

THE FINISHING LINE

Long Eaton ⁸⁶

Running Club

Issue 11: April 2008

- 
- **2008 SUMMER LEAGUE**
 - **MEMBER PROFILE**
 - **AND ALL THE BIG RACE REVIEWS**



Chairman's Bit

The 'winter' season has finished and I have no doubt those members who took part in the races enjoyed themselves and represented the club well. The club profile is looking good among the Nottingham/Derby running circle.

Also you may have noticed that one or two old faces have returned back to the club and there is an influx of new faces. I am sure we shall even see more new faces after the 'Beijing' Olympic. As always please welcome them warmly.

Also must thank those members taking responsibilities and organising events for the club. I may not say this often but the club appreciated it.

So like I say in every news letter, 'keep up the good work' boys and girls.

Our race is coming up soon on the 15th June 2008 and as always the race organising team will be expecting your help on the day. Application forms for the race are out now and if you can help in distributing them please come and see me. But if you wish to run this race then there is no problem there either, but primary we need to make sure that the race goes well on the day.

A few social events are coming up and I urge all members to partake and book your places now, especially the 'winter' presentation night, otherwise you will miss my dancing moves. As always keep an eye on our web-site/notice board for functions.

The 'summer' league races list is out so let's encourage each other and get members to the races, show our 'white & blue' colours once again.

What the weather will be for this year, I have no clues, but let's hope we shall see some sunshine this year.

So 'happy' running with the club.

Ash

FRONT COVER - The view from Mam Tor back towards Lose Hill on a crisp February day - what more incentive do you need to go fell running

Profile of a Long Eaton runner

ANN CHURCH

The Membership Secretary has logged quite a few races in a short time running - here's her story.



Why and how did you start running? I've watched the London Marathon every year since I was about 10 or 11, and always thought I'd give it a go one year. Then in 2004, I thought I should actually start running if the marathon was ever going to be a reality. After watching London in 2004, I entered Pete and myself into the Nottingham Half thinking that would be a good start. We then followed the 19 week beginners programme from their web site and gave it a go. The first few runs were walks interspersed with a few jogs, but it didn't take too long before we were building up the distances. I started running in my gym trainers, and really suffered with my knees, but a trip to Sweatshop sorted that out. By the end of the 19 weeks we were standing on the start line on the Embankment ready to go. The Marathon still eludes me though. I realised how hard it was! I watched it again this year and still think maybe, but I now realise the amount of effort and commitment involved. I'll try and do one before I'm 40 perhaps....

What is your favourite race? The Jagermeister in 2004. Our 19 week programme told us to run a 10K race in August, so we trawled the web and found the Jagermeister. The website said it was an ideal race for beginners, so we went for it. We knew Colin and Barbara through the dive club, and both were also entered. Barbara was very encouraging and told us we'd be fine, and we wouldn't come last. The start line was full of club vests, and we started to get a sinking feeling. As we set off and saw the massive hill in front, we knew we were in for a hard time. At the end of the first lap, we were last, and the Land rover sweeper was chugging behind us. However, the Marshalls were fantastic and cheered us all the way, and Colin and Barbara were waiting to cheer us in at the finish line. Having finished last, you can never do any worse, so it never bothers me any more. Barbara took us on long runs ready for the Half - and we didn't come last in that, though we were passed by Scooby doo and Bob the Builder. That's when we joined LERC.

Any memorable PBs? The White Peak half a couple of years ago. I hadn't entered because I came last the previous year. Then Karen Preston couldn't run and offered me her number, so I gave it a go. Karen was there to support with Pete and the weather was perfect. I was aiming for 2h 30, but just missed it by a couple of minutes, but seeing as it was a last minute entry I was still pleased. The 2h 30 is still elusive as I haven't been fit enough to do another half since, but I'm hoping this will be my year.

Any other interests? Pete and I are really keen scuba divers - that's how we met in the first place. We are both instructors and Pete has reached the highest grade possible. We dive all round the UK and try to get at least one foreign trip a year as well. So far, it's taken us to places like the Maldives, Borneo and Galapagos. We haven't had a non-diving holiday since we got married. Even our honeymoon involved a dive trip to St Kilda with a group of 8 people! This year, we're off to Papua New Guinea as I have the urge for some heat.

Any future goals? I still want to beat 2h30 for the half, and 60 min for the 10K. Then I can start thinking about that marathon again.

Winter League Presentation Evening - Friday 9th May

Tickets are available from Jodie, Monica, Vicki or Phil.

Buffet, Real Ale, Presentation and Disco all for just £17 Per person!!

Date - Friday 9th May

Venue - Steamboat - Long Eaton

Time - 7.30 till late!

Please purchase your tickets now to avoid disappointment!

The Four Inns 2008 by Rob Jackson

Three members of Long Eaton Running Club represented the club at the annual Four INNS Challenge run on Saturday 5 April. This event, organised by Derbyshire Scout Association covers 40 miles of the Peak District, from Holmfirth to Buxton, including the rugged, high moorland plateaus of Black Hill, Bleaklow and Kinder Scout and requires competitors to run in teams of three or four. Rob Jackson, Glen Coleman and Phil Walters, took part in the event for the fifth consecutive year and were ably supported at various checkpoints on the route by Pete Foulds. Despite some atrocious weather conditions, including low cloud and a snow blizzard over Bleaklow, the most exposed part of the course, some excellent navigation work saw the team set their fastest ever time over the first part of the route to Edale. The blustery conditions continued throughout the day and the team completed the course in a time of 9 hours 56 minutes. This gained them a creditable 11th overall place out of 90 starting teams and 5th place out of 22 teams in the veterans section of the competition. The team plan to return to the event next year, where they hope to be accompanied by other teams from the club.

"Ich bin ein Berliner!" by Clive Allison

We flew out on Friday 4th April from East Midlands Airport heading for Berlin Schonefeld, six LERCers Rob, Paddy, Sean, Ash, Kev and myself. The first problem we encountered was at the hotel, slightly tired after the flight and taxi journey it appeared that our rooms were no longer available.

Oh dear! Luckily Paddy came to the rescue and swiftly retrieved a copy of an e mail confirming our late arrival and we were soon checking out our rooms. The hotel itself was very impressive, the 37 storey Park Inn at Alexanderplatz with over 1,000 rooms and a casino on the top floor, unfortunately a tie and jacket was required for entry, next time maybe!

Kev had drawn the short straw and was sharing with me, our view was fantastic from the 17th floor we looked out over the east of the city towards the parliamentary district with the 368metre TV tower looming in front of us.

Our first task was to register for the race, so we headed out on the Saturday, the day before the race, towards the starting point at Schlossbrücke, just in front of the Berliner Dom Cathedral. After doing the "sightseeing tourist" bit a few photos etc, it began to dawn on us that we were in completely the wrong place and luckily a local managed to convince me that we needed to be on the other side of the city to register!

Not a problem! So we headed back to Alexanderplatz railway station and caught the train to Messe Nord / ICC where the Marathon Expo apparently was. Eventually we found ourselves in the right place but realised that it was not going to be simple especially as I realised I'd forgotten my e mail confirmation and no form of identity other than my LERC membership card. I managed to convince this chap that I was who I said I was and off I went to join yet another queue and eventually get my information pack and number!

Anyway we all successfully gathered our packs and off we went to find the exit. An hour or so later (or so it seemed we found the right way!) myself and Paddy then made an executive decision to find a bar. The others took much convincing as you can guess and a few German wheat beers were soon being ordered along with pasta and pizza to carbo load for tomorrow's race!

We took the train back and exited this time at the impressive modern railway station at Bahnhoff and walked towards the parliamentary building The Reichstag and then to Brandenburg gate for more photo opportunities. This was all thirsty work so a few more bars were also taken in before heading back to our hotel and an early night! (ok earlyish!)



Race morning was quite cool and we made the short 10 minute walk from our hotel to the start. The 28th Vattenfall Berliner Halbmarathon boasted a 3.5km fun run, 21km inline-skating event, 21km wheelchair event and of course runners also.

With our kit safely passed on to Kev (he hadn't entered the race due to an injury sustained in January) we were soon off and the five of us were heading along Unter Den Linden towards The Brandenburg gate. The course itself is very flat and coupled with the ideal conditions, good times were certainly possible. Through the Brandenburg Gate the course continues west through The Zoo Gardens, to Charlottenburg then heads south before picking up Kurfurststendamn at about the halfway point. The old east / west divide is crossed again at Potsdamer Platz, where the impressive buildings and modern architecture coupled with old is breathtaking, the final kilometres head back past Checkpoint Charlie and to the finish at the Rathaus.

Paddy was home first in 1'27, myself 1'29, followed by Rob in 1'32, Ash 1'34 and Sean in 1'55. We were all pleased with our times and we were then left to carry on with the sightseeing, oh and to partake in a few celebratory drinks! Special thanks to Kev who, with despite almost 25,000 entrants taking part, managed to get photos of us all and was at the finish with our kit.

This was my first visit to Germany and I was certainly impressed with Berlin and would strongly recommend a visit whether it be for purely the experience of this fascinating city or to partake in the race itself. A very fast and flat course make it an ideal PB potential if anyone is thinking of doing the half or the full marathon later in the year.

Auf Wiedersen Pet!

Bumper Spring Weekend

Belvoir Half Marathon - Four races took place on Sunday 30th March 2008. The best attended of the races by the club; particularly from the men was the Belvoir Half Marathon. This half marathon is a very attractive, rural and potential personal best course. True to form, personal bests and course bests were achieved aplenty. Ian Chant was first home for the club in a personal best time of 1:22:46, finishing in 22nd position. John Birch finished in 24th position in a time of 1:24:05. Gareth Watson finished in 58th position in 1:28:41. Monica Fee was next home for the club, finishing in a new personal best time of 1:33:07, closely followed by Ash Patel who finished in a new course best time of 1:33:43. Martin Way completed the course in 1:36:38. Shaun Burton achieved a new course best time, finishing in 1:38:33. Paul Gillingwater was next home for the club, finishing in 1:40:21. Caroline Waterhouse finished in a new personal best time of 1:42:45. Catherine Rowe finished in a time of 1:46:27, closely followed by Bill Sheppard in a time of 1:48:48. Damien Cowlshaw finished in a course best time of 1:50:23. Richard Mckie achieved a new personal best time of 1:53:10. Duncan Gedge, who was feeling under the weather, put in a valiant effort to complete the course in 1:56:40. Carole Birch who was representing her first club, Wirksworth, finished in 2:02:34 and Barbara Bostock finished in 2:14:31.

Weston 5 - Also on Sunday was the Weston 5 mile race in Derbyshire, which was also well attended by the club. Rob Fox was first home for the club in 30:54, followed closely by Dave Boot who finished in 31:55. Jon Hughes finished in 32:40, followed by Mark Boot in 33:59. Richard Hill finished just ahead of Chris Dodd in a time of 34:35, with Chris finishing in a course best time of 34:57. Adrian Keen finished three seconds behind Chris. Paul Burchell finished in 36:16, followed by Rob Smith in a time of 38:02. Chris Bradley completed the course in 39:05, with Debbie Coleman finishing in 43:30. Lucy Wright and Jody Smith completed the course in 49:25 and 49:26 respectively with Jim Stevenson arriving home in 54:28.

Equinox 14 - Over in Leicestershire Phil Abbott competed in the Equinox 14 road race. The race is a 14.2 mile undulating course set both on and off road. Phil put in a brilliant performance to finish second overall, setting a new half marathon personal best time of 1:28:05 in the process. He completed the Equinox 14 in a new course best time of 1:35:00.

Edale Skyline - Over on the fells, three LERCers took on the Edale Skyline - a 21 mile fell race with 4500 feet of climbs. Despite the weather being favourable, the conditions were difficult underfoot. Glen Coleman was first home for the club, finishing 62nd overall in a time of 3:42:40. Phil Walters completed the course in 4:12:03, finishing 138th overall. Colin Bostock finished in a time of 5:26:10.

Auld Lang Syne fell race - 6 miles

With 472 finishers the Auld Lang Syne fell race is not your ordinary fell race. For a start you get a free bottle of beer when you sign on - "Old Leg Over" is described as a right grand Yorkshire beer. This traditional race takes place in Penistone Hill Country Park in West Yorkshire, in Bronte Country close to the home of the Keighley and Worth Valley railway. From a hill top quarry start the route winds across the moors on good paths making it really friendly for fell first-timers although there are still a few challenges thrown in for regulars like steep drops and climbs into and out of a river crossing, and a superb downhill trail on peat where speedy runners can make up places on those less sure of their footing (though watch out for knee deep bogs). After an uphill finish competitors are rewarded with coffee and biscuits before retiring to the excellent Sun Inn down the road in Howarth, a free house with a great range of beers.

This year both men's and ladies records were broken despite heavy going in places after recent rains. Alistair Brownlea finished first in 39.07, a massive 1 minute 48 seconds off the record, while Olivia Walwyn knocked an amazing 2 minutes 10 seconds off her own record to finish in 47.05. Just 3 Long Eaton runners made the trip with Richard Wilkinson finishing in 51.51 in 97th place, Ian Wallis returning to form with 66.11 in 367th place and Colin Bostock not far behind in 380th place finishing in 67.31.

It's a bit of a drive up to Howarth but as a once a year event on an usually quiet new years eve it is highly recommended. I think this trio will be back in 2008.

"Lights and Pies"

Tuesday 18th December was no ordinary night at the Club. 40 or so runners turned up. It was great to see members, family and friends dress up for the night in festive costume to run around the old part of Sawley to admire the few houses that really go to town when it comes to decorating their houses for Christmas. With a choice of running either 4 miles or 7 miles, father Christmases, Shaun Burton, Ash Patel and Colin Bostock had a reindeer to pull them along (well Duncan Gedge anyway, who wore a hat, bells and flashing lights) and an angel to guide them (Nicola Bennett). Luckily nobody got stranded in the housing estate.

On return from the run and a quick shower and change, everybody made their way to the "Bulls Head" pub where hosts Phil and Leanne treated everyone to chip cobs followed by mince and apple pies ... disappointingly there were no "mice" pies as promised by Ash. Special thanks to Phil and Leanne for looking after us all. It was a great night.

The prize for best fancy dress costume on the night went to Bill Sheppard who came as Jimmy Saville.

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@talktalk.net