

133 members

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You can view a clip from the race on you tube at:

<http://www.youtube.com/watch?v=vFiLebuTxMI>

The 2010 Hestercombe Humdinger by Rich Palmer (Race Director)

This is now the third year that the club has organised the Hestercombe Humdinger and this year's race saw a large, highly competitive field compete at Hestercombe Gardens. Nearly 370 runners entered the challenging 9.5 mile main race around the lanes of the Quantocks (up from 355 last year) with nearly 50 in the Hurtle 5K Run.

Despite snow the previous day, the weather was surprisingly pleasant and the lure of a £50 cash prize for a new course record seemed to attract the cream of road runners, both local and from afar.

By the three mile point in the Humdinger a group of four had pulled away from the main field but Oliver Berry of Taunton AC proved too strong eventually pushing ahead to take first prize and a new course record in a spectacular winning time of 55.41. He was closely followed by club mate Luke Scott who finished strongly in an impressive time of 56.23 with Gerry Hogg from Trull Troggers, winner of the 2008 race, coming in third in a time of 57.03.

The ladies field also saw some fantastic times. The



runaway winner was Jenny Moore of Wells City Harriers who crossed the line in a time of 1.04.33 taking 18th place overall.

Once again the male team prize went to a strong Taunton AC team but the ladies team prize was a closer affair with Wells City Harriers eventually taking top honours.

The 5k Hurtle Run was won in a very respectable time of 19.11 by Taunton AC's Keith Paul, who outsprinted Alex Rodgers from Minehead RC who finished second in 19.13.

As is the tradition, many club members ran the route the day before the race and with snow falling we feared that the race might have to be called off - in the end though the sun shone and feedback from

competitors was excellent. The race is now a regular part of the Somerset Series but it also seems to attract runners from all over the country. It was also nice that here was a great mix of abilities from elite right through to fun runners taking part in their first competitive race.

Many club members worked hard as race marshals and did a brilliant job, with many runners commenting on how encouraging they were. Putting a race on of this size is a huge team effort and it simply wouldn't be possible without the countless volunteers who give up their time for free; marshalling, manning water stations, working in the PA booth, printing finisher's photos etc. With your help we hope to make the 2011 Humdinger even better!

Wednesday Groups

Running Forever Running Club has always been a popular club and has grown since it's modest beginnings in 2004. We regularly have around 70 runners or more turning up on a Wednesday and things have become a little chaotic from time to time. To try and make things easier for all we now have nominated 'group leaders' who have volunteered for the task. If you'd like to help with your group please talk to the relevant people:

- Group 1**
Rich Palmer / Alex Abrams
- Group 2**
Graham Strang / Steve Hudson
- Group 3**
Rich Metcalf / Clare Pineda-Langford
- Group 4**
Jan Burton / Tammy Mears / Jo Toogood
- Group 5**
Geoff Eggleston / Val Perigo
- Group 6**
Martin Axon / Mel Axon



Call them
races or call
them events.

Enjoy them.

The Grizzly by Malcolm Boon

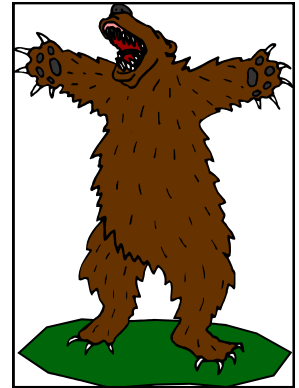
As a club we have many, what I would call, Grizzly veterans; those who have run the event once, twice, or even more times. Many would say they are mad, need their heads checked and that the Grizzly is a race that is endured not enjoyed. But I beg to differ - especially when you have the good weather, a great challenging course and great camaraderie between the competitors.

The day started off in a cold but sunny Seaton; running along the beach, then back past the start line, and out towards Beer, where it wasn't long before we encountered our first hills. Then on to Branscombe, where we

had the traditional 'water run', through Branscombe Mouth and onwards to the 'bogs' (where there was a queue for the bogs similar to the queue for the ladies at a concert)! In my wisdom I thought I'd just go for it, straight through the middle! So did another guy! We aimed for the same foothold, he fell on me, and I was only stopped from going face first in the bog by a well positioned marshal.

The real test is on the return - across Branscombe Beach, followed by the Stairway to Heaven, which seems to go on forever. I had to stop for a breather but the fantastic views lifted my spirits to carry me to the finish. The

feeling you get from completing the Grizzly is well worth the effort you put in because you know you have been part of something special. Don't fear the Grizzly, look forward to it. I'm already looking forward to next year.



Going the Distance by Gill Humphrey



Gill Humphrey (left) with Naomi and Dave Emerick.

Cape Town is a long way to go for a half marathon, but RFRC member, Gill Humphrey, jumped at the chance to join fellow running mate Naomi Martin (well known former local marathon runner who now lives in Essex) for a 21.5k through the Breede River Valley in the heart of South Africa's idyllic wine growing region.

The valley is one of the most important fruit and wine producing areas in the country with spectacular scenery and climate.

With daily temperatures climbing to over 40 degrees, the Bonnievale 5k, 10k and 21.5k races start at 7am.

Gill said: "This was a stunningly beautiful run through winding vineyard paths as the sun

rose over the mountains, finally climbing back to the main road past a township where the children joined in and ran with us.

"The races are only in their third year but they are incredibly well organised and already attracting national athletes.

"I have taken part in other overseas events but this was one of the most memorable races I have ever been lucky enough to join. I wholeheartedly recommend this event to anyone who wants to escape to the sun as part of their training ahead of the Taunton Half Marathon next year; flights were not too expensive and local accommodation was superb, with fantastic community support for the whole event."

Races coming up

April 5—Easter Bunny 10k—<http://www.yeoviltownrrc.com/>

April 11—Taunton Marathon and Half Marathon—<http://www.tauntonmarathon.co.uk/>

April 18—Exmoor Horner Water 11—http://mineheadrunningclub.co.uk/horner_water.html

May 2—Burrow Hill 10k—phone 01460 281114 or email micev@btconnect.com

May 9—Black Death Run—<http://www.theblackdeathrun.com/>

May 9—Curry Mallet 10k Road Race— Contact Alex Abrams on enquiries@runningforeverrunningclub.org.uk

June 13— Ninesprings 9k—<http://www.yeoviltownrrc.com/>

June 19—Mendip Mashup—<http://www.mendipmashup.org.uk/>

June 20—Wimbleball Lake Ironman—www.ironmanuk.com



Bideford Half Marathon by Martin Matthias

Bideford is a picturesque town and the morning was very sunny but, it was early March on an estuary and the wind was bitterly cold. This popular, chip-timed event has a great atmosphere with the organisers make visiting runners welcome by providing tables full of homemade cakes and drinks. The course is described as gently undulating for the first 6 miles with the 2nd half of the route following the Tarka trail (old railway line) and is set in rural scenic surroundings.

The first half mile took in a loop through one of the more pleasant neighbourhoods of the town and back to the start where we continued along the main high street. This runs alongside the estuary and quayside where many historic working vessels are moored and then continues south out of the town, travelling upstream. The route weaved around the contours of the hillsides forming the valley of the Torridge estuary, providing good views of the river and surrounding countryside.

In the first half mile, El came into conflict with another entrant who kept cutting her up causing her to stumble. She remarked

on the irony of having just completed a skiing trip without incident, she nearly fell and broke something on her return. Karma brought balance back to the universe when El over took the man at mile 11.

Given the cool temperatures of the day and the many opportunities for overwatering (this well marshalled event has 3 drinks stations) I had to look out a secluded place to make a stop. This proved harder once we were on the Tarka trail (yes, I had to stop more than once) as I had to either climb out of a cutting or wander into the estuary. With this and a broken shoelace, I added around 3 minutes to my time meaning Malcolm disappeared into the distance; Rob even further.

We crossed the River Torridge and started back toward Bideford along the river's east bank. At the village of "East the Water" the route crossed over Old Bridge back into the town. The final 800 metres were counted down in 100m intervals, a nice touch, to the finish line where we were corralled to a series of trestle tables where we collected our entrant's vests (plain white technical t-shirts) and a nice banana.



The excellent results from our RFRC members are:

Rob Hudson 1.42
Malcolm Hutchings 1.47:16
Martin Matthias 1.49:46
El Palfreman 1.57:55

Rome Marathon by Mike Nicholls

When in Rome, do as the Romans do – a well used phrase which seven of us embraced when we travelled to the Eternal City for the 16th annual Maratona di Roma, held on March 21st.

The Taunton Deane 'arm' of RFRC, consisting of Andy Ellins, Helen Phillips, Scott Weetch and yours truly, together with colleague Chris Gunn and 'other halves' Rachel Ellins and Mike Phillips spent three days in the city prior to the race so were aware of some of the sights awaiting us.

Race day dawned with overcast skies and moderate humidity. What initially appeared to be chaos pre-race turned into some superb organisation, which continued throughout the race. All of us made it to the finish with Andy taking 10 minutes off his pb by running a superb 3:01, Helen having a great even paced run in 4:05, me 4:21, Chris 4:29 and Scott 4:43.

Abiding memories – the history wherever you turned, using the pedestrian (?) crossings, oh, and the cobbles. Walking (ok, hobbling) through the streets the day after we all wondered how we managed not to turn an ankle on our trip through this fascinating city.

Club Notices

Membership Renewal

Memberships expired at the end of March so please remember to renew. You should have received a letter by now. The cost is £13. New members can download forms from the website or contact the membership secretary.

RFRC AGM - Friday 9 April

All members welcome. 7.30pm at the Albemarle Centre with a drink or two afterwards at a local watering hole.

Track Sessions

Monday night is track night – 6.30pm at the athletics track behind Castle School – all abilities welcome—£1 pp.

On Monday 17 May Adrian Marriott, who is one of the UK's fastest marathon runners will be attending our track session to give a talk and coach us as to the best uses of these sessions for road running athletes. It will consist of three main parts - warm up, main endurance workout and speed.

This is a great opportunity to ask any questions and gain some valuable knowledge, not one to be missed! If you're interested speak to Alex Abrams or contact enquiries@runningforeverrunningclub.org.uk

"When you get to the end of your rope, tie a knot and hang on."

- Theodore Roosevelt



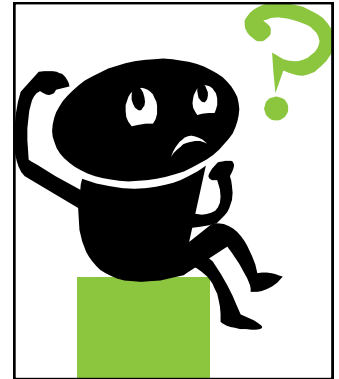
March Quiz Night by John Scanlon

The club had another successful quiz on 5 March at The Master Thatcher, where the combined efforts of Elena, Sandra and John to outwit the eight teams resulted in a tiebreaker.

The Master Thatcher seems to be the ideal venue for a repeat quiz and people can come early for a meal if they so wish. It is also nice having a room to ourselves and plenty of space for members to bring family and friends .

The quiz has certainly proven to be a popular social event. One idea for the next quiz is that members can suggest round topics (in advance!) to the quiz masters for consideration.

Any suggestions please speak to John at the club on Wednesday. Alternatively email newsletter@runningforeverrunningclub.org.uk and I will pass your ideas on.



If you have any ideas for social events please contact Elena on enquiries@runningforeverrunningclub.org.uk

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

- Martin Luther King, Jr.

Website by Phil Wilson

The club has decided to invest in a new website which is being designed at the moment using the services of a professional website designer.

The current website has considerable limitation, particularly with regards to keeping it updated and it is not always easy to find the information you need.

I don't have full details at the moment but we are hoping to have things such as a database of running routes, training plans for various distances, advice and tips plus of course information on your club, what is happening and last but by no means least, our forthcoming social events.

I see the website very much as an extension of the new newsletter format with information readily available on all aspects of running. We are hoping to start testing the new site in the next few weeks with a go live date of the end of April.

www.runningforeverrunningclub.org.uk

Selected post from our Forum (via our website)

By Hippie Daisy—03/24/2010, 10:13pm

A Thank You note from me

Just wanted to say a big Thank You for the Leader of group 3.5 tonite, Steve and Peter 'Pierre' but especially Steve.

Usually I am one of the looper of group4 but been told I was too fast and had to move up a group. So I "gracefully" went with group 3.5 meaning now I am at the back. Today the majority thought looping was 'so last year' but Steve kindly reminded everybody and looping was back on 😊

So thanks to Steve and everybody to keep me going. I know this is what RFRC is all about but I think it's nice sometimes to be reminded.

Most of you knows that I have 2 young children and I can't come very often & can't make the meetings or offer to help. So wanted to say a Big Thank You & how appreciative I am to all the Leaders who offers to help on the running nite aswell as the committe. Without those enthusiastic people who free their time from their busy life style and kindly offer to help and lead, the club couldn't survive !

Bring on next year and whatever it will brings 😊

Sophie 😊

Aquathlon by Martin Axon

The morning of Sun 28 Feb saw a number of RFRC members taking part in the Taunton Deane Aquathlon, based at Wellington Sports Centre. Entrants were faced with a choice of two challenges – the full 1k swim and 10k run, or the 'sprint' event of a 500m swim preceding a 5k run.

Pride of place among club members probably goes to Pete Williams for – at least as far as I can tell – being the only one of us to take on the full distance, and the first 'Vintage veteran' home—in 1 hour and 14 minutes. Well done Pete.

Leading the way home for RFRC in the sprint event was Paul Shergold, with a time of 39 minutes and 33 seconds. Next to cross the line was Val Perigo in 43.08, closely

pursued by Mel Axon in 45.51. Phil Wilson finished in a solid 49.51, with Martin Axon bringing up the RFRC (and almost overall) rear in 53.24. Julie Watch was, unfortunately, forced to scratch as the result of a bizarre ironing accident...

Apologies to any other club members who took part whom I've missed.

I know that we're a running club, but if you're tempted to expand your horizons, triathlon might be a fun way of spicing up your training routines. Swimming is a good way of working on aerobic capability, whilst being relatively low-impact – a good option if you're coming back from injury. And I know that many club members already enjoy social/training bike rides.

I'm sure that if you're interested in taking up triathlon, Paul, Pete, Julie or Mel would be happy to talk to you about it (I'm not sure that Phil, Val or I are sufficiently experienced to give anyone too much relevant information!). There are coaching sessions available on the techniques of swimming, and the intricacies of 'transition' (the bit between getting out of the pool and onto your bike!).

I know that some RFRC members are already entered in to the main Taunton Deane Triathlon on Sun 16 May, and I'm sure that they'd welcome any support from anyone at a loose end that morning. More info at www.tauntondeanetri.co.uk.



Martin approaching the finish line. Job done!

Photo by Paul Hannaford

RFRC Spring/Summer Cycle Rides by Mike Nicholls

For the last couple of years we have organised social bike rides on Thursday evenings during the spring and summer months. The distance is normally between 10-20 miles leaving Belvedere Road car park at 6.30pm.

Occasionally (ok, quite often) we retire to a local hostelry for food and drinks afterwards and I have permission to use the Taunton Deane bike shed for storage

of bikes whilst we're in the pub. We may even fit in a midsummer ride with a pub stop on the way around, if that's what people want.

All we ask of anyone coming along is that you have a serviceable bike and a spare inner tube with you in the event of a puncture. You don't have to be able to change it yourself. A cycle helmet and lights (in case I get lost!) are also advisable.

If you have any queries please speak to either Val Perigo or myself.

The first ride will be on Thursday 15 April. See you there!



Explaining new newsletter by Val Perigo

I hope you like your new look newsletter. I intend to produce this quarterly for the moment so it will be emailed to you on 1 April, 1 July, 1 October and 1 January. Each edition will report on events from the previous 3 months and suggest events over the following 3 months.

I'll be keeping my eyes and ears open and will be asking people if they would like to share their race experiences and cross-training experiences with the rest of us. If you would like to write an article for the newsletter please let me know and I'll give you some space and negotiate the number of words required – generally from 100 to 300. If you have something special which would require more space I'll do my best to allocate this to you. The sooner you can let me know the sooner I can 'get you in'. If this newsletter takes off we can always increase the space but I'm wary of too much being, well, too much! I have other ideas in the back of my mind though.

Let me know your thoughts and ideas please.

Please email me on newsletter@runningforeverrunningclub.org.uk

"It's rude to count people as you pass them. Out loud."

-Adidas ad

Last but by no means least:

Congratulations!

Popular club runner Hannah Taunton is a gold medal winner! Hannah is now the 2009-10 Under 20 female cross country champion in the Gwent League. The competition involved 5 races in the area and she scored the most points in her age group. Well done Hannah!

Taunton Marathon and Half Marathon

Good luck to RFRC members who are running in the Taunton Full or Half Marathon on 11 April and thanks in advance to everyone who will be out supporting or marshalling.

First-timers: remember to enjoy yourself, soak up the atmosphere and don't worry about time, you're guaranteed a PB (personal best) so no need to hurt yourself!

Full-marathoners: respect!

London Marathon

Good luck also to RFRC members who are running the London Marathon on 25 April, especially Lisa Farthing and Graham Strang who were 'lucky' enough to get club places this year. Also to Alex Abrams who obtained a Good for Age place although, as Weetcher said on the forum, 'you got in on ability, that's cheating!'.

Many thanks to all contributors to and supporters of this newsletter.

www.runningforeverrunningclub.org.uk

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Mike Nicholls—President

Malcolm Boon—Chairman

Rich Palmer—Vice-Chairman

Darren Webb—Treasurer

Sandra Williams—Secretary

Claire Salter—Membership Secretary

Elena Minelli—Social

Phil Wilson—Website

Alex Abrams

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