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London Marathon by El Palfreman

Several RFRC members took part in the London Marathon on 25th April and we had been training hard over the winter months, for the big event. Some 'old timers' (not referring to age, but London Marathon experience!!), and some first timers! Staying outside of London, I was slightly nervous about finding my way to the start at Blackheath. Having read the instruction booklet cover to cover to the point that I could practically recite it in my sleep, I dragged my butt out of bed at 5.30am — yes that early. The most painful point of the day was having to force porridge down my throat at 6am. I then teamed up with some other runners who were staying at the hotel to catch the train to Blackheath where the start is. I needn't have worried, this event is so well organised that even I couldn't have got lost! Once at Blackheath Station I found my way to the

blue start and found fellow runners from RFRC — Graham Strang and Rob and Steve Hudson. We were there early with plenty of time for toileting (us girls have to queue!) eating, nattering (in my case!) etc.

On a day that was predicted to have been more appropriate for topping up your sun tan, runners were relieved when the heavens opened just before the start. However this only provided temporary relief as it soon warmed up. Having expected to be waiting for ages before crossing the start line, myself, Steve, Graham and Rob took only 5 minutes, compared with 15 minutes for Emma Grieg who was at the red start. I then watched 'the boys' go off into the distance as I found my own comfortable pace.

The first 13 miles went surprisingly quickly - in time, not my pace! I started to struggle at around 17 miles but I knew my parents were going to be waiting for me at around 16-18 miles at Canary Wharf and knowing that I was going to see some familiar faces kept me going. I stopped for a brief chat with them before heading off for the hardest section of the race — then it really started to hurt! Between 20-21 miles I phoned some friends for a bit of encouragement as by this point I had 'jelly legs' and just couldn't wait to finish. I had a good patch between 21-23 miles managing to run, mostly, with just a little walking chucked in.

From the start the atmosphere had been amazing, but from 23 miles onwards it was something that I've never experi-

enced in my life. The cheering/shouting from the thousands of spectators was unbelievable! All these people shouting your name. Good tip to put your name on your vest — makes you feel popular! I also saw other club members who had come up to support us— thanks guys. Every time I contemplated walking, someone would give me that much needed boost to keep going. The last mile was the longest mile of my life, and I was cursing whoever put that 800m to the finish.

Crossing the finish line in 4 hrs 29 mins with feelings of elation and exhaustion, I followed other runners to where someone removes your chip. You collect your baggage, and then, what felt like another marathon, you walk/stagger to your pre-arranged meeting point. Here I met other members of the club, some of whom had been waiting for me longer than others. So, with my medal, goody bag, strap/short marks (it was a little sunny!) and amazingly no blisters, we left to make our way back to Taunton. There were some fantastic results from the club, and more importantly we (myself, Steve, Rob and Graham) raised approximately £5,000 for the Musgrove Leukaemic Group in memory of George Hudson.



George Hudson Memorial Trophy - Congrats to Claire Salter

As you know George Hudson, a much loved member and committee member of Running Forever Running Club, passed away suddenly last year. As a tribute the club decided to create the George Hudson Memorial Trophy to be presented annually to a worthy 'club member of the year'. Congratulations to **Claire Salter** for earning the title this year.

Claire won this award for her hard work with the beginners groups, for always being supportive, for her amazing cheering skills and

generally for being a fantastic club member. A very well deserved winner and a choice that George would have agreed with wholeheartedly.

Claire was proud to win and commented that "George was a great inspirational man". She also suspects that this will be the only running related award she is likely to win!

Well done Claire - keep it up!





Curry Mallet 10k by Sallie Durman

A good turn out for the Curry Mallet 10k on 9 May, 8 runners from the club in total, with fantastic support from Geoff, chief photographer, capturing all those grimaces, along with the ever present supportive Maureen Hudson and Mike Phillips. I imagine next year there will be even more club members entering as no doubt word is out that it is the race to do if you want to win a prize – a wonderful surprise and not something the majority of us ever expect!



A small race of approx 50-60 runners and very friendly, in a thriving village with a quaint village shop selling delicious cakes and, according to our club President, even the pub opens early on race day!

Quite fairly described as an undulating route, but pretty, that is of course, if you have the energy to notice any of your surroundings through the pain and discomfort. For me my mantra of putting one foot in front of the other is all I can manage.

A long drag of over a mile in the last part of the race was the talking point at the end. During it, I certainly wondered for a few seconds why I put myself through this, but the doubt doesn't last long. Crossing that finish line to the camaraderie and support of your club members, you know it is worth it, and that you will be back for more before too long!

Mendip Mashup by Phil Wilson

Okay – details first. The Mendip Mashup is a bit like orienteering. There is a course, marked with different coloured flags. The flags have a point value and you have a map plus one, two or three hours to go round the course and collect points. Different coloured flags are worth 10, 20 and 30 points respectively. There are also hidden flags worth 30 points.

Our team this year consisted of Mel and Martin Axon, Malcolm Boon, Richard Watson, Alex Abrams, Val Perigo and me. There was one significant difference this year. Rather than teams collecting numbers and writing them down, they used an electronic dibber system. This was unfortunate because the cheating opportunities where teams split up to do different parts of the course were thwarted, as were our plans of victory!

Our team had a truly cosmopolitan feel with runners from almost every group from group 1 to group 6. This was reflected in several instances of red faced runners attempting to keep up with Alex, usually remarking about how **** fast he was!

Our 380 points put us firmly in the middle of our category. Being organised by the Mendip Hash House Harriers things post run were less than normal. The heaviest member of the winning team takes part in a "weigh-in". They stand on one side of custom built scales and beer is piled onto the other side until the balance tips to the mark indicating "enough beer"! The prize is then shared out with anyone who wants a drink. Winning teams with only skinny running types have their weight increased with a couple of heavy lead weights!

After the run food was laid on with the addition of a steak tent this year, followed by two live bands and a bar. Every attempt was made to drink the bar dry and from what I remember we got pretty close!

The event is held in memory of Lizzie Berkley who died of Cystic Fibrosis in June 2007. All the profits go to Cystic Fibrosis charities to help find a cure for the disease.



Races coming up - July 2010

July 4 - Quantock Beast - <http://quantockharriers.co.uk/beast.html>

July 11 - The Wellington 10 — <http://www.thewellingtonten.co.uk/>

July 24 - Blackdown Beauty - http://www.honitonrc.com/races/black_b/blackd_b.htm

July 25 - Exmoor Seaview 17 - http://www.mineheadrunningclub.co.uk/seaview_entry.html

Black Death Run by Martin Kemp

In 1347 a ship from Caffa, on the Black Sea, came ashore in Sicily, the few that were left on board carried the Black Death, a bacteria-born disease, carried in the blood of black rats and their fleas. In the summer of 1348 it hit the Channel Isles, then onto England through Dorset and Bristol. As it was a very wet and damp summer, the disease spread, killing 35% of the 6 million people. By the 17th century, the disease had gone.

Coombe Sydenham is a nearby village, where the local people who had the disease were sent, never to be seen again!

Sir Francis Drake visited Lady Elizabeth Sydenham, and to stop her from marrying anyone else, he fired a cannonball into the grounds, which is still there on show. They say the ghost of a cavalier walks the grounds (overtime then Mike?)!

The 'real' Black Death is a 10 mile hilly run around the Coombe Sydenham estate, not one for the faint hearted. Few runners can say they completed the course without walking at least some of it.

In 4th place in a fantastic time of 1:14 was Ed Paull, just behind, in 13th was Jonathan Sykes in 1:21 – two very good times for the terrain. In 68th place was Martin (not long enough) Kemp. In 1:34, dragging his feet was Mike (I'll buy lunch) Nicholls in 1:57, 161st position. In the middle, in a time of 2:01, was John Ward, 173rd position—maybe under 2 hours next time John?

Finally came Running Forever's very own knitting circle (knit-2-us). Were they holding hands or just swapping patterns? First of the 4 was Lynn Cunningham 2:16 (212th). Next was Sandra Williams (did you really run – you looked so fresh?) in 2:16 (213th). Then came 'head knitter', Val Perigo, 2:16 (214th). Not forgetting Phil (I'll carry the wool) Hicks in 2:16 (215th).

Well done everyone.



Exmoor Coastal Half Marathon by Lynn Cunningham

Spectacular, breathtaking, terrifying, awe inspiring, heart stopping, exhausting, and, wow, probably the most amazing thing I have ever done!

On a very hot Saturday in May Helen Philpott and I set out on an extreme trail adventure, the 7th in the 2010 Coastal Trail Series organised by Endurancelife. Yes, we were mad, but we had our survival kit and sun cream!

The Exmoor stage is the toughest of the series and consists of steep climbs, slippery drops, narrow coast paths next to vertical cliffs, wild tracks, gorse, woods and rivers. You have to sign an indemnity form, take full responsibility for your own safety and promise not to trample the fallen underfoot. I loved it! It was fantastic! Helen didn't quite see it the same way! Unfortunately she retired injured at the pub half way round the course... how strange...

This is not a race to do for a good time unless you are a fearless mountain goat. It took me 3 hours to complete the half (over an hour longer than my PB) but all those long minutes in the blistering heat were full of the most amazing views mixed with fantastic terrain to leap through like a young gazelle. Or in my case stagger across like a wounded badger.

The 7 x 7 x 7 Series is a must for any of you off road lovers. You can run a marathon, half or 10k at each location. This coming season starts in September and has increased to 10 stages. These are expensive races to enter but the organisation is superb and they support conservation of all the coastal areas they use.

And how much would I have had to pay a professional therapist to cure my fear of heights?!...



Races coming up - August 2010

August 8 - Sidmouth Festival 10k - <http://www.sidmouthrunningclub.co.uk/races/Fest%2010%20Entry%20form.pdf>

August 14 - Jurassic Coast 10k - <http://www.jurassiccoast10k.co.uk/>

August 22 - Torbay Royal Regatta 10k - <http://www.torbay10k.org.uk/>

August 29 - Battle of Sedgemoor 10k - http://www.langportrunners.co.uk/html/battle_of_sedgemoor.html



Adrian Marriott Track Session by Pete Hall

It was with a little trepidation that I turned up for the session organised by Alex Abrams with Adrian Marriott, who is one of the UK's fastest marathon runners with a PB of 2:18.57, as well as being a performance coach.

My only previous experience of a Monday night track session involved slogging around in below freezing temperatures doing 1 mile repetitions, whilst being lapped by extremely fast group 1 runners. However we had been assured that this event would be of more benefit to the slower runners, so I went along on the basis that I needed to do something different to beat 4 hours in the New Forest Marathon this year.

I was not alone! A fantastic turnout of over 40 club members of all abilities promised an interesting evening.

Adrian started us off with a 10 minute warm-up around the playing field, giving some the opportunity to relieve themselves in the trees. We were then treated to a session of exaggerated running exercises aimed at developing a better technique and posture. A series of stretching lessons, some involving 'arse grabbing' sent several female participants into fits of giggles.

We then embarked on a set of 200m repetitions at 5k pace – personally I found myself running faster than I should have been based on my 10k race times, running at 7min/mile pace, which I didn't know I was capable of! The warmth of the evening began to tell at this stage and we all desperately needed a drink.

The final session was the hardest with everyone running for 90 seconds, marking their position on the track, jogging around for 90 seconds and then setting off in the opposite direction for another 90 seconds. The theory was that everyone should end up finishing together. This worked really well as it meant there were people in front of you to chase and you could try and do the second part faster than the first. We repeated this another three times, by which time most of us had had enough!

We finished off with the stretching exercises, all of which involved lying on the ground for greater effectiveness – fine on the track, but not really possible in Belvedere Road car park!



If anyone would like the report and notes from Adrian Marriott from the evening please contact me or speak to Alex Abrams.

Taunton Triathlon by Julie Watch

A triathlon consists of three disciplines, swimming, cycling, and running in that order. Your time starts as soon as you swim and does not end until you run over the finish line. This means there is a fourth discipline to master as well - the switch from swim to cycle and cycle to run, known as transition.

There were two races on the day, The Novice, which is where I started last year as a complete newbie, which is a 200m swim, 12k cycle and a 2.5k run and The Sprint which is 400m swim, 22.5k cycle and a 5k run.

The race went pretty smoothly for me. I got really nervous waiting for the swim to start, but before I knew it I was counted down and away on the first of my 16 lengths of Wellington pool. Then my first hurdle, getting out, which ended up a very unlady like affair. But once out I ran to my bike.

Everyone always asks me 'what do you wear?' For me I wear a tri suit so I don't have to fuss around changing. I swim in it, run in it and cycle in it. I need to shave off as many seconds as possible and with this in mind

there is no time for towelling down, drying hair etc. The clock does not stop and even the mount and dismount is practised over and over!

I managed a quick transition, remembering where my bike was racked up this year. One thing with a triathlon, there is a lot to think about but you do learn by your mistakes. Next stage is the cycle, it is classed as technical, but I say bloody hilly. Thankfully for me my cycle was in the dry but still hard going, you are wet and your lungs are full of water, well mine are. 22.5k later I returned back to the sports centre ready for the run but this is when the Bambi legs hit you, your legs feel like they do not belong to you. Those of you that know me, I can't run fast at the best of times so you can imagine what this feels like. But you will be all pleased to hear, I got around in one piece producing a fairly average time, having my best result in the swim, 6th in my age group. All the pain is now forgotten and I am ready for the next one.

As well as myself there were a few other RFRC members who took part.

The whole event is good fun and the Novice event is a good one to start with.

All abilities take part, some swim breast stroke, some have mountain bikes and some even have bikes with shopping baskets! So if you want a new challenge, give it a go. Applications are out on 2nd January 2011, but it sold out within 2 days last year so put the date in your diary....

My next challenge is a one mile open water swim in September. I did my first swim in a wetsuit three weeks ago at Middlemoor Water Park, but that's another story.



Races coming up - September 2010

September 5 - Bristol Half Marathon — <http://www.bristolhalfmarathon.com/2010BHM/>

September 11 - Somerset Levels & Moors Marathon & Half Marathon - <http://www.langportrunners.co.uk/html/slamm.html>

September 26 - New Forest Marathon & Half Marathon - <http://www.nfma.org.uk/>

September 26 - Taunton 10k - <http://www.taunton10k.co.uk/>

Running Forever 3000 miles from home by Mike Sharpe

I love Canada. It's a great holiday destination and I have fond memories of Newfoundland, Ontario, Alberta, British Columbia and Vancouver Island. The destination this time around was to be Nova Scotia with the diversity offered by it's unique maritime culture and historic connection with the British colonisation of North America.

Checking for festivals and events on the web that coincided with the trip, I found the Johnny Miles running festival in New Glasgow, Nova Scotia. A marathon, a half marathon, 10K, 5K plus various events for kids and walkers. On a momentary whim and with little hesitation, I entered the half marathon online, parting with \$50 for the privilege and hoping I would be fit enough on the day - Sunday June 20th 2010.

In preparation, I ran the Kennet Kanter, a 10 miler in Devizes, on a very warm Sunday the weekend before departing for Canada on the 10th of June - half the race seemed to be one big steep hill - in that heat it was 'murder'. I hoped this and my weekly run outs with the club would be enough to see me through the half in under 2:20.

Registration / Kit Pickup was Saturday the 19th at the New Glasgow ice hockey arena and there began the most enjoyable running weekend I'd had in years. There was a free pasta party with great music by a popular blind singer well known locally. Over 2,700 runners and walkers had registered for the various weekend events in this small Nova Scotian town.

Sunday morning and an early rise for the 8.30 start - free pre-race breakfast and chats with many of the Canadian club runners that realised I wasn't local by the fact I didn't have an accent. I felt so proud to be the only runner from the UK representing both club and country - the only other foreign runner was American. As usual with this distance these days, I went to the back of the field hoping for a sub 2:20 time. The weather was warm, humid and thankfully there was a thin cloud cover. The course was 2 loops along the north banks of the East River, partly on the old Trans Canada railway line. Notwithstanding the humidity, all went well till around 8 miles and then the sun came out and the heat was unbearable. Fortunately the organisers had listened to the weatherman and had water stations every 2 miles or so and water straight over the head was all that was needed to finish in 2:17. A bottle of "Gatorade" and I was recovered enough to enjoy the after race meal. With my Johnny Miles commemorative ball-cap, eye shield, T-shirt and a fine gong around my neck, I returned to the hotel satisfied with my time and glad to have shared the experience with some really nice people.

The week-end was a credit to the organisers and a model for any small club wanting to put on a big event.



Selected post from our Forum (via our website)

By pauls3—05/07/2010, 5:23pm



Don't be a sinner

Here is my confession.

On Wednesday night I went for a run with my group.

I found myself out ahead (unusually) and before I knew it lost touch with the group.

I didnt loop back and have felt bad about it since.

Yes I am a sinner having broken the club's edict NGLB.

I have and continue to be chastised from a particular quarter and have done my lines.

As Simon Mayo would say "is he forgiven" over to you!

I need forgiveness so I can move on!

Running Books by Alex Abrams

Anyone who has taken even a small amount of interest in their running, be it either as part of a fitness regime, or as an elite runner, will have leafed through at least one or two books about running, maybe in a bookshop or maybe you've been lent one by a friend, but as there are so many now on the market how do you know what is the best for you? These are just a few that I have found useful (or at the least made me laugh out loud).

For the beginner, the **Runner's World Complete Book of Beginning Running** by **Amby Burfoot**, would be a good place to start, this publication from the "worlds best selling running magazine", will take you through all the essentials that you'll need to get you on your feet, but there are many titles that will do the same, too many for this article.

There are some excellent biographies and autobiographies written to offer an insight into elite running, **Paula Radcliff's, My Story So Far**, is one that comes to mind, only after reading this will you know what it takes to win the London Marathon and set a new world record. **Feet in the Clouds, A Story of Fell Running and Obsession** by **Richard Askwith**, won awards for the author for his portrayal of this most extreme running sport,

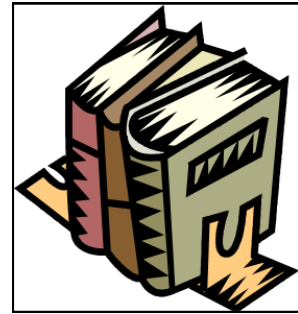
and it's no surprise that many of us take to the hills after reading this beautifully written account of the authors ultimately successful attempts at the legendary Bob Graham Round.

Russell Taylor takes a slightly slanted view of running with his book, **The Looniness of the Long Distance Runner**. Can Mr Taylor, an unfit Londoner, after an unwise boast in the pub, really take on the NY Marathon? This is one of the funniest books that I have read, even if you're not a runner. Perfect as a stocking filler at Christmas for a running partner/friend/parent etc.

If you're looking for an inspiring read, **More Fire, How to Run the Kenyan Way** by elite athlete **Toby Tanser**, should be one of the first you check out. Training guide, travel log, musings on life living with the Kenyan elites, this is an insightful book that everyone will enjoy regardless of ability, ordering a new pair of trainers on the Internet will never be taken for granted again. Did you know the winner of this year's London Marathon used to earn less than a dollar per day selling firewood on the streets of Addis Ababa (ok, that's in Ethiopia, but you get the picture!)?

Marathon Running: From Beginning to Elite by **Richard Nerurkar** was the first book that I read when I wanted to up my marathon pb. Written in two parts, the first will get you running long distances without injury or (emotional) breakdown, the second, how to tweak your training to get the best from it. An easy read from this ex British no 1 (he lived in Kenya, so no surprises there then), and one that you can dip into when needed.

Daniels Running Formula by **Jack Daniels PhD** is the latest on my book shelf, and one that makes me feel more like a runner than all the rest put together. Daniels wrote this book for anyone who wants to improve and gain a new pb. It's full of tables, diagrams and charts, a technical tome, but it came recommended by them in the know, if you know what I mean.....



Social Stuff Treasure Hunt



Elena and Rich will soon be organising a treasure hunt in place of a Wednesday night club run. The date is to be confirmed and we will let you know as soon as we can.

The idea is that you turn up as usual at 6.30 in your running kit and, just for a change, instead of running round the streets in a fairly orderly manner, we will run around solving clues and collecting treasure in a bid to win the most points and therefore a prize and the respect of fellow Running Forever runners!

The event will be very cleverly organised so that runners in slower groups won't be at a disadvantage—as different groups treasure will be at different locations.

It should be a good laugh so, as soon as we tell you the date, get it in your diary and make a note not to miss this one!

Christmas

It's nearly Christmas again!!! Well, ok, it's not really but we thought we'd start thinking about the RFRC Christmas do already so that it's the best one yet.

Hopefully we'll do a Santa run with mince pies and mulled wine again but we wondered if you have any suggestions or ideas about what you would like to one evening - eating, drinking, being entertained, you know the kind of thing.

Let us know your ideas. Either speak to El or Elena or email me at newsletter@runningforeverrunningclub.org.uk



News

Membership renewals

If you haven't already renewed your membership don't forget to do so. I won't be allowed to send you the next newsletter if you don't rejoin! If you need a form speak to Sandra or anyone else on the committee and we'll help you out. If you run with non members please encourage them to join too.

Website

Following the article in the last newsletter you may have noticed that our website hasn't been updated yet. As with most things technical, there have been a couple of hitches. However, it should be up and running in the near future so do keep checking and we will also advise you when it's live. It's going to be worth waiting for and it's definitely worth getting it right so please bear with us.

Club Photo

Aren't we an attractive bunch! Wonder how good we'd have looked at 8pm the same evening!



Running Fayre in Taunton—Saturday 18 September

Somerset Athletics Network (part of the England Athletics McCain Networks project) is organising a Runners Fayre which will take place on Saturday 18 September at the Castle Sports Centre from 10am to 3pm. It is aimed at all runners from beginners to the more experienced, club and non-club members, and for club volunteers and running leaders.

There will be a number of workshops from which attendees choose 2 (one morning/one afternoon). The workshops will cover a wide range of topics which should offer something of interest to most runners. Topics by running coaches are likely to include training – getting faster, running marathons and warm ups/cool downs. There will also be workshops on injury prevention, how to address common runner's complaints and mind and body which will be led by practitioners and sports therapists, the right footwear by chiropractors, and using heart monitors to enhance running. Finally there will be workshops on sourcing funds for club projects, equipment or coach education and Run England projects.

There will also be a guest speaker and retailers to promote their running associated wears. They hope also to organise two Somerset workshops for more performance focussed runners keen to represent the county, as well as Club Development workshop for all Somerset clubs.

The Fayre will be promoted county wide and within the South West region. The likely cost will be £12 per attendee. There may be a discount for club sending 10 or more runners.



From the Editor

I hope you like the, already extended, newsletter this quarter and I'd like to thank everyone for the lovely comments I've received from the previous one and the Taunton special. I love doing this but it is nice to know that it's appreciated and I'm not just doing it for myself!

However, it's not really me who should take the credit, although I'll claim some of it because it's very nice. The real workers are the contributors so I'd like to thank everyone for their articles, I realise that it takes time, thought and some hard work to produce these. Thank you.

I think Martin Kemp deserves a special mention this quarter for his article about the Black Death Run. I know that Martin spent quite some time researching the origins of the Black Death in the region and then, not even needing a computer, he wrote the article in longhand, including a re-write to get close to the amount of words I was after. Fantastic effort. Not sure about the knitting circle though!

I want to ensure variety in the newsletter and so I need a mix of people's writing style and running abilities. I'm also aware how easy it might be to just include contributors who are friends of mine. If anyone who doesn't know me wants to write an article for the newsletter please let me know. The next one will go out on 1 October and I already have lots of ideas but would love club members to contact me with their ideas too. If I don't know what events you're doing I can't include them. Some of you almost certainly have some specialist running knowledge to pass on to others which I haven't heard about—let me know. I am fairly chatty/nosy so I do find out a lot but I know there's a lot I don't hear about too, especially in the faster groups where I'm not so well known!

Val Perigo

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Malcolm Boon—Chairman

Rich Palmer—Vice-Chairman

Darren Webb—Treasurer

Sandra Williams—Secretary/Membership Secretary

Elena Minelli—Social

Phil Wilson—Website

Alex Abrams

Graham Strang

Steve Hudson

Val Perigo—Newsletter

El Palfreman

Tamara Mears

Group Leaders

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Rich Palmer / Alex Abrams

Group 2

Graham Strang / Steve Hudson

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