

# SWALEDALE ROAD RUNNERS

SEPTEMBER 2009 NEWSLETTER



[www.swaledaleroadrunners.co.uk](http://www.swaledaleroadrunners.co.uk)

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## Chairman's Report

The SOC have approached me about a function they would like to hold at the Richmond Clubhouse on Tuesday 29<sup>th</sup> September, I have agreed with them that we will be out by 8 o'clock that evening at the latest. So I would like your co-operation to make this happen. I suggest that groups may want to go for a run at 6.30pm rather than 6.45pm to give sufficient time for decent distance. This is the first time in 8 years the SOC have asked to use the clubhouse on a running club night so I feel it is reasonable for us to accommodate their request.

Plans are well under way for the Richmond Castle 10k and thank you to everyone who has so far offered to help on the day. The race giveaways have arrived and I now have 500 hand towels in my back bedroom.

Details will soon be at the clubhouses for the transport we are arranging for the Derwentwater 10 mile race on the 1<sup>st</sup> November and there are entry forms in the race folder.

Samples of the club jackets have arrived and the reaction to those who have seen them and tried them on is very favourable. The jackets are high quality, breathable and water resistant, smart enough to wear to races and club events as well as being suitable and light-weight enough to run in. Orders are already being taken for these and they will cost £40. Please see me if you want one. To keep the costs down we do need to put in a good size order and it will not be cost effective to order in small quantities if you miss out on the initial order due to the printing charges.

Congratulations go to **Jackie Keavney, Kathryn Philpotts** and **Karen Hopwood** for gaining team victory for Swaledale at the Darlington 10k. **Jackie** also did well to finish 1<sup>st</sup> lady over 40 and **Karen** was awarded the prize as 2<sup>nd</sup> lady over 35. The ladies are outshining the men at the moment although **John Wilson** had a great run at Darlington to finish 4<sup>th</sup> man over 45 and was our first finisher in 37.52. At the Millennium Bridge 5k **Erika Johnson** was 1<sup>st</sup> lady over 35, **Darran Bilton** was 2<sup>nd</sup>, beaten by 1 second and **Simon Barlow** and **Sara Woolley** both ran PB's. **Darran** was back to winning ways at the Spofforth 10k Trail Race even though he gave the whole field a head start as he was late for the start. At the Middlesbrough 10k **Jackie** was 2<sup>nd</sup> lady over 40 and **Sara** took a massive chunk off her 10k PB. It was good to see **Alexina Cassidy**

back from injury at Middlesbrough and also to see **Tony Lambert** back racing again with 3<sup>rd</sup> place at Arncliffe. **Erika Johnson** was successful in defending her North Yorkshire 10km Championship Title at Tholt-horpe 10km.

Sadly we have to say goodbye to **Kathryn Philpotts** who is leaving the area and moving back down South. **Kathryn's** improvement as a runner has been outstanding since she's been with us and we all wish her well for the future.

A very enjoyable Curry Night was had to celebrate **Niall Cheyne's** 40<sup>th</sup> birthday, many thanks go to **Sara Woolley, Gary Davison** and **Diane McKay** for helping to make it such a good night for **Niall**.

As the nights are beginning to draw in again please make sure you are visible to other road users when out on club runs.

Have a good month.

*Pete Richardson*

## The Sun-Herald City2Surf August 9th 2009

This 14K race from Hyde Park in Sydney through to Bondi Beach boasts 75,000 entrants, making it, as their literature suggests, the world's biggest running event. In many ways it represents the classic Australia east coast urban metaphor, running from the City through to the beach. Running in Sydney is a way of live. During each morning run through the Botanic Gardens, past the Sydney Opera House and through the Circular Quay to the Rocks, I would probably see literally hundreds of other runners.

Thankfully I managed to enter the race as a 'preferred entrant', allowing me to be in the first 8,000 starters, in the pen behind the elite athletes. I was staying in a hotel close to Hyde Park in Sydney's CBD and, as the race start was at 9.00 am, I popped out of my hotel at 6.30 am to see how the preparations were evolving. It was still dark in Sydney and yet the pens were beginning to fill. By the time I returned, my pen was nearly full and, forget Swine Flu, City2Surf fever seemed to be pretty serious. Certainly in the red pen, what seemed to be at the back of everybody's mind, including mine, was whether they could beat the hour for the 14K.

In a crowded pen in a mass participation race, as ever, warming up was difficult. The race started on time and ran uphill along a dual carriageway before going through a tunnel, a little like the Great North Run. For the first mile or so, running was really dictated by the pace of the race, the volume of runners, safety and interests of others. It was almost impossible to break away. It was only after about mile 2 that I could start to race properly and gain some ground, but then on the left hand side there were some fabulous distracting views of Rushcutters Bay, Double Bay and then Rose Bay. I wanted to put myself in a strong position before what is known as Heartbreak Hill. This appears at around 5-6 kilometres and winds upwards towards Dover Heights for around a kilometre and a half. Having been used to Swaledale hills, I must admit, that this came as a bit of a damp squid. It was winding and continuous, not that steep, and improved some of the views. When I hit 7 kilometres at around 29 minutes I knew that I was likely to break the hour. From then onwards it was downhill into Bondi Beach to the adulation and support of bands and cheering crowds.



*Running at a quieter moment in Australia*

The race is a fabulous well-organised occasion. I finished in 936th place out of 62,729 finishers with a net time of 58:20 and a gross time of 58:50. I was talking to an immigration officer when leaving Australia. He commented "The City2Surf" is addictive. Everybody each year wants to know if they can still beat the hour. You did it and so you will be back. We will see you in August next year!"

*Dave Needham*

### **Double Trouble at Arncliffe** **Saturday 8th August**

Every year the village of Arncliffe in the Yorkshire Dales hosts a village fete along with a 4 mile road race followed and hour later by a short but steep fell race.

This year we had four Swaledale members taking part, with all of them deciding to double up and run both the road and fell race.



*Liz Sowter, Tony Lambert, Elizabeth Duggan and Erika and Kristian Johnson at Arncliffe*

The road race winds along narrow country lanes, down to Litton and then back on a loop to Arncliffe. Unfortunately the nice day had also brought out the picnickers and I ended up walking behind a car as it tried to squeeze past a line of cars coming in the other direction. Once this obstacle was out of the way the race went smoothly and I finished fourth lady in 26:02. Tony Lambert was 3rd in 22:37, Liz Sowter was first over 45 in 31:24 and second claim member Elizabeth Duggan was second over 60 in 31:24. The 2.5 mile fell race started just after the road race presentation. The mad rush at the start was hard, but I managed to pick off a few runners as we climbed up out of Arncliffe to finish first senior lady. Race times not known.

*Erika Johnson*

### **Ray Harrison Memorial 10km** **23rd August**

This was new date for the 10km memorial run, with the race previously clashing with a busy racing calendar in September. The new date proved very popular with nearly 400 runners compared to the usual 250 or so that run this event.

The course is flat so I was hoping for a good time, but the exposed nature of the course meant that times were slowed considerably by the strong winds which we faced in places, as well as the warm temperatures on the day.

All runners received a t-shirt and a small goody bag. The course is more scenic than you would imagine running around Billingham and parking and facilities were near to the start.

**Erika Johnson** 40:16, **Martin Luxton** 43:33, **Pete Richardson** 47:31, **Nicola Pearson** 1:00:27. **Jo Richardson** 1:02:38 and **Glenys Nutter** 1:15:13

*Erika Johnson*

## Saltburn Sandblaster 10km

16th August

This race is organised by Redcar Race walking Club who host a series of race walking events on the day. The last race of the day sees race walkers setting off with the runners for a 10km road race. There is only a small field but the friendly low key feel to the run makes up for this. There are several loops near the town before heading out along a coastal road. This year we were buffeted by the wind on each loop and because of the nature of the course we saw all the runners several times, so we could cheer each other on.



*Glenys at the seaside*

**Erika Johnson** 40:26 (first lady), **Nicola Pearson** 56:48 and **Glenys Nutter** 1:12:58

## Middlesbrough 10k

6th September

Big City or Town events are usually my least favourite, as I prefer the smaller more friendly races or a fell race with perhaps 30 to 50 runners. But this is the 3<sup>rd</sup> time I have run this race and I think it is one of the best organised and value for money races in the North East. It does not match the Richmond Castle 10k for scenery, charm and the luxury of having so much downhill running, and it does not have a real ale festival either or even such a good looking race organiser, but it does have other attributes. The traffic free course has definite PB potential as proved by **Sara Woolley**; there is good crowd support with quite a few bands providing live music along the route. The Goody Bag catered for most tastes containing a technical t-shirt, medal, a hand held drinks bottle and a Chunky Kit Kat.

Results: **Derek Parrington** 42.08, **Jackie Keavney** 42.40, **Martin Luxton** 42.52, **Alexina Cassidy** 45.22, **Pete Richardson** 46.44, **John Lynch** 48.47, **Sara Woolley** 51.47, **Chris Sayer** 52.12, **Andy Broadley** 52.14, **Pauline Bennison** 54.13 and **Nicola Pearson** 55.15.

*Pete Richardson*

## Race Preview

Shaun Lee Johnstone Memorial Multi Terrain

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Sunday 11<sup>th</sup> October

This is the second year of this event. The race is well organised and in aid of a good cause. I enjoyed everything about last year's race (See Nov'08 newsletter) and recommend it to club members. Maybe you could run this race before being a marshal at the Castle 10k the following week.

*John Hunter*

## **HELP!**

Have you ever wonder how all the signs are put out on race day. The answer is I spend Saturday afternoon arranging them in order and loading up the van. Early on Sunday I drive round the course putting out the signs. Do you know which sign goes where? I thought not. I need someone to help me so at least two club members know where the signs go. It is a tiring job and I would suggest any helper does not aim to run it the 10k.

Any offers of help please contact me via the clubhouse.

*John Hunter*

## Race Diary

Entry forms available at the clubhouse or on these

websites [www.ukresults.net](http://www.ukresults.net)

Barry Cornelius website has a new address;

[www.northeasttraces.com](http://www.northeasttraces.com)

### **Road Races**

Sept 20th	GNR
Sept 26th	South Lakes Half Marathon, Al-lithwaite
Sept 27th	Sutton 7
Sept 27th	Horsforth 10k
Oct 11th	Yorkshire Coast 10km, Scarborough, a new event
Oct 18th	Richmond Castle 10km; entry form available at <a href="http://www.ukresults.net">www.ukresults.net</a>
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

### **Multi-terrain Races**

Sept 13th	PARA's 10 mile Endurance Run
Sept 20th	Kirkstall Valley Trail Race 7.25 mile
Oct 4th	Harewood House 10 mile
Oct 11th	Ampleforth 7 mile new date for the run
Oct 11th	Shaun Lee Johnstone Memorial 10 mile (see race preview) Boroughbridge

## **Monthly Round up**

At the York 5km on the 11th it was nice to see past member **Stuart Smith** with his baby daughter **Isobelle**.

**Stuart Smith** 18:40 running for his new running club Pocklington, **Erika Johnson** 18:46, **Simon Barlow** 20:21, **Sara Woolley** 25:26, **Jo Richardson** 30:04, **Glenys Nutter** 35:11.



*Stuart Smith with his daughter Isobelle*

We had a good turn out of runners as usual at the Darlington 10km. **John Wilson** 37:52, **Jackie Keavney** 41:51, **Niall Cheyne** 42:05, **Kathryn Philpotts** 42:20, **Martin Luxton** 43:31, **Karen Hopwood** 43:32, **Ronnie Cassar** 46:17, **Pete Richardson** 46:49, **Julie Tanner** 47:04, **Chris Sayer** 53:12, **Andy Broadley** 53:12, **John Dawson** 54:06, **Pauline Bennison** 53:37, **Sara Woolley** 55:36, **Sally Rutherford** 59:12, **Allyson Cole** 59:26, **Jo Richardson** 1:02:47, **Jude Gedy** 1:03:49 and **Claudia Robinson** 1:03:24.

At the Spofforth Gala 10km **Darran Bilton** was first man home in 32:15, **Jo Richardson** 1:05:15 and **Jude Gedy** 1:06:23.

On the 5th September we had a good turn out at Snape Multi-terrain 10km. **Kathryn Philpotts** was 3rd lady in 43:28, **Stuart Clarkson** 48:04, **Liz Sowter** 49:04, **John Hunter** 50:20, **Alex Brown** 53:43, **Marian Hunter** 58:15 and **Ruth Clapham**

On the 6th September at the Tholthorpe 10km we had only 3 members racing in the North Yorkshire 10km Championship event. **Erika Johnson** was first lady in 39:26 despite being stung by a wasp just minutes before the start. **Julia Spittle** 57:34 and **Glenys Nutter** 76:12.

## **New Members**

Welcome to new members **Lee Thornton** and **Rachel Hunt**

*Contributions for next month by the 1st October please.*