

# SWALEDALE ROAD RUNNERS

SEPTEMBER NEWSLETTER 2010



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

Editor - Erika Johnson Tel:01765 689077

[newsletter@swaledaleroadrunners.co.uk](mailto:newsletter@swaledaleroadrunners.co.uk)

## Chairman's Report

The Richmond Castle 10k is again fast approaching and I was delighted to see that Runners World has given it another recommendation in it's magazine, the second time this year. I always find it interesting to see where our entries come from and this year they include Omagh in Northern Ireland, London, Essex and our now regular party from Germany. Whilst most of the pre race organisation is taken care of by **Gary Davison** and myself we do need lots of help on the day to ensure the event takes place. If you or friends and family are available to marshal can you please let **Gary** know. This year I have come to an agreement with English Heritage to allow free admittance to the Castle for spectators which I'm sure will be very well received by competitors. Also as I have previously mentioned our sponsors Hilly are providing us with a top quality race souvenir, a running cap which normally retail at £14 each. Both these things should provide our entrants with excellent value for money for their race entry fee. With my health taking a bit of a downward turn again and not being able to attend the club I feel a little bit out of touch with what's been going on recently. I did however notice that **Amy Cassar** finished 1<sup>st</sup> lady at the West Witton Fell Race, one of my favourite races and that **Martin Randall** and **Derek Parrington** both took part in the Reeth Show Fell Race. A number of members took part in the Darlington 10k with some very good times being recorded although unfortunately we weren't able to retain our ladies team title of last year.

I'd like to wish Anthony and **Alexina Cassidy** and their family good luck with their move to Spain. It's always sad to see members leave especially when they are so enthusiastic and supportive as **Alexina** and **Anthony** have been. We're also going to greatly miss **Diane McKay** who has left for a 2 year posting in Cyprus.

Although I've been mentioning it now for months the new club website is nearing completion, it's really just a matter now of training the people who will be responsible for adding and managing the content on the site.

*Pete Richardson*

## Middlesbrough Teespride 10km 5th Sept

I had set this event as my target following an enforced 11 months off racing. Unfortunately the slow road back to fitness was affected by having to take more time off for a sprained ankle and then another bout of fatigue to endure over the past 3 weeks meant I wasn't in the shape I wanted to be. But still I made the start and lined up alongside **Sara, Ros, Jess, Gary** and **Richard**. We set off as a group with the aim for all but **Gary** to finish in around 50 minutes, a time I'd be delighted with in the circumstance. After 1 mile the group was down to 3 with **Ros**, and **Jess** keeping me company and by 2 miles I just had **Ros** along side me. We were bang on target for a 50 min finish until we were about at the 8km marker when the lack of training really began to tell and it felt more like mile 22 in a marathon than mile 5 in a 10k. I forced myself to keep going rather than give in to the urge to walk and managed to reach the finish in a time of 50.51. I was really pleased to be only 4 minutes slower than last year but the best thing of all was just being able to take part in a race again. I must also thank **Ros** as without her company I would really have struggled to finish.



*Ros Blackmore at the HDSRL Handicap race in July*

Although I'm normally more of a fan of the smaller events I cannot rate this race highly enough. It is very well organised, chip timed, has a great atmosphere with good crowd support and all finishers are awarded with a technical t-shirt, a medal, cloth carrier bag and a Mars Bar. For a such big race the narrow, well supervised start means there is always plenty of room on the course and its' profile is very conducive to PB's as **Neil Bowmer** and **Jess Brown** discovered. The pre race entertainment included The Red Devils Parachute Display Team, a warm up by Diane Youdale aka Jet from Gladiators and an Elite mile race containing several runners who will compete at next months Commonwealth Games.



*Neil Bowmer at Swaledale League Race*

**Neil Bowmer** 39.27, **Martin Luxton** 42.04 **Jackie Keavney** 43.43 2nd vet 45,  
**Jess Brown** 49.47, **Ros Blackmore** 50.40,  
**Pete Richardson** 50.51, **Sara Wooley** and **Richard Tweddle** 54.19 each, **Jo Richardson** 1.05.08.

**Pete Richardson**

### **Pier to Pier 7 miles Sunday 16<sup>th</sup> May**

This race was recommended to me earlier in the year by Pat Neesam and so glad he did. The course begins on the beach at South Shields. so terrain was as follows: dry sand, wet sand, sea water, wet shoes within the first few minutes before climbing up Trow Rocks onto the coastal path on the headland. Very gently undulating at most all the way along, with just a few steps to negotiate single file before running along part of the prom at Roker and then back down onto the beach for the finish at the Pier.

I believe there were about 1,000 runners taking part and we were all rewarded with Mars bars, luxury picnic blankets, Walkers crisps and drinks at the finish!

Met fellow new member there, Kevin Stewart but spotted no other SRRs, which is a pity as it is a picturesque and varied route, which although

short, would delight many runners. We were blessed with fine, sunny weather. I did wonder what it would be like in a sea fret or wind but I doubt it would detract from this well organised and friendly race. **Kevin** 57.21, **Chris** 63.58.

*Chris Sayer*

### **York Millennium 5km Wed 1st Sept**

A last minute change of date for this popular evening 5km race which looked as if it would have to be cancelled meant slightly few numbers in each race. There are two 5km races to ease congestion on the loop around a lake park. The first race sees the runners who can run under 24 minutes go off at 7:00pm . This is followed at 7:15pm by the remaining competitors. There were a total of 148 finishers. I finished in 20:18, collecting 1st over 40 prize and Glenys Nutter crossed the line in 42:36.

*Erika Johnson*

### **Hasta la vista! The Cassidy family are off to Spain for a year.**

Owing to a change in job circumstances, we are moving to Palma, Mallorca for a year. This is going to be very tough for us owing to the approximate three hundred days of sunshine a year, fabulous mountain and beach scenery and an established biking and running scene. So – it's fine to hate us. But at least consider this – the Calvia Mallorca Marathon, Half Marathon & 10K on Sunday 12<sup>th</sup> December 2010. There is a company called Running Crazy ([www.runningcrazy.co.uk](http://www.runningcrazy.co.uk)) who will organise everything. After flights, the weekend costs about £100 all-in. The course is relatively flat and scenic and good for PBs. It would be great to get a Swaledale Road Runners team out there. There are loads of flights to Palma from both Newcastle and Leeds and you'll pick up a bargain if you book ahead as it's not peak season.

We will miss Swaledale Road Runners – particularly the Wednesday club nights at Northallerton, the Richmond Castle 10K and the Harrogate Summer Road League. Thanks to all those who have run with us and supported us over the year. We've had a fantastic time with the club and are looking forward to returning in 2011. We will keep in touch and let you know if there are any other interesting runs out in Mallorca.

### **New members**

Welcome to new members **Rachele Dunn**, **Alison Johnston** and **James Taylor**.

## Round Up

Traditionally a quieter month for road racing before the busy autumn season we still had quite a few runners taking part in 10km races through out the area as well as a couple of fell races.

Darlington 10km on the 12th August saw nine members in this town centre 10km. **Dave Atkinson** 37:17, **Anthony Cassidy** 40:14, **Derek Parrington** 41:52, **Martin Luxton** 42:09, **Karen Hopwood** 42:12 (first over 40), **Gary Davison** 46:06, **Gail Smith** 47:58, **Sharon Hughes** 1:04:05 and **Allyson Cole** 1:11:05.

At the Ray Harrison Memorial 10km on the 22nd **Pete Devlin** ran on this warm sunny day to record 50:58. On the same day the Saltburn Sandblaster 10km went ahead in the afternoon. **Erika Johnson** and **Glenys Nutter** got out the suncream as the multi lap course proved quite a challenge in the heat. **Erika** finished first lady in 45:40 and **Glenys** 1:28:10.

At the Reeth Show fell race we had two runners, Martin Randall finished in 24th in 21:31 and **Derek Parrington** a few places behind in 29th in 22:46.

Tholthorpe 10km was once again the chosen venue for the North Yorkshire 10km Championship on the 5th Sept. **Darran Bilton** showed the rest of the field a clean pair of heels by winning with a 2 minute margin in 32:36. **Simon Barlow** finished in 43:14

## *Erika Johnson*

### 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.northeastraces.com](http://www.northeastraces.com)

### *Road Races*

Sept 12th Wetherby 10km. Last race in the Black Sheep Race Series  
Sept 19th Great North Run  
Sept 25th Great Langdale Half Marathon  
Oct 10th Great Cumbrian Run Half Marathon, Carlisle  
**Oct 17th Richmond Castle 10km**  
Oct 24th Pickering 10km  
Oct 31st Guy Fawkes 10 mile. A hilly route starting at Ripley near Harrogate.  
Oct 31st Yorkshire Coast 10km, Scarborough  
Nov 7th Derwentwater 10 mile, Keswick. A testing scenic course around the lake. Beautiful if it doesn't rain like last year!  
Nov 7th Maltby 7  
Nov 20th Brampton-Carlisle 10 mile. One of the fastest 10 mile races in the country due to point to point nature of the route.  
Nov 21st Leeds Abbey Dash 10km  
Nov 28th Thirsk 10 mile. Incorporating the Northern Championships.

### *Multi-terrain Races*

Sept 11th Snape 10km, 11am Saturday  
Sept 11th Castleton Show Run 6 mile  
Sept 12th Para's 10 Endurance run, Catterick  
Sept 15th Clay Bank 7 mile, Wed 7pm, second in Turning Leaves Tail Series.  
Oct 3rd Harewood House 10 mile trail race  
Oct 6th Lordstone café 10km, Wed 7pm, Third a final race in Turning leaves Trail Series  
Oct 10th Shaun Lee Johnstone Memorial 10 mile. [www.riponrunners.org.uk](http://www.riponrunners.org.uk) for an entry form. A friendly local race. Why not run this before attending the Black Sheep Presentations later that afternoon.  
Nov 7th Gibside Fruit Bowl 6,  
Dec 19th Loftus Poultry Run, Loftus

### *Fell Races*

Sept 25th Wherside Fell Race, Dent 11am  
Oct 17th Saltergate Gallows 8 mile, 2,500ft  
Oct 30th Great Wherside, Kettlewell  
Nov 21st Clay Bank West 5.5mile,900ft

### Race news

Entries have opened for **Coniston 14** on April 9th 2011. As the damaged bridge which caused this years race to be lengthened to 17 mile is still being repaired the organisers may have to used this longer course once again. A final decision will be made in October.



*Pauline Bennison and Nicky Eason at the Swaledale League Race*