 3 course meal will be £25.00 per person (payable in advance). Menus and registration forms available from 6th Nov at clubhouse.

Thank you to all the contributors.

Articles for next month by 1st December please