

SWALEDALE ROAD RUNNERS

SEPTEMBER 2008 NEWSLETTER



www.swaledaleroadrunners.co.uk

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Chairman's Report

The past month seems to have been a lot quieter around the club with the Mid-Week League finished and people away on holiday but I know some of you have still been out competing. **Tony Lambert** and **Liz Sowter** were both 3rd Man and 3rd Lady respectively at the very competitive Arncliffe Fete 4 mile race and **Tony** was also 2nd at the Staveley Stampede. **Darran Bilton** had another convincing win at the Spofforth Trail Race and in the Darlington 10k we had 17 members running and novice racer **Pauline Bennison** came 2nd lady over 55 and **John Dawson** was 3rd man over 65. On the fells **Amy Cassar** was 1st lady at the West Witton Fell Race.



Pauline Bennison at the James Herriot Trail Race

I'd like to wish good luck to all our members who are doing the Nottingham Marathon and I'm sure you'll get good support from those doing the Half Marathon. We are proposing to enter teams in the Northern Athletics Road Relays, which are being held at Hartlepool on Saturday 27th September. The Men's is a 6 stage race and we currently need 3 more men so we can field 2 teams and the Ladies is a 4 stage race. Can you please either let me or **Jackie Keavney** know if you can take part.

The Richmond Castle 10K is only just over a month away and as always help is required on the day with marshalling and other duties, if you or anyone you know can assist on the day could you either let **Gary**

Davison or myself know. If you intend to run can I have your entries sooner rather than later please. Have a great month.

Pete Richardson

Swaledale Outdoor Club off road relay (Cleveland Way, 100 miles)

Richard Tait from the fell running section of the S.O.C. is looking for runners to join them for the day. On **Saturday 20th September** they hope to complete the above run in pairs, running various legs of the Cleveland Way.

If anyone is interested his e mail address is skiddaw@ntlworld.com and his tel no. (01325) 466478

Camping trip at Osmotherley

Girls camping trip on **Friday 26th September** at Osmotherley.

Details to follow at club houses. Contact Jackie K 07906023497

Harrogate 10k : 27th July

Not having run this race for some time and being aware that it was run around a new (apparently tougher) course, I decided to give this race a go. As it is a race that my first claim team (Leeds) was going to feature in, I ran in the blue and yellow kit, instead of my green vest.

On the same day as the James Herriot trail race, conditions were similarly very hot. It's a two lap course that takes in some of the beautiful town centre, starting and finishing in the Crescent Gardens. Though on tarmac, it is still nevertheless pretty tough with lots of climbs and quick drops.

The start was blisteringly fast... so fast, I found it hard just to keep the leaders in grasp! Luckily my endurance base was enough to allow me to catch the leaders by mile two. A half way time of 15.10 was enough to burn most of the field away and a second half of 16 mins exactly, gave me a good winning margin. I was joined by not only my Leeds City adversaries, but also by Swaledale 'new kid on the block' Simon Barlow (50.32) and Nicola Parker (53.39).

It may not be a race for p.b.'s but there are certainly some very nice places for coffee when you've finished!

Darran Bilton.

Lowther Show Half Marathon 8th August

This is one of my favourite races, due to a combination of factors I think. Firstly it is run on a Friday afternoon, so there is that slightly naughty feeling that it is still part of the working week and we are running around the countryside. Secondly the course is run over some stunning scenery, running on road, bridleways, moorland and farm tracks. At one point you run along a ridge looking down on Ullswater. Thirdly once you have finished you can have a look around the Lowther Show, usually spotting the Duke of Edinburgh taking part in the Horse Carriage Riding. He obviously has the same idea about escaping any real work.

This year Cumbria had seen some torrential rain in the week before the show and on arriving the normal car parking was closed and unfortunately we had to park much further away from the race headquarters and tramp very slowly across a muddy show field to get to the start. Kristian's push chair was definitely out, so the going was slow.

Normally the race can be run in road trainers but this year the more grip the better, but the weather on the day was good so that made up for the soggy conditions under foot. I finished 3rd lady in 1:35:16.

I'm already looking forward to next year.

Erika Johnson

Burnsall 10 23rd August

Another of my annual pilgrimages, This road race forms part of the Burnsall Feast and Sports Day. The 2:30pm start sees the runners winding their way out of the village through Hebden, Grassington, Threshfield and back to Linton and the last climb to the hidden village of Thorpe, before a fast last mile back to Burnsall.

There is a great atmosphere at the event, with lots of spectators, many there also to watch the classic fell race including my second celebrity spotting of the month Janet Street-Porter. There are many children's races on the village green in the meantime, and Kristian got to do his first race in the under 5's dash. He watched as the other's set off and finished 14th out of 15. I can see I'm going to have to have a word with him about his race tactics. Though he did win a ice-cream on the tombola, so he came away happy. Ian Fisher of Otley AC won the men's race in 53:26.

I finished 4th lady in 67:50.

Erika Johnson

New Members

A warm welcome to new members **Kathryn Philpotts** and **Carol Murray**

Tip From The Top Fancy a coffee?

Recently a friend who also runs for the USA Marathon Squad, sent me an interesting article on the effects of caffeine on running performance. Could a cup of coffee help you to run further and faster? Or is it just a myth? The IOC (International Olympic Committee) thought caffeine was so potentially powerful, they banned it in high doses until recently. But what are the facts?...

Caffeine is a stimulant that increases alertness and has been shown to reduce perceived fatigue in cyclists performing at 85% VO2 max for 1 hour (what? I'll explain!) Caffeine is an **ergogenic aid** (i.e. performance enhancing) because it is a stimulant. But it also does bad things that potentially ruining a good run! It is a diuretic and hence makes you want to urinate (hence it dehydrates the body) and it also is a mild laxative... which you certainly don't need during a race!

The evidence suggests that (I'll try not to get too scientific here, so stay with me) caffeine may 'mobilise' fat metabolism, thus sparing glycogen stores. It may also act directly on muscles to reduce fatigue. It also promotes the release of certain neurotransmitters (such as dopamine and serotonin... 'natural feel good drugs') that reduce a body's perception of fatigue.

When metabolised, it is changed to other chemicals that themselves are powerful ergogenic aids.

So is the argument for caffeine overwhelming? I don't think so. Because the scientists conveniently negate factors that don't suit their tests. For example, if you drink more coffee in general, it will have a lesser effect (i.e. you get used to it), it's effect as a glycogen-sparing compound has not been proven in exercise lasting many hours, the laxative effect may outweigh the benefits and finally, if it is of any benefit, you should probably not take it in its coffee form as it has reduced efficacy.

So (as they say in the news) here's the summary:

- 1) Coffee is undisputed as a stimulant, though to what extent is a matter of conjecture.
- 2) If you drink a lot already, it's effect will be lesser.
- 3) If you don't drink coffee much, except for race day, the effects (including diuretic and laxative!) will be greater.
- 4) Coffee's effect as a diuretic is removed during exercise.
- 5) If (like me) you have a cuppa with your breakfast, go ahead. But don't expect it to make you run faster... that's where training comes in!!!
- 6) Don't get too hung up ergogenic aids... for every good effect, there'll be a bad one out there (coffee reduces vitamin C absorption. Caffeine has also been linked to cholesterol increases, in medical studies).

Darran Bilton

Member Profile– Tony Lambert



Family Wife Tracey, Children Matthew age 6 and Ben age 4

Age 37

Occupation Landscape Gardener

Interests Running and sport in general, Reading, children take up a lot of time.

Years running 7 years but didn't start racing until 5 years ago. I used to run a bit in my teens.

PB's

5K - 16.07 York Millennium Bridge 2008
10K - 33.12 Rainton 2008
10M - 55.06 Derwentwater 2007
1/2M - 1:13.22 Brass Monkeys 2008

Average weekly mileage 85 - 90

Resting heart rate Don't know

Favourite race/distance Derwentwater 10M, favourite distance 10M.

Best and worst running memories

Best – Winning first race at Newby Hall in 2006

Worst – Going flying on the descent at Hawkshead trail race in 2006

Furthest travelled to a race Not gone too far, the Lake District about the furthest.

Favourite running gear Garmin watch

Claims to fame Reserve team member when Tracey was on TV quiz Eggheads, they didn't win the money which they would have done with me in the team!

Running goals Do a marathon, keep getting faster and beat Gary Dunn!

Running tips Read advice in books and things but do whatever suits you, everyone's different.

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

Sept 3rd Autumn Coast Road 5km, Redcar
Sept 7th Tholthorpe 10km, near Easingwold
Incorporating the North Yorkshire 10km Championships
Sept 14th Ray Harrison 10km
Sept 14th Wetherby 10km (last race in BSRS).
Sept 21st Tees Pride 10km, Middlesbrough
Sept 28th Harrogate Charities 10km, formerly the 'Theatre Run' 10:30 am start.
Sept 28th Sutton 7, near York

Oct 12th Scarborough 10 mile, incorporating the North Yorkshire 10 mile Championship

Oct 19th **Richmond Castle 10km**

Oct 19th Bridlington Half marathon, Yorkshire Vets Championship. 12 Noon start.

Oct 19th Jedburgh Half Marathon

Oct 19th Great Cumbrian Run, half marathon

Oct 26th Pickering & Moors 10km

Nov 2nd Guy Fawkes 10 mile

Nov 2nd Derwentwater 10 mile, 12 noon start

Nov 9th Maltby 7 (near Thornaby)

Nov 30th Thirsk 10, North of England 10 mile Championship

Multi-terrain Races

Sept 14th Castleton Show 6 mile approx, details from nym.ac

Sept 14th Ampleforth College 7 mile

Sept 14th Para's 10 Endurance Run

Sept 20th Snape 10km, near Bedale, 11am

Oct 5th Shaun Lee Johnstone Memorial 10, near Boroughbridge. See Ripon Runner's site for entry form. Run on bridleways and footpaths. No entries on the day.

Oct 5th Harewood House 10 mile

Oct 5th Great North Run

Oct 12th Kirkby Overblow 10km Trail Race

Fell Races

Sept 21st Viking Chase 4 Peaks 7.8M/1000'
Organised by Cleveland Search and Rescue, entry form on www.clevelandstr.co.uk. Starts from Lordstones Café.

Sept 27th Wherside 12.1M/2972', Dent

Sept 28th Cock Howe and Beyond 6.1M/1130'

August Races in Brief

Jackie Keavney was breaking records at the Osmotherley Show fell race. She was first lady in 52:09 over the 5.5 mile route.

Arncliffe 4 road race saw two runners from the club, both were in the prizes. **Tony Lambert** was 3rd man in 21:50 and **Liz Sowter** was 4th lady in 30:28

Always a popular run with the club the Darlington 10km saw 17 members taking part. **Paul Emson** 39:11, **Dave Needham** 41:03, **Niall Cheyne** 43:26, **Gary Davison** 45:28, **Ronnie Cassar** 46:27, **Martin Luxton** 46:50, **Pat Neeson** 46:58, **John Dawson** 47:12, **Amy Cassar** 50:41, **Nicola Parker** 52:10, **Pauline Bennison** (2nd over F55) 52:29, **Sally Ruthersford** 56:51, **Marian Hunter** 57:10, **Allyson Cole** 57:34, **Nicola Pearson** 1:01:57, **Lisa Bentley** 1:02:38 and **Susan Smith** 1:05:10

Tracie-Lee Taylor-Paige must have got a taste for off-road running at the James Herriot because on the 10th August she ran the Bingley Show Trail Race, finishing second lady in 22.15.



Tracie at the James Herriot Trail Race

The 12th August saw an evening of 5km races along the riverside in York. In the men's race **Darran Bilton** finished second in 14:56, **Tony Lambert** 6th in 16:07, **Richard Johnson** 18:44 and **Simon Barlow** knocked over two minutes off last years time to finish in 22:24. **Erika Johnson** was the only club representative in the ladies race finishing first over 35 in 18:57.

The next weekend **Erika** was once again the only Swaledale Road Runner at the Saltburn Sandblaster. This small race saw **Erika** finish in 4th position overall, and first lady in 40:20.

On the evening of the 23rd **Amy Cassar** took part in the West Witton fell race, she finished first lady in 47:30.

Spofforth Gala Trail Race was the venue on Bank Holiday Monday, The new two lap course due to pipe-line construction work meant the runners ran entirely

on muddy bridleways. **Darran Bilton** (33:26) had a comfortable winning margin of over 3 minutes, new member **Kathryn Philpotts** finished in 50:08 and **Jo Richardson** 1:09:41.

On the 31st August the competitors at the Staveley Stampede 10 got more than they expected when a marshal sent the runners in the wrong direction, adding an extra 1.4 miles to the course! **Tony Lambert** was second man in 1:07:00, and **Derek Parrington** finished in 1:24:42.

At Tholthorpe 10km, Team Swaledale added to the Gold Medal tally with **Erika Johnson** winning the ladies North Yorkshire 10km championships. On a humid morning, with a rather waterlogged course She was first lady in 40:21. **Derek Parrington** ran a 42:26, **Pete Richardson** 51:58, **Kathryn Philpotts** 50:08 and **Jo Richardson**.

Dave Needham ran in the BUPA Great Yorkshire 10km. He ran a 40:36, finishing second over 50 in this prestigious race with over 6,000 finishers.

Repairs to Paddy's Seat

A card of thanks was received from Doreen Fleming thanking the Swaledale RR for funding the repairs to Paddy's seat.

"Dear Road Runners

Thank you very much for financing the renovation of Paddy's seat. The work on Willances Leap was completed by a group of Ragged Robin volunteers on Monday 7th July. An aggregate footing was built up to help support the area and the seat was given a couple of coats of varnish. Its now in good shape and will hopefully last for many years to come.

So thanks once again for your help and support."

Black Sheep Race Series

The series is nearly at an end, with just one race remaining, the Wetherby 10km on Sept 14th. It looks as if we could see a few club members in the prizes.

The series presentation will be held on **October 12th** Masham Town Hall at 3pm. There then will be the option of a late Sunday lunch at the Black Sheep Brewery Bistro at a cost of £10.00 per head.

The race series organiser, Tony Mawson, will send out letters/emails in September to those who have won awards and prizes.

Stop Press

The date for the **2009 Brass Monkey Half Marathon** has been announced as the **18th January**. If you are interested in running this flat half marathon, which has PB potential then keep your eyes peeled to Knavesmire Harriers website, as the race filled up within 2 days of the entry form becoming available.

www.yorkknavesmireharriers.co.uk

Chip timing will be used in 2009 to ensure accurate recording of times and places.

Contributions for next months newsletter by 1st October thank you.