

Taunton Half by Lisa Rossiter

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Well, the Taunton Half Marathon, where do I start.... I DID IT would be a good place!

It all started just over a year ago when for the 3rd time I was in the village of Oake waiting to cheer on a friend who was running the Taunton Half Marathon. I said to myself, next year I'm going to do this! I was soon to have the backing of family and friends and to give myself that extra push I thought I'd raise money for charity.

Although I considered myself to be fairly active I never saw myself as a runner. I started running on my own, about 2-3 miles out and around the housing estates near where I live, but knowing I needed to increase the miles I didn't feel I could do this alone. I'd heard of Running Forever and thought I'd join. It was the best thing I've done. Not only did it give me the opportunity to increase my miles (without really knowing it) and see places in Taunton that I never knew existed, I also have met a lot of really nice people along the way.

My new found 'running friends' suggested I took place in a few 10k's and that the Bideford Half was a good warm up before Taunton, so I did just that. First it was the Taunton 10k, then Ilminster, then the Bideford Half Marathon and finally Taunton Half Marathon which I'm pleased to say I finished in 1 hour 58 minutes. To break the 2 hour barrier was my goal so I was really pleased. I never thought I'd be running 5 miles, let alone 13.1 miles so it was fantastic and gave me a great sense of achievement. I didn't think I'd hear myself say it, but I'd do it again.



George Hudson Member of the Year Award 2010/11 - Sandra Williams



As you know each year we present the 'George Hudson Member of the Year Award' to a club member who has inspired the most, done the most, been the best and generally helps make Running Forever RC what it is.

There were no surprises this year when the award went to Sandra Williams who as well as being club secretary and membership secretary took it on herself, following a training course, to lead groups of beginners to various achievements almost single handed!

As well as this Sandra has completed the Endurancelife Coastal Trail Series which involved 7 almost impossibly difficult off-road coastal half marathons with a bonus for completing all of them of, er, having the opportunity to complete another one!

I've seldom met anyone with more energy and can only assume that she has discovered the 8th day in the week we'd all like.

Many congratulations Sandra, a well deserved winner. And thanks to Claire Salter for looking after the award last year and for bringing it back!





Taunton Marathon & Half Marathon 2011 Running Forever RC Results

Full Marathon

42nd Jon Sykes 3.21.32
74th Martin Kemp 3.33.50



Half Marathon

17th Richard Palmer 1.20.52
44th Dan Talbot 1.25.39
53rd Dan Sheldrick 1.26.37
75th Jeremy Greenslade 1.28.52
205th Hannah Taunton 1:38:24
219th Mark Latchford 1.39.06
243rd Andy Burgess 1.39.50
257th Jon Weeks 1.40.28
262nd Richard Staunton 1.40.46
268th Dave Loader 1.41.05
286th Kirsty McMakin 1.41.39
306th Sally Tovey 1.42.16
335th Jennie Cooling 1.43.22
354th Joanna Boon 1.43.56
412th John Allinson-Smith 1.46.17
438th Matt Bentley 1.47.14
494th Richard Elliott 1.49.32
566th Malcolm Adams 1.52.32
670th Carol Alba 1.57.15
671st Helen Phillips 1.57.15

672nd Katie Penny 1.57.15
673rd Lisa Farthing 1.57.16
709th Lisa Rossiter 1.58.30
829th Paul Thomas 2.03.34
838th Lin Lewis 2.04.02
880th Louisa Mansfield 2.06.29
890th Jane Nicholls 2.06.56
904th Joanna Toogood 2.07.58
923rd Kay Thorner 2.09.18
942nd Michael Sharpe 2.10.51
988th Rachel Marsden 2.13.23
989th Richard Watson 2.13.23
1009th Becky Mitchinson 2.15.05
1035th Gary Smith 2.17.42
1058rd Nic Sage 2.20.47
1145th Charles Axon 2.29.01
1164th Marina Tomsett 2.32.46
1166th Gerald Symons 2.33.30
1170th Martin Axon 2.34.07
1214th Liz Greenway 2.59.26
1219th Jan Walker 3.04.50





London Marathon by James Lowe

I proudly walked into the Excel ready to claim my London Marathon 2011 place, full of excitement and also dread. I had my father and brother for company/driver/support and to be honest I don't think they really understood how I could be so happy to get a chance to run the biggest race in my life and the world!

My training had gone well, especially as I am a late arrival at this running game. It's only because of my wife (Jo Lowe) that I started running, and even that was with verbal complaints and dodging tactics. My first race was the Burnham Half in 2010, and a time of 1hr39. I then carried on running and enjoyed myself. The RFRC ballot entry came into my email box and I thought it would be a great chance to see how I could do, and the rest is history.

Having completely forgotten about the Marathon I got a text wishing me luck for the big race, I thought it a joke until a visit from Sandra with an entry form and the shock set in. I promised myself training would have to kick in big style and straight away. At this point I had a little over 21 weeks before the big day, and then we had snow, then ice and then Christmas, and that lost me nearly 4 weeks of training properly.

I found an inner energy after Christmas that I had never felt. Running by myself as always following a plan, looking after my diet (always hard for a chef, we just pick and don't eat properly).

I started to run with the Pete's Sunday group. Long runs fitted in well on a Sunday and a good base for the rest of the week. It also gave me a chance to talk to other runners about their own experiences something I must admit I am not good at!

I left my support crew after our visit to Excel and found my hotel to get ready for the next day. Breakfast planned, my kit laid out, my last meal (I think the waitress thought I was mad with a plate of Risotto, followed by pasta and then Sticky toffee pudding, but I was full to bursting and ready). My sleep was terrible, trying to imagine the race, could I run in such a large crowd, would I drink enough, should I have carbo gel, would I give up, would I finish, the list is endless.



Breakfast was at 6am followed by the coach into London. I am a bit of a fussy eater in the fact that I have to want to eat mentally, and after such a large dinner I was in no mood for food. I managed a cup of tea, some soggy damp toast, and I looked at the porridge and wanted to ask if they needed a lesson!

A sea of red bags, big screens and Porta loo's awaited my destination, then the smell of Ralgex everywhere. Happy smiles and 'Hi's' from anyone and everyone, a final call to Jo and the kids and my own red bag was gone. It was just me, a number and a medal to collect now, oh and 26 and a bit miles in the way.

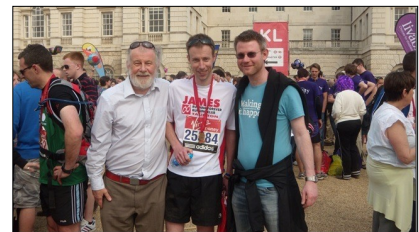
Finally the time came to line up. I seemed to be at the back, but I felt good and knew that a slower start would be better than running out of my pace, and we're off. Runners, mostly boys, darting off for a final wee, sweatshirts being thrown over the fence, an excited chatter all around and then the big start sign. The kids along the start 'Hi-5' made a huge burst of excitement, it was almost a duty

to 'Hi-5' back, and this was true all along the way. The crowd was brilliant.

6 miles went like a flash, feeling good passing a few, oh and 7 'Happy Birthdays' so far (I had '39 today' on my back). Hot though, really hot, water bottles everywhere, and more miles gone. I started to feel a blister at 6 miles but knew that stopping would mean the end of the race, so I decided to run on. 10 miles gone and I was running well and keeping to my time. I really wanted a 4 hour finish, and knew my time points off by heart. Another band and cheers and by now I had lost count of the well wishers. I somehow missed the halfway mark and next was 14 miles and gel time. I had stopped straightaway with the Lu-cozade drinks as the heat was too much and water was the way forward. 16 and 17 were ok but I could feel the sun getting a bit much and there was no breeze because of the crowds, I had forgotten about my blister by now and trying to run in the shade seemed to be the game now. 18 and a hard 19 came and went and I hit a mental stop sign at 20. Emotional, hot, tired, wanting to walk, walk, walk. Oh my god I'm walking, oh the feeling was bad, my legs heavy, everyone shouting come on James, 2 minutes came to 6, then 8 and at 9 minute my saviour stopped running and asked me if I was ok. Never seen him before and oh my god was his hair ginger and he was red, really red, either the sun had got him or the heat, but he was red. We chatted, well actually I ranted and he listened, and then he said 'come on' we're running now. All he said then was 'repay the debt to someone else'. I ran for the next 4 miles no problems until my debt time came. I stopped and walked with a girl who looked so sad, all she kept on saying was 'I've stopped now. We started to run together and off she went!

Embankment was so noisy, the crowds again, Big Ben then I finally saw my father and brother and emotions kicked in so hard. I was running the London Marathon! 800 to go, Buckingham Palace, the final turn and the posh seats! 4hrs33m05. You then collect your medal and somehow you're on a ramp and your tag has gone, then you're shepherded for a picture.

I was so happy, tears welling up, I wanted to call my kids and Jo, but only got an answer phone, so I left a teary message. Oh and I have a blister, I could feel my body, bag collected and help me please. They sang Happy Birthday in the first aid tent too, they being the doctors and nurses from North Hampton Hospital. Oh then a scalpel, bandages and off you go now. (left sole, three toe blisters and by the way you will lose the rest of your toenails!) Would I do it again? Most definitely! Did I enjoy it? Oh yes!



Sorry to all those who I went on and on about running before and after, sorry to those who still have to put up with me going on and on about the Marathon, but a big thanks to whoever pulled my name out of the RFRC hat. I love you for one of the best experiences I have ever had.



Taunton Triathlon by Tara Robertson

So the morning of my first tri was finally here! It seemed like such a long time ago that I'd entered and I did briefly wonder what on earth I thought I was doing. It is only thanks to the Somerset RC Tri club that my nerves were minimal! They very kindly give up their time the Sunday before the event to enable us newbie's to practice. Not only do you get to do the cycle and run routes, but they are also on hand to answer any questions no matter how stupid they may seem.

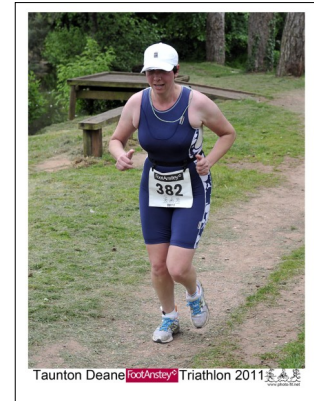
With the help of Julie Watch I set myself up in transition; and then I waited and then I waited a bit more! This was handy though; it gave me the ideal opportunity to watch the more seasoned triathletes in transition and have a nose at the swim from the viewing area.

It was time to go! I lined up anxiously (I was by this time!) and kept my fingers crossed that I'd actually manage to heave myself back out of the pool without looking completely useless! Those of you that have ever been to the Wellington pool will know that this is near impossible. Needless to say, I did find myself spread-eagled!

The cycle would have been much easier if it wasn't blowing a gale (ok, maybe not but it was really quite windy!). It did feel slightly odd cycling under race conditions and it probably took a couple of miles for my legs and lungs to stop burning!!! I felt confident that I'd done the cycle in a reasonably decent time and I'm sure it helped that I was already familiar with the area.

The run involved two laps of the 2.5k route. Having already run this the previous week, I knew what to look forward to (!?!). Right bang in the middle of the route is a rather unpleasant, large hill (that felt like a mountain on the day!) that I knew I had to run up twice. If I'm honest, walking up it may have been quicker but I was determined not to let it beat me!

I'm not entirely sure if it's pain or relief on my face, but I'd made it in one piece without collapse and with a total time of 01:31:27. I'm really pleased with my time but know where improvements can be made (for the next few I've already got booked!). In my opinion the Wellington Tri is very well organised and I would definitely recommend it to anyone who's curious about giving one a go!



Pedal Power Rules by Phil Wilson

We stood astride our bikes in Belvedere Road car park – our usual starting point, discussing the various merits of various drinking establishments in Minehead. At this point I contributed with the rather obvious but necessary point that first we had to get there! Thus began the Running Forever RC (subsection cycling), (subsection rather slow cyclists) outing to Minehead.

We were respectively, Mike Nicholls, Mike Sharpe, Mel Axon, Martin Axon, Val Perigo and me, Phil Wilson. The cycle trip was one that we had discussed and mulled over for at least a year, possibly two. The basis though was that we cycled out to Minehead and then caught the West Somerset Railway train back to Bishops Lydeard. Fortunately the steam railway is unconcerned about taking cycles on their trains, unlike their bigger corporate mainline brothers.

Mike Nicholls had a route, which was designed to take in as little main road as is feasible and largely this was successful. I don't think we saw another person for quite a few miles once leaving Taunton, let alone a car! As most of you will realise, the route to Minehead is anything but flat. There is the small matter of the Quantocks and Exmoor in the way. The plan was to skirt the edge of Exmoor though that didn't make it seem any flatter!

The weather was kind being neither too hot nor cold and dry, despite the weather forecast all week promising heavy rain. We broke the ride several times with refreshments at various hostelries. The first at Stogumber was particularly welcome as it was preceded by a whole series of hilly climbs. When we got there Mike N remarked that the worst of the hills were over now. This was a complete lie but we all bought it eagerly. There were more hills and then more and just as we thought that we really had had enough of hills, a few more appeared. And then finally, we had one more long downward section which brought us to the edge of Carhampton. A relief for two reasons; first it meant that all that remained was a few level, unhilly miles into Minehead. And second, there was another pub break!

And so finally, we arrived at the seafront at Minehead. We bought our tickets home, an ice cream (definitely in that order) and then resumed our discussion on suitable places to drink and eventually found our way to one such place.

The train ride home was uneventful and we arrived at Bishops Lydeard in good time. It was a short but fast cycle ride along the main road back into Taunton. In all we did a shade over 40 miles, took a couple of wrong turns but Mike N. was definitely never lost at any point in the trip!

If you fancy joining this motley crew for a few days gentle cycling on the Isle of Wight in September give Phil or me (Val) a shout. Have a look on the forum for details.





Dartmoor Discovery by Scott Weetch

Four club members completed the Dartmoor Discovery 32 mile ultra marathon on 4th June. Out of the nine original entrants, 4 had to pull out prior to the race due to injury and the very hot conditions forced John Ward to retire at 20 miles, still a very significant effort. A total of 146 runners completed the arduous course, braving searing temperatures that tested the mettle of even the most experienced participants. To put this in some context, 146 people finished, 17 did not finish (more than 10 per cent) and an additional 37 who had signed up did not make the start line.

Starting and finishing at Princetown in the heart of Dartmoor, the DD, as it has become known, is the UK's longest single-lap road race and attracts some of the country's top ultra distance runners, as well as hardy enthusiasts of all ages. It combines stunning views with several tough hills and notoriously unpredictable weather, resulting in a true test of body and soul. This year's feature weather was HOT. So much so that in addition to already having ten drinks stations, there were two more impromptu added in on the course. Although the sunny weather did not make for good times, the Dartmoor scenery was at its best.

The marshals were fantastic, genuinely caring and checking on welfare, especially in the latter stages. Personal drinks were handed out at each water station making even the slowest runner feel like an elite athlete. One thing that struck me as I battled up a long slow hill at about 28 miles on the only part of the course on a busy road was that the radio car slowed down for each runner, checking they were ok. This caring attitude was a feature. With each stop or each support came a well done, an assertion that you were looking strong – despite evidence to the contrary – and encouragement to do the next stretch.

The race has a cut off time of 6½ hours, this equates to an average of 12 minute miling pace and there were 3 check points on the course, each carrying its own cut off time. 12 minute miling sounds easy but to give this some context again, my mile splits in training are around 9 minute miles for 20 miles distance – around 3 hours. I made the marathon cut off by 12 minutes in 5 hours and 3 minutes. Richard and Peter had passed me at around 25 miles – with a well run and a quick chat. Lynn made it to the marathon cut off by a couple of minutes but her strategy was so much better than mine. Lynn cruised past me at 31 miles, smiling, chatting and not suffering cramp like me! I have to say that my new style of straight legged running for the last ¼ mile is unlikely to catch on (think Forrest Gump with the calipers still on).



There was free food, drinks and disco at the end, along with a free massage. I struggle to remember the order they were done in now though! The overwhelming feelings at the end were thank goodness it's over, pride, satisfaction and the search for a beer. The welcome from everyone and the genuine cheer you get is unsurpassed I would say.

As a postscript – I took on board more than four litres of water during the run but my comfort breaks ended at 9.15am and only recommenced at 7pm! You have been warned. I also understand that next year's running group to tackle this is forming, with Richard as its lead.



Richard Staunton – 6:20:12 Lynn Cunningham – 6:27:24 Scott Weetch – 6:28:39 Peter Hall – 6:30:00

Haldon Heartbeat by Mel Axon

The first year for this 8 mile Trail run. Organised by the Haldon Trail runners, which is an off road running club. It was a very hot day (Easter Saturday). The race was one complete lap of the inner tarmac service track of the racecourse (which seemed to go on forever!) and then out to a short section of country lanes leading to Harcombe Woods.

The route was a mixture of grassy rides, rough trails and stoned forest roads. It was a beautiful landscape and if it wasn't so hot would have been a glorious run. There were no records to break but a fast time completed the race by Arran Tocknell 48.50. There were 5 Running Forever RC members participating: Daniel Sheldrick 56.14, Mike Nicholls 1.21.49, Val Perigo 1.32.11 and Mel Axon 2.02.03 gallantly supported by Martin Axon 2.02.02 and Phil Wilson 2.02.03.

Those of you who know me well will know that I really find running difficult and not overall enjoyable, but the course was beautiful, I had two good fellows trying to get me going and a lovely environment to be in on a beautiful day. (Club motto 'No one gets left behind!')

It was well marshalled, friendly and a pleasure to be part of. I had a long chat with the sweeper, and even at the rear they all were pleasant and very encouraging. I hope next year that more members may like to have a go. As I've said lots of records to break as it was the first. I may marshal next year or just do the 2 mile fun run! Especially if it's as hot again!!! I wish the organising club success for the future years and the race becoming an established one on the circuit of races in the South West.

All profits from the race are going to be donated to HeartSWell.





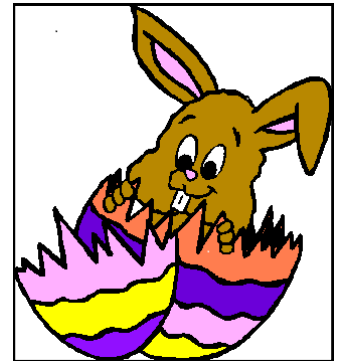
Easter Bunny 10k by Holly Ashford

Renowned for its pancake flat course and excellent PB potential of 89% (Runners World said it, so it must be true!) The Easter Bunny 10k seemed like the perfect race for two PB hungry novices (i.e. me and my dad) who, after putting in what we deemed as very respectable times at the Stoke Stampede, thought this would be a breeze. Unfortunately, there was no breeze. Just a ridiculously high temperature of 25°C and very still air- the perfect combination- if you want to be sniffing and rubbing your eyes for 44 minutes! (A whole minute more than what I was expecting, might I add- not that I'm bitter about it...)

The race is a 10k route around the villages of West Camel and Podimore in Yeovilton. To be fair, it didn't disappoint in terms of flatness, with the greatest incline being over and done with early on. However, the sweltering heat made me wish I was back up Humdinger Hill in the bitter cold, where, although I was puffing and panting- at least I had an excuse for it that time! It became pretty clear at the half way mark that I wasn't on for a PB, but at that point I was so preoccupied with keeping upright and trying to keep at bay the asthma I didn't even know I suffered from, that I really wasn't that bothered.

At the 8k mark, having turned left for about the third time into an endless stretch of road (it wasn't the most scenic of routes) I was relieved to see that some young, and seemingly fit people had given up altogether and decided to walk (I don't usually relish in the misery of others, but it felt good to know that I wasn't the only one struggling). Of course, this was short lived as a kilometre later I was overtaken by a pensioner (which, being only 17, was not good for my ego!)

The end of the race was very much welcomed, and although somewhat disappointed with my time, the support from the spectators, the Easter egg, and the fact that I won my category (although under 18 female 10k enthusiasts *are* pretty hard to come across) made it a good day. I would like to congratulate the 8 other Running Forever runners (including my Dad, who, rather annoyingly, got much closer to a PB than I did) for not passing out. Despite this somewhat pessimistic account, I do hope to run it again next year (although I am betting on it being a 'normal' English April then!). Overall, a good, well organised race. If only they could have organised the weather a bit better it would have been perfect...



Torbay Half Marathon by Paul Thomas

I only started running last year and having got a few 10k races under my belt, I decided earlier on this year to try my luck at some half marathons, so having completed Taunton half in April, I went onto to run Plymouth at the end of May, and pretty much a week or two before the event, I decided to give the Torbay half marathon that was on 19 June a try. Armed with a couple of cheap single train tickets to Paignton and back, and a reasonable hotel booked for the Saturday night I headed down to Paignton late on the Saturday afternoon. I hadn't been there for a few year years, so after checking in to the hotel (which was right on the sea front - and luckily only a few hundred yards away from the start line), and a quick wander round to get my bearings, it was time to get a bite to eat and then head back to the hotel for an early night.

The race started at 9am on Sunday morning, so after a quick early breakfast at the hotel, it was just a dash across the road to the startline where we had to assemble at 8.45am. The weather was ok - a bit on the windy side, but nice and cool with a few sunny intervals. This is the first race I've done where you do two laps of the same course - this sees you starting along the main sea front at Paignton, then completing a lap of the main green before heading off to Torquay (with a couple of detours here and there around some side streets). When you get to Torquay, you loop back near the marina and follow the main road back into Paignton (and the main green) where you go back through the start line, and then head off to do it all again.

I'd completed Taunton and Plymouth in just over 2 hours, so I was hoping for a sub 2 hour time in this. I tried to achieve around at 8.45 minutes per mile pace, and this saw me getting back from the 1st lap at Paignton in just over the hour, and slightly before Kenyan Iasaac Kimutai completed the entire 13.1 distance in 1 hour 5 minutes and 42 seconds (!). The second lap was a bit more of a struggle - especially going back over the hills between Paignton and Torquay (that you get to do 4 times in total), and having completed the second and last loop back at Torquay, with still 3 miles to cover and a time just over 1 hour 30 minutes, I thought I'd be in with a chance of getting in under the 2 hours. However, despite a brief cooling rain shower around mile 11 and my best efforts, I got back over the finish line in in 2 hours and 48 seconds.

Overall, I thought it was a well organised race and would definitely do it again (the various pubs located near the finish line and on the green was a definite bonus!), and hopefully next time I can beat the 2 hour mark.

Results for Running Forever RC:

Andy Burgess 1:39:01
John Allison-Smith 1:45:09
Paul Thomas (me) 2:00:48





Edinburgh Marathon by Richard Staunton

Let me start by saying that this is not an unbiased report. If you want a 'better' picture of what the marathon is like, particularly the organisation, look at the race reports on the Runners World website. That said remember that some people like to moan!! Maybe the combination of the two is the ideal option?!

If you read the last newsletter (or the one before) you may remember that you left me having completed Druids, a three marathons in three days race. My running partner, Bruce, having thrashed me at the Abingdon marathon a few weeks before (3.20 to my 3.39 – as someone said 'not bad for a big bloke') was a little humbler after Druids. He was also badly injured running on dodgy knees for three days and took a few enforced months off. He was keen to stamp his authority at Edinburgh once again.

Transport links are excellent at Edinburgh – a bus takes you from the airport straight in. Flights, hotels and the bus are all comparatively cheap. We had had a pre race curry and beer the night before so it was a 'difficult' morning. We also visited the expo at Edinburgh – quite small but worth seeing, especially as Bruce had never been to a large marathon before.

The race itself was quick. As sub 4 marathon runners we started in the 'fast' start which also begins 10 minutes before the rest of the race. This is a great idea as it meant that there was little congestion around the course. The toilets were also good; there were special men's urinals which meant that neither sex had to queue very long.

I started well and decided to keep to 7.50 minute miles for as long as possible. Don't let the course profile fool you – it's not a steep downhill start; well I would not have thought it was unless I had seen the profile. You don't run in the city itself really – you leave and effectively run along the estuary then double back. It's not that scenic but it is flat.

The support itself was pretty good around the course, with plenty of bagpipes to keep you company, as well as other music and cheering etc

I was taking gels at regular intervals and still felt fine; I was reaping the benefits of tempo training, the one change in my marathon training this year. At 17 miles we did a u-turn and ran into a freshening wind. By then, still at 7.50 minute miles (actually about 7.52) I thought I had a chance of a PB – sub 3.36. A few miles later, by 20 miles, no wall appeared and I thought I had a real chance of sub 3.30. The last three miles were very windy and it was difficult to maintain pace. In fact my only criticism of the race is there are no mile markers at this point. My Garmin was telling me I was on target, but if I had run a few hundred feet more than the actual distance (which you normally do) I could be in trouble. I therefore had to push harder, and managed to keep a decent cushion of time.

At the finish I realised I had got 3.28.50, and that is why this report cannot be unbiased. Its not often you realise your ambitions (well I speak for myself!!). I had one such moment then, 5 years of trying! I was glad I was wearing sunglasses!! Bruce only beat me by 2 minutes and is now seriously worried. Bring on Abingdon mk2.....



Upcoming Races

July 2011

Sunday 3 - Quantock Beast - <http://www.quantockharriers.co.uk/beast.html>

Sunday 10 - Beacon to Beach - <http://www.rotary-ribi.org/clubs/committee.asp?ClubCtteeID=10680&ClubID=1217>

Sunday 10 - The Wellington 10 - <http://www.thewellingtonten.co.uk/>

Sunday 31 - The Seaview 17 - http://www.mineheadrunningclub.co.uk/seaview_17.html

August 2011

Saturday 13 - Maiden Newton Madness 10k - <http://www.freewebs.com/maidennewtonrunningclub/>

Sunday 21 - Torbay Royal Regatta 10k - <http://www.torbay10k.org.uk/pages/mainpage.htm>

Sunday 28 - Battle of Sedgemoor 10k - http://www.langportrunners.co.uk/html/bos_10k.html

Monday 29 - Lustleigh 10k - <http://www.lustleighshow.com/#/10k-run/4540379112>

September 2011

Sunday 4 - Ash Excellent 8 - <http://www.ashexcellenteight.com/>

Saturday 10 - Somerset Levels and Moors Marathon & Half Marathon - <http://www.langportrunners.co.uk/html/slamm.html>

Sunday 11 - Bristol Half Marathon - <http://www.runbristol.com/HalfMarathon/30/Home.aspx>

Sunday 25 - Mells Scenic 7 - <http://www.mellsscenic7.co.uk/>



Resistance Training

So after withdrawing from another race due to injury, the big one this time, London, I decided that some professional advice was in order. Huw Hurley, (www.hurleyclinic.com) suggested that if I wanted to stay injury free during my running career, it perhaps would be a good idea to have a go at resistance training. Now it could have been as easy as some heel raises or using a stair to lower very gently the heel of the foot and stretch out the Achilles, but me being me decided that I must join a gym, invest in some new kit and begin a rigorous regime that involves, sweat, lycra and pain (what I put myself through to get this column written!!). Well, OK, it didn't really go like that, but I did bag myself a casual user Buzz card and had a couple of sessions with a professional trainer. After an interview that involved my measures being taken (resting heart beat 49, V good) Ms Whiplash worked out a plan that would work the main muscle groups in my legs to strengthen not only these but also the connective tissue that support the tendons and other moving parts of the knee, hip and ankle including ligaments and cartilage.

Joining a gym for resistance training at first sounded alien to a runner who's main strength is his thin frame and lightness on his feet, but as it turns out, many runners legs become weakened by the many miles of training that we subject them to, especially if the diet is poor. The main benefits are to help the body build bone density that can be compromised leading to a high risk of stress fractures, correct imbalances in muscle groups, maintain muscle mass and enhance the immune system that can be reduced through endurance training. The best time that you can use resistance training is during conditioning and the early stages of specific goal training, it is at this time that you will see the most benefits, you're preparing your muscles for the coming stress that you are about to place upon them, and in the process enabling them to work more efficiently and (hopefully) keeping you injury free. So if you see me sweating and cursing during my 3rd set of repetitions on the hip abductor machine, please remind me, it's worth it for London!

Samuel Kamau Wanjiru

For my second article of this newsletter I was going to expand on the possibility of a sub 2hr marathon, a subject briefly touched upon on the forum, but events in Kenya have forced alterations. A man who would, in all likelihood have featured heavily in any serious attempt on the world record and even a sub two hour, Samuel 'Sammy' Wanjiru, changed the face of elite marathon running forever, attacking from the front and running away from the most competitive fields that big city marathons could muster.

In the blistering heat of the 2008 Beijing Olympics, Wanjiru used his own race tactics to break his opponents, by leading from the gun whilst imposing crushing changes of pace to destroy the lead group made up entirely of elite East Africans.

Wanjiru first showed promise in athletics at the age of 15, when he won a national cross-country championship and was spotted by a Japanese talent scout, who persuaded him to move to Sendai. He responded well to coaching provided by Japan's 1992 Olympic silver medallist Koichi Morishita, despite telling the scout before he left, "I do not know where Japan is". At the age of 18, Wanjiru broke the world half marathon record in Rotterdam, after beating the world junior 10'000 meter record in Brussels.

In 2008, he returned to Kenya and married Triza Njeri with whom he had a son and daughter, a small standing man, he was only 5ft 4in in height, and weighing only 8st, this seemed to help him achieve his best marathon time of 2.05:10 at the London Marathon in 2009, 14 seconds faster than when he raced through England's capital a year before. He also had wins in Japan and Chicago marathons.

Problems in his personal life led to him being charged with illegal possession of a firearm (an AK-47) and making threats to kill his wife, and it was more than likely that a argument with his wife led to him dying after falling, or jumping, from a balcony at his home.

Samuel Kamau Wanjiru, marathon runner, born 10 November 1986; died 15 May 2011.



NEW - 'Pat on the Back'

So many club members deserve a 'pat on the back' so let's use this newsletter to shout about how good our people are! Our two nominations this quarter are:

Jan Walker - nominated by Clare Pineda-Langford

Jan says that she didn't realise that the comment last April 'we were built to run!' made by Eddie Izzard would change the course of her history. This inspired Jan to start running, in the mornings at first before the world woke up to ensure nobody saw her (lots of us have done this). After a while and following a chance meeting around her 60th birthday with old friend Clare, Jan started running with Running Forever RC.

Two reasons Jan quoted for running the Taunton Half Marathon or, in her own words 'putting myself through this gruelling task' One because it took her right out of her comfort zone and two, because she wanted to raise money for the Somerset Counselling Centre where she works. The centre is a charity and offers affordable counselling and subsidises people on low incomes. Jan and her colleagues raised around £1,000.



Hannah Taunton - nominated by Gill Taunton

Hannah is a remarkable young athlete who has battled with a severe language and communication disorder which brought frustration and bullying earlier in her life. Since it was discovered she has a flair for running Hannah has grown in confidence doing something she enjoys and excels at.

Hannah won gold medals at the National Disability Championships in Blackpool in 2010, has represented Somerset in the South West Schools Track and Field Championships, represented SCAT at Area Schools Athletics and has spent a weekend at Loughborough University as part of the SCAT team to take part in the South West College National Championships.

One of Hannah's latest achievements was to come second in the local female category in the Taunton Half Marathon finishing in 1:38:24 and raising £450 for Escape at the same time.

Now this section is not going to work without you helping me out by sending me nominations so please let me know who you think deserves a 'pat on the back'. It doesn't need to be about raising money. It can be about helping a group of people, or helping one person, or overcoming personal problems or anything that someone in our club does that nobody knows about and makes them a remarkable person. Send your nominations to newsletter@runningforeverrunningclub.org.uk please.

New Chairman - Graham Strang

It is an honour to be the new chairman of the club. Since joining the club some four years ago I have got to know a good number of you, mind you as the club continues to grow there are a number of you that I am yet to get to know. I will try and introduce myself to as many of you as possible over the coming weeks before runs on a Wednesday.

A little about me, as I said I have been with the club for around 4 years, originally joining as I had entered the Bath Half Marathon and having not run since school days needed some encouragement to get me through those miles of training. I have since gone on to run a number of half marathons and three marathons including London in 2010. I am currently training for the Abingdon Marathon in October, along with a few members of the club. If anyone is training for other Autumn marathons you are of course welcome to join us on our training runs, as is anyone else that fancies a longer run on a Sunday. Details will be posted on the forum.

Along with the rest of the committee I hope to oversee the continued growth of our club, improving both the competitive and social aspects, I firmly believe that both aspects are equally important and the blend we have differentiates us from other clubs in the area.

If anyone has any ideas, regarding either training or social aspects please pass your ideas onto me or any of my fellow committee members.

Email: enquiries@runningforeverrunningclub.org.uk



SOCIAL - NEWS

Hestercombe Humdinger Charitable Donation

Following Running Forever RC's Hestercombe Humdinger & Hurtle back in February, Race Director Rich Palmer handed over a cheque for £300 to Dorset and Somerset Air Ambulance.

Thanks again to everyone who helped out on the day or ran the race.



Club Kit



Tammy Mears and Malcolm Boon look after club kit for Running Forever RC so if you would like to order some or are wondering where your ordered kit is they are the best people to contact.

You can either speak to them on a Wednesday evening at club or email enquiries@runningforeverrunningclub.org.uk and your message will be passed on.

We currently have vests, t-shirts and blue hoodies for sale. Watch this space as we hope soon to have lovely new soft shell jackets too.



Taunton Race for Life



As some of you are probably aware Race for Life is coming to Taunton this year for the first time.

Member of the year, Sandra Williams, is organising the event, which is on Sunday 17 July 2011 at 11am at Taunton Race-course, and would be very grateful if anyone has a few hours to spare on the day to help out.

As you know Race for life is a very popular event and are often quite emotional with huge amounts of money are raised for Cancer Research UK.

If you would like to be part of the event by helping Sandra please either speak to her at the club or email on enquiries@runningforeverrunningclub.org.uk and your message will be passed on.

The End by Val Perigo

While updating the members list to send out this newsletter I became aware of just how many new members we have and that I know so few of you! So welcome to Running Forever RC and please don't be shy about sending in articles for the next newsletter which is due out on 1 October 2011. It's just as nice to get a race report or article from a new member as it is to get one from a regular contributor and the different perspectives helps make the newsletter in my opinion.

Don't forget I need nominations for the 'Pat on the back' section too. There are some amazing people in our club and I'd love to hear about them and I'm sure other members would too.

I hope I'm not tempting fate here but my own running appears to be going well and injury free at the moment. I have a bet on with a fellow Running Forever RC member that I'll beat him at the Wellington 10 (miler) and I'm looking forward to my winning box of maltesers already. I'm still trying to get a sub-25 minute 5k but I think that may be a bit optimistic so will settle for sub-25:30 which may just be possible with a tail wind. I intend to do the Exmoor Stagger again this year and hope to finish in a better state than last time, and I'm even contemplating another marathon next year—my previous and only one so far being in 2006!

I hope you all enjoy the next 3 months running and I look forward to receiving race reports, articles, nominations and anything else you fancy sending to me at:

newsletter@runningforeverrunningclub.org.uk



www.runningforeverrunningclub.org.uk

Committee Members

Mike Nicholls—President
Graham Strang —Chairman
Rich Palmer—Vice-Chairman
Martin Axon—Treasurer
Sandra Williams—Secretary/Membership Secretary
Elena Minelli—Social
Phil Wilson—Website
Val Perigo—Newsletter
El Palfreman - Social
Tamara Mears - Club Kit
Malcolm Boon - Club Kit
Steve Hudson

Group Leaders

Group 1
Rich Palmer / Alex Abrams

Group 2
Graham Strang / Steve Hudson / Martin Kemp

Group 3
Rich Metcalf / Clare Pineda-Langford

Group 3.5
Pete Williams

Group 4
Jan Burton / Tammy Mears / Jo Toogood

Group 5
Geoff Eggleston / John Scanlon

Group 6
Martin Axon / Gerald Symons

Beginners
Sandra Williams

Newsletter Editor: Val Perigo

Sub-Editor: Alex Abrams