

Sutton in Ashfield Harriers

Newsletter—October 2010



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Here we go, another newsletter and it will keep coming whilst there is news to report.

Marathon fever has taken over this edition with 2 full and 3 half write ups from home and away.

Sutton Harriers have been out and about doing other things than just running (Thanks Kev).

And finally, don't forget Cross Country, Sportshall and other events coming up in Nov and Dec.—See below.

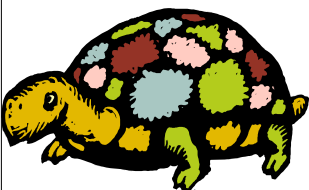
13th Nov	13:00	Kettering	North Mids XC	U13's up to seniors. (Fun run for U11)
14th Nov	1-1.30pm	Newark	Notts Sportshall League	Ur11, U13 & U15
14th Nov	11:05	Chaddesden Park Pavilion, Derby	Booths XC Race 2	(Road Race club and individual trophies presented after fixture.)
21-Nov	11:00	NWSC	PDS (Parkinsons Disease Society)10K	
28th Nov	11:00	Mansfield	Notts Mini League- XC	Ur11, U13 & U15
4th Dec	13:00	Mansfield	North Mids XC	U13's up to seniors. (Fun run for U11)
5th Dec	11:00	Bramcote Country Park, Nott.	Booths XC Race 3	(Some runners may find long spikes unsuitable for this course.)

The story of “the tortoise and Robin Hood”

It's Sunday morning and the race is here. It's a great morning to go for a 13m run round parts of Nottingham with a few friends. I set off nice and steady, (its part of my getting back into running training), aiming for 2.5hours - slow compared to the rest of the club but hey ho someone has to be at the back 😊

The pace runner steams past me, but I think 'no just steady, enjoy it'. I chat with people en-route, overtake a few runners, manage the hills mostly (so thats good- looking forward to winter training!). I meet a couple of ladies doing the marathon and think, 'oh maybe next year'. I wish them well and get moving.

I see and hear some supporters from Sutton, which is great, Thanks Guys and Dolls, it makes me feel loads better and I keep moving. It gets a bit warm but that's ok as I haven't got far to go. Again the cheers are heard at the entrance to the embankment - the welcome sight of 400m to go. I get on with running and try to pick off a few more and manage to overtake someone I saw early who whipped off in front.....



see tortoises can come in quicker than a hare 😊

Well I'm over the finish line, I collect my medal and head home, knowing that I did good and that I had a good run in the end. Not fast but hey that may come one day. The thought is in my head, maybe next year the marathon, then I've done the fun run, the half, the marathon and it only leaves the relay.



So to all those runners out there who think “I couldn't do that, I don't want to be last”, take it from someone who knows it's great to take part and you get loads more cheer at the back.....'

By Zoe Jones

Great North Run—By Sue Lomas



September 19th 2010 saw the 30th anniversary of this high profile 1/2 marathon and my 2nd race at this distance.

Whilst I was not worried about the mileage, (I knew I could stay on my feet for approx two hours), limited experience of longer distances, left me with a lack of confidence, worried that I'd want to give up half way

A rainy and cold day dawned in Gateshead which was in total contrast to my first Half Marathon on one of the hottest days of the 2010. Time wise, I'd told myself that as long as I finished and raised some money for Guide Dogs I wasn't bothered, however secretly I did want to improve on **2:19:31**.

As expected, the start was very congested and as, when I originally applied for a ballot place, I'd never run a half before, and had put an expected finish time of 2:30 and allocated 'H' pen, 3 from the back!

Watching the big screens, seeing the Elites off and doing the warm up set me up for the race and I opted to keep moving through the start rather than stop and 'high 5' Ant and Dec! The first two miles or so were fine - plenty of space, however by the time we came to the bridge it all backed up and hard to run at a comfortable pace. Not one to be put off, I endeavoured to break through wherever I could.

For whatever reason and whatever run I do it always takes me a while to settle down.

Mile 3 saw the first water station and once through this I finally started to relax and began to enjoy myself. Mile 4 saw the Powerade Team, but never having tried that particular brand before I opted to wait 'til the next water station and take my gel! I really didn't want any adverse reactions and followed the advice of "Don't try anything new on race day".

As half way approached I was surprised, given the congestion, to see that I'd cleared 6.5 miles in 1:05 and that a PB was realistic. Miles 7 and 8 seemed to come and go without any real effort apart from trying to avoid people in front stopping to answer their phones!! As much as I'd have liked to have my phone with me, if only to have Jack White singing in my ear, there was no way I was carrying my mobile, besides there was more than enough live music on the route, from rock bands to kettle drums – they were all fantastic.



Reaching mile 10 gave me a real buzz, the DJ there, the girls handing out jelly babies along with the locals shouting encouragement and handing out ice lollies, oranges, biscuits and the like was fabulous. In fact the whole route was packed with spectators, the encouragement was really uplifting. Mile 10.5 ish saw me pass the only other celebrity I saw that day – Cheryl Baker (Bucks Fizz). Just for the record I didn't ask if she was 'making her mind up', or if she was 'gonna speed it up or slow it down' nor indeed did I try to whip her skirt off!!

Great North Run Continued

I now only had one last obstacle – I had been warned of a horrible hill between miles 11 and 12, where I'd told myself that if I really desperately needed to walk I could – my legs were quite sore and it was then that I realised I'd been running too slowly so I managed to break through a little and stretch my legs. The horrible hill actually turned out to be more of a long drag and didn't seem so bad.

Guide Dogs were waiting at mile 12 so I got a good shout there!! In fact, that's what I found weirdest of all – having complete strangers shouting things like 'come on 'Guide Dog Sue'!! I moved on to the top and seeing the sea before dropping down on to the promenade was a fantastic feeling. Either side of the road the crowds were 10 deep and the support fantastic. Despite advice not to look at my watch I couldn't help but check to see what finishing time I was looking at. I desperately tried to 'cane' the last 1/2 mile or so but it was so congested that I was walking at one point - this was until I decided to really squeeze my way through (how rude!!) but it had to be done—there was a PB at stake!!



I crossed the finish line in 2:15:41,

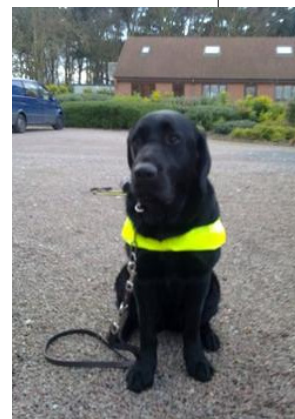
just under 4 mins faster than Mansfield 1/2– well pleased!



Avoiding eye contact with any radio or TV crews, I headed for my goody bag and the Charity Village where I'd arranged to meet my other half at Guide Dogs and he found me laid out having a wonderful sports massage!! A quick play with the GD puppies and it was off to find the bus back to the hotel tired, wet and cold but feeling absolutely brilliant - another 'half' under my belt.

Ooh one last thing.....thanks to everyone at the club for their support and sponsorship; to date I've raised about £300.00. I have asked my friend Joe, if he would bring GD Vida Loca to see you all at club, but she still has a few training issues so he's not too keen at the moment. Maybe I can persuade him, we'll have to see.....however you can see a photo of Vida here on the right and her predecessor, on my just giving page at

www.justgiving.com/suelomassuttoninashfieldharriers



**Well done to all those that competed in the
Sportshall Athletics and Cross Country**

Seaside Half Marathon

Five 'hardy' Sutton runners decided to have a go at the 'Mablethorpe Festival of Running' on the 3rd of October; **Steve Williams, Jean Drury, Hev Pike, myself & Nige**, having travelled up the previous day. Steve and Hev were doing the Full marathon, the rest of us the half. I was doing it because, well, I haven't pushed myself in one for well over 6 months; Nige as training for his full marathon a fortnight later, and Jean because recently she has been running really well, and was 'feeling great!'

The digs we were staying in didn't provide breakfast till 9am (no good for 9:30 -10:00 race!), so Jean & Steve managed to blag some milk and cornflakes to take to our room, not a great breakfast, but I did push for the use of their wash facilities, after the race (when we should have been out of the B&B) as the proprietor had said he wanted to get behind the running festival (sort the brekkie situation out then)!!!!



The marathon runners started their race at 9.30am – in torrential rain and strong winds, and we started at 10am, on a different course. **This is my take on the half.**

Ran the first mile with Jean, felt better than I thought I would (normally hate the first few miles), and starting to pull away, we wished each other an enjoyable run and good luck! After 2 miles running through the town, you go out into Lincolnshire countryside.

The wind was awful. It seemed whatever direction you went in, you had to fight against it, 7 miles of the run in total was out in the countryside, the fields had no hedges to shelter from, (**not even any dry-stone walls Paul!**)



About 7 miles in I looked at my watch, and thought, "I feel good," and straight away my left calf started tightening (was that in my head?), but I slowed down and managed to run through it. At 10.5 miles, you run up onto the Promenade at Sutton on Sea, then all the way along the sea front to the finish – looking at the sea made a nice change from the wide open country lanes, and the wind seemed to have dropped , Bonus!!!



Hanging in there, those last few miles was tough, but it did pick me up seeing Jean (although it slightly confused me at this point, as to how she got there) and Chris Pike (Superwoman's hubby) with his camera!

Towards the finish I knew I was way under my previous PB, and saw Nige who was trying to 'motivate' me. He shut up when he saw the look I gave him.....

Mablethorpe Half Marathon Cont...

I crossed the finish line in a chip time of **1:51:52**, and was absolutely buzzin - I'd smashed my PB by 7 mins! I was also 100th on chip time - 216 finishers.

Nigel had (by his account) ran within himself to save something for his marathon a fortnight later, and said he felt comfortable coming in at **1:35:21**, 33rd place.

Both us were pleased with how we had run, given the difficult weather conditions.



Felt gutted for Jean, who had started the race feeling great, and has recently been running really well. She was on target for a good PB, but unfortunately she had to pull out at around 7 mile, lots more to come from her....watch this space!

All in all, a decent course, well priced entry fee for a chipped race, and you get a medal and a t-shirt at the finish.

By Sally Paylor

Mablethorpe Marathon

I'll be honest - I expected a PB. I'd worked my butt off from Christmas, to the London Marathon then upped my game through summer for this (peaked at 70miles in a week – never thought it possible but if it works for Mrs Whitto...). I was aiming for 3:37, 4 mins quicker than Blackpool 2010 (and trying to beat my running mate Geoff). The 2 weeks before the race didn't help, with a minor tear in my calf, buying the wrong pair of trainers on-line (8.5 UK rather than US) and having a panic attack about no available hotels the week before the race– Anyone would think there was a race on!

With my PB in mind I forewarned Mr Paylor that if he saw me round the course at a speed that looked like no PB was in the offing, to go home as I wouldn't want anyone anywhere near me as I crossed the finish line (Poor Hubby—he couldn't escape me).



It wasn't getting much better when the heavens opened on Friday, forecasts said more rain at the weekend and that, when we settled into our hotel room, we found the door lock broken and couldn't get out..... 20mins later they were finally able to open the door – imagine my state if it had been race morning?!

Mablethorpe Marathon Cont...



Sunday we got to the race event and had a little stroll down the prom. The weather was ok but as the race got nearer (09:30 for the marathon) the rain started to descend.

Off we went, and honestly I handled the rain, but the wind just sucked the life out of me. Head down, I just kept plodding out each mile in my goal 08:15mm. (Hubby said whilst sitting in a cafe watching the waves hit the shore that there was no way he was going to see me get a PB but I'm glad to say I proved him wrong) At mile 25 he shouted to speed up to

get the lady ahead but I had nothing left (resisting the temptation to swear — note common theme with Sally's). Then I saw Jean & Sally with so much enthusiasm in their support that it lifted my spirits and I thought I was there when I saw the finish line but realised I had to go past it to come back -----AHHHHHHHHHH. I crossed the line in **3:34:39**, a new PB by over 6mins and 5th Lady to boot (although only 36 women ran).

My fellow Sutton Marathon Runner, **Steve Williams**, also had a brilliant race and came in **3:04:09**, Another PB by 4mins and he was 13th man out of 177. Bless him, he was frozen waiting for me to cross the finish line 30 mins later, even with his alien blanket for protection. (see piccie below)



The icing on the cake, for me, was that I won the 2nd V40 Lady a trophy. I was welling up when I received it as I'd never won anything outside of club. It was funny really as we were all standing in the tent and I asked Hubby "Why are the others still here?" and Chris replied "Because they are waiting for you to get your award". Thanks Guys, really appreciated it.



A nice goodie bag plus black Tshirts for the full, white ones for the half. The medals were different too, runners on the back of the half, running feet on the full. I agree with Sally, good value for money and a good event to get a PB in - not many runners to get in your way.

A big thanks to my Hubby - his mountain bike training meant I got up Sunday mornings with him and did my long training runs round Cromford Canal – nice and flat. Thanks to Nige allowing me to tag along with some of his hard runs (ohhhh I so love Hardwick Hall!) and thanks to Whitto for massaging my torn calf back to fitness.

By Hev Pike (as if you hadn't realised that!)

MAJORCA MARATHON SUNDAY 17th OCT 2010 By Nige Paylor

At the beginning of Summer, Sally I and decided to go to Majorca in October where I would have a go at the full marathon, and Sally the half. My first training run for this was Mansfield half, so I thought the baking hot weather that day would give us an idea of things to come!



Race Village and Finish

At Majorca, the race village opened Friday allowing us to collect our numbers, t shirt and racing chip. The event had a very 'German feel' to it – organised by a German Company, most of the literature in German, most of the people in the race village – both staff and entrants – spoke German, even the food stalls were selling mostly German delicacies! I had to keep reminding myself that I was on a Spanish Island. The day was baking hot, as was the next day, so I was getting a bit concerned as to what the weather would be like on race day.

Sally was suffering with a bad cold, so her plan was to run the half and enjoy it, whereas I was my usual self – I was going down with a cold, my back was aching, it's going to be too hot, I'm not bothered about a time, it's a 'get round job' etc. Those who know me will know what I'm like prior to a race!! However, my training through the Summer had gone well, and this made me have a little bit of confidence.

On the day of the race, the start was on a dual carriageway, next to the sea opposite to Palma Cathedral. Sally was in Pen A, whereas I was in Pen B, so we said our good-byes, and wished each other luck. She seemed pleased to leave me, as I get in a right mood before a start to a race, as I'm trying to 'switch on' to the job in hand.

Once in the Pen, it seemed again, as appears the norm nowadays, that the pen was full of runners who should have been further back according to their race number. The race got underway at 9am – weather was sunny, temperature was 15C, so not too bad – and was started by a German media star. The start was very busy, and I did have a plan in my head, so spent a bit of time pushing by folks to keep on track.



About 1 ½ miles in, I ran past Sal, kissed her on the shoulder (which made her jump out of her skin) and plodded on. The first 5 miles was fairly flat, 'out and back'. Once you got to 6 miles, it was into Palma itself. By this stage, it's fair to say that you have room to run and the temperature had crept up to 18C. Once in Palma city centre, there were lots of ups and downs, and twisting narrow cobbled streets. There was lots of doubling back, and it was good to see Sally from time to time on the other side of the road, as this ensured I knew she was running well.

MAJORCA MARATHON SUNDAY 17th OCT 2010 Cont..

The race was now mainly run in these streets, until you get to the half marathon/full marathon split. The half marathoners headed to the finish, the full runners headed out along the coast towards Palma Airport. The numerical difference in how many half and full runners there were struck me, as once it split, it reminded me of when I ran Nottingham... one minute I'm running in a group, the next there appear to be large gaps between runners and it felt lonely! I went through the halfway stage in 1:44:49. I was now in my groove and felt OK. Miles 14 to 18, I ran with a German and, although we didn't speak a lot, we pushed and pulled each other along. And no, I didn't ask him if he'd ever watched Fawlty Towers..... It helped that it was now overcast, and quite windy, keeping me cool. We went through a couple of resorts, and we hit 20 miles, I pushed on a little bit and left my 'mate' behind. It was all then along the coastal road back to Palma, via Playa de Palma, Es Carnatge, and Coll d'en Bossa. There wasn't a lot of support at this stage, and the main problem on the coastal road was dodging pedestrians/cyclists/rollerbladers/people with pushchairs, who didn't seem to know that there was a marathon on! I was very polite, and asked them all very nicely to get out of the way...! By now, the heavens had opened and it was raining heavily.

At 23miles, there was a cheeky little hill that had me blowing a bit, but once I could see Palma Cathedral, I knew that I'd cracked it and once I hit mile 25 mile, I pushed on. When I got to the final 400m, Sally was so surprised to see me, as she wasn't expecting me yet, that she didn't have the camera ready! (She ran her half in a decent time of **1:54:34**, with a heavy cold, and the half was undulating! She came a creditable 193rd lady.)



The final 200m was along a platform which took you to the finish line, which is set up on the lake in front of Palma Cathedral. The race was chipped, so I don't understand why the runner in front at the finish straight cut me up, and tried to get in my way! He still enjoyed the sight of the back of me as I finished strongly and went past him!

I crossed the finish line in a chip time of **3:27:10**, placing me **177th** male. I was absolutely buzzing, as this was a massive PB for me, and when I checked my Garmin, I saw that I'd not run 26.2m, I'd actually run 26.51m due to all the dodging around folk I'd done at the beginning!!



All in all, I've got to say I really enjoyed this race – I had not 'hit the wall', I'd finished strongly, and felt good when I went across the finish. The next day we went to Magaluf where I had my first 'blow out drinking session' in ages. At the end of the day, when my legs weren't working and I was all over the place, I blamed it on my tired legs from the race. I don't think the bar staff believed me though!

Nige Paylor

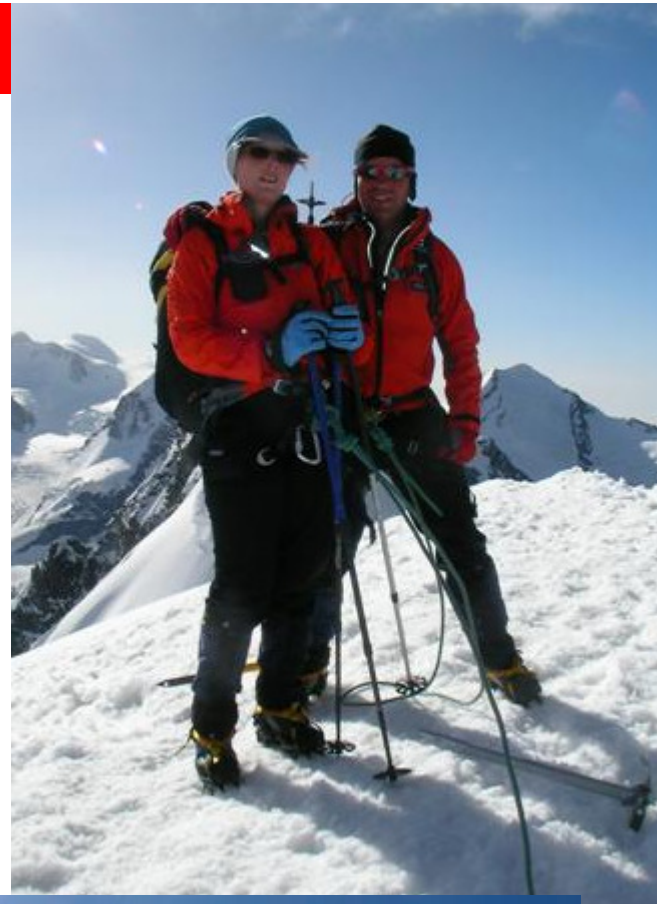
Our Summer Holiday

Just a few pics of our recent August trip to the Swiss Alps.

Managed to bag 7 peaks above 4000m culminating in a night in the highest hut in Europe at a little over 4500m.

Both suffered a little altitude sickness but not as bad as one guy who had to be flown off the mountain with suspected pulmonary edema.

Bev managed to fall in a crevasse on the last day but was rescued easily!!!



Regards

Kev & Bev



Well done to all those Sutton Runners who did *Clumber 10k* including Laetitia Moakes, Mel Hodson, Carol Baggaley and Alison Whittingam