



The Newsletter of Long Eaton Running Club

LERC Newsletter is launched

At this years AGM the proposal that the Club has a newsletter was accepted so here is issue one of what should be a bi-annual magazine. The aim of this newsletter is “ *To help promote the club - primarily to existing members and those with little or no access to e-mail. We want the magazine to be informative and interesting, but light hearted as well.* ” The content will depend on you, the members – the more you send in the less of my drivel you will have to read. Race reports, events, for sale and wanted, photos etc are all very welcome but please remember that the magazine will only appear twice a year, at the end of October and at Easter. We hope you enjoy this issue and remember – things can only get better.

In this issue

Why are we here -profile of Don Pitman
 AGM in brief
 News from Down Under
 Race reports - Robin Hood Marathon
 Heritage Grand Prix
 Autumn Handicap
 Lake District Relay
 The Wroxall Round
 Winter League fixtures
 Avoiding running hazards
 And so much more

Late News

Congratulations to Vivien Thorpe who won the Scott King 5 mile race on October 20th. Our ladies section goes from strength to strength with some excellent placings throughout the year and this must be the icing on the cake. Vivien was presented with a bottle of champagne by Ladies Captain Zoe Fletcher to mark her achievement.

“The Start” - profile of a LERC member

Don Pitman (48)



When did you start running? When I entered the very first Robin Hood Half Marathon in 1981.

What's the story behind setting up LERC? Back in 1986, Martin Goodhall and I took part in a relay race at Nottingham University. Although we were one of the last teams around the course, we still enjoyed the competition and decided to form a running club. In October of that year there were just 6 of us meeting up at a bus shelter by the canal bridge on Tamworth Road. The club grew to 12 by the end of that first year and we started to use the football changing rooms on West Park before the Leisure Centre was built.

And now? What gives you most satisfaction? I'm delighted that 16 years later the club is doing so well with well over 100 members and some excellent performances. It's great to

see people who say they cannot run, coming down the club and getting hooked so that before you know it they are entering races. Look at Pete Thorburn who at 58 was new to running when he first came down the club and now he enters several marathons each year.

What's the best advice that you've been given? Pete Wilkinson a Commonwealth Games Bronze Medallist told me "Set yourself realistic targets". I would also say, "Enjoy it and don't get despondent if things don't work out".

Most memorable race? It has to be London 1998 when I set my 2:49:32 PB. And also the 1999 World Veterans Championship Marathon in Newcastle. It was on my 45th birthday, and was the worst I have ever felt in a race(and this was not due to birthday celebrations), but a great experience to be part of a World event.

Any otherspecial PBs? The Derby Ramathon (Half Marathon) in 1994 in a time of 1:16.

Current Mileage/week? 40

What's your next running goal? The London Marathon in April 2003.

CHRISTMAS MEAL PLUS DISCO WEDNESDAY 18TH DECEMBER

Summer league trophies presentation night, also London Marathon Draw

THE WHITE HOUSE, TAMWORTH ROAD, SAWLEY

3 course meal £25 per person

Booking with Carol Willan or Ash - deposit of £15.00 per person

Cheques made payable to 'The White House'



Thirty two members braved the elements to attend the 2002 AGM on one of the wettest and windiest nights so far this year. John Birch presided over a relatively uneventful meeting since Ashok was away topping up his tan.

The new club officials are: Chairperson – Ashok Patel; Secretary – Ian Wallis; Treasurer – Carole Birch;

Membership Secretary – Jimmy Willan; Mens Captain – John Birch; Ladies Captain – Zoe Fletcher; Press and Publicity - Richard Ford and Clive Allison; Race Director - Phil Wallis; League Organiser - John Birch; Social Secretary - Carol Willan; Charity Secretary - Jimmy Willan and Derek Henderson; and Kit Sales - Ian Wallis and Carole Birch.

The Club had made a small loss during 2001/02 and an increase in subs of £1 was proposed and passed (subs are now £16). Any extra funds this raises will be used to promote the Club and the Long Eaton 5.

All other business transacted at the AGM is recorded in the minutes which are available from Ian Wallis or see the copy in the blue book.

News from LARA

QUEENS HEAD 5km ROAD RACE

will be held on **FRIDAY 27 DECEMBER** at 12noon
from the Queens Head pub, Chesterfield Road, Belper
on an out and back gently undulating course.

Parking is on-road and very limited so please take – why not car-share.

Real ale available afterwards

ENTRY FEE : £3 in advance (+£1 unaff) or £3.50 on the day)

LARA NEW YEAR SPORTING TRIPLE CHALLENGE

(BUT YOU DO NOT HAVE TO TAKE PART IN ALL THREE!!!!)

CHALLENGE 1 : THE DUATHLON

12 noon on New Years Eve : Social Club, Chevin Road, Milford
Run 2.5ml : bike 10ml : run 2.5ml **ENTRY FEE : £5**

CHALLENGE 2 : THE MIDNIGHT RUN

11.57pm New Years Eve : The Tavern, Derby Road, Belper
2000m very flat race ...accompanied by fireworks **ENTRY FEE : £3**

CHALLENGE 3 : THE NEW YEARS DAY HANGOVER 5m ROAD RACE

11am on New Years Day : Derwent Hotel, Whatstandwell
A hilly introduction to the year but good beer & food **ENTRY FEE : £3**

Come on!!!

Do something different this year rather than getting slightly drunk and accept the
CHALLENGE

SHINING CLIFFS FELL RACE

SUNDAY 12 JANUARY at 12 noon

6.5ml / 1100' (junior & beginners half distance)

The first of 3 races in Shining Cliff Woods, Ambergate, Derbyshire and held from the Hurt Arms,
Derby Road, Ambergate (junction of the A610 and A6) **ENTRY FEE : £3**

Race 2 is on Easter Sunday, 20 April & Race 3 on 1 June

The Wroxall Round - Richard Ford

Battered, bruised and bewildered. But this was not the end. This was the beginning.

It was the start of the third and final race in the Isle of Wight Fell Running Series. Two races had been held the previous day, a 3 miler in the morning and a grueling 7 miler in the afternoon, both starting from sea level and both descending steeply from St Boniface, which at nearly 800feet was the highest point on the island.

I had woken up earlier that morning with burning quadriceps that had turned my hamstrings in to bacon! I lay in bed for a while thinking about the prospect of running a 13 mile fell race. Was it tempting fate? Would I sustain an injury? A few negative thoughts came in to my mind, or was it the voice of reasoning? "Worse things happen at sea" I thought as I looked out across the English Channel. A couple of hours later and I was warming up on the starting line with 70 other masochists. I knew I wasn't going to win anything but that wasn't the point was it? I was wearing my LERC vest and that meant I was in a race.

Go! We started from Ventnor Esplanade along the seafront past the Amusement Arcade and the cafés. Bemused holidaymakers looked up from their fried breakfasts to wonder at the scene before them. Early on in the race I was overtaken by a group of runners but I resisted the temptation to stay with them, telling myself to relax and enjoy the scenery because there was a long way to go. But this was not a flat road race where you could switch on to autopilot and cruise along for a couple of miles. This was a multi-terrain, hazardous, horror show with calf wrenching climbs and thigh pummeling descents. Fantastic!

It was late September and the temperature was rising. From Orchard Bay we headed inland to Watcombe Bottom where the Sunday League football game was in full swing. There was a very steep climb up to Week Down and, one after another, we slowed to a walk, occasionally setting out on a short jog when caught up by another runner. At the top by the golf course and on to Stenbury Down the view was spectacular – from the sea, across almost the whole island and down to the village of Wroxall. Was that The Needles in the distance? The sun lit up the scenery and I temporarily forgot about the 10 miles ahead and the aching leg muscles. But the first steep descent down to Stenbury Manor Farm was an instant reminder.

I ran on my own for a while through Little Stenbury and Gatliff, trying to keep the group ahead in sight for reassurance that I was on the right track. There was no need to worry though because the course was very well marked out and there were plenty of marshals giving directions.

Another steep downhill section in to a wood and suddenly there was the one and only water station. I nearly ran straight past it. A table had been set out with plastic cups full of thirst quenching H₂O. I stopped to gulp two full cups, threw a third one over my head and set off after another runner who had also stopped for a long drink. I soon caught him up and tracked behind for a couple of minutes

before accelerating up a hill towards Lower Winstone Farm. There was a donkey sanctuary nearby and after crossing the B3327, the path climbed steeply up to another stile.

Hurrah! This was the dismantled railway line that ran eastwards for over a mile towards Shanklin and it was flat, flat, flat all the way. I could pick up the pace now but the pack ahead were still a good distance away. The path was quite wide but a narrow, eroded section in the middle was the easiest to run over and this is the line I adopted. The next stile was on the outskirts of Shanklin and there was a bottleneck here so I caught up the runner at the back of the group and tucked in behind as we headed south across the fields towards Shanklin Down.

The steepest section of the course lay ahead. The next climb turned in to a set of 120 footsteps and runner turned into walker, with the metal handrails being used to help hoist the body up each step. A marshal stood at the top of this staircase over another stile and directed the group across two more fields. Up high on Luccombe Down it was now possible to see the radar station in the distance on St Boniface Down - the only British radar station destroyed in WWII.

It was not long before I reached the masts and prepared myself for the final, fast downhill ahead – just another mile to the finish. I caught up two more runners before crashing through a gorse bush, cutting my ankles and shoulders in the process. I managed to stay on my feet though and tried to shorten my stride to slow down a little. The slope ahead was dropping away even more steeply now and I was desperately trying to control my descent. There were a lot of spectators in this area, in the same way that there might be a crowd at The Grand National waiting expectantly around Becher's Brook. I was determined not to lose control though and leaned back further forcing my thigh muscles to slow the legs down which had taken on a life of their own. Spectators shouted encouragement but if I tripped up now, I'd be in serious trouble. The bottom of the hill was now in sight and I tried to put the brakes on again, but my speed was still too high as I slammed in to a wooden gate. I just managed to avoid injury by twisting to take most of the impact on my shoulder and side.

Through the gate and along a narrow track, there was no way anybody was going to get past me here. The steps led down to the road and the Terminus pub – the end of the line for the trains that used to come out of the tunnel from Wroxall. The road continued steeply down towards the Town Centre and I took the turns wide, running towards the apex of each corner. When I reached the High Street, I had to dodge a bus whilst shoppers stopped to clap and motorist's drummed fingers on dashboards.

I cruised through the finish line in a respectable time of 1 hour and 36 minutes. After quenching my thirst and recovering fully, I picked up my rucksack, jogged down to the beach, stripped off my Long Eaton vest and dived in to an empty sea.

Lake District Relay



Clive Allison climbs out of the valley at the start of leg 3 with a magnificent view behind

A team of 6 ventured north in mid-October for the 14th British Fell and Hill Running Relay Championships held this year in the wonderful setting of the Langdale Valley in the Lake District. The four races varied from 4 miles to 5.5 miles and between 1900 feet to 2500 feet of climbing with one leg being a navigation exercise.

Saturday dawned bright but cold (there was frost on the tents) and a quick glance at the team board showed that we were one of 4 teams from the East Midlands. Over 100 teams had turned up and it was a battle between LERC, Rolls Royce A and B teams and Notts AC for East Mids honours. Richard Ford led off on the 2000ft climb of Pike of Blisco but stumbled and fell on the steep descent and Notts pulled ahead. Solid running by Glen Coleman and Ian Adkin on the second leg saw us leading Notts by about a minute. The Rolls Royce A team was in front but the B team had retired. Phil Walters and Clive Allison battled with the tough terrain on the navigation leg, overtaking the Rolls Royce team although Notts had edged back in front. After over 3 hours of the event Notts were 8 minutes in front as Rod Harris set off on the final leg. A huge effort along the Oxendale Valley then over Pike of Blisco saw him leading 2 other runners off the mountain. Bill Speake, the Notts athlete was the third of the group and was finishing very quickly passing the middle runner on the road section but Rod held him off to claim victory by just 30 seconds with Rolls Royce a further 11 places and 25 minutes behind. An exciting finish to over 4 hours of racing and the team were jubilant, celebrating with a well earned Stella (or two!).

8 Running Hazards and How to Avoid Them

- | | |
|------------------------|---|
| Fast Cars | <ul style="list-style-type: none">• Be bright, be seen and run on well lit, quiet roads• Avoid running on the M1 - yes, even the hard shoulder• Wrap yourself in Christmas tree lights and attach fog lights to your front and back |
| Creepy Crawlies | <ul style="list-style-type: none">• Wasps love sweet perfumes so leave the Hugo Boss at home and don't wash for a month• Cover up. Try not to leave any skin exposed to biting insects - try running in a wet suit• Apply barrier cream over your whole body. It might not stop determined insects - but it feels so goood! |
| Angry Dogs | <ul style="list-style-type: none">• Don't run from an attacking dog – unless you're faster than your fellow runners (tell them it's "natural selection")• Pepper spray works well.... but check that the nozzle is pointing in the right direction• If a German Shepherd attacks, stand your ground, be firm and say <i>"Wer kümmert sich um Ihre Schafe, wenn Sie im Gefängnis sind?"</i>• Pop half a dozen Alka Seltzers in your mouth, bark manically and chase the owner |
| Jogger's Nipple | <ul style="list-style-type: none">• Blondes. Avoid friction – run topless• Wrap gaffer tape around your chest• Cut a couple of holes in your club vest for a sexy yet contemporary "peek-a-boo" look |
| Killer weeds | <ul style="list-style-type: none">• Avoid nettle rash, cuts from thorns, etc - wear Kevlar leggings• Watch out for lumberjacks.... timbaaaaaaaaaaaaaaah!• Sprinkle DDT on overgrown paths - return the next day to a 40ft wide desert |
| Other Beasties | <ul style="list-style-type: none">• Cattle prods are great and they can also be used later to clear space on Credo's dance floor• Don't run through wild life parks (unless accompanied by a team of wild game hunters with elephant guns)• Beware fishermen. They can react wildly when you step on and snap their rods |
| Dodgy Pavements | <ul style="list-style-type: none">• If the paths in your area are badly maintained, set up a "Greenham Common" type vigil outside the offices of the local highway authority.• Avoid broken paths and pot holes completely by forming a running machine club. Meet up with other enthusiasts and boast that you can get yours up to a 40° angle |
| Mouthy Kids | <ul style="list-style-type: none">• Speed up. Remember, momentum is on your side... "Hey, it was an accident officer".• Run with Bernard Manning. OK, so he can't run under 3 hours at London but he's got some cracking come-backs for those hecklers• Get a job at the local school and take sweet revenge by making those bastards' lives a misery |

Loneliness of the long distance member

News from LERC member Ann Knight on running in Oz

The warm and sticky air is heavy with pungent Eucalyptus scent from the overhanging gum trees as I run up and down the mountain road at dusk. The sound of cicadas and distant birds calling out across the acres of bush forest distracts me occasionally and I look out across the fields of sugar cane, smoke haze still apparent after fire ravaged a nearby area last night. This is a savage and thrilling country, with incredible beauty all around but so far all I am finding is the “loneliness of the long distance runner”. There are hundreds of runners pounding up and down the magnificent coastal footpaths in the early dawn and late afternoon, running along the river as it reflects the pinks and golds of the setting sun over the bizarrely shaped mountains, but no running clubs. I’ve tried meeting up with small groups of runners, but so far unsuccessfully - a sharp contrast to the friendliness and helpfulness I found when I joined LERC a few years ago. Although I have enjoyed competing and completing my first marathon in Sydney 2 months ago, the running scene is very different here. Big distances between towns and cities and a small population means fewer races and fewer clubs. I miss the wet, cold, frosty, snowy and even damp runs along the beautiful canals, rivers and around the countryside, even through the orange-lit ugly streets of Long Eaton. I miss the excuses for poor performance, the



Cheers Cobber! LERC members wish Ann well.

bar upstairs, the bad jokes and you guys. Despite it being a testing time now as to how I will keep going, I am sure I will. I’ll set some targets for next year – another marathon for sure, maybe the Gold Coast in July. And somehow I’ll find some people to run with, without ever forgetting the wonderful friendships I found in LERC. Enjoy the winter season! I’ll be thinking of you all as it climbs to 30C every day here.

for the Diary ...

- 15 Nov Sandiacre Beer Festival at Friesland Leisure Centre
- 5 Dec Run to Risley Hospice 7pm (suggested charity donation of £1 per member)
- 15 Dec LERC cross country - if not running please come along to help (see Glen Coleman)
- 18 Dec Christmas Meal at The White House, Sawley
- 24 Dec No meeting
- 26 Dec No meeting
- 31 Dec New Years Eve Mystery Run - keep an eye on the notice board for more details
- 2 Jan No meeting



Still to be decided:-

Christmas lights and mince pie run - probably either 12 or 17 Dec

Time trial - held in late January on a 3.2 mile circuit of the town

Thoughts of the famous

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs." - Jesse Owens

"Every morning in Africa a gazelle wakes up. It knows it must move faster than the lion or it will not survive. Every morning a lion wakes up and it knows it must move faster than the slowest gazelle or it will starve. It doesn't matter if you are the lion or the gazelle, when the sun comes up, you better be moving." - Maurice Greene (attributed to Roger Bannister shortly after running the first sub-4 mile)

TOP TEN TUNES TO INSPIRE YOU:

- | | |
|--|--|
| 1. <i>Running Up That Hill</i> - Kate Bush | 6. <i>Moving</i> - Supergrass |
| 2. <i>Catch</i> - Kosheen | 7. <i>If I Run</i> - Semisonic |
| 3. <i>Flying</i> - Cast | 8. <i>Run Like Hell</i> - Pink Floyd |
| 4. <i>King of the Kerb</i> - Echobelly | 9. <i>Breakaway</i> - Art Garfunkel |
| 5. <i>Break My Stride</i> - Mathew Wilder | 10. <i>Start Again</i> - Teenage Fanclub |

THE HERITAGE SERIES (25/6/02 TO 4/7/02)

Long Eaton Running Club picked up both individual and team prizes in the annual Nottingham Heritage Grand Prix Series. There were four races over a ten day period including a 10K race at Holme Pierrepont, a 5K at Wollaton Park, 4 miles at The Forest and finally a fast 5 miler at Colwick Park. Over 400 runners took part in this year's series with 44 members representing Long Eaton Running Club.

The first 3 men for Long Eaton were Andrew McNeill, Robert Fox and Richard Ford who won the 2nd team prize, just behind the 1st team from Redhill Road Runners. After a superb performance at Colwick Park, the Ladies team moved in to second place with Rachel Forrest, Vivien Thorpe and Vreni Verhoeven picking up the cash prize.

Long Eaton's Robert Fox put in a consistently good performance in each of the races and was a clear winner in the M40 age category whilst Mick McDermott was delighted to win first place in the M50 age category, ahead of Derby's Don Percy.

NEW GRAND PRIX VENUE

A new venue is added to the 2003 Heritage Series - a 4 miler at Rushcliffe Country Park replaces the challenging, hilly circuit of The Forest. So the new series starts on 24 June - 10K at Holme Pierrepont followed by 26 June - 5K at Wollaton Park, on 1 July - 4miler at Rushcliffe Country Park and 3 July - 5 miler at Colwick Country Park with presentation in the Racecourse Bar afterwards as usual.

ROBIN HOOD – 15/9/02

The Experian Robin Hood Marathon and Half Marathon took place on 15th September 2002 with over 6,000 runners lining up at the start line on the Embankment in Nottingham. The organisers put together a slightly revised course this year to avoid the city centre road works for the new tram-lines and consequently there were a few awkward sections with sharp turns but the crowds that lined the course helped cheer the runners along.

With 58 runners representing Long Eaton Running Club there were some outstanding performances with several runners achieving sub-2 hour times on their first attempt at the 13.1mile half marathon distance. Vreni Verhoeven was fifth lady on her debut in the full marathon in a very impressive time of 3 hours and 26 minutes.

Perhaps the greatest accolade of the day went to Long Eaton's Andrew McNeill who won £200 of prize money and Sweatshop vouchers for coming in third place over the full marathon in a time of 2 hours and 39 minutes.

THE AUTUMN HANDICAP RACE – 3/9/02

A 4.5 mile 'Handicap Race' was organised by Long Eaton Running Club with 40 members taking part. A handicap time for each runner was calculated from the best performance in a recent race so that the slower runners started first followed in turn by faster runners. The race itself began outside the Navigation pub in Breaston where marshals directed each competitor to Cottage Farm and across several fields to the village of Risley. The course continued for another mile or so along the B5010 towards Borrowash before a left turn down Hopwell Road and then back along the footpath to the Navigation.

David Riley put in a very good performance overtaking fifteen runners to gain second place and Colin Bostock finished close behind in third, but neither could catch Lesley Crowther who exceeded all expectations, 63 seconds ahead in a time of 35:50. Later on in the pub recovering over a drink or two, Lesley was awarded the Autumn Handicap Shield and a special prize for winning by such a large margin.

The organisers were delighted with the attendance and are planning to make this an annual event. The course was well marked out particularly over the fields and the final sign before the finishing line advised runners – “*Beer Station Ahead*”!

Autumn Clearout - ½ price sale

Short sleeved T-shirt with embroidered logo, Screen Stars made (sml & med) £3.50
Crop tops, blue with white piping, made by Donnay (sml & med) £2.50
Lycra shorts, blue, (lge 32-34?) £3.50
OLD STYLE ladies vest (lge) and shorts (med) £5 each.

Don't forget our Winter Warmers - Ron Hill Jackets with logo £35, tracksters £15, sweatshirts £10 and wooly hats £3. Ian Wallis (tel. 0115 973 1408)

TURKEY FILLING FAST

The *Keyworth Turkey Trot Half Marathon* is an established and popular part of our Winter League with 20 runners from LERC taking part last year. The course is a single circuit, all on road, starting in the village of Keyworth and passing through the undulating rural scenery of the South Nottinghamshire Wolds. The race will take place on 8th December 2002 at 10.15am and to help mark the event's 20th year the race organisers are giving free entries to runners that took part in any of the first three Turkey Trots. Could this be you?

The entry fee is £7 this year and the closing date for postal entries is 27th November 2002. Day entries will be accepted upon payment of a £2 supplement but organisers believe that they will hit the race limit of 1000 this year so day entries cannot be guaranteed. Entry forms are available in the blue book or on-line at <http://freespace.virgin.net/keyworth.turkeytrot/>

The Long Eaton Running Club Winter League

The Winter League is LERCs internal league consisting of a series of races where members gain points depending on where they come in the results. First Long Eaton runner home gets 150 points, second gets 149, third gets 148 and so on. Ladies are scored separately to the men and the current positions are displayed on the notice board. Your best 10 results count and prizes are awarded at the summer social evening.

The League is organised by John Birch.

Winter League Fixtures 2002/03

29 Sep	CLUMBER PARK	27 Dec	QUEENS HEAD CANTER
29 Sep	BESTWOOD	29 Dec	SOUTHWELL MILLENNIUM RUN
06 Oct	GOOSEFAIR GALLOP	01 Jan	WHATSTANDWELL HANGOVER RUN
12 Oct	MARKEATON X-C	11 Jan	WOLLATON PARK X-C
13 Oct	MERRILL	12 Jan	AMBERGATE FELL RACE
20 Oct	SCOTT KING HUCKNALL	19 Jan	HOLME PIERREPONT X-C
27 Oct	WORKSOP HALF(CANCELLED)	02 Feb?	CHARNWOOD HILLS
02 Nov	SUTTON LAWNS X-C	09 Feb?	STAMFORD 30
03 Nov	DOVEDALE DASH	09 Feb	COLWICK WOODS X-C
10 Nov	EREWASH X-C (BRAMCOTE)	02 Mar?	SINFIN X-C (MOORWAYS)
24 Nov	LEICESTER MARATHON	16 Mar?	ASHBY 20
30 Nov	BERRY HILL X-C	30 Mar?	AMBERGATE FELL RACE
08 Dec	KEYWORTH TURKEY TROT	06 Apr?	WESTON 5
15 Dec	LONG EATON X-C		

Did you know that as a member of Long Eaton Running Club you get 14 free **yes free** races each year? In the winter the club affiliates to both the East Midlands Cross Country League and the North Midlands Cross Country League giving a total of 9 free cross country races. Although some are genuine cross countries (like our own held on Long Eaton Meadows) most are in parks with a little bit of woodland and are very relaxed events of either 5 miles or 10K. Again Club members only so remember to wear your vest. Did we also mention that these races are free?

Please send all contributions for the next newsletter to Ian Wallis. Electronic copy preferred (any format), photos should be high quality or electronic. E-mail imw40@tiscali.co.uk or see you at a club night.