

THE FINISHING LINE

Long Eaton ⁸⁶

Running Club

Issue 10: October 2007



- **2007 WINTER LEAGUE**
- **FELL RUNNING FOR LADIES**
- **RACE REVIEWS**
and much, much more!



Chairman's Bit

Once again it is time to find out what has happened in the last few months at the club in the 'summer' period. Not exactly summer was it?

Thinking about club welfare in general (and I had to think about this for a while) was there anything bad? The answer of course is No! although on a few occasions I found myself pulling my hair out. Of course this is to be expected as we are not a small club any more but now you know why I am a bit balder now? But I was pleased that members came forwards to help out on these difficult occasions when they arose.

Anything good happened and the answer of course is Yes! Membership is steady, lots of new faces, the Fell league has been started and still members continuing to improve and enjoy running with this club.

No doubt you may have heard that some of the previous committee members have resigned this year, namely Louise Hughes (Ladies Captain), Carla Tebbutt (Charity), Phil Wallis (Race director) and John Birch (Mens Captain).

I'd like to thank them for their contributions and efforts in running the club smoothly over this period in these important roles. We have new people to fill these roles and I am sure they will handle the job well. Of course members contributions and help are always required.

So what about the 'Winter' season coming up, well I hope the members will again take an active role as usual and as always I am looking for their contributions in improving the club. Remember I did say I listen when I have a pint in my hand.

During the dark night running please wear something reflective to be seen, it pays to be safe outside. Other issue is please remember that when we go out running to look after each other, especially our lady runners.

Our Cross Country race is on the 25th November so again we will require your help, so please volunteer again when the time comes.

Our Christmas meal and presentation night is at Risley Park Hotel on the 30th November. It is an excellent night, not just because of the food (it is good), not only because of the venue (very nice décor) but you members and friends make the night. So avoid the disappointment and come and join us.

So 'happy' running with the club and let us have a successful winter season.

Ash

FRONT COVER - Paul Lewis heading for the finish at Turkey Trot 2006

Profile of a Long Eaton runner

IAN WALLIS



The Club's Secretary has been a life long runner - here's his story.

When did you join the Club? I joined in July 2000 after being introduced to Paul Gillingwater at the Heritage Grand Prix races. I found myself running alongside the same person in all four races and he told me about the club and introduced me to Paul after the last race at Holme Pierrepont.

Why and how did you start running? I started cross country running at secondary school to get out of playing rugby and upped the training in the Sixth form when 5 of us had a bet that we couldn't run a marathon. Only 2 of us ever did a half marathon and I did my first full marathon in 1983 in Sheffield.

What is your favourite race? There are loads of great races so it's hard to pick just one. If I had to it would be the Kinder Downfall on the edge of the Kinder plateau one of my favourite areas for its beauty, wildlife and remoteness yet easily accessible

Favourite training session? Like many people I train to race so often training itself can be a chore. That's why I'm still in the Club because it's so much easier with people around you. I do remember though when

Phil Walters, Tony Vardy and myself went up above Howden reservoir one Saturday morning just after it had snowed. Most of the time we were running in virgin snow and with the winter sun the surroundings were just stunning. Of course we had to be careful as deep holes and gullies could be filled with several feet of snow so what looked like a flat area suddenly gave way as you ran along it. At one point I fell into a snow hole probably 3 feet deep and ended up on my back, laughing so much I couldn't get up. It was a good job I was laughing as Phil and Tony couldn't see me and I needed them to help me up. We spent about 4 hours up there and I loved every minute of it. That's what the Club gives me - great experiences with good friends in lots of different areas.

Any memorable PBs? I always value every PB that comes along not only because it gets harder as you get older but because I've had more than my fair share of injury and health problems over the past few years. The summer of 2006 sticks in my mind though as Phil Abbott dragged me round to a fantastic PB in the first Heritage race at Rushcliffe, then I got a 5 mile PB at the last race at Colwick followed only a week later by yet another 5 mile PB at Worksop. All of this after a miserable 2005 suffering from a groin strain and hamstring problems.

So what comes next? Well I've done a 50 mile race (Rowbotham Round Rotherham) and several full marathons so distance is no longer a target. Time to look at trying out some different races maybe a little further away from home.

Any future goals? To continue to enjoy my running without further injury. In particular I hope to carry on travelling abroad to race with friends from the Club as I would never have gone to Prague, Cyprus, Benidorm or even Ireland without the running connection.

Fell running - it's not just for Boys!

This year the club introduced a fell running league, comprising of races, which required amongst other things, climbing skills, endurance, navigational skills and above all, a love of mud! I had spent months pounding the streets training for various road races and to be honest, I had had my fill so the opportunity to go off road and out into the countryside sounded very tempting, apart from the fact it was January!

Prior to the fell running league, I had competed in a trail race in the Lake District, a handful of David Denton's fell races and an event known as the Grin "N" Bear it - a 15 mile fell race over footpaths, bridleways and open moor land in the North East Peak District. I had already realised that I didn't mind running through streams or wading through muddy fields and bogs so I decided to have a go at some of the races in the league, having firstly convinced my long suffering training partner, Phil Abbott to join me.

The first fell race I did was a disaster - Lambs Longer Leg - my attempts at "running downhill" were pitiful. Fell running wasn't as easy as I thought, it required a lot more technique and endurance than I had first imagined.

Phil, Andrei and myself were the new kids on the fells but together we began to develop our techniques. I soon realised that braking on the descents was far more painful than "taking the brakes off" and going for it. Andrei, and to a lesser extent, Phil had no problem with this concept, but it took me a little longer to grasp - fear of falling, fear of death, that sort of thing!

I started to incorporate hill work into my training, both up and down, and began practising in the Peak District and Lake District, whatever the weather, and I mean whatever the weather! By the end of May I decided to train for the Borrowdale fell race - 16 miles involving almost 6000 feet of climbs, so not for the faint hearted!

I took training advice from those more experienced than myself in the club and to be honest, the training was even harder than for a marathon. I needed to practice mountain climbing and descending techniques. I had to learn to read a map because the majority of the course was unmarked. Fortunately we

have some experienced navigators in the club and they were patient enough to teach me.

The morning of the Borrowdale fell race was wet, windy and miserable but no matter the weather, the race was here and I wasn't going to waste all my hard work by letting the weather deter me. I had everything to prove especially to the experienced fell runners in the club who were a little concerned that the race would get the better of me. On the day, Phil agreed to run with me. It was a gruelling, tough, scary in places race but the views at the top of each climb were reward enough. I would never have completed it if it hadn't been for Phil who helped me realise that I am mentally tougher and physically stronger than I first thought. Fell running involves blood, sweat and tears but the feeling of satisfaction you get when you have successfully completed a tough race is amazing. Fell running isn't just for boys!

Sporting Gaffes

Ah, isn't that nice, the wife of the Cambridge president is kissing the cox of the Oxford crew.
Harry Carpenter (BBC TV, University Boat Race 1977)

The batsman's Holding, the bowler's Willey.
Brian Johnston (as Michael Holding faced Peter Willey)

And there goes Juantorena down the back straight, opening his legs and showing his class.
David Coleman

We estimate, and this isn't an estimation, that Greta Waitz is 80 seconds behind.
David Coleman

He is accelerating all the time. That last lap was run in 64 seconds and the one before in 62.
David Coleman

And the line up for the final of the Women's 400 meters hurdles includes three Russians, two East Germans, a Pole, a Swede and a Frenchman.
David Coleman

The Republic-of-China - back in the Olympic Games for the first time.
David Coleman

That's the fastest time ever run - but it's not as fast as the world record.
David Coleman

And Britain defeats the rest of the world to pick up the bronze medal.
David Coleman

Sarah Tucker gets GB vest

Sarah Tucker of Long Eaton Running Club finished a fantastic 3rd place in the Boddington 50K race in Gloucestershire on Sunday. The race always attracts the cream of the GB Ultra athletes and is watched closely by the National selectors.

In poor, breezy conditions, Sarah finished in a superb time of 3hrs 43 minutes, which not only got her a podium finish, but also earned her an England running vest in which she'll represent the country in an international 50K race in Italy next October.

Rain Soaked Series

Possibly the wettest ever Heritage series came to a victorious end for Long Eaton Running Club on Thursday 5th of July with the 5 mile race held at Colwick Park. All 4 races had at least a shower or 2 with only the 10k at Holme Pierrepont showing some sun. All the rain and puddles did not affect the performances of the runners with Neil Renault winning all four races and therefore also being the overall winner, which was a repeat performance of last year. Long Eaton also won in 2005 with Rod Harris the victor that year. Paul Lewis finished 3rd in the four race series with a combined time of 14:46:31

Along with Andy McNeil (who took the MV40 Prize and was 3rd overall) and Paul Lewis, Neil was also part of the winning Mens team. Long Eaton's B team of John Birch, Ian Adkin and Rob Fox, were 2nd with Long Eaton C only 32 seconds from getting 3rd place.

The Ladies had good team performances as Monica Fee, Catherine Benson and Caroline Waterhouse picked up 2nd place, with Long

Eaton B (Sarah Crannage, Catherine Rowe and Zoe Fletcher) in 4th only 3:30 from taking third Place.

The weather was good for Personal Best performances. Caroline Waterhouse set 5 new bests (including a very hard Mansfield half marathon held after the first 2 heritage races), John Hay set 4, Ann Church with 3 new best times. Catherine Rowe had a good series and finished 3rd in the F40 category. New club members who took part and did themselves proud Vicky Holden, Suzanne Ryan, Jill Munro, Amy Law and Rose-Marie Taft will be looking forward along with the rest of Long Eaton Running Club for some more rain in the next race they do. Or perhaps a bit of sunshine may be nice! All in all another successful series which Long Eaton seem to be making their own, with over 50 members doing at least one of the 4 races.

Ambergate Fell Race

It was a case of the old ones can still teach the youngsters a thing or two in the fell race in the Shining Cliffs of Ambergate.

On a beautiful Easter Sunday at 12:00 noon 8 Long Eatonites went and ran 5 miles on very hilly ground through the woods. The first three back were all veterans with Rich Wilkinson 10th in 34:02, Alan Maplethorpe 13th, 30 seconds behind Rich and Mick McDermot 17th.

The first of the younger models was Clive Allison in 20th, Andrei Vais also a young man, 28th and Andy Colgate also below 40, 47th in a time of 40:07.

Damien Cowlshaw, deciding not to do the Belvoir Half Marathon this year held at the same time, instead tackled the hills finishing 75th and Kev Holland finished 101st in a time of 52.45.

The Notts Road Race League 2007

The Notts Road Race League always attracts a fair number of LERC runners due to a mixture of good routes and of course it's free for members to enter. 17 men and 7 ladies made the short rush-hour trip to Epperstone for race one with Paul Lewis and Monica Fee heading the LERC contingent on their first outings at this venue. Race two at nearby Holme Pierrepont saw 22 men and 10 ladies competing with Sharon Orridge leading the ladies field in first place overall. Monica continued in good form coming second for Long Eaton but Paul Lewis didn't run so putting him out of the overall standings.

Race three at Sandiacre again saw 22 men and 10 ladies compete with Alan Seamer leading the men home and Sarah Tucker in second place overall and first for the LERC ladies. Alan now led the Long Eaton men in the standings and with Monica not running, Vicky Yeomans headed the ladies due to consistent good finishes. Race four at Worksop saw 14 men and 8 ladies make the long trip up and all were rewarded with a sunny evening in Clumber Park. Paul Lewis again led the men home with Vicky leading the ladies but Alan finished second to add another good place to his overall tally.

After a break of a few years the fifth race returned to the Teversal Trail on a totally new route. Luke Seamer brought the men home with dad Alan just 14 seconds behind. With Vicky again heading the ladies contingent the overall standings were finalised and the runners headed into Teversal Grange for some light refreshment. Seven LERC runners competed in every race in the series. Congratulations and well done to Alan Seamer (12th overall), Richard Wilkinson (18th), David Riley (50th), Damien Cowlshaw (67th) and for the ladies Vicky Yeomans (9th), Caroline Waterhouse (13th) and Brione Abbott (30th). The prizes were once again dominated by runners from Mansfield and Redhill with some less familiar names coming to the fore this time.

The LERC Fell Race

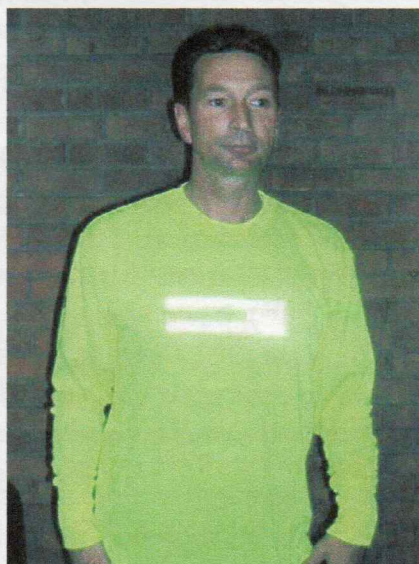
On Friday the 29th June Long Eaton Running Club's Inaugural Fell Running Championship was held over the 4 mile and 850 foot Tideswell course. A perfect weather window of clear blue skies allowed 12 athletes to battle it out over the steep slopes of Millers Dale. First was Dicky Wilkinson, 9th overall, after a close fought contest with Al Seamer (10th) finishing in 30.32 and 30.44 respectively. Then followed good performances by Karen Bolton lifting the ladies title, Phyliss Abbott, Monty Walters, Georgio Whitt, Teddy Mathieson, Col Bostock, Patsy Sturgess, Sian Gauton, Kev Belgium and a fine debut in Long Eaton colours for Adrian Keene.



LERCers gather before the Heritage race at Rushcliffe 2007

Be Safe Be Seen

It's that time of year again when evening runs are totally in darkness and the need for things to increase our visibility to others is high on the wanted list. The Club has a long sleeve fluorescent yellow top (opposite) with reflective transfer prints on front and rear which being made of Coolmax will also keep you warm on chilly evenings. For a large selection of iron-on reflective designs visit www.cyberglow.co.uk - I've used their lightning flashes for a couple of years so can vouch for their durability and effectiveness. For flashing lights on armbands and belts why not try your local running shop (or even Aldi at certain times of year) or look at www.ebay.co.uk



Finishing Line

Thanks very much to all those people who contributed articles, photographs or ideas for this issue of 'The Finishing Line'.

Apologies if there are any omissions, errors or if your pb/debut/etc was not included in a race report. If you want to see something in the magazine then please put pen to paper!

All contributions should be sent to Ian Wallis at imw40@tiscali.co.uk