

Roadrunner

The Journal of the Road Runners Club



Cover Photo:
Aberdeen International marathon 1985 with Colin Youngson leading
and Dave Catlow, number 4 and the eventual winner

NUMBER 209
Spring - 2016

OFFICERS OF THE RRC 2015-16; Elected at the AGM, Sept. 15th 2015

All posts are honorary (we are all volunteers)

President: Ian Champion
Hon. General Secretary: John Trory
Hon. Treasurer: Elaine Oddie OBE
Hon. Auditor: Don Turner

Vice Presidents: Don Bonser, Norma Cressy, Roddy Fisher
John Foden, Elaine Oddie OBE, Ron Walker

Members of Council:

John Brassington, Hideo Takano, Pam Storey, John Wright,

Chairman of Council and Registrar:	Elaine Oddie O.B.E.
Editor of Roadrunner:	John Trory
Overseas Secretary:	Dan Coffey
Statistician:	Andy Milroy
Standards Scheme Secretary:	Diane Ambrose
Championships Secretary:	John Trory
Medical Officer:	Dr Patrick Milroy
Merchandise Secretary:	John Brassington
Archivist:	Ian Champion
National Representative:	Dr Hilary Walker
John Legge and John Jewell Awards:	decided by committee

Contacting members who have specific jobs

It is a very great help if you can send an SAE with any letter that needs a written answer. Better still, use email!

Ilan Champion (President, EA Registration, Archive)
14 Haileybury Ave., Bush Hill Park, ENFIELD EN1 1JJ resident@RoadRunnersClub.org.uk

Elaine Oddie (Treasurer, Insurance, Membership List)
7 Bellway Court, Grosvenor Road, WESTCLIFF ON SEA, Essex SS0 8EP Treasurer@RoadRunnersClub.org.uk

John Trory (Championships and Roadrunner)
10 Dorothy Road, HOVE BN3 7GR johnandcynthia@trory.net

John Brassington (Merchandise, VMLM Stand)
29 Highgate West Hill, Highgate, LONDON N6 6NP ritabrassington@hotmail.com

Dr Patrick Milroy (Medical)
The Old Farmhouse, Newton Lane, NEWTON BY DARESBUURY WA4 4BQ patrick.milroy@btinternet.com

Diane Ambrose (Standards Scheme)
12 Orchid Drive, Bisley, WOKING, Surrey, GU24 9SB c.l.ambrose@btinternet.com

John Wright (Local Representatives)
4 Stratton Close, WALLASEY CH457SJ jewweller@aol.co.uk

NOTE; Dr.Patrick Milroy, our medical adviser, is prepared to discuss direct any persistent or medically complicated problems that our members have been unable otherwise to solve.

The Road Runners Club

A nationwide club with many overseas members, we are dedicated to helping and improving runners of any ability.

To any non-member looking through our club magazine for the first time, joining through our website roadrunners.org.uk is delightfully simple, and our annual subscription currently held at £12-50, or £15 for a couple sharing the same address and magazine, is unbeatable value. Our magazine is published 3 times a year and we think is the best club magazine in the U.K.

Contents of Roadrunner 208

Self Transcendence 100KM AMD 50KM Races	6
Antonio Maraia describes his successful change in training routine	7
Road Runners Club marathon championship, the early years.....	8
Brooks Snowdonia Marathon Eryri 24/10/15: Take Two	9
The Chris Ambrose Trophy For The Club Supreme Champion	14
Road Runners Club Universal Championship Record Times.....	17
Winter training schedule – revised edition – 2015-6	19
Road Runners Club ties up with MS-UK the Colchester based charity again.	19
Ultra-distance: a review of 2015	20
Correspondence with Loch Ness Marathon	21
Abingdon Marathon 18/10/2015	22
Standards Certificates Awarded for 2015 and New Standards Times For 5k.....	23
Marathon des Alpes-Maritime Nice-Cannes. 8th November 2015	24
What on earth do we do with all those finishers’ medals?	26
Emil Zatopek - Super Runner.....	27
Cheltenham Half Marathon 27th September	32
What did the rrc ever do for Scots?	33
Keeping fit when injured – the long road back.....	34
Joining the Road Runners Club at 80	35
Warwickshire Road Relay – revisited	36
Musings of a hip replacement running survivor	37
A tribute to the late John Legge 1913-2001 RRC Past President.....	38
Derwentwater 10, Keswick, November 1st 2015	40
The Brighton Half-marathon, 28th February 2016	42

From The Editor

John Trory

We are now delighted to welcome Andy Taylor to the RRC committee. At the age of 51 he is one of the youngest serving and will be formally adopted at the next A.G.M. as required by the constitution. His experience will prove invaluable I am sure. Emine Ismail de Sanchez also attended the last meeting with the intention of becoming a council member. The list of local reps is considerably reduced but we now have a core of reps willing to continue serving the club More about this will be published in the next edition of Roadrunner and we are all looking for new ideas that will help you enjoy our club. We are moving forward now and your suggestions will be considered for future action with publicity in Roadrunner. Medical certification has become a highly contentious issue and to help with this you will find on the back cover a suggested certificate for you to use as many overseas races now make this compulsory. This has been formulated by our own expert Dr. Patrick Milroy who has also added his comments on the inside back cover.

Your committee is putting in a lot of work to promote the club and we get many letters and e-mails of appreciation which is most gratifying, but what we really need is for you to spread the word around fellow runners about the benefits of joining. Word of mouth is much more valuable than advertising. Our field of top runners is increasing, which makes for a lively championship, whilst on the web-site there is a series of instructions for beginners to take them up to marathon distance. We are here for every level of runner, so let the world know.

This issue last year was only my 2nd attempt and I was taken by surprise by the dearth of material sent in. The result was only 36 pages and I was not happy with the overall content. This year I have put in the extra work to produce a club magazine worthy of placing on our stand at the London Marathon expo and have been sent more copy and of a more varied nature so I think you will like the result. Hopefully potential new members will also be impressed.

The 30th Annual Barry 40 track race, Sunday 20th March 2016

by Mick McGeoch

One of those days when it's a privilege just to be there.....

Official Result;

1. Steve Way	M41	Bournemouth AC	3:54:52
2. Andrew Tuckey	M39	Bridgend AC	4:14:59
3. Andy Gore	M46	Cheltenham Harriers	4:51:59
4. Nigel Davies	M44	Sarn Helen	5:10:42
5. Isobel Wykes	F37	Truro Running Club	5:12:58
6. Cass Chisholm	F33	BRAT	5:25:03
7. Lawrence Webb	M43	Ultra Team Rugby	5:49:54
8. Rhys Pippard	M31	Serpentine RC	6:24:18
9. Allan Jones	M62	Brackla Harriers	6:43:02

Retirements

Grant Jeans M32 Unattached 115 laps in 3:08:56
Nicky Taylor F39 Mud Crew Ultra Team 114 laps in 3:49:59
David McDonald M47 Les Croupiers Marathon in 3:54:59
Roy Silver M59 Les Croupiers 20 miles in 2:51:21

Performance to be submitted for World Best Ratification: Steve Way M40 40 Miles in 3:54:52 (Previous best: Martin Daykin, 3:59:24, Barry 1989).

Dull overcast conditions with variable easterly winds made it feel cold, although it was probably tougher for the supporters than the runners. 5 degrees at the start, the sun made a late appearance for the race presentation at 4.00PM as the temperature crawled up to 9 degrees. Fixture congestion meant a small field for the 30th running of the event, but what the race lacked in quantity was certainly made up for in quality. Late entry Steve Way gave a flawless demonstration of precision running to announce his

return to the very top of the ultra scene. His 5 mile splits tell all: 29:43, 29:34, 29:26, 29:21, 29:09, 29:07, 29:14, 29:18. His final time of 3:54:52 took four and a half minutes from the previous world M40 best set by Martin Daykin here in 1989. Mention should be made of Andrew Tuckey whose 4:14:59 would normally ensure a winning run. Cheltenham's Andy Gore, also a well known Road Runners Club member, had to call on all his reserves to hold on to a very hard-earned third. Three high-class ladies contested a fascinating race, with less than two and a half minutes covering all three at the halfway stage. Despite recent injury, the class of Isobel Wykes shone through in the end as she successfully defended her Barry 40 title. Cass Chisholm chased her all the way in an impressive debut at this race, whilst Nicky Taylor sadly withdrew shortly before 30 miles after leading up to halfway.

Editor's note; Steve Way was presented with the John Jewell medal for his outstanding performance in 2014, see picture, and is set to improve on that.



Road Runners Club A.G.M.

Please note that the Annual General Meeting of our club will be held on Tuesday 20th September 2016 at 6.30pm at the Royal Oak, Tabard Street, London SE1 4JU

This means that any proposals to put to the A.G.M., according to the constitution, have to be in the hands of the general secretary by June 21st.

Full details of all proposals and election of officers, along with a postal voting form, accounts, annual report and minutes of previous A.G.M. will be included in the next edition of Roadrunner, which is scheduled for late July.

Road Runners Club

The U.K. club with worldwide membership, the club with a difference a respected history and a vibrant future that works for you. What can we do for you?

For a mere £12.50 annual club subscription;

you can join in our unique championships by competing at any time in the year in any officially measured race anywhere in the world and sending your official time to the championship secretary. Watch the competition develop month by month as others send in their own times throughout the calendar year for five distances in five age groups. 1st. and 2nd. places are awarded our uniquely designed medals. Multiple winners get superior trophy awards.

Insurance for injury by road vehicle whilst training or racing.

Three times a year we send to our members what is probably the **best club magazine** in the U.K.
This averages 40 pages of A4 glossy mag.

Our members currently get **15% discount** at Profect of Fulham, the expert gait analysis firm who also sell the appropriate sportswear.

We offer in the members' area of the website **extensive practical training advice**, plus dozens of individual training and racing tips of value to beginners up to advanced runners.

We welcome new members who are already first claim for other clubs as we have much to add.
We do not seek to replace their local club.

All abilities welcome. **Our marathoners range from 2-38 to a 7 hour costume fun runner, and our distances from 5k to ultrarunning.**

Meet us on our stand at the VM London Marathon expo.

at the EXCEL CENTRE London, April 20th to 23rd (you do not have to be running to visit the show)
Roadrunnersclub.org.uk

Subscriptions are due on January 1st every year and, at the time of writing, most have already renewed. However, last year we had several members who intended to renew but never got round to doing it. We are as helpful as we can be with sending reminders and even noticed a few individuals who we knew would want to remain members, but there is a limit to what we can do for you.

If you wish to remain a member of our fine club, please make sure you have renewed your subscription. Put in on your calendar, write it on the back of your hand or put a message on a doorpost but please do not simply forget.

Subscription has been held at £12.50 for a single and £15 for a couple at the same address. The subscription can be paid in the following ways;

By standing order from your bank to our account no.35451165 with the sort code 60-12-36 payable on January 1st each year.

By bank transfer to the account as detailed above.

By credit card via our website facility "renew your subscription online"

By cheque payable to Road Runners Club and posted to 7 Bellway Court, Grosvenor Road, Westcliffe, Essex SS0 8EP

Finally, if you move, make sure you let us know in time to amend our records for posting Roadrunner

Self Transcendence 100KM AMD 50KM Races

INC. ANGLO CELTIC PLATE HOME COUNTRIES 100KM INTERNATIONAL. BRITISH ATHLETICS AND SCOTTISH ATHLETICS 100KM AND 50KM CHAMPIONSHIPS PERTH SUNDAY MARCH 27TH 2016

Britain's top ultra distance runners were scheduled to converge on Perth at Easter weekend in 2016 for the annual running of the Anglo Celtic Plate, the home countries ultra distance international. The ACP as it is known is the only regular annual race in Great Britain over the internationally recognised ultra distance of 100km(62.2 miles)

The North Inch park with its 2.381km loop on the banks of the historic River Tay was the venue with the adjoining Bells sports centre acting as HQ. Already teams from England, Wales and the home nation Scotland have committed to the event, and it is hoped teams from Ireland will be enticed to compete as well. There is also a simultaneously run open race at both 100k and 50k. It offers an opportunity for experienced and first time ultra runners to run one of the two classic recognized ultra distances, on an accurately certified course. The event was last held in Perth in 2013 when the champions were Ireland's Dan Doherty who won in a time of 7:05:23 and Emily Gelder of Wales with 8:16:55.

2015 British Champion and Commonwealth games marathon runner Ross Houston has indicated that if he is fit, he may seek to retain the title he won in a stunning debut time of 6:43:35 when the event was held in Wales. The recognition of 50km now as a major annual international championship event, will also add a bit of spice to the weekend. Both the 100km and 50km races will be key indicators for selection purposes for future Great Britain teams in 2016 and beyond.

Scottish Athletics CEO Nigel Holl competed for Scotland in the ACP in 2004 recording 7:52:54. "Having personal memories of the Anglo Celtic Plate 100km event (many moons ago now), I'm delighted to see the event heading once again back to Perth and Scotland. The City of Perth has been a

Club Newsround

As you can imagine, with the last issue going to bed in early December, there is not a lot of club activity to report, but Wendy Whelan came 3rd VW60+ in the Portsmouth marathon on a chilled and windy day on December 20th. This race included a stretch along the beach, as if a winter marathon were not already difficult enough, so her time of 5-16-32 was pretty good. I looked at this one and chickened out.

Joe Newens, at the age of 45, produced a p.b. of 1-06-49 in the 10 miles. As she goes from strength to strength, I look forward to more results from Joe this year.

Looking forward to getting older is not a normal viewpoint, but with runners it does have the advantage of moving up an age group. Keen competitors Malcolm Knight and Nigel Haywood will be in an older category this year, as will Deri Thomas, Peter Speake, Antonio Maraia and Yvonne Parker.

tremendous host for Ultra running events in the past, and with the 'ultra scene' so vibrant - especially in Scotland at the moment, this is an opportune time for the event to return. With Scottish athletes such as Jo Zakrzewski, Ellie Greenwood (both winners at the recent Scottish athletics awards for 2015) and Paul Giblin, Debbie Consani and Sharon Law performing at world level, the potential is there for local stars to shine in Perth. The mantra that Scottish athletics adopts across all disciplines is "Perform when it Counts". Perth in 2016 will provide Scottish Ultra athletes the chance to perform at home in an iconic location - I can't wait to see that."

Race co-ordinator Adrian Stott said, "We are delighted that our small committed team in the Sri Chinmoy Athletic club have been asked to stage the British Championships again. The Perth course has been proven to be conducive to good times and with the help of British and Scottish Athletics, The Road Runners Club and the vibrant Scottish ultra running community I am sure together we will put on a great event, We look forward to welcoming some of Britain's top ultra runners to Perth again to contest the championships, and hope the open race will provide an opportunity for ultra runners from all over the country to run the classic 100km or 50km distances and that regular marathon runners will be tempted to try the shorter distance as a step up to ultra's. The loop course at the North Inch also offers a great venue to watch an ultra race unfold "

Further information on the event can be obtained from Adrian Stott Tarit@runandbecome.com

Information on selection policies for GB teams from Walter Hill walterhelen@hotmail.co.uk

Or Spencer Duval; sduval@englandathletics.org

Editor's note; This article arrived a few days too late for our December, hence the note in that edition inviting members to request details of our club's discounted entry fee. Unfortunately, the race will almost certainly be also a few days too late to make the copy date for this edition, so a full report will appear in the next.

by John Trory

On a competitive level, this is good news for some and bad news for others.

The Crawley 6 hour and 12 hour track races run so well by Pam Storey was full and with a waiting list long before this goes to press. This event is sponsored by RRC and it is good to see it is such a success.

The London Marathon 'Everpresents' group is now reduced to 12, but all 4 of the RRC members in that group finished last year's marathon. Chris Finill heads the group on times and has received an award for recording times under 3 hours overlapping 5 decades. I am not sure when his first marathon was but all Londons except the year before last were under 3 hours. This gives a span of 34 years which in itself is a record. **Malcolm Speake and William O'Connor remain in that group with Dale Lyons** who now competes in the wheelchair race.

Antonio Maraia describes his successful change in training routine

Sometimes the briefest of articles can be both thought provoking and inspire the reader enough to actually change his habits.

I read with interest the following.....

"....People now also don't seem to race enough. They do tempo runs. Don't do a tempo run, go to a race..... don't hide away and do tempo runs and then go onto the computer and tell everybody you did this and you did that. It's rubbish" (Ron Hill interview in Road Runner 203 Spring 2014) Pure gold from the great man and it certainly got me thinking, after all when Ron Hill makes observations on running we should all take notice.

Tempo runs were in fact the mainstay of my running. For a number of years I ran to work and back. The distance was eight miles and by Friday night that was it, 80 miles is more than enough for most. I did a small number of steady and slow runs so as not to break down entirely (particularly as I approached my 50th birthday). A good rest at the weekend meant that I could do it all over again next week.

That advice from Ron Hill caused me to stop running to work and back each day. Thenceforth, I decided to run to work but catch the train home and vice versa. I eventually settled on just four runs during the week and then the highlight.... the weekend race. This regime has certainly served me well as I am achieving even faster times than I did ten years ago when, for a brief spell, I entered several races prior to breaking my hip bone whilst cycling. When it all comes together and you instinctively know that you're in the midst of a purple patch you simply must keep racing as that form can't last indefinitely. When that glorious period dissolves and almost certainly it will be for no apparent reason you must never lose heart but wait patiently for the next one to come along. In my humble opinion, as you get older, you must avoid the temptation of resorting to increased mileage as a solution.

For runners, hitting 50 is a cause for celebration as you are suddenly the youngest in your age category rather than the oldest only the day before. This means potential glory and even prizes for the older also-rans. By good fortune I have won a number of these Vet prizes (some even before turning 50) including very useful sporty ones to spend at Sweatshop, the Ronhill website and the Up & Running store. Most recently the Vet 50 prize at Peterborough Half Marathon earned me a £15 Aldi voucher but with a very limited time to actual spend it, the voucher expired before I got the chance to visit the store. Never mind maybe I'll try again next year for that one! (or maybe not)



Tony Maraia in the Great Birmingham Half Marathon

Antonio Maraia describes his successful change in training routine



Tony Maraia with Jo Pavey in Portsmouth

Once you pass 50 you will also be warned of the fact that muscle now starts to waste away with a noticeable loss of speed but thankfully not so much in stamina. (Ironically, it's just the Marathon where I've failed to beat my time from a decade ago but I aim to put that right next year). As we all know a spot of weight training is the most effective way to hold onto those muscles just a bit longer and must become part of the weekly training ritual. A few curls with 5kg weights and running once a week with a 1kg weight in each hand is all I'm inclined to do at the moment but I'll build on this modest start. I keep meaning to go to the gym but I can't stand the places.

Finally, racing all of the distances from 5k to marathon keeps it interesting. Variety really is the spice of running life. I have found that a series of hard run 5k and 10k races prepares you really well for half marathons and longer. That intense racing creates belief and gives you the courage to attempt to sustain a faster pace over longer distances, paces that previously frightened you. It worked for me as I shaved a minute and 30 seconds from my half marathon PB in September but maybe I was just lucky that day.

Road Runners Club marathon championship, the early years

by David Wright

Reading Colin Kirkham's article on the RRC Club Marathon Championship in the last newsletter (No.207) brought back happy memories to this reader. Back in 1985 – is it really 30 years ago?! – I ventured down to the Isle of Wight and managed to lay my hands on the coveted Rex Cross Silver Salver by winning the marathon in heatwave conditions.

In the mid 80's big city marathons were all the rage; I'd experienced New York a few times and was involved through Chris Brasher and my club, Ranelagh Harriers, in the early London Marathons. Even though I was a decent club runner I could clearly never hope to win these big races, so I decided on a different strategy in 1985. I set out to target the Southern Counties '20', incorporated into the Finchley race, and then follow that up a month later with the Isle of Wight Marathon, incorporating the RRC Marathon Championship.

First of all the iconic Finchley '20', four five mile loops around Ruislip, rather bizarrely given the race name. On a very windy day I had a great battle with Seamus Kerr and Kevin McDonald before pulling away on the last lap to prevail in 1.47.39, my lap splits having all been within a few seconds of each other. To later see my name alongside past winners from the race inception in 1933 made me proud indeed: Tom Richards, Jack Holden, Jim Peters, Mel Batty, Bruce Tulloh and course record holder Bill Adcocks (1.39.01) amongst others.

Then to the Isle of Wight, a race that I'd dropped out of a few years earlier due to lack of preparation and ignorance of the extreme hills on the course. RRC newsletter no. 117 reported the race organisers boasting that their event "still attracts a hard core of real runners, rather than the carnival characters." With temperatures up in the 80's on a hot Saturday afternoon, I started steadily up the steep Ryde High Street, allowing the notoriously fast starter Cavin Woodward and one or two others to pull away in the early miles. I assumed the lead through Newport before pulling away to win comfortably in the end in 2.32.07. The newsletter reported that I was "running effortlessly" after 20 miles, although I know that nothing was further from the truth on those brutal hills. To win the RRC Salver was probably the proudest moment of my running career, particularly knowing that athletes of the calibre of Ron Hill had previously held the trophy. My new wife, Claudie, and my parents had driven down to watch the race – quite poignant as my mum had just been diagnosed with MS and was about to be confined to a wheelchair, she's still sitting in that chair 30 years later, aged 91! To have my photo adorn the front page of the RRC newsletter / magazine was the icing on the cake.

There is no doubt that I was at my fittest in 1985; I often look back and think what time I could have achieved on a fast marathon course that year. Injuries, work pressure and family meant that I never managed to improve my 1983 best (on the difficult New York course) of 2.23.12, a sub 2.20 having been my target. However I don't regret my decision to go slightly 'left-field' and not follow the masses in 1985; those two race wins will stay in my memory forever.

Brooks Snowdonia Marathon Eryri 24/10/15: Take Two

by Martin Allchin

"The inaugural Snowdonia Marathon was held in 1982, and was conceived as a dramatic alternative to the numerous city and town races becoming so popular. The demanding and spectacular route, encircling Snowdon, Wales' highest peak, has given the event a unique place in the annual marathon calendar ever since"

It is worth taking just a moment to contextualise our association with the Snowdonia Marathon. I would like to start here, Saturday October 25th 2014 at around 11.20am; this was the moment we reached the five mile marker during our first Snowdonia marathon. It was at this exact point when Martin (my dad) turned to me and said something like, 'I tell you what Jim, what a view, we'll have to bring Vinny (my uncle) with us next year, I am absolutely loving this' to which I replied, 'I tell you what, tell me the same thing at 23 miles...'

Last year's Snowdonia marathon was Martin's 7th marathon to date; he'd run London and Brighton previously, and as you'd know or imagine, both are pretty much pancake flat. Martin, 57, was diagnosed with Diabetes in his early 20s and has only been running half marathons and full marathons the past 6 years; football and football refereeing which he still does regularly was his first sport. For his birthday last year, I brought him a place in the Snowdonia marathon and organised our accommodation. A great place to stay is Betws-y-coed, which is where we ate out each evening during our four night stay, but we stayed a little further out in Penmachno (The Eagles Bunk House).

Dad's PB over a half marathon is a solid 1h48mins, whereas his marathon PB, run at Brighton in 2013 is 4h24m. A combination of undertraining, being too ambitious, wanting to run at a quicker pace and not quite finalising a strategy of taking on gels and sugar at the right time has hindered past marathons, especially the Snowdonia Marathon 2014. Now, there hasn't been a marathon where dad has finished it and not either felt unwell for hours, been taken to the St John's Ambulance tent or worse still, ended up in hospital. I write this article for two reasons one being that the Snowdonia Marathon is probably the finest marathon experience you'll have and that this marathon also marked the first time dad has completed a marathon and felt like the rest of us do after a marathon, just a little knackered and stiff legged. A combination of 'running smart' as my uncle Vinny puts it and enough training means that dad now has the confidence and belief that when he next approaches a flat marathon he can seriously look at knocking off some seconds from his PB.

I paced dad round last year, I carried a back pack with me filled with energy gels, extra sugar supplies, water, electrolytes and his blood testing kit and did the same again this year. By about 9 miles in last year, I could tell dad was already feeling it and by about 13 miles, which not only marks the half way point, but the second of two huge 'hills', his running had turned to walk and then run a bit, walk and then run a bit.

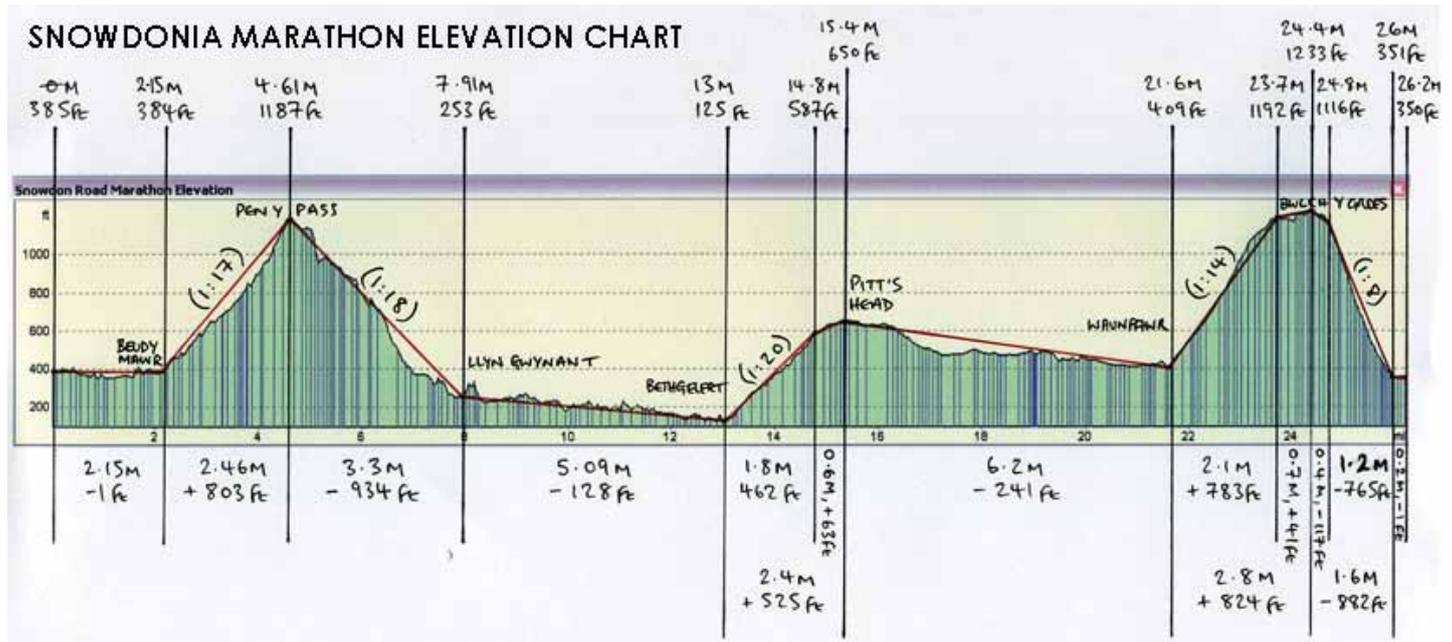
Now, this year's race. Dad ran the 2014 Snowdonia marathon in a time of 5h16 and this year's target was to break the 5



Snowdon spring, we have about .4 miles to go!

hour barrier, I had half an eye on finishing in 4h54 so that we'd be only 30 minutes of his PB. We worked it out roughly that if he could average 11minute27s per mile throughout the race he would break the 5 hour barrier. It wouldn't work like that because the change in pace is significant and it is hard to keep a consistent pace due to flat and downhill sections verses long steep accents (neither of us have a fancy watch, just a casio). The first two miles of the race are flat. We placed ourselves in the middle of the pack and went out about 9min30s pace, this didn't feel too fast. The pace felt fine, we took a little bit of time to discuss our strategy for the race, first stop mile 3, check sugar levels and take on a gel. You certainly know when the hill starts, just after the two mile point there are a couple of ups and down and then 200 meters after that the climb really begins. Once you have run about another 500 meters you can then begin to see the road ahead, the houses that once hugged the street disappear and are replaced with large boulders and views of misty mountains and the echoes of steps in front. We stopped at mile 3 to check blood level sugars, we got there in just under 30 minutes which was good, all to plan and decided to take a gel on board just before mile 4. It was at this point the conversations around us dyed down and the business and reality of the task kicked in. Getting your head down, getting

Brooks Snowdonia Marathon



Snowdonia marathon elevation

your rhythm together and then looking up to enjoy the views every once in a while is how most runners tended to approach this stretch. Many runners ran in pairs or small groups, it does really help to find someone running your pace. I was setting dad's pace so he didn't have to think about it, if I thought he was putting in too much I slowed him down. There were even times between mile 3 and 5 that we walked for 30 seconds. Running alongside him I would stop and compare a fast walk to his pace and realise not much was being gained. There was no shame in this, many runners around us followed suit. At such an early point in the race it is about conserving as much energy in the legs as possible. Most knew that the hill plateaued out at around 4.5 miles (pen-y-pass) because most travel in from that direction in the morning to get to the start. We reach the top of the first big climb, over 800 feet gained in little over 2 miles and we are greeted by about 100 people all cheering and driving you on. This is also the first opportunity to take water on board. The water here come in the form of little yogurt carton like containers. It is such a relief to be at the top, the legs perk up within the first 200 meters of running on the flat and then your mind and spirit lifts as you start your decent and pass the 5 mile marker, we pass in 54 minutes. You can see down to the mile 6 point and the line of runners who have already made it to that point. People are clearly excited by the accent, the pace quickens, people gallop down the road and the mist disappears. The next phase of the race takes you along a gravel track, there are little peaks and troughs along the way and running this section of the race is exciting, it's great to feel contained within a tighter space having experienced such an expanse. Trees line the pathway and runners tuck in and settle their pace. By mile 8 you find yourself back on the road, you pass another feeding point and enjoy the flat for the following two miles, now it feels like a normal road race. The odd car will pass on the other side of the road, there are certain points in the race where the roads are still in use, but the drivers drive by slowly, they toot their

horn while pumping out classics such as Eye of the Tiger and Barry White's The First My Last My Everything. It starts to spit a little, it is a little cold, but you only really feel it when the wind gets up a little. We stopped at 8 miles checked sugar levels, took some sugar on board and continued. Dad is in good spirits, I do a lot of talking, making sure he just concentrates on his rhythm. When we stop and check sugar, I would run on ahead and get all the gear out and ready up some wine gums and energy gels to minimise the impact on our time. This did mean that later on in the race, especially when I ran on to take photographs, people looked on weirdly because everyone else around me is looking tired and there I was almost sprinting, I wouldn't be surprised if some chose a choice word or two to describe my energy. Anyway, when you reach the 10 mile point there is a big sliced orange point. We stopped last year and the lady told us that she has provided oranges at mile 10 for the past 24 years and that in 2015 she was going to finally run the marathon. We got closer and closer and to our excitement she wasn't there, you'll be able to see a photograph of her if you take a look at the video we made of last year's marathon (link at bottom of article). The next three miles are again flat, there is a lake on the left and steep mountains on the right and at around mile 11/12 you'll find yourself on the turn, you are now heading round the bottom corner of Snowdon before you reach a town at mile 13 where support rings and energy stations ready you for the next big climb, this time a mere 600 foot climb little under two miles. They often say that the race really begins when you reach the half way point, you should be feeling fresh and now focused to run a negative split. This won't happen at the Snowdonia marathon, instead you are hit with a long climb up a pretty wide open expanse where the wind is pretty strong and again, strategic 30 second walking points are logical. We battle on and finally reach just beyond the 15 mile marker where we are greeted by a food station. Although we have run 15 miles it does feel like we have run

Brooks Snowdonia Marathon

more. I look at dad and know he is in a strong position, we get running and during the next 5 miles dad experiences something very new. It is pretty flat from this point, you run alongside an old railroad, through some small little villages of 5 to 10 houses and we pass the man and his dog who has walked it every year (they set out waking two hours before the race started). The field is pretty open by now and what happens in the following five miles is that slowly but surely we begin picking off runners, we must pass over 100 runners in the next five miles, dad's spirit lifts like never before, he feels like his is racing. People are tiring around us and I encourage dad to keep up the pace, he is running between 9 to 10 minute miles and looks strong. The sun comes out and we dry off, we both know that at this point last year, his legs were tired, the pace was slow and it was just about grinding it out to the finish. I realised at mile 17 that dad didn't remember any of the scenery, he didn't remember anything up until mile 22. He was that gone last year, he ran with his head down and did the simple thing, just kept putting one foot in front of the other. As we turn the corner at about the 21.5 mile point we both know what's coming but cheekily the young volunteer steward on the corner cries out 'it's all flat from here'. The next half mile is alongside the main road (there are no cars around), but it really begins when you reach the 22 mile point. The organisers know this, the station is kitted out with everything, enough energy gels to last a life time, and enough water and Lucozade sport to support every Sunday league football team for the season. Now, what is in front of us is just over two miles of constant ascent, the path winds itself through farm yards and the odd house. The support increases yet the pace of the runners around decreases. No one is running, everyone is walking. It would be silly to try and run at this point, you'll find runners who are going to clock sub 4 hours possibly running most of the way, but taking the hit of two 15 minute miles can't be helped. Dad does however, put in a trot here and there, I don't stop him even though I know he is moving at walking pace, in fact I see a lot of attempting the same tactic. At mile 24 it starts to flatten out and the race turns in to a cross country race, you now find yourself running high up in the fields, along a couple of rocky paths and muddy path ways. It had been raining heavy all week and compared to last year the grass is wet and the surface very slippery. As we reach 24.5 miles every 15 seconds you'll see someone slip and go over. The sun has really come out shining and having been talking of making the sub 5 hour time at mile 22 knowing it would take half an hour to cover the next two miles, having completed that phases with just a little bit of cramp and lost time, I set our target at 4h55. I have done some fell running recently and am attempting the Bob Graham Round in the summer, a friend of mine completed it in 23h27m last summer and I supported 4 of the 5 legs, so I have a really need for speed when it comes to running down the hills. I am trying to take dad with me, I am focussed on getting him home below 4h55, within 30 mins of his PB. I run on in front and look over my shoulder to make sure he is still there, I motivate him and tell him that we are less than Grandad Bert's house to the Esso station away from the finish. We power past plenty of runners all of whom



Over the hill, approaching 25 mile mark

are taking it nice and easy, scared to hit the deck. I run through the 25 mile gate which is flanked by a photographer and some stewards. I then turn to take a photograph of dad. This is where the steepest part of the run kicks off, I wouldn't be surprised if it is 20 degrees. As he comes through the gate, I capture a great photograph but within two seconds he hits a stone, and tumbles down along the rocks and lands on his back. I initially think the worst, I cut my knee badly when running a race they call 'The 666 race' when I fell on Flintstone, half my knee was missing. Luckily, the anguish in his face and shout he let out is just cramp. I quickly get his leg on my chest and start working it out and then the other one kicks in too, I notice he has a cut on his hands and knees but they don't look too bad. We must lose about 40 seconds. When this is taking place dad's head although facing up is in fact pointing down the slope and those runners we recently passed now start to overtake us. The cramp lets up and give dad a quick pep talk. We have 8 minutes 20 seconds to cover the 1.2 miles to make the 4h55 target. Motivated and ready to put it in, the legs start moving again, the cramp disappears and dad follows me down the hill, we again power past runners at great speed, I know it is dangerous to put dad through it, but know it will all be worthwhile if we make it. I am getting a massive adrenaline buzz from it all. We jump from grass to concrete path and back as we get nearer the bottom of the slope, I shout back to dad to follow, we pass other runners walking down the slope who stop to clap. Just before the bottom of the slope I see a photographer and leap in to the air, he captures it and pass on to the street and see the 26 mile marker. The final .2 is all flat and is run down the high street. I have concerns that we might not make it, I encourage dad to get his sprint on and tell him that time is tight, as we turn the corner the crowds are out in force. There are only

Brooks Snowdonia Marathon



The moment before the slip

two other people near us, it feels like the support is just for us, this is something you wouldn't get anywhere else finishing in a time of 4 hours plus. People read the name on your shirt and rile you on, I sprint on in front my hardest and to everyone's amazement stop 10 yards from the finish line. I whack out my phone and film dad run the last 100 yards, you hear people shouting come on Martin, his arms are out, he is doing the plane and I look down at my watch knowing it is still touch and go. He gets within ear distance and I should 10 seconds and with that, like a 5f7 Usain Bolt the sprint kicks in, the head dips as he pushes towards the line finishing in rapid turnover. The official time was 4h54m54 seconds. A massive achievement. The leg might be bloodied and our road runner's shirts covered in mud, but the feeling you get from completing such a journey cannot not be put in to words. After a cup of tea and a couple more blood level sugar tests we jump in the car with my uncle Vinny who made it round in 3h57, 30 minutes slower than he ran Manchester this year and discuss the race. We arrive back at Penmachno, shower, put on our new shirts, take over out coasters and open up a bottle of champagne and share beers and retell our new story of the Snowdonia marathon 2015.

Race Summary;

Organisation: Fantastic organisation. You'll be updated with emails in the run up to the race and the Electric Mountain Centre (Llanberis, pronounced Clanberis), which is where you collect your number, race pack and endless supply of gels, is open from midday on the Friday until Sunday evening (Race day is a Saturday). Here you'll be able to take a peek at the trophy (a replica of the old FA cup) and buy discounted running gear if need be and scan the list of competitors and how many Snowdonia marathons they have run in the past. There is also plenty of space to get changed within the centre and there is a large café to enjoy pre and post-race. There is also ample car parking areas either side of the centre and plenty of street parking available. At the end of the race,

there is a little town hall within ten yards of the finish line where you can go and have hot cups of tea and keep warm (classic silver blankets are provided). If you want to, at the end of your race, you can also jump in the river to cool down your legs! The organisation on race day is excellent too, the race start is about an 8 minute walk from the centre, easy to get to, straight down the road. You are expertly chaperoned to the start and loud speakers at the start line means that all information is heard crystal clear.

Atmosphere: Now you have to remember that not many people live in and around the base of Snowdon, so you are not going to get crowds lining the street throughout the race, but the one thing I can say, is that the hordes of people who huddle in laybys, offering jelly babies or sliced oranges along with those spectators who perch on nearby rocks or stone walls are all genuinely rooting for each and every competitor. Having your name on your race number means that every spectator you pass, and I mean every spectator you pass will give you a shout out. Knowing that your race is being filmed (it gets shown on BBC Wales the following evening) means that there is a continual buzz of excitement as the camera man on the back of a motorcycle passes for the 8th time in 15 miles. Everyone who mans a water station, an energy gel station or is handing out Lucozade are all volunteers, their energy and desire to be there comes across throughout. It is a tough race, there is no denying, it is the only where every time you pass somebody or run alongside them, especially in the final 10 miles, you'll get a smile, you'll get a spare energy, you'll exchange a few words: this is a marathon like no other.



Martin with the cup

Brooks Snowdonia Marathon

Views

Sensational. Even though from mile 2 to 4 the reality of the first hill begins sapping away the strength in your legs, you have to pinch yourself at the beauty of the scenery, the mist is low; you are at points almost running in the clouds. Up ahead you see a snake of runners showing you the way and as you look behind just the same. The thing with the weather is that it constantly yoyo's, so at times it feels deeply atmospheric, the air is cool and distance bleak, you see rocks growing out from the side of the road or the sound of rivers flowing and then all of a sudden the sun breaks through and you see the expanse of tens of miles in front of you. It is more than just views when you run this marathon, it is about being 'in' the landscape.

Medal: You don't receive a medal to wear around the neck, not even a brass like you receive at the Hastings half marathon, but a piece of slate, cut into a circular disk and made in to a coaster. The slate is taken from the slate mines of Llanberis. I really like it, I use it, it means it doesn't just go on the back of bedroom door but is something I pass by in the living room every day. It feels weighty, it feels cold, it's from the earth, the same ground you would have trodden on when pulling your body around the course. The idea is to run six so that you have a proper set!

Goody Bag: I don't quite remember what you get, but the basics are in there, the Mars bar, the nut bar and a bottle of water. The thing you do get, which is just amazing, is as many free gels as you want before the race begins (you can pick these up when you collect your number) and throughout the course, there must be about 4 or 5 gel stations. The t-shirt is also fantastic, not cotton, but the kind of sports shirt material, it is great for training in and great for wearing down the pub. They always have last year's t-shirts for sale for about £5, I even picked up the t-shirt from 2009 for £1.

Overall: Completing a marathon is one thing, but completing the Snowdonia marathon is another. Most runners who clock times of 3h30mins upwards for a flat marathon will have to add on about 25-30mins to their time. The winner ran 18 minutes slower than his best London marathon time of 2h15. I can't fault this marathon, it has everything, but if you want to run it, you need to do one of two things. Firstly make sure you are in good enough shape to run a marathon, you'll know this is you have run past marathons. Number two, if you want to run it comfortably, you'll want to take in a few hill in your training just to build up some strength in those legs. The mountains will find you out otherwise. I trained by running up and down the London underground, whereas Dad ran up and down the seafront steps on the Isle of Sheppey.

We'll be heading to Snowdonia again next year to collect our third slate, together we'll have a set of coasters, but we both want our own set. The entries are gone within 24hours, so sign up and make a weekend of it. It is probably not what you'll want to be thinking about on the first day of 2016 if you celebrated a little too much but what a marathon to look forward to, the training would also start there and then. 29th October 2016 - entries live 01.01.2016

YouTube video of Martins Marathon Eryri 2014: This link will give you a glimpse of what might be in store for you...
[.https://www.youtube.com/watch?v=1jIL-8RYAjc](https://www.youtube.com/watch?v=1jIL-8RYAjc)

CLUB MERCHANDISE CURRENTLY AVAILABLE

Running or training with a club badge?
Running vests in white with blue badge (L is a 38" chest)
or blue with a white badge (L is a 37" chest)

ladies' size 10 to 16 or mens' small to XXL £13
T shirt in white or ash grey small to XL £9.20
sweat shirt in birch grey small to XL £17.60



The new club badge

PRICES INCLUDE POSTAGE AND ALL ITEMS ARE AVAILABLE FROM
JOHN BRASSINGTON (see inside front cover)

We have redesigned the club badge which is now essentially the same as the old but will include the words Road Runners Club in place of the initials RRC.

We are not as famous as we were 50 years ago and the council feels this would be more explanatory and help to publicise our club to other runners.

As we have a large stock of shirts and vests at the moment, it will be some time before this is revised, but the badges are available now, FREE OF CHARGE to any member sending a s.a.e. To John Brassington.

The Chris Ambrose Trophy For The Club Supreme Champion

The first year of this new trophy has now concluded with the results listed below. Age graded percentages vary between different websites so I have worked them all on Runbayou to give a consistent result. I have only included in the list below the best result from each individual. As with the championship, the age is taken on January 1st of the appropriate year as taking it on the day of the race would create a vast amount of work.

Congratulations to Catherine Wright for Being our First Champion

Catherine recorded no fewer than 4 distances with a percentage rating above 80

Catherine Wright	10k	87.13	<p>Other runners who recorded 3 percentages above 80 were; Peter Speake in 3 distances Martin Chorley in 3 distances</p> <p>Antonio Maraia, in a model of consistent running achieved over 80 in all 5 of the RRC contested distances.</p> <p>As well as giving us the method of determining an overall champion for the club, it gives those at the wrong end of an age classification the opportunity of viewing their times in the correct perspective.</p> <p>In due course, the winner will be presented with a cup to keep.</p>
Chris Finill	marathon	84.58	
Peter Speake	10k	84.22	
Antonio Maraia	half-mara.	83.52	
Martin Chorley	10 miles	83.49	
Jonathan Bateman	marathon	82.68	
Kym Wheeler	5k	82.61	
Timo Leppakorpi	marathon	82.21	
Andy Gore	5k	82.18	
John Thomas	10k	80.88	
Jacqueline Sheppard	half-mara.	80.84	
Jo Newens	half-mara.	80.74	
Yvonne Parker	half-mara.	80.51	
Stephen Beardsell	5k	80.44	
Jack Davies	5k	80.30	
Walter Hill	10 miles	80.28	
Chris Ford	5k	80.19	

For 2016, although we will not be running 5 miles as a championship distance because there are so few races, we will take 5 mile race results for the Chris Ambrose Trophy because the age grading is available from Runbayou for this distance.

Road Runners Club 2015 Universal Championship Results

Distance	Gender	Age Group	Name	Time
5 Km	F	40-49	Trudi Pike	21:08
5 Km	F	50-59	Kym Wheeler	23:10
5 Km	F	60-69	Catherine Wright	21:37
5 Km	F		Elizabeth Neville	24:03
5 Km	F		Ann Bath	25:58
5 Km	F		Jashumati Dear	26:52
5 Km	M	18-39	Jim Allchin	17:42
5 Km	M	40-49	Andy Gore	17:00
5 Km	M		Antonio Maraia	17:17
5 Km	M		Jeremy Mower	17:55
5 Km	M		Mark Jefford	17:58
5 Km	M		Duncan Sadler	19:11
5 Km	M	50-59	Chris Wakeman	19:55
5 Km	M	60-69	Stephen Beardsell	20:16
5 Km	M		Jack Davies	21:11
5 Km	M		Walter Hill	21:28

Distance	Gender	Age Group	Name	Time
5 Km	M		David Hallson	21:40
5 Km	M		Graham Blackshaw	23:49
5 Km	M		John Trory	23:51
5 Km	M		Richard Dear	28:05
5 Km	M	70+	Christopher Ford	22:49
5 Km	M		John Thomas	23:07
5 Km	M		Mike Horwood	25:37
5 Km	M		David Rutter	36:55
10 Km	F	40-49	Tracey Brazier	45:13
10 Km	F		Trudi Pike	45:24
10 Km	F		Birgit Konrad	53:13
10 Km	F	50-59	Jacqueline Sheppard	42:35
10 Km	F		Yvonne Parker	47:16
10 Km	F	60-69	Catherine Wright	43:10
10 Km	F		Ann Bath	53:34

Road Runners Club 2015 Universal Championship Results

Distance	Gender	Age Group	Name	Time
10 Km	F		Jashumati Dear	57:27
10 Km	F		Wendy Whelan	58:38
10 Km	M	18-39	Peter Speake	32:51
10 Km	M		Deri Thomas	35:20
10 Km	M		Jim Allchin	37:18
10 Km	M	40-49	Andy Gore	35:25
10 Km	M		Antonio Maraia	36:06
10 Km	M		Jeremy Mower	36:36
10 Km	M		David Law	39:03
10 Km	M		Jens Zwirner	53:13
10 Km	M	50-59	Martin Chorley	37:12
10 Km	M		Andrew Taylor	42:06
10 Km	M		Nigel Haywood	42:10
10 Km	M		Chris Wakeman	42:23
10 Km	M		Brian Jones	42:42
10 Km	M		Martin Allchin	54:22
10 Km	M	60-69	Walter Hill	41:46
10 Km	M		Stephen Beardsell	42:54
10 Km	M		Steve Beedle	43:41
10 Km	M		Jack Davies	44:33
10 Km	M		David Hallson	45:01
10 Km	M		Peter Simpson	45:45
10 Km	M		Graham Blackshaw	48:29
10 Km	M		Christopher Brittain	51:04
10 Km	M		John Trory	51:43
10 Km	M		Richard Dear	60:03
10 Km	M	70+	Christopher Ford	47:18
10 Km	M		John Thomas	47:26
10 Km	M		Mike Horwood	54:12
10 Km	M		David Bushell	62:09
10 Miles	F	40-49	Jo Newens	1:06:49
10 Miles	F		Trudi Pike	1:14:45
10 Miles	F	50-59	Yvonne Parker	1:19:03
10 Miles	F	60-69	Ann Bath	1:35:43
10 Miles	F		Wendy Whelan	1:37:08
10 Miles	M	40-49	Antonio Maraia	1:00:29
10 Miles	M		Nigel Bramley	1:10:18
10 Miles	M		Robert May	1:24:32
10 Miles	M	50-59	Martin Chorley	1:00:47
10 Miles	M		Nigel Haywood	1:08:46
10 Miles	M		Andrew Taylor	1:10:36

Distance	Gender	Age Group	Name	Time
10 Miles	M		Martin Allchin	1:25:38
10 Miles	M	60-69	Walter Hill	1:07:54
10 Miles	M		Jack Davies	1:14:23
10 Miles	M		Steve Beedle	1:15:28
10 Miles	M		Peter Simpson	1:19:45
10 Miles	M		John Walshe	1:19:51
10 Miles	M		Christopher Brittain	1:21:04
10 Miles	M		John Trory	1:22:46
10 Miles	M		Paul Hillier	1:27:35
10 Miles	M	70+	Christopher Ford	1:18:43
10 Miles	M		John Thomas	1:25:00
10 Miles	M		George Frogley	2:20:32
Half Marathon	F	40-49	Jo Newens	1:27:14
Half Marathon	F		Trudi Pike	1:38:16
Half Marathon	F		Tracey Brazier	1:45:25
Half Marathon	F		Birgit Konrad	1:55:04
Half Marathon	F	50-59	Jacqueline Sheppard	1:32:42
Half Marathon	F		Yvonne Parker	1:40:48
Half Marathon	F		Brenda Bonallie	2:19:41
Half Marathon	F	60-69	Catherine Wright	1:37:23
Half Marathon	F		Wendy Whelan	2:01:26
Half Marathon	F		Jashumati Dear	2:01:32
Half Marathon	F		Ann Bath	2:06:46
Half Marathon	M	18-39	Peter Speake	1:13:34
Half Marathon	M		Jim Allchin	1:14:41
Half Marathon	M	40-49	Antonio Maraia	1:18:18
Half Marathon	M		Andy Gore	1:19:20
Half Marathon	M		Jeremy Mower	1:21:42
Half Marathon	M		Duncan Sadler	1:26:21
Half Marathon	M		David Law	1:30:07
Half Marathon	M		Jens Zwirner	1:44:53
Half Marathon	M	50-59	Martin Chorley	1:20:57
Half Marathon	M		Nigel Haywood	1:30:39
Half Marathon	M		Brian Jones	1:32:55
Half Marathon	M		Andrew Taylor	1:37:03
Half Marathon	M		Martin Allchin	1:59:51
Half Marathon	M		Andrew Gazeley	2:02:32
Half Marathon	M	60-69	Walter Hill	1:30:30
Half Marathon	M		Jack Davies	1:38:04
Half Marathon	M		Peter Simpson	1:39:40

Road Runners Club 2015 Universal Championship Results

Distance	Gender	Age Group	Name	Time
Half Marathon	M		David Hallson	1:43:22
Half Marathon	M		John Trory	1:48:32
Half Marathon	M		Christopher Brittain	1:55:37
Half Marathon	M		Richard Dear	2:05:43
Half Marathon	M	70+	Christopher Ford	1:47:56
Half Marathon	M		John Thomas	1:52:21
Half Marathon	M		David Bushell	1:56:25
Marathon	F	40-49	Jo Newens	3:08:33
Marathon	F		Trudi Pike	3:29:01
Marathon	F		Birgit Konrad	4:09:35
Marathon	F	50-59	Jacqueline Sheppard	3:25:24
Marathon	F		Kym Wheeler	3:59:26
Marathon	F		Susie Hewer	4:42:17
Marathon	F		Elaine Oddie	6:10:00
Marathon	F	60-69	Catherine Wright	3:25:03
Marathon	F		Elizabeth Neville	3:46:02
Marathon	F		Wendy Whelan	4:26:43
Marathon	F		Pam Storey	5:12:48
Marathon	F		Ann Bath	5:19:50
Marathon	M	18-39	Peter Speake	2:36:43
Marathon	M		Deri Thomas	2:41:24
Marathon	M		Jim Allchin	2:50:31
Marathon	M	40-49	Timo Leppakorpi	2:40:16
Marathon	M		Andy Gore	2:48:16
Marathon	M		Antonio Maraia	2:50:09
Marathon	M		David Ross	2:51:28
Marathon	M		Jeremy Mower	3:05:46
Marathon	M		Mark Jefford	3:06:26
Marathon	M		Hideo Takano	3:24:22
Marathon	M		David Law	3:29:48
Marathon	M		Jens Zwirner	3:41:50
Marathon	M		David Jones	4:38:22
Marathon	M		Karl Fursey	4:55:33
Marathon	M		Dennis Rhami	6:22:55
Marathon	M	50-59	Chris Finill	2:52:39
Marathon	M		Martin Chorley	3:01:21
Marathon	M		Mick McGeoch	3:12:50
Marathon	M		Steve Smythe	3:14:37
Marathon	M		Nigel Haywood	3:14:49
Marathon	M		Andrew Taylor	3:20:59

Distance	Gender	Age Group	Name	Time
Marathon	M		Brian Jones	3:27:35
Marathon	M		Mark Baker	3:28:17
Marathon	M		Mark Askew	3:29:27
Marathon	M		Mick McDyre	3:59:46
Marathon	M		Peter Rogers	4:29:31
Marathon	M		Martin Allchin	4:54:54
Marathon	M		Paul Teague	5:53:01
Marathon	M	60-69	Jonathan Bateman	3:14:29
Marathon	M		Walter Hill	3:16:13
Marathon	M		Steve Beedle	3:37:24
Marathon	M		Jack Davies	3:38:25
Marathon	M		Peter Simpson	3:41:23
Marathon	M		John Trory	4:10:07
Marathon	M		Peter Tucker	5:13:22
Marathon	M		Michael Phillips	5:16:30
Marathon	M		Malcolm Knight	5:38:58
Marathon	M		Peter Bullock	5:39:08
Marathon	M		William O'Connor	5:43:26
Marathon	M	70+	David Bushell	4:14:01
Marathon	M		Christopher Ford	4:38:48
Marathon	M		David Phillips	5:15:39
Marathon	M		Rodney Hyams	5:25:19
Marathon	M		Peter Clarke	5:35:44
Marathon	M		Mac Speake	5:37:38
Marathon	M		Raymond Hoyle	7:38:26

As it has worked out with this edition of Roadrunner, this small space is all that is left available to mention the championships. We had 177 entries from 77 entrants and this time, nearly all were sent in and very few picked up by my trawling race websites, which indicates an increasing interest in our unique form of championship. This figure is many times the number of participants we had when we had our final championship races at specific venues. Re-iterating the rules; your age is taken on the 1st January of the race year for the distances of 5k (including park run), 10k, 10 miles, half and full marathon and can be sent progressively through the year. A later better result will replace your previous result and the time taken will be the chip time, if available. Any high placings can be mentioned, along with any other news items, in the next edition of Roadrunner. Finally, the distance of 5 miles can be submitted for age grading but not as a championship distance. Good luck for the forthcoming year and I hope to see some of you at the VLM expo.

Road Runners Club Universal Championship Record Times

by age and distance category at December 31st 2015

5k female; 18-39 Alicia Wakeman 27-04; 40+ Trudi Pike 21-08; 50+ Celia Findlay 21-35; 60+ Catherine Wright 21-37;

5k male; 18-39 Jamie Bannister 16-39; 40+ Andy Gore 16-50; 50+ Chris Wakeman 18-45; 60+ Stephen Beardsell 19-00; 70+ Chris Ford 22-27;

10k female; 18-39 Alicia Wakeman 52-35; 40+ Terrie Williams 40-33; 50+ Jacqueline Sheppard 42-35; 60+ Catherine Wright 43-10;

10k male; 18-39 Peter Speake 32-51; 40+ Timo Leppakorpi 34-43; 50+ Martin Chorley 36-55; 60+ Stephen Beardsell 38-49; 70+ John Thomas 44-47;

10 miles female; 40+ Jo Newens 1-06-49; 50+ Yvonne Parker 1-15-12; 60+ Ann Bath 1-32-00;

10 miles male; 18-39 Jim Allchin 1-01-20; 40+ Antonio Maraia 1-00-29; 50+ Martin Chorley 1-00-47; 60+ Walter Hill 1-07-54; 70+ John Thomas 1-13-40;

half-marathon female; 18-39 Keeley Howson 2-40-11; 40+ Jo Newens 1-27-00; 50+ Jacqueline Sheppard 1-32-42; 60+ Catherine Wright 1-37-23;

half-marathon male; 18-39 Peter Speake 1-13-34; 40+ Timo Leppakorpi 1-14-32; 50+ Martin Chorley 1-20-12; 60+ Jonathan Bateman 1-28-26; 70+ John Thomas 1-36-51;

marathon female; 18-39 Myshola Kirkham 3-05-26; 40+ Jo Newens 3-08-33; 50+ Jacqueline Sheppard 3-25-24; 60+ Catherine Wright 3-25-03; 70+ Pat Seabrook 5-46-53;

marathon male; 18-39 Julian Rendall 2-36-27; 40+ Allen Smalls 2-35-38; 50+ Chris Finill 2-50-32; 60+ Jonathan Bateman 3-03-03; 70+ Geoff Oliver 3-40-26;

Congratulations to Catherine Wright for setting up an amazing 4 new club records this year.

The 2015 Sub-Ultra Championships

This is a championship within each age group and embracing the 3 distances 10k, half-marathon and marathon, and is therefore also a test of versatility. If we just added the times together, it would give a bias towards the best marathon runners, so the times are broken down into seconds with the half marathon being doubled and the 10k is multiplied by 4.21 and then the 3 are totalled to give a points system. We have 24 members this year who completed races in all 3 distances and the results are listed below. One category was very closely contested with Andy Gore beating Antonio Maraia by a whisker.

F40+	Trudi Pike	35,801	M50+	Martin Chorley	29,992
	Birgit Konrad	42,225		Nigel Haywood	33,218
				Andy Taylor	34,339
F50+	Jacqueline Sheppard	34,205		Brian Jones	34,391
				Martin Allchin	45,809
F60+	Catherine Wright	34,893			
	Wendy Whelan	45,386	M60+	Walter Hill	33,183
	Ann Bath	47,933		Jack Davis	36,126
	*****			Peter Simpson	36,799
				John Troty	41,094
M18-39	Peter Speake	26,529	M70+	Chris Ford	41,628
	Jim Allchin	28,615		David Bushell	44,910
M40+	Andy Gore				
	Antonio Maraia	28,724			
	Jeremy Mower	30,195			
	David Law	33,266			
	Jens Zwirner	39,338			

A profile on Dennis Williams

by Neil Shuttleworth

Your Rep in Surrey

Dennis Williams was born in November 1945 at Woking, Surrey. Now a retired building services (heating, plumbing and air conditioning) draughtsman, who began running in 1969, he has much experience to draw on, and is current RRC Rep in Surrey. A regular at Ron Hill's Birthday run, Neil Shuttleworth caught up with him.

"When and how did you start running?"

"I began running in 1969. I had played football up to then, had a bad ankle injury so started running to recover from injury and get fit for football again. At that time I lived near Norbiton Sports Ground, now renamed Kingsmeadow, which was the home of Surrey AC. I joined them and in 1984 joined Hercules Wimbledon."

"Did you get onto the HW 12 man relay teams?"

"They had a core of very good runners in the 1970s, the Holt twins and Mike Beevor plus another good half dozen, so there was only ever about three places up for grabs. It was hard to get in the final twelve for the National 12 stage, but I made the Southern team several times."

"You travel to a lot of races such as Cork for the Ballycotton 10, and to Canada where Alf Shrubbs later lived."

"In 2005 I read Rob Hadgraft's book about Alf Shrubbs and found on the internet that there was a race near Bowmanville to celebrate Alf Shrubbs. When I found out that this was near Toronto and not far from the Niagara Falls I decided to combine the race with a holiday and so did it in 2007 and 2008. In about 2000 Alan Storey met Norah Allin, Alf Shrubbs's daughter, by accident and in conversation with her found out about her father and so set up a website and started the race to commemorate his achievements. There is also a race at Slinfold near Horsham which I have done several times to commemorate the birthplace of Alf Shrubbs."

"Describe your training and racing then and now."

"I used to run everyday, approximately 60 miles a week with

one or two interval sessions weekly. My training in those days, as now, was based at Lauriston Cottage on the edge of Wimbledon Common, and founded in the 1950s by Arthur Whitehead."

"Does this compare drastically with the work you put in at your peak? How many races have you done?"

"I now run nearly every day, cover about 30 miles a week and try to do one or two interval sessions a week. I know I do too many races and some of them are 5K or 3-mile lunchtime races which are quite low key. I try to target other races which are more important and rest down a bit for them. I have run in about 5,000 races. I have had to cut down on training because of age, but think the effort is the same, just running slower."

"What year did you reach your best?"

"In 1979 I ran my best marathon, 2:30:37 at Boston, so that was a good year. Other good years include 1995 winning the Southern Over 50 4 stage relay at Aldershot."

"Do you favour ParkRuns?"

"I am in favour of ParkRuns and have completed my 250th."

"What is your view on GPS / FitBit gadgets etc? Does it improve the running?"

"I don't own a GPS watch and so I think it is possible to train etc without them. When I started running we didn't even have digital watches, but still managed to run OK."

"Why do you travel halfway across the country for Ron's Birthday 5K Races?"

"When I started running, Ron Hill was someone I admired and now there is a birthday race I make an effort to run it and have done the last seven."

Editor's note; This article was written before our decision to terminate the concept of local reps as they were previously known.



Jamie Bannister was presented with his trophy for the most improved sub-ultra club member of 2014 at the council meeting on March 15th. Handing over the trophy whilst enjoying a joke is Elaine Oddie M.B.E. I did take other photos that looked more serious but who wants serious – our council meetings rarely are. Jamie is now recovering well from an ankle injury that stopped his running long distances for the best part of a year so best wishes to him for this year.

Winter training schedule – revised edition – 2015-6

by John Trory

First a cautionary tale for marathon runners. In order to do the Leicester marathon, I booked a room in a hotel within walking distance of the start, but it did not have an en-suite toilet. To avoid spending the night running up and down the corridors, I drank too little and dehydrated. In the morning I started drinking again and did indeed drink enough to get me through a fair pace marathon, but there was no surplus to pass through me. The resulting static puddle in my bladder caused a week of haemorrhaging from what I decided was a u.t.i. I bowed to the verbal majority and submitted my creaking body to very painful hospital tests which ruined my Christmas to prove I was right. By the time I was through this depressing series of events, my planned training routine had been totally abandoned.

At this stage I had a radical re-think and came up with the notion that my previous gym session which started with 1 hour of weightlifting followed by exercises then 25 to 30 minutes on the treadmill was not the best way to proceed so I strictly divided my training into 3 separate disciplines; strength, stamina and speed. By removing the treadmill run after weightlifting, I was able to increase the number of sets I did of each exercise to 4 sets of 10, widen the range and increase the range of floor exercises also. So I did the 5k park run every Saturday and then on alternate weeks I would have a long run across the South Downs or a gym session and 45 minutes of sprint intervals on the sea-front promenade on different days.

My first long run, in fact my first run over 3 miles since the Leicester marathon 3 months previously, was supposed to be an 18 mile run over the hills on a diversion from my normal route. I took a wrong turning and found myself going up a steep wooded hill where the proper path had become a river and waterfall – picturesque but not a lot of use. As I rounded the top of the hill, I failed to pick up the return path and ended up using the sun to plot a southerly course knowing that when my knees got wet I was in the sea and needed to turn right. Directionally this worked, but for a mile it became a farm track between banks and turned into a sea of liquid clay. I was lucky to come through with both shoes, and was moving so slowly I was getting quite cold so when I was back

on familiar ground I 'phoned my wife and arranged for her to collect me at a later point. These routes are difficult to measure on a map because they wander around so much but it was about 17 miles in 3 hours 20 minutes so, bearing in mind the terrain, not a bad training run.

For my next attempt I decided to stick strictly to familiar paths, going via Devil's Dyke to the top of Clayton Hill and back home. The return would be shorter than the outward so I was to do 2 hours out and 1-30 back for 20 miles. All went well for 1-50 until I reached the Pyecombe to Clayton village road which I needed to cross and there I stood and waited, and waited, and gave up. I made up for the short distance by putting in extra work up the hills and ended 18.5 miles in 3-25 with which I was well satisfied. Last April before I revived a back injury, I did 23-40 for the 5k and I have now got this back down to 24-30 so I am moving in the right direction at last.

My last long training run before I start races was going to be without emergency support so I chose the hilly course that had the better quality paths – it would be more boring but safer. I therefore set off on a run up and down the Devil's Dyke with 4 repeated short loops in the middle. I started a little weary and never picked up, but on checking my training diary afterwards I found that the time of 3-13 for 19 miles was only 4 minutes slower than the same run two years previously, which was quite encouraging as I had noted for that run I felt really good. For the next 3 days I worked long hours, drove 400 miles and had 3 terrible nights. This was followed on the Saturday by controlling a snooker tournament with 56 players so I was not surprised to feel a little tired the next day when doing the Eastbourne half marathon which has a rather large hill after two miles. Not wanting to go beyond 2 hours for this one I had to draw on willpower to come home in 1-58-38 and regard it as another good training run. I will next be doing Colchester half and Hastings half, both of which have long hills, and these should provide two more good training runs in preparation for the London Marathon. I really do want to get back below 4 hours for London and regain my good for age place which I lost last year through injury.

Road Runners Club ties up with MS-UK the Colchester based charity again.

by John Trory

As last year, I have been providing general advice to the 100 or so MS-UK charity gold bond runners in this year's London Marathon and specific advice to the few that requested it. This is quite a difficult task as most have never run a marathon before and many never have run at all so do not understand the importance of starting off the right way. Just jumping straight into the routine of run as often and as far as possible, only when it goes wrong do they pay attention to such things as core stability, balanced running, stretching after running and other things. The result is a string of illnesses and injuries to struggle with. In return for the support I give this charity, any of our London Marathon runners who finish in less than 3-35 will be welcomed at the MS-UK reception centre in the Economist building where they can have a cup of tea, massage and shower. This is a convenient 15 minute walk, or stagger, from the Mall. A donation to the charity for this would be welcome, although not compulsory.

What is compulsory is to attend their stand at the expo to give them, for security reasons, a list of names of their friends or relatives going to meet them at the reception if you expect to use this facility.

Ultra-distance: a review of 2015

by Richard Brown

This has been a good year for ultra-distance eventing in the UK.

On the running scene our GB men won Gold Medals at the World and European 24 hour running championships in Turin in April. This was the best performance ever by a GB men's team. Robbie Britton led the team home with an individual bronze medal following an awe inspiring charge in the final hour of 12.5 kms to cover a total of 261 kms. The scoring team of Robbie, Pat Robbins and Steve Holyoak notched up a combined GB record distance of 771 kms between them. They caught the Japanese favourites after around 20 hours with a fine display of controlled running.

In the women's race, our scoring team of Izzy Wykes, Debbie Consani and Sharon Law won team bronze in the European championships with a combined distance of 668 kms.

This was the best distance from a GB women's team – just the others were even better! All work as a great and mutually supporting squad travelling often to various events to support each other. It is this team camaraderie that is so important to their success as well as enjoyment. The same is true of the support team and our squad of supporters and physio's are probably the slickest squad at international championships. That makes such a difference when the margin between winning and not winning medals is so tight (under 3 kms separated the top 3 men in the world championships).

Such success has been building for many years and does not come easily. The squads benefit from the experience of such RRC stalwarts as Hilary Walker, Adrian Stott, Eleanor Robinson, John Pares and Walter Hill. Our top athletes develop training, nutrition and race plans, some have specific nutritional advice from experts, others seek advice on strength and core body conditioning. Some have been involved in medical testing for haemoglobin, cortisol and alpha amylase levels. Some are into yoga and mental training to help them focus in the moment and have tried a special app on a mobile phone. We can all learn from the success of our GB cycling teams and apply some of their approaches.

Dan Lawson just missed out as a scorer at Turin, but more than made up for that by setting a new record for the Grand Union Canal Run covering the 150 miles in 22hrs 16 mins. He was followed home by Mark Perkins who also broke Pat Robins' previous record after having nearly run 100 miles in 12 hours at Crawley earlier in the year (see the previous RRC Magazine). Dan then went on to finish 2nd in the historic Spartathlon run from Athens to Sparta. This was the best performance by a British man since the winning days of James Zarie. In all some 25 Brits started the 2015 Spartathlon with the vast majority completing this tough hilly 150 mile challenge within the 36 hour time limit. Many will know that it was John Foden and his RAF colleagues who proved this running feat could be achieved and so inaugurated this historic challenge event.

On the hills and trails, the number of events of around 100 miles or more seems to increase all the time. Centurion

Running have now put on 30 successful events since they were founded just a few years ago by the inspirational James Elson (who entered and then won his first Centurion Running event in October) and with events like the Lakeland 100, the West Highland Way and many more there is a wealth of options that did not exist even a few years ago.

On the International trail scene, Tom Owens finished 4th at the IAU world trail championship (83km) in Annecy in 2014 and helped the GB men to the Bronze medal. He and his fellow team members Kim Collison, Lee Kemp and Paul Gibling have also achieved some outstanding performances in events at home and abroad in 2015, and with strong performances from others our leading ultra trail and mountain runners are amongst the best in the world.

At 100km GB athletes continue to impress. At the 100km championships in Winschoten in September all four of our finishing runners achieved personal bests. The ever consistent Jo Zakrzweski with 7:31:33 moved to fourth on the GB 100km all time list while claiming the individual European bronze medal. Craig Holgate (6:53:32) and Marcus Scotney (6:56:12) also fulfilled their potential while Ross Houston, a representative for Scotland at the 2014 Commonwealth Games Marathon in Glasgow, showed that competent marathon runners, like Steve Way before him, can run a world class 100km when clocking 6.43:35 to win the British 100km championships in May.

Ellie Greenwood had an incredible year in 2014 where she won the world 100km title and became the first British lady to win the famous Comrades Ultra Marathon. In 2015, along with Jo Zakrzweski, they again both finished in the top 10 at Comrades while Ellie won the prestigious Templiers ultra trail in France against a competitive international field in October. Both show that the transition from marathon to ultra need not be as arduous as some think.

On the walking front, the LDWA continues to grow its membership, showing there is a real appetite for long distance walking (and running) by people of all ages. Their flagship annual 100 mile cross country challenge event at the end of May is regularly fully subscribed with at least 500 walkers taking part while every weekend there are events and social walks in all parts of the country at a wide range of distances.

The Centurions (those who have walked 100 miles in 24 hours under race walking rules) also had a great year. Their annual 100 mile event took place in August in the Isle of Man – a great vibrant centre of successful race walking. Around 100 walkers started the event and, as well as those completing another 100 miler, there were no less than 32 who completed the 100 mile challenge for the first time in under 24 hours and so were admitted to the select body of Centurions. Not since the 1970s and 80s have we seen so many ultra-walkers achieve Centurion qualification in a single event. Amongst our outstanding Centurions, Dom King completed 50k in under 4 hours at the German Championships (inside the Olympic qualifying time) to record the best time since 2000.

But we can do even better.

Our ultra runners can be even more professional, even better at knowing what nutrition works for them and be even better supported with advice and funding. There is no reason why we should not be the European 24 Hour Champions in 2016 in both the women's and men's events.

Walking is our most popular physical and recreational activity. But not enough people aspire to the highest level and train accordingly. Many clubs are finding it impossible to field teams at national championships and as a result a number of race-walking national championships have been lost. Ultra distance walks organisers need to make their events not only competitive but also community events to attract local people and appeal to walkers of all ages. The sense of achievement from completing any ultra event is high and walking can improve fitness and health, increase flexibility and does not have the impact you get from running on hard surfaces. More runners could learn how to walk fast and go further when they have their walking breaks to take on food or stretch tight muscles. Some runners turn to walking when they are injured; but why not try power walking earlier?

Ultra eventing spans a wide range of disciplines. All can learn from the other, better share experiences and encourage cross-over eventing. The Centurions increasingly look to long distance cross country walkers and runners for their future recruits while trail running and ultra running have long had cross membership. We can encourage more people of all ages and backgrounds to enjoy ultra eventing in all its different forms. Everyone can benefit.

Richard Brown is the Manager of GB's 24 hour running squad, Project Manager for the LDWA Dorset 100 mile challenge in 2016 and Treasurer of the Centurions.

Correspondence with Loch Ness Marathon

by John Trory

On the 12th of January I sent this e-mail to the Loch Ness Marathon;

"I am John Trory, gen. sec. Of Road Runners Club with 750 members and also the editor of the club magazine. I am reviewing your website in our magazine, as I have done with many others, and have been unable to locate a search facility for individuals or clubs. Am I missing something? Your comments would be welcome, cheers John Trory"

2 hours later I received the following response;

"Hi John. Thanks for your e-mail. We are pleased to hear that you are reviewing our website! I am presuming you are referring to the results page on our website? If so, we do not have a search facility, but you can sort the results, i.e. by last name or club, by clicking on the title of the column. This will sort the database alphabetically or numerically, depending on which column you sort by. I hope this is helpful, but please do not hesitate to contact us again if you have any further queries. Kind regards, Mairi Macauley, Events Assistant, Baxters Loch Ness Marathon and Festival of Running. www.lochnessmarathon.com"

*Sent: Tuesday, January 12, 2016
To: info@lochnessmarathon.com
Subject: Re: your website*

"Hello Mairi and thanks for your prompt reply. However, I would not have thought of doing that as there is nothing to indicate that action. Also, this only provides the results for what appears to be the 100 runners who formed teams

for the team event. Most websites I review provide a search facility for runners etc. to find out how their friends did and many also provide a club search facility. Your page number listing was useful and many do not do this as they wish to make it difficult to ascertain the number of actual runners as opposed to the inflated numbers they claim. I recommend you investigate the possibility of introducing individual and club search as little things like that make many runners come back next year. If you do, then please let me know and I will mention it in our club magazine which I produce 3 times a year.

I must say I love the idea of running around Loch Ness but it is an awfully long way away - maybe one day, cheers John Trory
ps I have just realised you would not know from an e-mail that I live in Hove, Sussex"

Received January 13th. "Hi John. Thank you for your comments, which are very useful and we will discuss them internally. We will certainly let you know if we make changes to the results page, although this is unlikely to happen prior to this year's event. Maybe we will see you up here as a participant some time! Kind regards Mairi"

Conclusion; A satisfactory response to a fair and constructive criticism.

This year's Loch Ness Marathon will take place on September 25th. There were 2422 finishers last year and I envy them.

Abingdon Marathon 18/10/2015

by Andy Gore

I had agreed to do the Abingdon marathon back in March when a few of my friends had said they had entered it. Little did I know that I would end up being the only one of the group running the race in the end! I had been told it was a fast flat course of an 'out, two laps then back' basis. It started on the running track and within a few hundred metres I realised there were some fast runners in the field so I just settled into my own pace. Even though the first mile was a little too quick at 6:00 minutes.

After about a mile and half I found myself detached from those ahead and with nobody running alongside me. This did not change until I caught and passed someone at 7 miles. I was then on my own again running around unfamiliar roads but through some very nice looking villages. A friend of mine Roger Mullins and his family were supporting his wife Amelia who was doing her first marathon and they gave a lovely boost when I went passed them. I also got a boost when the partner and children of work colleague Guy Collis, who was trying to break 3 hours for the first time, gave me a shout.

Apart from these occasional shouts of encouragement I felt it was quite a lonely race as the next time I saw any other runners was about 17 miles when someone overtook me. There started my demise! I started slowing down and there was nothing I could do about it. I tried my best and kept going but it felt like I was plodding along. I did not look at my watch so I just kept on going knowing that each step forward was a step closer to the finish. I eventually reached the running track and the last 300m. I was quite surprised to see the clock showing under 3 hours as it felt like it should be a way over this. My actual time was a creditable 2:48:19 and I finished in 17th place, however this was only good enough for 7th V40!

For the record, my work colleague Guy Collis smashed his target of breaking 3 hours in a PB of 2:58:22! It was a good race. Would I do it again? Probably not.

Editor's note; the 2 photos by courtesy of Sussex Sport Photography in their usual quality.



Andy Gore Abingdon



Standards Certificates Awarded for 2015 and New Standards Times For 5k

by Diane Ambrose



Since the last issue of Roadrunner I have issued a few more Standards Certificates for 2015, and the named recipients should be congratulated for all their effort and hard work as usual. Well done to you all.

RRC No.	Name	First Claim Club	Class
6435	Stephen Coveney	City of Hull AC	Fourth
14268	Nigel Haywood	Purbeck Runners	Second
13865	Trudi Pike	Kettering Town Harriers	Fourth

The photo is of Trudi at Mile 12 of the Shakespeare Marathon, one of her qualifying races.

And now for a bit of exciting news. Council has decided to include the 5k distance in the Standards, so for anyone planning their Standards Certificate Race Schedule for 2016, you now have an extra distance to play with. The 5k times will be included in Group O, which will therefore now include times for 5 kilometres – 10 miles. The same rules apply, i.e. three distances, each from a different Group, must be completed in the required times or faster for your age group within one calendar year. In effect this will mean that you can be awarded a Standards Certificate by running slightly less far overall, which I hope will encourage more of you to try for Standards. After all the Standards Scheme is useful for setting targets and monitoring performance. The times will of course be published in due course, but in the meantime if you are interested in including a 5k in your Standards Campaign, then please email me for them. Good luck and Happy Running!

Virgin Money London Marathon expo 2016

Once again we will be on our stand at this expo in order to meet, greet and help any of our Road Runners Club members that come along to see us.

You do not have to be running in the marathon to visit the expo.

As an added incentive to come along and discuss the club and give us your views on which way the club should be going, **any member who signs our visitors book will be entered into a draw for 2 prizes of £100 each.**

We will have on our stand the new club badge to give to anyone who is a first claim other club but wishes to sew it on their club vest.

Wear your badge with pride, it is good publicity.

Anyone running in the marathon who needs a new club vest should contact John Brassington with size and colour required and it will be supplied free of charge from our stand.

If this is your first London, we will have experienced runners on hand, such as Chris Finill, Jonathan Bateman, Walter Hill and others much of the time to give you tips on the course itself.

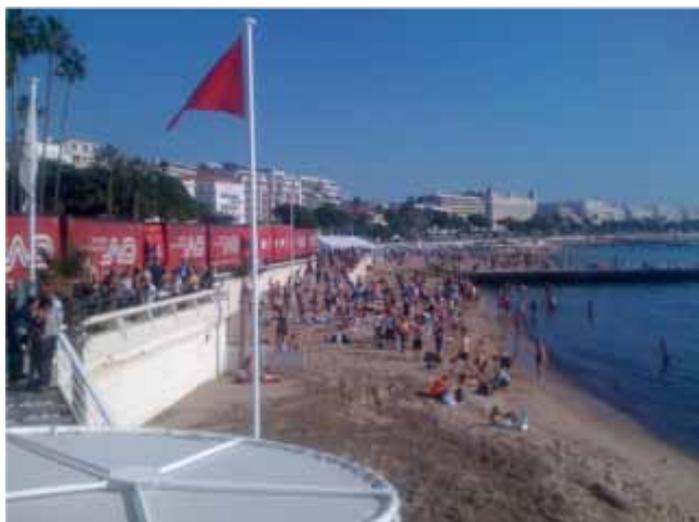
The stand is for your benefit so make the most of it.

Marathon des Alpes-Maritime Nice-Cannes. 8th November 2015

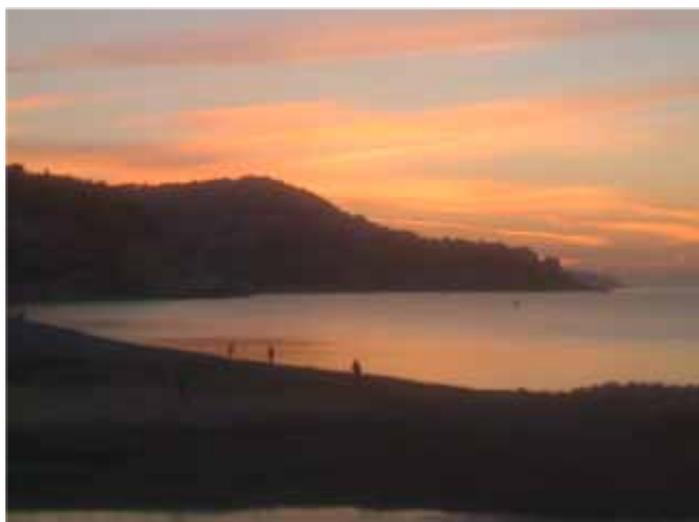
by Brian Jones

This is only the eighth running of The French Riviera Marathon and already it is France's second largest marathon, only outrun by Paris. It winds its way along the Mediterranean coast from Nice to Cannes during November when the weather is still pleasant but not the searing heat of the summer months. It's an IAAF Bronze event, which means it is well-organised and run to international standards. It also incorporates two relays; a 2x21km and a 6-stage relay with each runner completing about 7km. The organisers have also gone high tech with the running chips built into the race numbers and the data is made available online so anyone with an Internet connection can follow an athlete during the event, pinpoint the location and predict the runner's finishing time.

T-2 days; Nice is only two, one-hour flights from Southampton but the high pressure over Europe meant that it felt like a different continent. Leaving behind the grey skies and rain of one south coast I arrived at another in bright sunshine and clear blue skies with temperatures in the low 20s. The forecast is for more of the same, which should produce some quick times and possibly a course record. Nice airport is only 5km



Mar. des Alpes Beach at finish



Mar. des Alpes Sunrise at start

from the town and the short bus ride follows the marathon route in reverse along the coast. A temporary marathon village has been constructed on the Promenade des Anglais near the start and the bus conveniently stops right outside. Number collection was straightforward and the goody bag (actually three and one was quite a neat little rucksack) was well stocked with all sorts of food including, rather bizarrely, a large jar of Tikka Masala sauce.*** As is normal with marathons of this size there was a large accompanying exhibition with all sorts of goods for sale and recruitment drives for marathons all over Europe.

T-1 day; The main discussion on the eve of the race was inevitably who was going to win, the Kenyans or the Ethiopians? There are no familiar names that we often see at major events here but the competition is just as intriguing. The Africans have won all the previous races and it looks like they are likely to win again. In the men's race last year's winner, the Ethiopian Shume Hailia, is not here to defend his title but last year's runner up, the Kenyan, Barnabus Kiptum is running and he will be hoping to go one better this time. The fastest man in the field is the Kenyan Bello Yater. He finished 5th last year and has a PB of 2:08:39. The second fastest man with a PB of one second slower at 2:08:40 is another Kenyan, Moses Turgat, so if it goes to form it could be a very close finish. Victor Kipchirchir is also running; you may remember he came 2nd in the Warsaw Marathon only last month. I'm still old fashioned enough to think that if you are being competitive, two marathons, one in the spring and one in the autumn is enough for any year. So my money is not on Kipchirchir. There are only three other men with PBs under 2:10; Michael Kiprotich (Ken), Tadese Areedo (Eth) and Michael Chege (Ken).

In the women's race, last year's winner from Kenya, Rose Jepchumba, will be looking to be the first person to defend a title but the runner up from last year, Emily Rotich, also from Kenya, will be hoping to reverse the positions this year. Waynishet Grima from Ethiopia has the best PB amongst the women so will be a danger as will the Kenyan Halima Haji.

As for my own chances, my PB of 2:50:21 looks pretty safe as does a second-class time for my age group of 3:17:00. I'm reasonably confident I can finish within the third class time of 3:35 and possibly under 3:30. So my target - 3:29:59. I finished my first marathon in 1981 (the first London) in 3:28:04 so to better that would be a bonus.

T-3 hours; The race starts at 08:00 (07:00 UK time) to avoid the heat of the afternoon, which means an early pre-race meal. Fortunately, the hotel opened the restaurant early for a 'runners special breakfast'. I stuck with my tried and tested, three hours before race start - muesli with yogurt, toast with honey and coffee with nothing. A bite of a banana and plenty of water a bit later and I was all set. The forecast was for another dry sunny day with little or no wind, pretty good conditions for running if it doesn't get too hot.

T0; Actually, the elite field set off at 08:00 and the main

field at 08:03. The pacemaker in the men's race set of at a fast pace leading a group of five runners to the 10km point in 30:16 which was on schedule to break the course record. By the halfway point it had slowed down a bit (1:04:28) and the pacemaker dropped out soon afterwards. The 30km point was reached in 1:31:55 with Kiptum leading, closely followed by Chege and Kiprotich with Kipchirchir just off the pace at seven seconds back. With 10km to go the group was down to two, Kiptum and Chege. But towards the end of the undulating section at 35km Kiptum pushed ahead and went on to win in 2:10:44, 15 seconds outside his PB. Kipchirchir had a strong finish coming from 4th to overtake Kiprotich and Chege in the closing stages to finish 2nd in 2:12:23 with Chege finishing 3rd making it a Kenyan 1,2,3.

In the women's race it was a battle between Kenya and Ethiopia (Rotich didn't start because of an injury). Jepchumba (Ken) and Haji (Eth) led the way to the halfway mark but then Jepchumba used her experience as last year's winner to pull away and defend her title winning by the huge margin of over 10 minutes. Diane Wolf from France finished 3rd preventing a clean sweep by the Africans.

My own race started well, time zones were clearly marked at the start and I stood about as close to the 3:30 marker as you can get. It only took 20 seconds to get to the start line and then almost immediately we were all able to run at our own pace, an advantage of the very wide promenade, and I had to force myself a bit more than usual to control my pace. The first few km. were familiar as we headed to the airport along the coast. With a flat road, the sea and sand on our left and the sun on our backs this was pretty much how it would be for the next 42km.

The airport came and went in no time and at the 5km mark I was on schedule for a 3:29 finish. The first relay change-over point came soon after the airport and this added extra interest as the runners entered the pen and handed over to their team mates. We went through the villages of St. Laurent-du-Var and Cagnes-sur-Mer. So far, so good, so flat. There were a few twists and turns around the marina of Villeneuve-Loubet but still it was very flat. At one point there were three lanes, in the outer lane runners were heading west, the middle lane runners east and the inner lane west. It looked like a marathon conveyor belt. The next few km. were pretty straight, heading almost directly west and at the halfway point at La Fononne I was pretty much on schedule although my GPS watch seemed a bit out of sync. with the km markers. We continued to Antibes and the pretty harbour and then turned inland at the 28km point, which was the most undulating part of the course.

The descent was quite steep via a zigzag road just before the 30km point with good views of the bay and the first glimpse of the outskirts of Cannes. Going downhill and with the end in sight is pretty good motivation and the feel-good factor started to kick in. I was feeling quite strong at this point and still on schedule for a sub 3:30. As we rounded the

crescent-shaped bay through the villages of Juan Les Pins and Gulf Juan I started to race, picking off runners one by one. First it was the man in black, then it was ponytail, then pink shorts...and on it went for the next few km. I think it was more the fact that others were slowing down rather than I was running any faster. At 37km I was still feeling strong and slightly ahead of schedule.

At the 39km point we met the 'Welcome to Cannes' sign, which was a very welcome sight. The last 3km seemed to take forever. I was now struggling, paying the price of being too enthusiastic over the last six or seven km. But then I recovered with 1km to go and actually felt quite strong again. I was expecting to see the finish along the sea front with one or two km to go and have a long kick for home but I didn't see the gantry until about 100m before the end so it turned into a bit of a sprint. I crossed the line in 3:27:35, almost a minute and a half inside my target and 29 seconds faster than my first marathon 34 years ago.

T+3 hours 27 minutes; There can't be many better finishes to a marathon than the beach at Cannes. It's very well organized; medals, T-shirts, water and as much food as much as you can carry. Then come the baggage trucks, then a warm down along the promenade and the famous Boulevard de la Croisette. And then, the beach! I don't think any runners resisted the lure of the beach and the sea, to stand in the sea with the cool water lapping around your knees after a marathon is the most exhilarating feeling. The Marathon des Alpes-Maritime Nice-Cannes is a very well run and organised event. It's a great course, mostly flat, great start and finish locations and at a time of the year when the weather is predictable and good for running. For anyone looking for a marathon and a weekend in the sun this is well worth a try.

Results;

- Men; 1. Barnabus Kiptum (Ken) 2:10:44
 2. Victor Kipchirchir (Ken) 2:12:23
 3. Michael Chege (Ken) 2:12:58
 946. Brian Jones (Eastleigh Running Club) 3:27:35
- Women 1. Rose Jepchumba (Ken) 2:36:02
 2. Halima Haji (Ken) 2:46:22
 1.3. Diane Wolf (Fra) 2:53:21

**** Editor's note; I finished one London Marathon quite hungry and found a boil in the bag packet of rice. As I was not carrying a kettle, it did not come in that handy.*

What on earth do we do with all those finishers' medals?

by John Trory

Every race I do gives me a finisher's medal which was great to start with but now has become somewhat problematical. After completing 167 races, it is pretty obvious that a large proportion are the same cheap medals from Running Imp. This is the company that supplies our own Road Runners Club bespoke medals, but as they dominate the market, most races buy from them. Nobody wants 100 medals the same, and even keeping the remaining 67 different is a head scratcher. I keep my decent smaller medals in a medal collector's album with the larger ones that don't fit placed in a cabinet between an assortment of ceramics.

The unwanted 100 all come with ribbons so I suggested using them as wind chimes. In response, I received a photo from Kym Wheeler of her medals on hangers arranged up the stairway and from Jack Davies the medal he received in Edinburgh. In fact imaginatively designed bespoke medals cost less than printed T-shirts of which I also have a full wardrobe, so I would be very pleased to forgo the T-shirt for a decent medal and give up the cheap medal for a cup of tea and cake.



Medals in an album page



Medal hangers by Kym Wheeler



Medals too large for an album



Edinburgh medal from Jack Davies

Emil Zatopek - Super Runner

The late John Jewell was, a founder member, Past President and for many years the Editor of this magazine, the RRC Newsletter. When the RRC was founded in February 1952 he was attending and reporting on various athletic events for a monthly magazine called "Athletic Review". In 1952 he attended the Helsinki Olympic Games. He reported on all the athletic events of those games which included a 'triple gold', which is never likely to be repeated. His report on those three events are included below. When you have read them, ask yourself a question. 63 years on and even with the, current day, high quality, in depth level, for all three distances, could it happen again? Could one person win all three distances in the same Olympic Games?

ATHLETIC REVIEW SEPT 1952 Vol. 6 No. 5

The XVth Olympic Games HELSINKI, 1952 John Jewell

10.000 Metres

We had our first sight of Zatopek when the field, just over 30 of them, came into the arena on the first evening of the Games. Zatopek, 30 years of age, who was to prove himself more fantastic than ever during the next week, was perhaps a little balder, but as lithe and wiry as ever. There was also Mimoun, the Russian, Anoufrieu, who had beaten Zatopek this year and a host of others, we wanted to see. There was a special cheer for our young runners. It is some time since we had three competitors with such pride in an Olympic 10,000 metres. It was not long before Zatopek was up at the front and before half-way had drawn clear of the field, with Mimoun and Pirie at his heels. Pirie was running to win if that was humanly possible, while Sando and Norris, never far behind, were out to run the best race they were capable of. Soon after half distance Pirie felt the terrific pace (3 mile time approximately 14-13) and started to fall back. Mimoun stuck to the Czech until four laps from the finish when Zatopek forged ahead on his own to win by over 100 yds. Pirie faded towards the end. and was passed by Sando.

Norris had run exceptionally well. Our three young runners finished 5th, 7th and 8th. Their day will come later. Lapping of competitors began in the first half of the race. and it was rather confused from the spectator's point of view at the end.

Several competitors who had travelled a long way to Helsinki were in fact something like a mile behind the winner. They got a good clap nevertheless. Zatopek had not only broken his own Olympic record by nearly three-quarters of a minute but five other competitors had done so as well. We did not quite anticipate at the time that this would be the pattern to follow. record after record being broken, until it dawned that past Olympic records were no guide in assessing our chances.

The great performances of Mimoun both in this race and the 5.000 metres have rather been overlooked and should be duly acknowledged. He beat the world twice bar Zatopek.

Intermediate times : 1,000 metres. 2 min. 32.0 sec. Anoufrieu : 2.000m. 5 131.0. Anoufrieu : 3.000m, 8 148.0. Zatopek :

4.000m. 11 :45.6. Zatopek : 5,000m. 14 143.4. Zatopek : 6.000m, 17: 39.2. Zatopek : 7.000m, 20: 34.0, Zatopek : 8.000m. 23: 31.0. Zatopek : 9.000m. 26 : 28.0. Zatopek.

10,000 metres (6 miles 376 yds.).

OLYMPIC RECORD : 29 min. 59.6 sec. E. Zatopek.

Czech. 1948.

1. E. Zatopek (Czechoslovakia), 29 min. 17 sec. : 2, A. Mimoun (France), 29 : 32.8 : 3. A. Anoufrieu (U.S.S.R.). 29: 48.2 : 4. H. Posti (Finland). 29: 51.5: 5. F. D. Sando (G.B.). 29 51.8 : 6. W. Nystrom (Sweden). 29:54.8: 7. D. A. G. Pirie

(G.B.). 30 : 2.8 : 8. F. Norris (G.B.). 30 : 9.8.

5.000 Metres

Zatopek had retained his 10.000 metre title two days previously and from his running then, it was obvious he was as good as ever and would start a favourite for the 5.000 metres as well. There was nevertheless stern opposition to encounter and the heat, well full of interest. Pirie set the pace most of the way in the first heat for such experienced runners as Mimoun and Reiff. He fell back on the last lap. but by that time had no doubt tested out the field and did not intend to take more out of himself than necessary. Mimoun who had raced off at the end, finished with a time only just outside Olympic Record. Then heat two brought a new Olympic Record, by Schade of Germany. He was out in front most of the way, running easily and finished 2.2 secs inside the old figures. A. B. Parker ran strongly in this heat and went after Schade on the last lap to take second place only 0.6 secs. outside the old record. This was a grand performance. Chataway ran steadily and confidently in the third heat in which Zatopek alternatively took the lead and let it go. He practically stopped for the Russian Anoufrieu on the last lap and obviously was not taking the proceedings very seriously at this stage. Whereas Pirie and Chataway had run just inside the equivalent of 14 mins. for three miles Parker had done about 13 mins. 48 secs. Popov (U.S.S.R.), Landy (Australia), Capazolli (U.S.A.), Stone (U.S.A.), Hoskins (New Zealand) and Koskela (Finland) were amongst those who failed to reach the final. This final again gave us a great race. Chataway was in front soon after the start but Schade took the lead, followed by Reiff, Mimoun and Chataway, with Zatopek followed by Pirie in the rear. After a few laps Zatopek moved up with Pirie following and later the lead alternated between Zatopek and the German. The leading bunch is still grouped together as the climax is reached. Pirie takes the lead for an instant two laps from the end, but at the bell it is Schade, fighting to get away. Reiff has fallen out. The four of them are still tearing it up on the back straight. it being anyone's race, but we mustn't forget that, Zatopek finish. Chataway shoots ahead with half a lap to go but the effort costs him dear and on the last bend he stumbles on the edge of the track and falls.

Emil Zatopek - Super Runner

Zatopek had just made his effort and is tearing up on the outside in a typical Zatopek finish to win the title in record time by 5 yds, from Mimoun. Chataway is up in a flash but that brief lapse has decided Olympic History and probably cost him a place in the first three. He is passed by Pirie on the post. Pirie has timed his effort well and run with greater judgment than in the 10,000

metres. Such was the excitement that, at the time we failed to see Perry (Australia) had come up, in the later stages to win that sixth place. Zatopek's winning time has apparently only been beaten by himself in Brussels and by the world record

holder Haegg. You will be interested in the intermediate times

400	metres	65.8	Chataway
800	"	2.13.6	Schade
1000	"	2.47.0	"
1200	"	3.21.4	"
1500	"	4.12.0	"
1600	"	4.29.4	"
2000	"	5.37.4	"
2400	"	6.47.6	Zatopek
2500	"	7 4.0	"
2800	"	7.55.6	Schade
3000	"	8.30.4	"
3200	"	9 6.0	"
3600	"	10.16.0	Zatopek
4000	"	11.24.8	Schade
4400	"	12.33.2	"
4800	"	13.38.0	Chataway

First Round

Olympic Record G. Reiff. Belgium 1948.

Heat 1.—1. O'K-A Mimoun (France) 14mins. 19.0 secs., : 2 I. Taipale (Finland) 14 mins. 22.8 secs.. 3; G. Reiff (Belgium)

14 mins. 23.8 secs.. 4; A. Anderson (Sweden) 14 mins. 25.0 secs.. 5: D. Pirie (G.B.) 14 mins. 28.0 secs.

Heat 2. H. Schade (Germany) 14 mins. 15.4 secs.. 1: A. Parker (G.B.) 14 mins. 18.2 secs.. 2; E. Beros (Hungary) 14 mins. 19.6 secs.. 3; L. Theys (Belgium) 14 mins. 22.2 secs.. 4: E. Toumaala (Finland) 14 mins. 27 secs.. 5.

Heat 3. A. Anoufrieu (U.S.S.R.) 14 mins. 23.6 secs. I; B. Albertsson (Sweden) 14 mins. 26 secs.. 2;

E, Zatopek (C2) 14 mins. 26 secs. 3: L. Perry (Australia) 14 mins. 27 secs.. 4; C. Chataway (G.B.) 14 mins. 27.8 secs.. 5.

Final

1. E. Zatopek (Cz.) 14 mins. 6.6 secs.;
2. A. Mimoun (France) 14 mins. 7.4 secs.;
3. H. Schade (Germany) 14 mins. 8.6 secs.;
4. D. Pirie (G.B.) 14 mins. 18.0 secs.;
5. C. Chataway (G.B.) 14 mins. 18.0 secs.;
6. L. Perry (Australia) 14 mins. 23.6 secs.;
7. E. Beres (Hungary) 14 mins. 24.8 secs.;
8. A. Anderson (Sweden) 14 mins. 26.0secs.;

9. B. Albertsson (Sweden) 14 mins. 27.8 secs.;

10. A. Anoufrieu (U.S.S.R.) 14 mins. 31.4 secs.;

11. A. Parker (G.B.) 14 mins. 37.0 secs.;

12. I. Taipale (Finland) 14 mins. 40.0 secs.

The Marathon

One could, no doubt write an article on this race alone. While we suffered our most grievous disappointment, any national feelings were lost in amusement at the whole picture. Let us start with what primarily interests all marathon runners: the course. The marathon at Helsinki was run on an out and home course, over good metalled roads the whole way. The first mile or so from the Stadium led through a park and houses on the outskirts of the city on to the main road to the north. This passed the Velodrome and Olympic Village and the runners followed this road to the turning point. There were short ascents and descents on the road but the highest point was not more than 200 ft. above the Stadium. Thus while stiffer than the Poly. course it was not a hard course and certainly much easier than in the London Games. The next factor marathon runners will wish to know about is the weather. This had varied considerably during the course of the week and it varied likewise in the course of the marathon. It was overcast for the most part but when the sun came out it was distinctly warm. A slight breeze which faced the runners on the way back could not be counted as disadvantageous. Thus while not ideal for marathon running, the weather conditions were not unfavourable and there was nothing to seriously upset form. Competitors had to pick up their own refreshments from tables at the various stations and unscrew the top of their bottles. Our three men agreed to have the same drink and each was labelled with a Union Jack, so that there were three bottles at each stage which they could grab. None of the leaders worried much about drinks and our men took nothing in any case. Radio stations at every 5 kilometres sent news back to the stadium so that the course of the race was followed by a board with the runners numbers. placed in the centre of the ground.

Sam Ferris was out on the road and followed the race as best he could. He found the road closed to traffic with policemen and soldiers stationed every quarter of a mile, with orders to arrest anyone who interfered with the race! We are very much in his debt for reporting events outside the stadium. Sam says that crowds of people lined the course even right out in the country. Families had made a Sunday outing, so that their children will remember when the Olympic marathon was run on Finnish soil. There is one thing which Sam Ferris wishes everyone to know. As marathon runners will know. he has been training Geoffrey Iden, who for some years has had an eye on Helsinki. When Iden was selected to represent Great Britain in the Olympic Marathon, the directors of Iden's firm made the magnanimous offer of paying the expenses of Sam Ferris so that he could go to Helsinki, and be of what help he could to Iden and our other two during their hour of trial. Sixty faced the starter. We could not take Zatopek's

Emil Zatopek - Super Runner

presence very seriously. Had he not just won two distance races in record time? Anyway, he was not a marathon runner remember Heino in 1948? That afternoon was, however, to reveal the inexhaustible reservoir of stamina which his year's of training had built. He was about to accomplish a miracle. Three Olympic records in long distance running, four races including the most arduous of all, in eight days. The field ran 2 1/2 laps on the track. Mohd Aslam of Pakistan running in bare feet shot ahead. He actually did finish in the creditable time of 2:43 nevertheless. Peters had taken the lead, moving at a fast pace just before the Marathon tunnel, while Cox and Zatopek were seen to be well up. It appeared to be no time before positions at 5 kilometres were signalled in the stadium. This showed the following :

5 kms. (3 miles 188 yds.). 1. Peters (G.B.). 15.43: 2, Cox G.B.), 16.2; 3. Zatopek (Czech.) ; 4, Jansson (Sweden):

5. Moskatshenkov (U.S.S.R.). 16.20: 6. Flores (Guatemala); 7, Corno (Argentina); 8. Iden (G.B.), 16.26: 9, I. eblord (Belgium) 10, Norrstrom (Sweden) : 11. Keith (S. Africa) ; 12, Choi (Korea): 13. Ostling (Sweden).

Peters continued to cut out a terrific pace, his intention apparently being to crack his most dangerous opponents. Zatopek and Jansson were, however, lying handy not far behind. Jansson was ranked in the world's leading marathon runners last year.

10 kms. (6 miles 376 yds.). 1. Peters (G.B.), 31.55 : 2., Jansson (Sweden). 32.11 : 3, Zatopek (Czech). 32.12 : 4. Cox (G.B.).

32.41 : 5, Corno (Argentine). 32.57: 6. Cabrera (Argentina). 33.13 : 7. Iden (G.B.). 33.29 ; 8. Mohskatchenkm. (U.S.S.R.)

33.32 : 9, Flores (Guatemala), 33.33 ; 10, Norrston (Sweden). 33.34 : 11. Choi (Korea) : 12. Inostroza (Chile) : 13 Aslam (Pakistan).

At the 15 kilometre mark, Peters had lost his lead, having been joined by Jansson with Zatopek at their heels. The Argentines were coming into the picture, while Cox and Iden were still well placed.

15 kms. (9 miles 564 yds.). 1, Peters. 47.58; 2, Jansson; 3, Zatopek, 48.00 4. Corno. 49.04 ; 5, Cox, 49.09 ; 6. Cabrera, 49.41 : 7, Iden 49.53 : 8, Choi. 50.03.

Soon afterwards the field passed Sam Ferris who made the following observations. Peters looked as though he was definitely forcing the pace, although still full of running. Jansson appeared to show that he knew the pace was a hot one but Zatopek was loping along with "careless abandon" as if he were out for a training spin. Cox looked good and Iden was moving comfortably, very happy in the knowledge that he was only just outside the first half dozen, although he had been very careful not to be run off his legs over the first five miles. The three Finns were running together at this point, 15th, 16th and 17th exactly 3 min. behind the leaders, while Karvonen appeared to be dictating to the others regarding the pace.

20 kms. (12 miles 752 yds). 1. Jansson, Zatopek, 1 : 4 : 27; 3, Peters, 1 : 4 : 37 : 4. Corno. 1 : 5 : 50: 5, Cabrera, 1 : 6 : 34:

6., Cox, 1 : 6 : 37 : 7, Fernandez, 1 : 6 : 54 : 8. Iden, 1 : 6 : 55: 9. Flores, 1 : 7 : 49: 10, Choi, 1 : 7 : 57: 11. Dewathteve, Belgium ; 12. Bussotti, Italy 13. Dobronyi Hungary.

Soon afterwards Cox fainted and was taken to hospital. He only just passed the medical before the race, and could not have been fit at the time. Zatopek now tried an old stunt and asked Peters if he could run any faster, and then charged up ahead to establish a lead, and looked round to see if Peters would follow. Maybe coming from Zatopek in his first marathon it wasn't psychological warfare after all, but in all ignorance he thought a marathon should be run faster and wanted to find out.

25 kms (15 miles 940 yds) 1. Zatopek 1.21 :30 : 2, Jansson, 1 : 21 : 30: 3, Peters. 1 : 21 : 58 : 4. Corno. 1 : 22 : 55 : 5. Cabrera. 1 : 23 : 47; 6. Fernandez 1 : 24 : 20 : 7, Iden. 1 : 24 : 28 : 8. Choi 1:25:54 : 9 Puolakka Finland ; 10 Karvonen Finland: 11. Dobronyi Hungary : 12. Flores, Guatemala.

30 kms. (18 miles 1,128 yds.)_ 1, Zatopek 1 : 38 : 42 : 2, Jansson, 1 : 39 : 8 ; 3, Peters, 1 : 39 : 53 : 4, Corno. 1 : 40 : 23:

5, Cabrera, 1 : 41 : 3: 6, Fernandez 1 : 41 : 51 : 7, Iden 1 : 43 : 10; 8, Karvonen, 1 : 43 : 23 ; 9. Dobronyi : 10. Puolakka: 11. Choi ; 12. Flores, Guatemala : 13. Ostling.

Soon afterwards, Peters. who had stuck to it since losing the lead some 8 mile before. toppled over off the road with severe cramp, and in spite of an attempt to carry on was forced to retire. This was indeed a sad ending to a gallant attempt. and certainly was not due to lack of guts : it was also little recompense for the year of most arduous training only carried out by considerable personal sacrifice. At this stage of the race Zatopek looked as though he was making a terrific effort to settle the issue and looked in at bad way, even for Zatopek. He was writhing in agony and appeared to be punishing himself unmercifully: in fact it had been anyone else you could have bet your bottom dollar he wouldn't finish. He pulled up his vest and bared his chest to get relief. Jansson was still going strong at this point. and didn't look like losing second place. Cabrera and Karvonen were very impressive, although the former faded somewhat over the last few miles, and both were overtaken by Choi, who ran a very fast last two kilometers; two minutes faster than Zatopek. Of the first nine to finish, Dobronyi ran the most evenly, with a difference of only 1 min. 22 sec. between his fastest and slowest 5 kms. Karvonen was next best with a difference of 2 min. 11 sec.

35 kms. (21 miles 1,316 yds.). 1, Zatopek, 1 : 56 : 50 : 2, Jansson, 1 : 57 : 55: 3, Corno, 1 : 58 : 46: 4, Cabrera, 1:59:17:

5. Choi, 2:0:57: 6, Karnoven, 2 : 1 : 2 ; 7, Dobronyi, 2 : 1 : 40 ; 8, Fernandez 2 : 1 : 55 : 9, Iden, 2 : 2 : 22;

10, Puolakka, 2 : 2 : 27 : 11, Hayward ; 12. Ostling ; 13, Luyt.

The scenes in the stadium when Zatopek appeared from the

Emil Zatopek - Super Runner

marathon tunnel provided a fitting climax to the eight days of athletics. Three-quarters of a lap took him to the finish. and he broke the tape not only undistressed, but in appearance quite a normal human being. After the victory ceremony he ran a lap of the track to acknowledge the applause from the entire stadium. As Sydney Skilton told the Americans " It was a good thing Zatopek wasn't entered for the 100 metres." Corno came in 2 1/2min. later to secure second place, and there was a real fight between Karvonen with Cabrera on his heels. Iden in finishing 9th accomplished a splendid performance. He had set out to do 2 1/2hours, which he reckoned would get him a place, and in any other Olympic marathon it would have done. His schedule, designed to get the best out of himself, was made with due consideration to local conditions, and his time of 2 hr. 30 min. 42 sec. is the fastest accomplished by an Empire or British athlete either in the Olympic or Empire marathons. The competitors who finished were in good shape. This is the story of the Helsinki marathon. It will give you much to talk about.

Result :

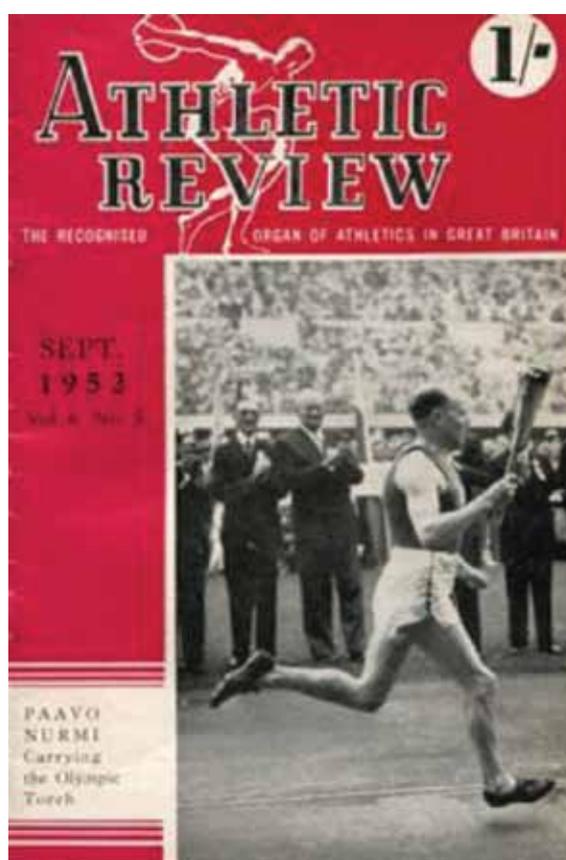
1. Emil Zatopek (Czech.), 2 hr. 23 min. 3.2 sec. ;
2. Reinhalde Corno (Argentina), 2 : 25 : 35 ;
3. Gustaf Jansson (Sweden), 2 :26 :7 ;
4. Yoon Chil Choi (Korea), 2 :26 : 36 ;
5. Veikko Karnoven (Finland), 2 :26 241.8 ;
6. Delfo Cabrera (Argentine), 2 :24 :42.4 ;
7. Jozsef Dobronyi (Hungary), 2:28 :4.8;
8. Erkki Puolakka (Finland), 2 :29 : 35 ;
9. Geoffrey Iden (G. Britain), 2 :30 :42 ;
10. Wallace Hayward (S. Africa), 2 : 31 : 50.2 ;
11. Thomas Luyt (S. Africa), 2 :32 :41 ;
12. Gustav Ostling (Sweden), 2 : 32 : 48.4 ;
13. Viktor Drygall (U.S.A.), 2 : 32 : 52.4 ;
14. Luis Celedon (Chile), 2 :33 :45.8:
15. Adrianus vande Zande (Holland), 2 :33 :50 ;
16. Vikto Olsen (Norway). 2 :33 158.4;
17. Mikko Hietanen (Finland), 2 :34 : 1 :
18. Charles Dewachtere (Belgium), 2 : 34 5 32 ;
19. William Keith (S. Africa), 2 : 34 : 38 :
20. Jakov Moskatchenkov (U.S.S.R.), 2:34 :43.8 ;

It is amusing but perhaps not significant to tot up the points for the "team " race,

The following finished three men: 1, Finland. 30 pts. ;
2, South Africa, 40 ; 3, Sweden, 44 : 4, Belgium, 73 ;
5, Norway, 74 ; 6, U.S.S.R., 75 : 7, U.S.A., 93.

Marathoners, at least the under-3-hour men, can now work out where they might expect to finish in the Olympic marathon.

Yes, but you can't work out the result of a marathon, on paper!



The Foxton 12/24 hour track race on June 11/12 2016

Both races will start at noon June 11th at UCLan Sports Arena, Tom Benson Way, Preston PR2 1SG. Anyone attending should note that the site is locked to vehicular traffic between 8.00pm and 8.00am for security reasons. Registration is by application form or on the day on site. Camping space is available from the previous day. There will be chip timing, changing rooms, showers and other usual facilities including free food and drink for competitors, who must be at least 20 years old. The race direction will be reversed every 6 hours. Stan is able to accommodate at least 50 runners for these races.

For further details 'phone Stan Jewell on 01257-415632 or write to 317 Eaves Lane, Chorley, Lancs. PR6 0DR. Entry forms can also be obtained by e-mail only from John Troy (see inside front cover) Entry fees are 12 hour £30 (£32) and 24 hour £60 (£62). Our own Pam Storey is lending her organising expertise to these races which should ensure an increase in numbers and efficiency this year.

Do race directors listen to complaints from participating runners ?

by John Trory

This is my personal experience of approaches to races with constructive criticisms.

1) Leicester Marathon; I sent an e-mail containing mostly praise but pointing out that on a cold day, there was no changing facility after the race to wipe down and put on a dry T shirt and tracksuit out of the breeze. A simple marquee would do. NO REPLY

2) Brighton half marathon; I twice offered a simple solution to the chaotic race start to the race directors, details of which are elsewhere in this edition. NO REPLY

3) Hastings half marathon; I made a personal approach to the long term race director Eric Hardwick who had deservedly been awarded an M.B.E. for his charity fund raising efforts for Hastings Lions through this race. The race had outgrown the space available at the start a few years ago but this one presented a more complex problem. Eric said he would welcome any suggestions so I spent some time drawing up a plan for the whole start area and sent it to him. He put it before the race committee who rejected it as unnecessary as the race numbers were dwindling anyhow. I thought this a somewhat negative approach as the packed start could be the reason for reducing entries and with excellent local support it is a race worth building up. This year the numbers fell again to the extent that it was this time relatively easy to negotiate the area. I do not have all the figures in front of me but I believe the finishers this year were 2836 whereas in 2009 they numbered 3837 which is a great shame.

4) London Marathon; I have sent 2 letters of criticism to the London Marathon in years past, neither of which was even acknowledged. Their 'good for age' entry system is difficult for people who do not have advanced computer knowledge and if all goes well, I will be back in this next year, if I can cope with the computer competence required.

5) North Downs 30k.; Only a small criticism here as this race is, in all other respects, very well organised. Their road directions tell you to turn left at the park. The problem is that when you reach this junction, you do not know you are at this park. I put this verbally 4 years ago but their directions remain the same.

6) Dorking Bacchus marathon; The race package includes a vegetarian option which, 2 years ago was awful so I complained. My complaint was passed on to the caterers and last year it was considerably improved. RESULT

7) Milton Keynes marathon; Their online registration involves agreeing to extremely long terms and conditions of entry which conclude that all disputes will be settled under Californian law. There are 2 issues here. Firstly, any contract that includes such convoluted terms, under U.K. law, nullifies itself by this very fact. Secondly, attempting to over-ride U.K. or E.U. law by depriving the consumer of his statutory rights is itself an offence. Either of these issues would be enough for an insurance company to reject claims, and I put this to the race directors. The reply I got, summed up, was a hope that nothing happened. I find this so unsatisfactory that I

will be taking up this issue with licence issuing U.K.A. to see whether they should be issuing a race licence under these circumstances. There is an increasing tendency to sell out to cheap American registration firms in exchange for marketing rights. I never buy anything from the U.S.A. but last year an American firm hacked my credit card for 56 entries. They were all cancelled, although Paypal insisted a delivery to an address in Hove, Manchester, Kuwait was a legitimate deal.

8) Eastbourne half marathon; The first time I ran in this race the first drinks station was at the beginning of a down slope after a long haul uphill. This meant that at a point where everyone wanted to start running again, they had to slow or stop to pick up and drink if they needed it. I put to the organisers in a telephone call that it would be better placed near the top of the uphill where many were already walking anyhow. They explained that they would prefer that but were unable to do so because that was the main road and it had to be opened up earlier so it was just not logistically possible. WELL EXPLAINED and thanks for the telephone number.

9) Brighton 10 miles; A new event this one so there were bound to be teething problems one of which was the hopelessly misplaced mile signs in the first half. They promised to look into it for next year. RESULT.

10) Colchester half marathon; I did this in 2012 and parked in the football stadium where the race started. There was a queue but not too long and I arrived at the right time for the race. Over the next 3 years as the race grew it must have become a problem because this year they said to park in the park and ride to avoid last year's problems with parking. I arrived to find a mile long queue on the bypass – quite dangerous this as it was quite busy with other traffic – and it took half an hour to get to the slip road. At that point, I got out and walked, leaving my wife to park the car. At this stage, there was still a long queue on the bypass and I am sure most of them must have missed the race start. From the opposite direction there was no queue at all and some cars were going into the stadium to park with no trouble at all. The organisers clearly did listen to complaints from the previous year but still did not think it through. Starting a race out of the town centre only accessible by car requires careful thought which hopefully they will give it next year. I also sent them an e-mail 4 years ago saying I could not find the start time on their website. No reply and still difficult to find out this year.

11) The Great North Run half marathon; In our Winter 2014-15 edition I described how the official results website failed to make it clear whether times were chip or gun times where most races show both. I had a reply that the championship runners were gun and the others chip times. I then pointed out that nowhere did it state that so could they be more instructive on the listings. In 2015 the results list clearly showed against every runner a symbol of a gun or chip timer. RESULT, BIG TIME. IF THE GREAT NORTH RUN CAN TAKE NOTICE, WHY CAN'T THEY ALL? I was probably not the only one to mention that discrepancy but the point is they corrected it.

Do race directors listen to complaints from participating runners ?

12) Bristol Half marathon; Also in the 2014-15 Winter edition I mentioned e-mailing to the systems organisers the lack of a club search facility on the results list. They said they would put it to the race organisers and for the 2015 race it was available. RESULT

The conclusion from all of the above is that out of 12 representations, only a meagre 4 met with a good result and 4 failed to extend the courtesy of any kind of reply. This is a poor situation in a sport that is booming but competition for customers is fierce as more and more races spring up.

Cheltenham Half Marathon 27th September

by Andy Gore, Cheltenham Harriers

A lovely sunny day greeted the field of nearly 3000 runners and the several thousand spectators and well-wishers.

There was a large contingent of local runners representing a wide variety of clubs and even more people running for themselves and raising lots of money for charity. On the start line Cheltenham Harriers were prominent and as the gun went last year's winner Dave Roper took to the front alongside his teammate Phil Beatal and Ian Williams from Tipton Harriers.

I settled into my own pace and started working through the field of people who had been over optimistic at the start.

It was great to see so many people lining the route throughout the route cheering and shouting encouragement. The race route takes the runners through the centre of Cheltenham out towards Hatherley and back towards town again before winding its way to Prestbury, the home of the world famous racecourse.

The course can be described as undulating and at 8 miles there is a 'drag' up to the racecourse which is testing but then you enter the racecourse complex and have to navigate the car park and then a lap around the inside of the racecourse itself (on tarmac I must add). This proved to be a stumbling block to me and is where I got caught by 3 people who I struggled to stay with.

After the racecourse is completed the route takes you towards the finish via the front of the Pittville Pump Rooms and then down into the finish. At this point, two of the three people who had passed me in the racecourse had pulled away, but one was still in sight and with one last effort I managed to catch him on the line and then promptly throw up!***

I had finished 20th in 1:19:06 which was 14 seconds quicker but 6 places lower than last year and was only good enough for 2nd V45 as one of the people who had caught me at the racecourse was Jon Mansfield! Damn! 8 out of the first 20 finishers were from Cheltenham Harriers, such is their strength as a club.

*** Nice attention to detail Andy!



Andy Gore has given everything by this finish



Andy Gore at a comfortable midway stage

What did the RRC ever do for Scots?

by Forres Harriers

Colin Youngson

Encouraged by Geoff Stott's recent contribution, I decided to submit an article. Long ago, while at Aberdeen University, I first became aware of the Road Runners Club when I took part in one of Scotland's most famous road races: The Tom Scott Memorial Ten Miles, from Law to Motherwell. The distance may well have been accurate, but the first mile was steeply downhill, and Scotland's best runners often participated, so times were always fast. In 1968, at the age of 20, I finished 24th in 53.22 and discovered that this was only just outside the "1st Class Standard" of 53 minutes. Older Aberdeen AAC runners, like Alastair Wood and Donald Ritchie, who both went on to win the London to Brighton in very fast times, and who also tended to 'murder' me on long Sunday runs, talked about the RRC; I must have joined not long thereafter. My membership number is 3882 and, since then, I have continued to pay my subscription every year.

I did so, motivated by the RRC Standards Scheme (and of course the excellent magazine). Yes, there were not many races in Scotland that were recognised, but to gain a First Class Certificate, by achieving this standard at three different distances in a single year, was definitely possible, if I continued to train hard and mature into a decent senior athlete. Road was definitely my best surface during peak years, since I lacked the gymnastic and mud-skipping skills to succeed in cross-country and did not have enough middle distance speed to excel. In 1969, although the Tom Scott results sheet showed me scraping under 1st Class Standard with 52.44, my race certificate stated only 2nd Class! Unfinished business, then. Later that year, aged 21, I ran my first marathon – Inverness to Forres – in 2.41.13, so maybe I had potential at longer distances.

Eventually, in 1972, representing Victoria Park AAC in Glasgow, since I had started work there as a teacher of English, but also Aberdeen AAC second-claim, I obtained a treasured RRC First Class Certificate: second in the Scottish Track Ten Miles in 50.15; the Morpeth to Newcastle 13 and a half in 1.09.11; and third in the Scottish Marathon in 2.26.45 (after striking a very large 'wall' about 23!) Alastair Wood, who I had kept up with for 16 miles, easily won his sixth title, fully five minutes in front.

Earlier in 1972 I had taken part in Aberdeen AAC's attempt to break the record for the ten-man John o'Groats to Land's End Relay. We failed by half an hour; but succeeded a year later by running one hour faster. It was educational to plumb new depths of exhaustion while continuing to do my best; but truly inspiring to watch in action amazing team-mates like our charismatic but sarcastic guru Alastair Wood, Steve Taylor, Sandy Keith, Rob Heron and Joe Clare. Some very good marathon and ultra runners there! In 1982 we took another hour and three quarters off this mark, with stars like Graham Laing and Fraser Clyne, as well as the almost indefatigable Wood and legendary Ritchie. 850 miles in 77 hours 24 minutes and 8 seconds.

My own best ever run was my first Scottish Marathon win in 1975, when a new Championship record was set: 2.16.50, with Sandy Keith a minute behind. Max Coleby (Gateshead Harriers) and I (Edinburgh Southern Harriers) represented GB in the Berchem International Marathon in Antwerp that autumn, and won the team race, beating Eire and all the continentals. In the Two Bridges 36, I was three minutes behind the great Cavin Woodward at ten miles, but had clawed back a few seconds by the finish, securing second place in 3.29.44 – this was my first venture beyond the marathon.

Although I managed to break 2.20 another eight times over the next ten years, and ran quite frequently for Scotland, mainly in Home Countries Marathon Internationals (my team even beat the other three plus Eire in Glasgow 1983) I seldom dared to attempt an ultra. Yes, I paid close attention to RRC Standard Times at other distances (especially after reaching veteran status and then continuing through the age-groups), but sadly never took part in RRC Championships, despite racing more than fifty marathons all over Europe, including the Marathon to Athens, plus Boston, USA.

One exception was in October 1980, when I finally summoned up the nerve to attempt the most famous RRC race of them all: the London to Brighton Road Race (that year, a daunting 54 and a quarter miles in length). On the Westminster Bridge start-line, I introduced myself to Gloucester AAC's future 24 hour world record breaker Dave Dowdle, and ran with him and his team-mate Ken Leyshon at a sensible speed for a very long time. At 40 miles, having missed a drinks station (where I was looking forward to a glucose-based potion plus a plastic bag of dates!) I began to hit the proverbial, but soldiered on, better up Dale Hill than down, due to knackered quads. I had been warned that 'Welcome to Brighton' meant six miles to go! Eventually I plodded over the finish line, my legs wobbled and I had to be helped into the famous Baths, which had individual cubicles. The water there proved to be not far off boiling – scream! However the heat helped tired muscles and sipping cool water started recovery. The afternoon was spent eating ice cream, drinking coke and chatting to other survivors. Former European and Commonwealth Marathon Champion Ian Thompson had smashed the average time per mile record, and was 37 minutes faster than my 7th place in 5.52.04, but even that was 35 minutes inside First Class. My award was the smallest medal ever but, for me, one of the most important. At last I could claim to be a true RRC member.

In 1984 I was a struggling third, a very long way behind my old friend Don Ritchie in the 50 miles Edinburgh to Glasgow solo road race, which went from Meadowbank Stadium, Edinburgh, to George Square, Glasgow. Donald and I (Aberdeen AAC) won the team prize. That was almost the end of ultras for me, although I had won the 1986 28 Mile Lairig Ghru Race, and finished fourth in the 1980 Two Bridges, as well as reasonable performances in a couple of Speyside Way 50kms in the mid 1990s.

After I hit 50, due to weaker legs which could no longer pound out adequate mileage, marathons gave me up (although I did win one British Veterans M45 title at the 1993 Flying Fox event in Stone, Staffs.); and since then my better age-group efforts have been in the annual British and Irish Masters International XC or on the track. Nowadays, daily jogging seems almost

enough, in the pleasant wooded environment of Forres, Moray. However it is good to look back on distant memories of good competitive road-racing, when I met world-class athletes as well as enjoying the friendliness of so many fellow runners. Credit must be given for the initial impetus provided by that motivating organisation, the Road Runners Club.

Keeping fit when injured – the long road back

by Kym Wheeler

Back in August 2015 my achilles tendon decided to swell up so that it resembled half a table tennis ball stuck to the back of my ankle. A blister from rubbing on my shoes was the least of the damage. The swollen ankle was stiff and painful, it was pulling the muscles down the side of my leg and making my knee twinge. Rest was the order of the day – but it didn't go down. Eventually, I had to go to the doctor. Ultra sound showed that there was scar tissue within the tendon which was inflamed. The scar tissue was from when I badly sprained my ankle a couple of years earlier and the inflammation was caused by increasing my mileage for a marathon back in May. I didn't rest much after the marathon and the achilles didn't heal much, so in the end the inflammation was just too much and the whole area became inflamed.

Ibuprofen tablets upset my stomach after a few days, ibuprofen gel didn't seem to touch the swelling. After much pressing of the doctor, I was advised that the NHS doesn't do ultra sound* treatments (I later found out that this is NOT TRUE), but that ultra sound was what was needed. So I checked in my little black book of useful sports injury therapists and found the number of David Brown who lives reasonably close and has a lovely way with injured runners.

Three sessions of ultra sound with a fortnight between them and the lump was slowly starting to reduce, but it was going to be a long haul. In the meantime, I had now had 3 months off running. I had managed to make a large dent in the sofa from my relaxed position with the foot elevated; my weight had increased by 4 kilos (just over half a stone) and I was heading for depression. My wonderful husband persuaded me to go along to the gym and paid for a magic card for me: the magic card allows me to go to any classes, swimming or the gym at any time when the doors are open. The new year had started and even though I still couldn't run, I was going to start doing something.

So how does a runner try to keep fit when on a long term injury break? It's hard work. My three months off meant that I had lost a lot of fitness. I started at the swimming pool. My increased weight meant that my centre of gravity had changed a bit and I started with a painful belly flop instead of a graceful dive, but it could only improve from then onwards. Regular swimming started to build up the muscles around my core area again. I was still attending a once a week Body Balance class, which is a mixture of yoga, pilates and tai-chi. It kept me flexible; my hands still reach the floor with my legs straight. The gym was the real saver – I started

working with weights to build up muscle in my upper body and then using the cross trainer for stamina. It was no impact but my arms and legs were moving in almost a running style. I quickly built up to 20 minutes and could actually raise a sweat and feel my blood starting to move around again. I really missed that sensation when not running!

As the lump slowly started to reduce I could comfortably wear my running shoes again and my ankle regained flexibility. I introduced the rowing machine into the mix and then finally – the treadmill! From a gentle jog of 6 minutes three times a week, up to 8 minutes the next week, then 10 minutes and then up to 12 minutes. Another visit to the Doctor as the lump seemed to have stabilised but was still very obvious. X-rays to see if there was any bony overgrowth causing a problem, but there wasn't, so another ultra sound scan to see how much difference David's treatments had made to the scar tissue. That was when I discovered that the NHS does do ultra sound treatments, but there is about a 10 week waiting list, and due to the waiting list a patient would only have one treatment every month or so. I'm hoping to be back running before another 10 weeks have passed.

This week (mid-February), I ventured outdoors for a jog/walk round the woods, to try out my legs. Three minutes walk followed by three minutes jogging. I was breathless by the end of the three minutes, but at least I was outside, enjoying the crisp winter sunshine. I managed to go round the block – about 4 miles in just under an hour. So far, the achilles hasn't swelled up again but I'm planning to take it easy, not overdo it as I don't want to have to go back inside. I'm still swimming, Body Balancing and using the gym, but I've reduced the treadmill and rower usage and introduced 2 little jog/walks a week. My target is a summer 10k with a couple of parkruns as more minor targets before then. It's been a long haul and those extra kilos still haven't shifted. I'm telling myself that they have turned into bulging muscles in my arms which will give me more power for fast running, once I get going again. Onwards, into spring. ** It should be noted that ibuprofen should not be taken if running any distance. In combination with dehydration, it can cause kidney damage.

****Editor's note; You can buy an ultrasound gun, for treatment only, to keep at home. I bought one several years ago for under £40 and it has been invaluable. They now appear to be in the region of £100, but still cheaper than repeated visits to a physio.*

Joining the Road Runners Club at 80

by George Frogley



I decided to join the RRC when it became clear that races were getting too expensive. When I first started running the affiliation fee was 50p, then the EA/UKA raised 100%, then another 100% ; 20 years ago you never heard of anyone saying a race was too expensive but now it is quite common. It is understandable with the big races, they have to charge these fees due to overheads, but our local run is £10 and last year in excess of £2000 was raised for a local charity.

My first running experience started when I was doing my National Service, back in the 50s, and completing a compulsory 10 mile run with a 28 pound pack on my back! That was enough to put anyone off for the next 20 years!! After that the middle age spread kicked in and my daughters quite pointedly commented on it. I was thinking of doing a parachute jump but one day I was in a glider with a friend and looked down and decided that it was not for me, so I entered the local 5 mile fun run instead. This led us on to getting involved in running and with my wife and I organising a 7 mile fun run, which was the Netherne 7. This ran for several years raising several thousand pounds for the

Hospital League of Friends. This came to the notice of the next village who had an annual Flower Show and they wanted more people to attend, which led to us being approached to organise a 7 mile fun run round the village. This we did for 10 years, then it was felt, as it was so successful, it needed a more professional body to take control. This was undertaken by Richard Carter and the South London Harriers. This has been very successful raising in excess of £40,000 to date. In the meantime, back in the 80s, I was watching the London Marathon one year and saw this very overweight gentleman running along and thought if he can do it so can I. Since then I have run 9 London Marathons and 1 Paris Marathon, plus several Half Marathons and numerous fun runs, including 310 Park Runs. My present goal is to reach 323 Park Runs which will constitute 1,000 miles.

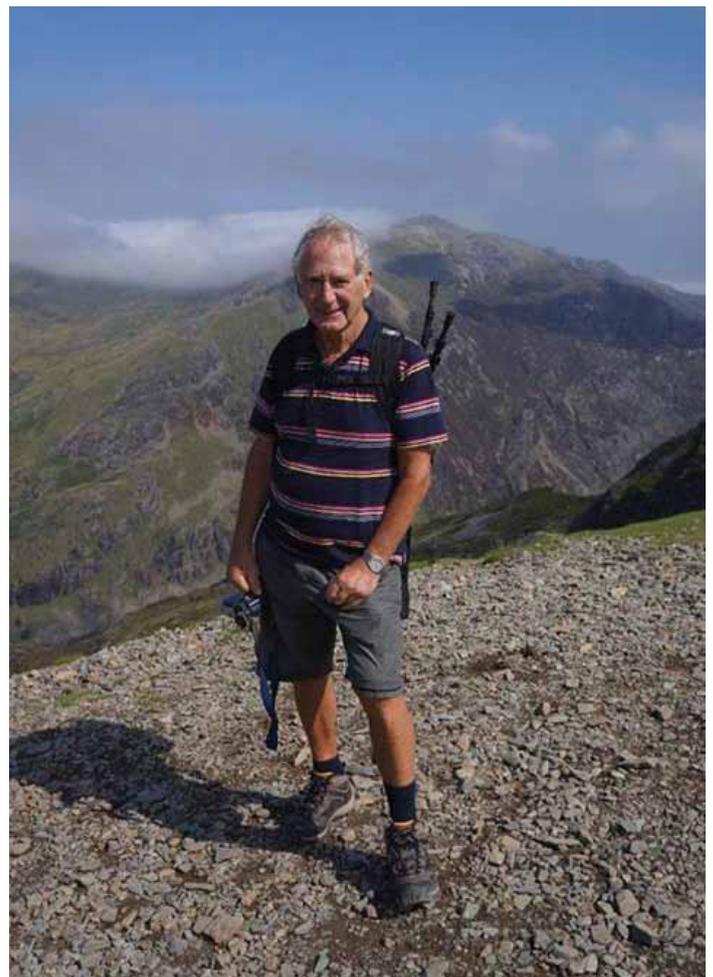
On reaching the age of 80, I decided to do 8 challenges for 80 years, with the support of my wife and daughters.

As the Brighton Half Marathon was actually on my 80th birthday this seemed the appropriate challenge to take up, which I did together with my daughter and 3 of her friends. This created local TV interest with interviews and photographs.

Challenge 2 was to ski down a mountain in France, challenge 3 run the Berlin Half Marathon, challenge 4 climb the O2 roof, challenge 5 London to Brighton bike ride, challenge 6 climb Scafell Pike (having climbed Ben Nevis and Snowdon the previous year), challenge 7 the Royal Parks Half Marathon and challenge 8 the Great South Run. In doing all this I have managed to raise £3,500 for the Tadworth Court Children's Hospital known as the Children's Trust. Should anyone feel they would like to help me get to £4,000 please visit [Just Giving/George Frogley](#)

Editor's note; I take my hat off to George – what a list for an 80 year old. My ambitions this year are limited to an injury free London Marathon and finding the time to go to the dentist. I climbed Scafell Pike as a 16 year old. The striding ridge between Scafell and Scafell Pike is awesome.

George is unique in our club in that he has just joined as an 80 year old whereas our many other 80 year old members have been members for up to 50 years and no longer compete.



George on top of Snowdon

Warwickshire Road Relay – revisited

by Colin Kirkham

May I add a little information to Chris Holloway's article on the Warwickshire Road Relays in the 'Newsletter' (206) to explain the whys and wherefores of the relay's conception. Chris points out that the first available records of the Association (Warwickshire County) are from 1945; in fact the relays had been in existence for a decade by then.

To place the Warwickshire Road Relay into an historical context, one must realise the fact that it was spawned from the now defunct Warwickshire Cross Country League, so a reference to the background of the cross country league might be useful to the understanding how these relays were born. In the 1920s, the popularity of road running in the Midlands was modest when compared to the winter sport of cross country or the summer sports of handicap racing, and was a relatively late branch of the sport to develop with road relays coming into vogue even later. Marathon races [read 'road races'] were given a boost when trials were held around the country in 1908 to select the team for the London 1908 Olympic Marathon race and a decade and a half later, relay running was given a great fillip by the concept of the 'News of the World's' London to Brighton Road Relay in 1924.

The Birmingham and District Cross Country League as it is now known, was formed in 1925. Nearly all Warwickshire clubs in the 1920s existed on a diet of internal club activities of pack runs, hare and hound chases, handicaps and sociable inter club runs. The county cross country championships may have been given serious consideration by half a dozen of the stronger local clubs but the area and national championships were of less interest; indeed the latter two were considered to be not a part of the winter fixture list for most of the weaker Warwickshire clubs.

The Birmingham league was for Birmingham clubs! The Warwickshire Cross Country League was formed in 1926 as a reaction to the birth of the Birmingham League at a time when many clubs did exist in the county but their quality was poor and the depth of membership small, the exceptions being Birchfield, Small Heath and Godiva Harriers in that order of excellence; the first two named showed little interest in competing in the county league in its formative years and Godiva were left as the dominant club in the county. As a result, it was they who provided most senior county officials and it was they who struggled to give meaningful competition by various methods of handicapping to the disparate Warwickshire harrier clubs of Arley, Coventry [different club from Godiva], Coventry Birchfield, Birmingham Atlanta(?), Demon, Humber, Leamington, and Nelson as well as the established Godiva, Nuneaton and B.T.H.; Birchfield and Small Heath were somewhat ambivalent

to the league and when they did join, they opted in and out as the mood took them! After a turbulent first few years of trying to quell internal strife amongst member clubs caused by the attempts at various handicapping schemes employed to equalise the performances of widely different abilities, the league settled into some kind of accepted routine which was repeatedly spoiled when one by one, the majority of clubs folded during that first dozen years.

It was again a reaction to relay events elsewhere that the Cross Country League (read Coventry Godiva Harriers' officials) proposed the formation of a County Championship for Road Relay Running. Because the County (aka the Cross Country League) had been expelled from the Inter Counties Championships a few years before [in 1927] for allegedly being unconstitutional despite winning the team title and providing the first three finishers, the officials operating the new road relays were determined to stick to the letter of the law and operate the competition for county clubs only despite the obvious drawback of a dominant Godiva prevailing each year! The relay was forcefully advocated by the sports section of the Midland Daily Telegraph, the fore runner of the Coventry Evening Telegraph. For some time past, the paper had printed a weekly athletics' column under the pseudonym 'Fleetfoot' supposedly an anonymous commentator but who was in reality one of Godiva's Great and Good. As Godiva officials were the power behind the county, it was as much their desire to confirm the oft quoted but totally erroneous message of Godiva's imagined past glories and their desire to join the elite clubs in the London to Brighton invitational road relay, that added impetus to the establishment of a county road relay event.



1939 Warks. Road Relay start

Warwickshire Road Relay – revisited

On April 7th 1934, four teams faced the starter in Victoria Street, Coventry for the inaugural Warwickshire Road Relay. The course had successive legs of 3, 4, 4, 3, 3½, and 4 miles travelling out to Nuneaton on a circuitous route and returning to the city by a different more direct way. Each changeover had the assistance of a local police constable! It was self evident that it would be Coventry Godiva who would triumph, with Coventry Birchfield 2nd, Nuneaton 3rd with B.T.H. Rugby bringing up the rear. Sticking rigidly to residence rules for fear of again alienating the ruling body of the sport, future fields were never very large because of the small number of established clubs within the county and Birchfield and Small Heath aloofness; neither was the number of teams competing helped by not permitting 'B' teams to participate, contrary to the standard practice of other local relays (Northampton to Leicester, Livingstone etc.). Not having learned from the acrimonious experiences of the initial handicapping attempts in the Warwickshire Cross Country League races, the road relay officials introduced a handicap system to negate Godiva's strength. But, unlike the cross country where the handicap result engendered open resentment and opposition to the various systems employed, the relay adopted a simple sealed handicap which in reality became a post-race paper exercise and ruffled few feathers. It appears to have been largely ignored according to interviews conducted with contemporaries and comments in the athletics column of the

local daily paper written under the 'Fleetfoot' by-line! The course to Nuneaton was tweaked from time to time until WW11 forced a radical rethink; in 1940 the relay became a 6 lap event in Rugby which incorporated a chunk of cross country before and after the takeover section of the course. By 1944, the relay had returned to Coventry and was doing laps around the roads of Hearsall Common in the Earlsdon area of the city. As Chris Holloway pointed out, there was then a move away from the city but forty years ago in the 1970s, there was another return to its roots in Coventry when a lap course was employed on the roads near what is now the site of the University of Warwick on the outskirts of the city, the race H.Q. being at the Alderman Callow Comprehensive School (now the Westwood Academy). But, despite that course being mostly rural, it was unfortunate that a small section passed through the vast post war Canley housing estate and with it came the inevitable associated traffic movements; it was this that finally forced the relay out of the city for good on health and safety grounds!

Photograph; The start of the 1944 Warwickshire road relay in Earlsdon Avenue North, Coventry. The Godiva runner is Frank Bray and the pub in the background is the Clarendon which was used as HQ for cross-country races over Hearsall Common.

Musings of a hip replacement running survivor

by Steve Beardsell

In 2016 I would reach vet 65 status and my aims were to run sub 21 minutes for 5k and sub 43 minutes for 10k. Since my hip replacement in 2009 I had made the decision to race no further than 10k. At the start of 2015 with my hip holding up well, my achilles tendon that had been bad since the dash across the cobbles at the Lincoln 10k having healed and a painful corn improving I had no excuse not to begin my 20-25 mile per week training programme.

My first race of 2015 was the hilly Meltham 10k. Starting at 8 minute/mile place I completed the scenic course in 46 minutes. 2 months of steady if unspectacular training followed and then 2 races in 6 days. The excellently organised Salford 10k was run in very heavy rain with large puddles on part of the course. I was really pleased with my time of 43-14 and ecstatic a few days later when I dipped under 21 minutes by 2 seconds in the Joe Salt 5k which consisted of 2 laps round a reservoir.

Three races in the summer stand out in my memory bank for different reasons. First the Brinsworth 10k near Rotherham. I had intended to run the Helen Windsor 10k near Halifax the previous Wednesday but that turned out to be the hottest day of the year so I decided not to run. At Brinsworth I ran for a couple of kilometres with world cup final referee Howard Webb (I did beat him) and got inside 43 minutes by 7 seconds.

The Doncaster 5k race evening is a tremendous night of athletics; a veterans race being followed by an open race,

both of which involve 3 laps of the town centre. This was my best race of the year seeing me record a chip time of 20-16. The highlight of the evening was the performance of Antony Whiteman, who won the veterans' race at 7.30pm and then went on to demolish the open field half an hour later.

The Flat Cap 5 at Dewsbury sounded like a fun race. 5 miles on a cycle path and canal bank wearing a flat cap. What had not been publicised was the 2 miles of muddy countryside on twisty, treacherous tracks in the middle. I took a heavy fall on a steep downhill and finished with blood all over my right leg. Luckily it looked a lot worse than it actually was.

My competitive year was to finish with appearances for my club, Holmfirth Warriors, in the Yorkshire Veterans road relay and the Northern Cross Country relays. I targeted the Dewsbury 10k as my first race in 2016 and my first as a vet65. This race is another superbly organised event and is an out and back course. The only down side was it took over half a minute to cross the start line and I felt rather sluggish early on. 2k was passed in 9-32 and 5k in 22-30. Fortunately I was starting to get my act together and came back in 20-32 to give myself a gun time of 43-02 and a chip time of 42-24. I wondered whether my sluggish start was due to the events of the previous Thursday. After a hard final training session before Dewsbury of 3 x 1k efforts on the Trans Pennine trail, I managed to lock my car keys in the boot and had to do a further 8 miles to get home!

It was a great shock to all who knew John that he should die so suddenly. That he will be greatly missed is an understatement and all the tributes, so very sincere, do not seem enough. John's passion for road running and enthusiasm for ultra distance in particular, was contagious, spreading not only through Orion Harriers and the Road Runners Club but wherever the International Ultra Distance Community were. Whatever his official capacity, he was seen as the perfect unassuming gentleman, at the forefront of British Ultra Distance Running. He was flattered & humbled when recognised as the guest of honour at the recent World 100 Km Championships in Winschoten, Holland (September 2000).

As an athlete he was the youngest entrant (21) in the first London to Brighton Race in 1951 he finished 18th out of 47 starters. The weather conditions were so terrible they resulted in a shipwreck off the Brighton beach. He went on to complete the race on many occasions, including the 1976 and 1991 races to celebrate the 25th and 40th anniversaries of the race. He was determined to run in the 50th anniversary race last October and did so. He also took part in the first London Marathon in 1981 and completed every subsequent London Marathon including the April 2000 race. It is however, in the administration of the sport where his contribution has been especially effective and his official posts have included:

1952-1984 Membership secretary Road Runners Club

1985-1988 Entries secretary London to Brighton road race

1990-1996 Chairman of the Road Runners Club

Chairman of the AAA Road Running committee

1990-1998 Member of the British Athletic Federation Road Running committee.

1990-1998 Member of the selection committee for British representatives for the marathon and Ultra Distance events, to include Olympics and World & European Championships.

1990-1998 Manager/Head of Delegation for the British Ultra Distance team.

1992-1996 President of Orion Harriers.

John was also a Director of the London Marathon, but he will be particularly recognised as the individual that gained recognition within the British Athletic Federation for the 100k and 24 hour events, enabling British teams to compete in these disciplines in the World and European Championships from 1990 onwards. Members of the squad will be aware how very much he thought and cared for each one of them as if they were his own, understanding their problems and concerns before the race, encouraging them during the race, and on occasions, carrying them from the finish line to the rest area. But it did not stop there. I will never forget how he fought for what he believed in even at the presentation ceremony.



John Legge

In the 1998 World Veterans Championship, the ladies race was won outright by Eleanor Robinson, in the over 50 age category (a similar occurrence applied to the men's race) Whilst the organisers only wanted to award her in the over 50 age category, which would follow the presentation to the over 40 winner, John forcefully made the point that as overall winner, Eleanor should be awarded her rightful title as World Veteran Champion. As this was not supported by the IAU, John was left alone to fight for Eleanor and also the men's winner, delaying the World Veteran Championships award ceremony. Suffice to say against all odds, John won the day and did so in such a way that he gained the respect and admiration not only from his squad but also from the organisers who acknowledged that they should recognise the outright Veterans Champion. For John, nothing was too much trouble. I was fortunate to be a member of his squad

It is fitting that the Road Runners Club should honour John's enormous contribution. As so much of his work was generating interest in Ultra Distance and encouraging individuals to such an extent that they gained qualification for the British Squad, an annual trophy in his name to be presented to the most improved British Ultra Distance Runner of the year seems a very small gesture but appropriate to perpetuate his work.

Course du Souvenir, Ploegsteert, Belgium 11 November 2015

by Neil Shuttleworth



Course du Souvenir race passes the war memorial

“You may not like this”

We are roughly halfway through commemorating the Centenary of the Great War, and for the last three Armistice Days I have run a race in Belgium at 11 am. Certainly France marks November 11 as a National Holiday and we discover she lost up to half a million men in the epic Battle of Verdun that was a century ago (24 Feb – 18 Dec 1916).

After solemn visits to the final resting places of about a dozen international athletes that were centred on the Western Front, an athletic event that attracted my attention was the Course du Souvenir at Ploegsteert, just over the border in Belgium. My athletic results are of no significance although I am pleased to say that despite my declining standards that last year I was 2,003rd, and 1,000 were behind me. The Great War Centenary has had a profound effect on the numbers who had entered this race since I first ran it in 2013. An odd statistic was that exactly 1,918 finished the half marathon.

The Memorial Trophy Organisation hold two road races around the cemeteries of Ploegstreet Wood, which saw much fighting during the war. I did the 8 Km race, which was a simple lap and was traffic free. In fact the whole area within a mile or so of the village is traffic-free so cars are parked way out of the village and a shuttle bus is available. Very little public transport is to hand yet I was able to travel for €1.50 the 10 Km from the outskirts of Lille on the 79 bus destined for Bizet, which is north of Armentières, and 20 Km south of Ypres.

From my travels to the Western Front when I'd stay in Arras, Albert or Lille I had perfected my travel by train from Manchester. Leaving Manchester on the 10.15 I was able to board the 12.58 Eurostar at St. Pancras and that afternoon be in France or Belgium. A plus point was not Eurostar's (environmental) motto - 'tread lightly', but the fact that time to check in at Manchester Airport is wasted time and here I am going city centre to city centre. When booking I am also able to tick the box "Senior" and get a decent discount on my train ticket. Why the event is not popular with those in the South East of England as it is within easy reach of the coast baffles me.

As Armentières is twinned with Stalybridge that is near me I felt a link to the race. More so when I discussed my race plans with a local coach who told me that he had won his age group there some years ago and at a post-race banquet he heard them whispering. His hosts said, "You are English. You may not like this." "What is it?" Harry asked, and the reply was "Horse-meat". He tried some and asked for more. "Plock Stead" was how Harry and his club-mates pronounced Ploegsteert, which the Tommies named "Plug Street". Today there is not a banquet although they cater for the thousands with showers and soup on-hand by the gallon. For a village that was devastated by the war, its village hall puts many this side of the Channel to shame.

The mechanics to enter the race are easy – just fill in their form that appears on the internet within about 2 months from the race and send it off with a €10 note (actual fee 9.50) to MTO; Christiane Clinckemaillie; 1, Place de la Rabecque; 7782 Ploegsteert; Belgique. The half marathon is just 10, and with a tee shirt the race is great value for money. For those interested in the Great War, the area is steeped in history and now has a visitor centre. With my rapidly declining results I am uncertain if I will attend next years Course du Souvenir.

Three bare Statistics: 2,458 completed the 8K in 2013; 3,015 in 2014 and 3,006 in 2015.



Mist-covered Skiddaw and Blencathra seen across Derwentwater from the road

From this year's Derwentwater 10 I can squirrel away enough images for when the curtains close at 4 o'clock on a dreary winter's night. Not just the many colours that autumn gave us, but many others from the actual race. Some 21 years ago I described the race in the old-style A5 newsletter as "My Favourite Race" and concluded that "the magic lies by the lake at Keswick." Of the multitude of magical images, one stands out: after the climb around 6 miles a racer's voice says that views like this make the all tarmac worthwhile. Every hue in the spectrum seemed to be there across Derwentwater towards mist-shrouded Skiddaw and Blencathra. For racers I am sure the most significant impression will be the temperature that was officially 17°C at noon in Keswick, elsewhere at 22°C it was the warmest November day since 1946. We knew it was like a lovely summers day, so raced in just club vests.

Race organiser Phil Winskill and his team ensured it all went smoothly having built on the expertise that Alan Ritchie, a former RRC course measurer, had built up as organiser. A number of clubs from afar came and treated it as a Club Championship. Certainly Royton Road Runners did, but flock to Keswick they did from Beverley, Halifax, Preston, and Dumfries to name but four. At noon, after paying homage to Cotswold, a race sponsor who has a shop opposite the Moot Hall, we were sent on our way and soon we were running by the lake-side sweating profusely. Russ Best from New Marske Harriers was the clear winner in 51:53 from Chris Steele (Border H), 52:30 and James Appleton, 53:39. Philip Marsden, a Royton Road Runner, was one place ahead of the

first female. Jo Zakrzewski (Dumfries) was a marvelous 21st in 60:44 with Sarah Cumber (Halifax Harriers AC) 34th in 63:05 and Sarah Bulman (New Marske H) 42nd in 63:49 the next two home. Well over 400 ran.

The host club Keswick AC filled 3rd, 4th and 5th places to win the team prize, had 18 more running, and ensured the course was well marshalled. With plenty of prizes available to cover all the age groups, thanks to sponsorship from Cotswold, Kong Adventure and Mountain Fuel, the stage was set in the School Hall for the prize presentation, which was well attended.

A short review of recent races shows that in 2000 the RRC had this race as its 10 mile championship and Roddy Fisher, a past editor and secretary, as a V55 ran the excellent time of 67 minutes when he was 73rd of 314 finishers. Past RRC President Ron Hill, then 62, and a winner in 1963 in 49:48, was 139th and timed at 73:58. In 1994, then 45, John Walshe, of the famous Ballycotton race, was 62nd in 64:51, out of 539 finishers. If we turn the clock back to the 1970s we see that Keswick AC kept the race going as an internal handicap, one that Billy Bland, a fell legend, won in 1975 when only 9 ran (and that included a guest.) In 1977 as a member of Keswick AAC I was carrying an injury, but hobbled round and a year later won the handicap as one of the few plaques I have proves. It reads simply "K.A.C.C. 1978". In 1973 the race was open and Joss Naylor was at Grange (5 miles) having run over from Wasdale just to watch the race, such was the race's attraction and a measure of Joss's stamina.

Derwentwater 10, Keswick, November 1st 2015



The winning Keswick team: Peter George, James Appleton and Sam Stead

Did Jack Canfield and Llew Robb (West Cumberland AAC) realise that 56 years later their creation would still be going strong today? The British Steel workers' idea of a race round the lake at Keswick – the Derwentwater 10 - started a truly 'classic' race. Up to 1983 the race distance was not authenticated as accurate. The best winning time pre-1983 was Mike Freary's 48:30 in 1968. Given the climbs on the return journey and the times by internationals – Freary (Bolton UH) was a former UK 10,000m record holder - are all around 49 - 49:30, it is reasonable to assume that the distance was of the right order. West Cumberland AAC promoted the races up to 1974; up to 1981 the race was an internal event for Keswick AAC and subsequently they opened it up to all-comers. Since 1983 the race distance has been measured by an approved course measurer, and while times tend to be around 50-51 minutes the current course record of 49:05 was set Yared Hagos (Bradford and Airedale) in 2011; the best female time is Rebecca Robinson's 56:23 from her win in 2010.

Keswick promote quite a number of races but their Skiddaw Fell race and this one are indeed classic ones. To attract 73 runners from one club Royton Road Runners takes some doing and must confirm my earlier supposition that "the magic lies by the lake at Keswick". That is my abiding image, the camaraderie and club spirit they generated both in and after the race. Well done to all the lads and lasses from Royton.



Photo 1

The first time I did the Brighton half was in 2000, my first year of racing, and the weather was pretty well what you would expect for a channel town at that time of year. The race started by Hove Lawns then and with the start gantry up there was still some confusion amongst runners as to which way we would be heading. Being my first race I thought it wise to start at the back but discovered too late I was starting at the front. The first mile I ran in 6 minutes and then found space to slow down, finishing in 1-42 and wishing I had gone a little faster. The course was varied from year to year, at one time going out to Rottingdean and coming back on the cliff top path. In recent years it has been confined to roads which made it a faster course and the numbers have increased to the point where poor management of the start has resulted in chaotic scenes where runners are unable to reach their correct starting pen on time. I have contacted the 'front man' Martin Harrigan on this issue saying there is a simple solution to this problem and, whilst he fully answered another query, he failed to comment on my offer of assistance. I had completed 167 races of 10k or above at that time so felt I had some kind of experience to bring him. I sent this again as a reminder and again I did not receive the courtesy of a response. This year saw a minor adjustment resulting in only a minor improvement, the result being as illustrated in the photos I took on the day.

Photo 1) This shows the scale of the start which, even here is only shown in part. Nearly everybody arrives off camera to the right and trudges the entire length to the distant bag drop on the left then comes back in an equally narrow channel to find their starting pen, which is colour coded. The empty area in the foreground is now condemned as unsafe.

Photo 2) The sparsely occupied area is the starting pen whilst the crowded channel the other side is the solid queue of runners trying to get to their start pen. Beyond that, moving in the opposite direction, you have runners still trying to get to the bag-drop. This photo was taken just 2 minutes before the start.



Photo 2

There is a very simple solution to this problem, but they do not want to know. With a £34 entry fee, this is one race I have totally given up, which is a shame as it is my home town.

Photo 3) The lonely figure of Paul Martelletti at around 1 mile. He was even lonelier at the end where he finished in 64-54, several minutes ahead of his nearest 'rival'.



Photo 3

Race medical certification

by Dr. Patrick Milroy

In response to a recent request for clarification, our own highly regarded member Dr. Patrick Milroy made the following observations.

“Thank you for asking me about this problem. It is an old chestnut, but I will try to give you an unbiased and open view!”

1. The first thing is of course that it is an absolute nonsense. The certificate of Fitness to Run becomes out of date the minute it is written! Anything could happen to the runner between the certificate signing and the race and so it is technically invalid!

2. The definition of Fitness to Run has itself never been fully specified and is open to debate. As ever, if you put two doctors in a room, you will get three opinions!

3. I have previously attempted to get the certification requirement removed when I was Chief Medical Officer to AAA England by asking the IAAF to remove it. Naturally nothing happened as there are too many vested interests.

4. With regard to doctors (GPs), of which I am one. We have a contract with NHS England to provide advice and treatment for those who are either ill or believe themselves to be ill. It does not cover outside, insurance based issues for which there is a fee payable if consulted – at the discretion of the doctor.

5. The BMA (British Medical Association) used to have recommended fees, but these had to be removed after the politically correct bandwagon hit on it and decided that the BMA was operating a cartel, so the fee is now entirely at the discretion of the doctor.

6. It now costs GPs some £8,000 annually to insure themselves against being sued. I am sure you can envisage the situation in which an athlete competing abroad has a heart attack and dies. The grieving family decides to sue the certifying doctor for stating that their relative was fit to run. The fee is to cover

both his/her time in the examination of the athlete and time to complete the form and to help pay the £8,000!

7. If the doctor is sued, his/her Medical Defence organization will ask the doctor to provide all the details and records of the examination etc by which they decided that the runner was fit to run. All this takes time at the original consultation – which as stated above is not part of their NHS contract!

8. I feel that if there is to be a qualifying certification, then the responsibility should be with the competing runner. Only he/she knows the full history of their health and can take the decision as to whether they are fit enough to compete. Therefore self-certification is the answer.

9. If the RRC Council agrees with my arguments, would they like to pursue them with the road running organizations in the various countries that demand certification in order to prevent this nonsense? ***1)

10. On the many occasions that I have completed these certificates for runners, I have explained the arguments and advised the runners to approach the organizers and ask them to remove the need for ‘medical certification’.

11. Personally I do not charge for them, but add a rider that the form cannot be valid from the moment that I have signed it. I do not charge simply because it is a way in which I can give something back to the sport that has given me so much pleasure and taken me around the world. I’m afraid that most doctors have not gained so much from running! ***2)

I hope that I have given Council some food for thought! I am happy to elaborate further if you so wish.

Editor’s note; ***1) Unfortunately this is unlikely as we are all working to capacity for the club already.

***2) *I think Dr. Milroy has overlooked the benefit to every G.P. which is the much rarer visits to surgery that runners make. We may have the odd muscle or joint problem but I bet we are hardly ever ill.*

Another trip to Fulham for some shopping therapy

by John Trory

My last new pair of shoes, New Balance E2 width fitting, disappointingly wore down at the outside heel in double quick time. The new design means your whole body weight descends on a piece of rubber the size of a chocolate segment. They then expect you to throw them away but I don’t. My local shoe repair shoe cuts the corner flat and glues a new piece on very effectively, but at this late state of play I would not risk that in the London Marathon so I bought a new pair to wear as well. Having a second toe noticeably longer than my ‘big’ toe has been a problem for some time so I went up half a size which meant my orthotics were too small. Don’t I just keep going round in circles! Off I went to my favourite ‘pamper shop’, Profeet in Fulham, to get new orthotics. What they discern from running across a mat amazes me. I am shown a picture of my feet with purple patches, blue patches, white lines and dotted lines and it all means something to them. They then told me which muscles needed rolling because they were affecting my gait and every one they mentioned I already knew was tight. I ran on the treadmill with and without shoes and I then viewed myself from the back, bits pointing out or in and wobbling around the wrong way. Then I sat down while they stuck my feet into hot moulds until they cooled, gave me a cup of tea and disappeared for 20 minutes into the workshop. I was given back my shoes complete with orthotics and running again on the treadmill they now felt tailor made for my feet and capable of a sub 4 marathon. I am hard to please, but in 13 years this firm has never let me down. Total price for the package which included illustrations of the stretches and exercises I need to do - £135 with RRC discount.



ROAD RUNNERS CLUB

dedicated to helping and improving
runners of any ability

General Secretary; John Trory
10 Dorothy Road
Hove, Sussex BN3 7GR
01273 – 414849
johnandcynthia@trory.net

Competitor's medical certificate

..... (Name)

..... (Address)

.....

.....Postcode.....

The above person is a fully paid up member of the Road Runners Club.
He/she has applied to enter the following running event where a medical certificate of fitness to
compete is required.

..... (Event name)

..... (City/Country)

On (Date)

He/she (Name of competitor) is satisfied that there
is no medical reason why they should not compete in the above event at their own risk.

..... (Signature of Doctor)

doctor's official stamp

.....(Name of doctor)