

SWALEDALE ROAD RUNNERS

NOVEMBER 2009 NEWSLETTER



www.swaledaleroadrunners.co.uk

Editor - Erika Johnson Tel:01765 689077

newsletter@swaledaleroadrunners.co.uk

Chairman's Report

I'm glad, relieved but also proud that the 2009 Richmond Castle 10k is over but work on the 2010 race has already started. Many thanks to all of you that helped marshal or officiate at the event, everyone did a great job on the day. The feedback that has been received regarding the race has been very encouraging and again it seems our event has been much enjoyed by those that took part. A lot of the comments received mentioned how efficient and supportive the marshals were, so well done to you all, your efforts were appreciated. I must give special thanks to **Gary Davison** who has reduced my workload by not only organising the marshalling but also this year taking over the liaising with the Police and local authorities. Also thanks to **John Hunter** for getting up early and setting out all the race signs (we must have more than any other 10k!), and to **Sara Woolley** for helping me measure and set up the finish area the day before the race, and also very efficiently manning the race enquires desk. Although my main focus is ensuring a safe and successful event, a bonus for me is to see the club also perform well in the race so I was delighted to be handing out prizes to so many club members. I was well chuffed to see **Darran Bilton** turn out for the club after his exploits for Leeds City in the National Road Relays the previous day, especially as he had to run against **Mo Farah** in his leg. I was even more delighted to see **Darran's** green Swaledale vest as he was first back to the castle to give us our first ever winner in our own race. **Tony Lambert** had a great run to finish 5th in a good quality field and **Jackie Keavney** was 4th lady. Our team of **Jackie, Julie Tanner, Alexina Cassidy** and **Halina Clare** did ever so well to win the ladies team prize yet again. Congratulations also go to **Julie, Alexina, Oonagh Bathgate, Pauline Bennison** and **Ronnie Cassar** who all won age group prizes.

Erika Johnson was back to winning ways with a very convincing win in the ladies race at the Shaun Johnson Memorial 10 mile Multi Terrain event and was also in the prizes at the Harewood 10 Mile Trail Race the previous week.

Can I remind any member that has been rejected for the 2010 Virgin London Marathon that you need to give me your rejection letter as soon as possible if you wish to be entered in the club ballot for places.

Can I also remind you about the Club Christmas Din-

ner which will take place on Friday 4th December at The Station, Richmond. Menu's and booking forms are available at the Clubhouse.

Now the nights have drawn in we intend holding the training sessions through the winter every Tuesday evening where the emphasis will be on improving speed and form. These sessions will be suitable for runners of all abilities and should be of interest for anyone looking to improve their running. Have a great month.

Pete Richardson

Shaun Lee Johnstone 10 mile multi terrain Sunday 11th. October

Where were you all? Ray Johnstone organised another great race. The weather was dry which did mean there was not too much mud about which had a mixed reception from the runners. The wind was the main factor as the course is rather exposed as it winds through farm land. The modification to the course made it possible for the spectators to see more of the race. The race was started by the Mayor of London! (Boroughbridge). 120 runners set off, a pleasing increase on last year but there is still room for more of you to turn up (its only 30 miles from Richmond) Erika Johnson (71.57) was the first lady to finish. Liz Sowter was pleased with her time (81.54). One more lady running and the team prize was there for the taking. I was pleased to finish the 10 miles, as those of you who read my last report will know I have been recovering from an ankle sprain and therefore the training mileage has suffered. I was satisfied with my time (88.27).

The after race presentation was in Angela's Café. The cake and buns were top quality and at very reasonable prices, an excellent reason for you to run the race next year.

John Hunter

New Member

Welcome to the new member **Cinzia Miles**

Richmond Castle 10K – a first time 18th October

I don't get to Richmond much these days, so it was good to be there on such a beautiful Autumn day and see it in all its glory. My husband, **Anthony**, was running too and my 3 children and in-laws came to watch. Our last race had been Middlesbrough 10K – a flat, and to be honest, boring race with about 3,000 runners. So, the Richmond race was a huge contrast to that. The pre-race atmosphere was great and it was nice to feel at home amongst many familiar faces. Thanks to **Martin Luxton**, who showed me the race circuit the previous week, I knew what was ahead of me. As the starter horn went, we all blasted off down the cobbles and I almost ran straight into a bollard. I enjoyed the variety of the ups and downs in the race – it made it much more interesting. Yes – I struggled up the 3 big hills, but I loved the revitalising downhill. And as for the final 250 metres – can there be another race in the country which has such a glorious setting for the finish? (OK – maybe the London Marathon has quite a good one.) All in all, I had a good race and enjoyed myself. It was great to see **Andy Broadley** and **Chris Sayer** from the Northallerton group as marshals at the 8km point, although the hill after them nearly finished me off.

As I write this three days later, my shins hurt and I'm stiff all over (why is that?!), but I've still got a buzz. I was completely chuffed to be part of the winning Ladies Team along with **Jacquie Keavney**, **Julie Tanner** and **Halina Clare**. My husband **Anthony**, had a good race too, coming in between **Anthony Ward** and **Niall Cheyne**. The kids had fun and ate the kit-kats in our goodie bags in about 2 seconds. And even the in-laws got something out of it – meeting **Ronnie Cassar**, who also comes from Liverpool. So, on behalf of the Cassidy family - many thanks to **Pete** and **Jo Richardson** and **Gary Davison** along with all the other organisers and marshals.

Darran Bilton (1st man) 32:49, **Tony Lambert** 35:53, **Paul Emson** 41:31, **Tony Ward** 41:47, **Niall Cheyne** 43:28, **Derek Parrington** 43:55, **Jackie Keavney** 44:25, **Simon Barlow** 44:41, **Andy Gaines** 44:47, **Julie Tanner** 45:49, **Alexina Cassidy** 46:37, **Ronnie Cassar** 48:01, **Oonagh Bathgate** 48:59, **Amy Cassar** 49:07, **Claire Stewart** 49:08, **Lee Thornton** 49:20, **Pauline Bennison** 55:57, **Yolanda Richards** 56:22 and **Jo Richardson** 1:05:22

Alexina Cassidy

There were 461 finishers, 233 UKA club members and 226 unattached, so approx 50% of the runners weren't in a club, perhaps some potential new members out there!

50th Anniversary Derwentwater 10 mile Sunday 1st November

RAIN, RAIN go away, come again another day. This is what Kristian was singing in the back of the car as I prepared for the race. Unfortunately the rain was there to stay and there was no getting away from it. The one positive was that there was no wind, which would have made the going even tougher.

This 10 mile road race has the potential to be one of the more scenic races on the calendar but there were no views to linger over today. The race starts in Keswick Town Centre running down the side of Derwentwater in the direction of Borrowdale before crossing over at Grange. We then climbed into thicker cloud before running back up the other side to Portinscale and back to Keswick.

The poor weather did mean we saw fewer cars on the course, but when we did meet up with them in flooded sections of the course it meant there were large waves generated by them, not the most pleasant sensation when running a road race, when you have tide marks on your legs!

Tony Lambert (10th man) 59:18, **Steve Brown** 1:06:33 **Erika Johnson** (1st over 40) 1:08:37, **Julie Tanner** 1:15:11, **Ronnie Cassar** 1:19:18, **Amy Cassar** 1:21:38, **Oonagh Bathgate** 1:22:33, **John Lynch** 1:25:38, **Jackie Keavney & Sara Woolley** 1:35:42.

Erika Johnson

Maltby 7 Sunday 8th November



Martin, Erika and Andy at the finish of Maltby 7

It has been a few years since I have run this race, and they seem to alter it every time. It is still billed as an 'accurately' measured approximate 7 – so your guess is as good as mine as to what that means. It is a rural undulating course with a sharp little hill in the last mile. A goody bag was awarded to all finishers with an energy gel, drink and t-shirt.

Erika Johnson (3rd lady) 47:01, **Martin Gabriel** 49:43, **Andy Broadley** 50:08, **John Hunter** 57:30, **Sara Woolley** stopped to help a fallen runner 1:01:45, **Nicola Pearson** 1:04:44, **Marian Hunter** making a return to racing 1:04:51.

Erika Johnson

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

Road Races

Nov 21st Brampton-Carlisle 10 mile,
Nov 28th Ravenstonedale 10km 1:30pm, near
Kirkby Stephen. 150 entry limit.
Nov 29th Thirsk 10 mile, Northern Champion-
ship
Dec 12/13th Langdale Christmas Pud 10km
Dec 28th Jolly Holly Jog 10km, Ripon.
Jan 24th Brass Monkey Half Marathon RACE
FULL
Feb 7th St Wilfred's Muddy Boots 10km,
Ripon
Feb 21st GNW Half marathon, Blackpool
Feb 28th Snake Lane 10 RACE FULL
Mar 7th Haweswater Half Marathon
Mar 13th Dentdale 14.2
Mar 14th Trimpell 20, Lancaster
Mar 27th Coniston 14 online entry only
Mar 28th Wakefield Hospice 10km, fast course

Multi-terrain Races

Dec 20th Loftus Poultry Run, 8 mile
Dec 26th 30th Anniversary Otley Chevin 7 mile,
11 am. Race fills up quickly.

Cross-Country

Jan 9th Yorkshire Cross-Country Champion-
ships, Thorn Park, Wakefield
Jan 23rd Northern Cross-Country Champion-
ship, Witton Park, Blackburn
Feb 27th National Cross-Country Champion-
ships, Roundhay Park, Leeds

Entry for these races will be on a official club entry
form, available from a club official.

Fell Races

Nov 22nd Clay Bank West, Clay Bank Car park,
4.2M/1020ft
Dec 6th Eskdale Eureka, Castleton, 10.1M/1610ft
Dec 27th Guisborough Woods, G'bro RUFC,
5.9M/1230ft
Jan 1st Captain Cooks 5 mile, Great Ayton.
A great New Year's Day race to Captain Cooks
monument and back, with a bit of mud thrown in! En-
ter on the day only.

Monthly Round up

Last month I forgot to report on the Tyndale Jelly
Run, run on the 6th September from Hexham to Ov-
ington along the picturesque Tyne Valley. **Gary Davi-
son** completed the race in a PB time of 1:12:31, 145th
out of 526 finishers.

At the Para 10 mile at Catterick Garrison on the 13th
September **Steve Brown** was 17th overall in 1:05:42,
Jackie Keavney 1:15:11 and **Julie Tanner** 1:17:42
At Bridlington half marathon on the 25th October
Dave Atkinson recorded 1:25:51 and **Martin Luxton**
1:38:04.

Gary Davison completed the course running the 'P'
Company Challenge, wearing a 35lb Bergen and
leather pro-boots in a time of 1:39:23, 187th out of
1146 finishers.

Simon Barlow ran the hilly Guy Fawkes 10 mile on
the 1st November, finishing 1:15:37.

Across the pond **Ali McIndoe** was soaking up the at-
mosphere at the New York City Marathon, she fin-
ished in 3:45:32.

At the Town Moor Memorial 10km road race in New-
castle on the 8th Nov **Catherine Cowan** crossed the
line in 51:17.



John sprinting all the way to the finish at Maltby 7

Thank you to the contributors this month.