

SWALEDALE ROAD RUNNERS

OCTOBER 2009 NEWSLETTER



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Chairman's Report

Entries have been pouring in for the Richmond Castle 10k from all over the country and as I write this a week before the race we are near capacity. I'm forever amazed at how far people are prepared to travel for our race with entries being received from Belfast, Edinburgh, London, Southampton, Eastbourne and even Germany. Is it our hills that attract them or our beer? I was chuffed to see that Runners World had our race as one of their featured events for the month although I don't know how their photographer made Sleegill appear flat. I would like to thank all of you in advance who have volunteered to marshal or help on the day.

I was very pleased that **Erika Johnson** was selected to run for Yorkshire at the recent Nottingham Half Marathon. It was well-deserved recognition for her running achievements over the years and her continued good form. Also running in a Yorkshire vest was **Darran Bilton** although as team manager he was entitled to pick himself! **Darran** had a great run but with a couple of Kenyans to compete with, had to settle for 4th place. In the accompanying full marathon **Niall Cheyne** was rewarded with an impressive PB of 3.21.33. I've received an e-mail from **Kathryn Philpotts** who appears to have moved to an area as hilly as Richmond. **Kathryn** recently ran the New Forest Half Marathon in a new PB of 1.31.59.

Now the evenings are a lot darker it is a must that you all wear something reflective when out on club runs and it is your responsibility to ensure other road users can see you. I know you will all join me in wishing **Diane McKay** a speedy recovery from her broken ankle that was sustained whilst out on a club run. Although **Diane's** injury is just one of those things that can happen to a runner it does make us examine our safety policy as a club. We know and it is accepted that running carries an inherent risk be it running on the roads or up and down fells, but as a club and members we do have the responsibility to reduce the risks as far as possible, without trying to lose the sense

of freedom that our sport provides.

As part of our continued research to find out what is the best source of nutrition for endurance runners we are having our next supper night on Thursday 5th November. This time we will be reviewing Thai cuisine.

I would like to remind you that we are organising transport to the Derwentwater 10 at Keswick on Sunday 1st November. So far the take up of places on the bus has been a bit disappointing.

Have a great month.

Pete Richardson

The Great Westmorland Trail Run Crosby Garrett Saturday 12th September

Crosby Garrett is a small village about 4 miles to the NE of Kirkby Stephen. It turned out to be a wonderful place to celebrate my sixtieth birthday.

The whole community had worked together to provide a race which is well worth tackling. Races were provided for four junior age groups as well as the senior. The course is over beautiful country side with only one stiff climb, unfortunately this climb is in the last two miles of the race.

I was running well until the descent in the last mile when I managed to find a cobble hidden under newly cut grass and twisted my ankle yet again. After expressing my feelings in very strong terms I was passed by four runners before I could start to hobble to the finish. I was pleased with my time (72.14). The first of the four who passed me finished 2to3 minutes before me!

It was great to see **Tony Lambert** running and enjoying himself. He finished in 4th place (47.39).

The race is well marshalled with farmers on quad bikes out in the wilds at the main turns, in between there are plenty of markers. If any one became misplaced they only had themselves to blame!

After the race we were provided with an excellent tea. The sunny weather added to the pleasant atmosphere. There were only about 130 runners in the senior race. The facilities and organisation could accommodate more runners. It took less than an hour to travel from Richmond it would be fun to see some of you there next year.

John Hunter

Robin Hood Half Marathon, Nottingham **Sunday 13th September**

Darran Bilton contacted me and asked me if I would be interested in being part of the Yorkshire and Humberside team for the inter-counties half marathon championships. I didn't have to think for long, of course I would love to take part. The only problem it was in 6 days time yikes!

It was all a bit of an adventure and that was just negotiating the traffic, following Simon Barlow's car through the middle of Nottingham with a few other thousand of runners all wanting to park in the same car park. The team all manage to park together and we made our way to collect our numbers and special vest, no Swaledale colours today. The race started promptly at 10 am, along with the marathon runners.

The course was hillier than I expected, with some ups and down's in Wollaton park. There were some scenic sections and plenty of drink stations.

I was just enjoying the honour of being part of a team. I felt a bit rough around 8 miles, but came round again and I managed just to sneak in under 1:30, finishing in 1:29:24, to complete the ladies team, placing us in Silver position. My other ladies team members were Sarah Jarvis (1:19:55, 2nd lady) and Robyn Oldham (1:27:26).

The men's team of **Darran Bilton** (1:09:02, 4th man) **Ian Fisher** (1:10:14) **Mike Burrett** (1:12:00) ran exceptionally well to finish in Gold medal position.

There was a great team spirit, thanks **Darran** for organising all the accommodation and managing the team. It was great to see **SRR Dave Needham** at the finish, he had been cheering us on en route.



*Erika, Sarah, Robyn
Mike, Darran and Ian*

There were several Swaledale Road Runners there, **Simon Barlow** 1:39:55, **Pat Neeson** 1:48:27 and **Karen Seward** 1:58:51
Niall Cheyne took on the challenge of the marathon, running a fantastic PB time of 3:21, exceeding his

expectations.

The Robin Hood half marathon has all the feel of a big city run, perhaps a good alternative to the Great North Run, if you fancy a change.. You definitely get the feel that Nottingham Council were committed to making this a first class event.

All finishers received a medal and goody bag full of all sorts of freebies.

Harrogate Trail Race approx. 10k **(Sunday September 20th)**

This race was organised by Pannal School PTA, and as such was quite a family centred event starting from the cricket pavilion, and with only 64 finishers. There was also a 2k fun run, mostly for children, around the fields. The weather was sunny and surprisingly warm, but not enough to cause any problems. One might say it is the perfect antithesis of that other event on the day, the Great North Run. The race was over a new route around the Harewood House Estate, also the venue for other 10k and 10 mile races organised by Bingley Harriers and Valley Striders. It was quite a tough course with some painful uphill sections, but really enjoyable and such a friendly atmosphere. **Jamie Hutchinson** of Ilkley Harriers won in 37'56", and yours truly finished 12th in 46'29". For once, I thought a prize might be possible, but two other super vets finished in front of me. Oh well, we live in hope! I would certainly recommend this race for next year.

Martin Luxton

Langdale Half Marathon, Cumbria **Sunday 20th September**

This is my favourite race of the year. I have run it on and off since 1992 and there have been changes to the course over the years. It is now run in an anti-clockwise direction starting from the New Dungeon Ghyll Hotel in the Langdale Valley.

On the start line **Rod Berry** the eccentric race organiser announced 'leave your watches behind you are about to go on a journey'. He is right, the course deserves respect but you are rewarded with some of the most stunning scenery in England (in my opinion). It was the first time I had run it in this direction and after about 1 mile you start to climb and keep on climbing, in fact you climb 430 ft in the next mile up to Blea Tarn. The weather was fantastic wall to wall blue sky which was perfect for running, though I did feel myself starting to overheat after the initial climb. The course then goes onto drop height down Little Langdale but you know you will be climbing again soon, coming out at Skelwith Bridge you then make a detour up by Loughrigg Tarn and then over Red Bank down into Elterwater. From here there is gentle climb through Chapel Stile all the way back up the Langdale Valley back to the New Dungeon Ghyll for the finish.

There is a marathon run at the same time, which is 2 laps of the half marathon, I have never been brave enough to contemplate this and I always admire the runners who take on this challenge. This year our second claim member **Elizabeth Duggan** completed the marathon in 5:01:17, first over 60. I was second lady in the half marathon in 1:34:56. Glenys Nutter enjoyed 'her journey' finishing first over 70 lady in 3:05:09. Another fantastic day in the Langdales. There were 373 finishers in the half and 96 in the marathon.

Erika Johnson

The Ridgeway Run (approx 15kms) **Sunday October 11th**

I suppose that it is easy to blanket one's thoughts in a way that encourages us to view parts of the country as a stereotype. Before I went down to Tring on the 11th October I was a bit unsure about what to expect, but as I drove through Woburn, I began to realise that this could be a very special part of the UK that might offer some stunning views and brilliant trail running. The Ridgeway runs from Ivanhoe Beacon through to Overton, near Avebury south of Swindon. It runs for 87 miles and is declared as Britain's oldest road. Thankfully, we were not running on all of it! The race headquarters was at Tring Cricket Club. Clearly, the event was really well organised, and refreshments were available both before and after the event. The start was narrow but flat, but then as the field began to fan out, we took to the trails and started running through woods and uphill. There were a number of occasions where you really had to watch your feet and some of the uphill sections were particularly difficult. After 2-3 miles the race joined the Ridgeway and the Sunday walkers. It was at this point that you could really appreciate the spectacular views of the Buckinghamshire, Bedfordshire, Oxfordshire, Hertfordshire and probably a few more 'shires' countryside. To return to Tring the runners come off the Ridgeway to some really steep, but potentially fast but uneven downhill sections. This was not easy. And then, there was a sting in the tail, a hill of dynamic proportions, with the steepest uphill climb that I have ever undertaken, even given my Swaledale pedigree. It made the steps at Hudswell look like a walk in the park! Thankfully, after this test, it was all downhill back into Tring. This is probably the most challenging trail race that I have undertaken but...I really recommend it. In a field of 473, I came 51st in a time of 1:11:10.

Dave Needham

Thank you

Thanks go to **Jo Richardson** (and in her occasional absence to **Julia**) for her structured speed and hill sessions on Northallerton club nights. I feel sure they contributed to me getting third place in my age group at the Ilkley sprint triathlon on September 13th

Carol Murray

P.B.'s AND MUCH MORE

I read the newsletter regularly and see that Club members are getting better with improved P.B.'s. This is brilliant for the running side of the Club, but we all recognise that we are more than just S.R.R. - we are almost like an extended family.

This view was demonstrated on Tuesday 22 September. Those of you who are unaware of the events of that evening may like to know that the off-road group suffered an accident. One of our members hurt her ankle whilst running and required assistance. This came in the form of two members going for assistance whilst the rest helped to carry/support the injured runner. We received help in the form of transportation from the nearest farmer and his family back to the Clubhouse, which was very kind of them.

Back at the Club it became obvious that Diane (the injured runner) was not able to drive home to York. Without any hesitation, the other girls, Oonagh, Kate and Gill all offered to take Diane to their homes for the night. Oonagh's offer was accepted; but that is not the end of the story.

Oonagh, Diane and Kate went to Catterick Hospital where it turned out Diane had a broken bone in her ankle. They then took Diane and her car to Northallerton where another friend would drive her to York. Kate then brought Oonagh back to Richmond.

What's this got to do with P.B.'s and running? Well, I would suggest that Oonagh, Kate and Gill all earned P.B.'s by their actions. That is what the Club is all about! Thank you girls.

Vic Parkinson

Black Sheep Race Series

The annual presentations for this race series was held on the 4th October at the Black Sheep Brewery in Masham.

We had considerable success as a club picking up 4 prizes in total. **Erika Johnson** retained her title of first overall lady. **Amy Cassar** collected 1st under 35 ladies prize and her father **Ronnie Cassar** was second over 65 male and **Glenys Nutter** was first over 70 lady

Tony Mawson the series organiser for 20 years announced that the series would be run again next year, with continued sponsorship from the Black Sheep Brewery. Next year only one long race will have to be run so runners can choose between Ripon 10 or the Burn Valley Half Marathon. There was also talk of possibly a new race in the North Stanley area, but it was early stages in the planning.

Erika Johnson

Brass Monkey Half Marathon, 24th Jan

It is that time of year again. The Brass Monkey entry forms are now available on www.north-easttraces.com. The race usually fills up within a few days, so if you want to run it enter quickly

Member's profile Simon Barlow



Simon at the finish of Nottingham Half marathon

Age 39
Occupation Commercial Sales Manager
Family Married to Sue (running widow!)
Years running 6

Pb's
5km 20:21
10km 42:31
10 mil 1'13''07
Half marathon 1'35''46
Marathon 3'34''06

Other interests Golf, Rugby Union

Favourite Race London Marathon

Favourite running equipment Asics Gel Ohana Racers

Best race experience

Running the 2009 London Marathon and taking 51 minutes off my 2008 time, soaking up the atmosphere and fantastic support all the way.

Worst race experience

Running in torrential rain during the 2007 Walkington 10k. Could not see a thing most of the way, felt and looked like a drowned rat at the end all on top of a bad week at work!

Furthest travelled to a race

200 miles to the London Marathon

Average weekly mileage 29

Resting heart rate Never measured it – don't know!

Running tip

Develop a training programme to suit you & be consistent. With regard to races follow your own plans concerning pre-race preparations, drinks strategy & intelligent pacing – run your own race and not someone else's even if they overtake you. Listen to & trust your coach.

Running goal Sub 3:30 marathon

Claim to fame

Overtaking Gordon Ramsay in the 2009 London Marathon. The icing on the cake is that he was also slower than me.....plenty of pasta and 26.2 miles in glorious sunshine.....DONE!

Favourite running website Runners' World

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

Oct 25th	Cumbria Half Marathon, Carlisle
Oct 25th	Pickering 10km
Nov 1st	Derwentwater 10 mile
Nov 1st	Guy Fawkes 10 mile, Ripley
Nov 8th	Maltby 7
Nov 21st	Brampton-Carlisle 10 mile,
Nov 28th	Ravenstonedale 10km
Nov 29th	Thirsk 10 mile, Northern Championship
Dec 12/13th	Langdale Christmas Pud 10km
Dec 20th	Loftus 8 Mile
Dec 28th	Jolly Holly Jog 10km, Ripon.
Jan 24th	Brass Monkey Half Marathon
Feb 28th	Snake Lane 10- entry forms out, this race fills up quickly.

Multi-terrain Races

Oct 18th	Saltergate Gallows, Goathland 8.5M/975ft
8th Nov	Guisborough Three Tops, Guisborough 8.5M/1800ft

Monthly Round up

We had two SRR spotted at the Saffron Walden 10km in September. Andy Broadley and Chris Sayer both ran this off road course in 56:01.



Andy Broadley

On the 3rd October we had two runners braving the extremely strong winds to take part in the Coniston Trail race **Claire Stewart** 1:28:43 and **Tracy Hunter** 1:30:11.

Thankfully the day after was much calmer and good conditions were enjoyed at the Harewood Trail Race near Harrogate. Erika Johnson was 7th lady in a competitive field in 70:56, Simon Barlow was several

minutes faster than the previous year finishing in 77:20 and **Pauline Bennison** completed the team 105:30. The race organisers commented that they were inundated with hundreds of entries on the day and there were 567 finishers in the race.

Over in the dales **Jackie Keavney** was taking part in the Helwith Bridge Duathlon as part of a relay team with her brother-in-law. They finished first mixed team on the day.

Martin Luxton took part in the Foston and Thornton-le-Clay 10km on the same day. He recorded 42:43.

Kathryn Philpot's was first lady in the inaugural Eden Half Marathon. She ran 1:37:12 for this hilly course. Having moved away from the area this was her last race as a Swaledale RR as she has now joined Hayle Runners.



Chris Sayer at Saffron Walden 10km

***Thank you to all this months contributors
Contributions for next month by the 1st November
please.***