

SUTTON RUNNERS

Yellow Pages



May 2009

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*Sutton Runners meet at 7pm on Tuesdays and Thursdays at Sutton
Arena and at 8am 1st Sunday of the month at Carshalton Ponds car park.*

Pauline's Patter Graham's Grand Opening

Pauline is on holiday so Graham is introducing this edition of the newsletter.

Since the last edition of the newsletter we have had two of our big events of the year taking place within a week of each other, these being the London Marathon and the Sutton Runners 10k.

The London marathon took place on 26th April on another warm day, where 26 members took part. There were some fantastic performances with many of you taking part for the first time whilst others achieved PBs. As one of the runners I was grateful for the marvellous support that so many of our members gave us at various parts of the course. We were transported to the start by Peter Sturton in the marathon bus, raising much-needed funds for David Denton's India charity.

On 3rd May we had our own event, the Sutton Runners 10k where we had nearly 400 finishers out of 440 entries. It was also a record turnout from the club of marshals and helpers, all of whom contributed towards a very successful day. One of the pleasing things is the positive feedback that we get from the Runners World website, notably the friendliness and helpfulness of all our marshals, which is a testament to all of you that helped us on the day. Also we had a men's team and a ladies team take part as this is Surrey Road League event and there were some fine performances from all of our runners. I don't have details of the race accounts but we fully expect to make a donation to the Royal Marsden Hospital out of the proceeds as we have done in previous years.

The Grand Prix series has started with fine performances at the Towpath 10, Ranelagh half and London Marathon. One of the other events the Dave Clark 5k will not count as a Grand Prix event as the distance was short, we will find another event to replace this in the autumn to be advised. One of the future Grand Prix events is the Cabbage Patch 10 on 18th October which will be our Club Championships this year, you need to enter early as this race fills up very quickly. For those of you that wish to take part in the Grand Prix series a list of all the events with dates is now contained on the club notice board (and appears later in this newsletter).

One of the success stories of the year is the Banstead Woods time trial, which has attracted huge numbers including many Sutton Runners who regularly take part. However, the event has now exceeded capacity to the extent that two new events in Morden Hall Park and Roundshaw Park (Croydon) will soon start to take the pressure off Banstead Woods. It will be good if Sutton Runners could support these new events, which will help take the pressure off Banstead Woods and thus ensure its survival.

Now that the Marathon season is pretty much over (except for Jim of course) attention turns to honing your training to the faster events of the Summer and early Autumn. Andrew has already asked members of his training group for some information that will assist in their specific training for the many 5k and 10k's that take part in the summer. From my perspective this is an excellent idea and I for one would like to see it extended for the whole club.

For those of you running the Edinburgh Marathon good luck and to all of you I hope that your running goes well during the summer months.
Best wishes

Graham Miller
Secretary

STANDARD AWARDS PRESENTED

WATFORD HALF MARATHON 01/02/09

LYNN HICKEY	BRONZE	LV45	1.57.06
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VALENTINES 10k 15/02/09

STEVEN BARBER	SILVER	SENIOR	38.59
GRAHAM MILLER	SILVER	MV40	40.04
TONY MOORHOUSE	SILVER	MV40	40.45
LAUREN JONES	SILVER	SENIOR	43.14
CHRIS BAILEY	BRONZE	MV40	43.14

SUSSEX BEACON HALF MARATHON 22/02/09

JENNY SINFIELD	SILVER	SENIOR	1.42.46
ANITA HEDGES	SILVER	LV35	1.44.07

HASTINGS HALF MARATHON 15/03/09

YIN-HAI CHEUNG	SILVER	LV35	1.46.40
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READING HALF MARATHON 29/03/09

FIONA PARK	SILVER	SENIOR	1.39.58
MARK WINGHAM	BRONZE	SENIOR	1.46.40
KAYE BENJAMIN	BRONZE	LV45	2.02.02
TINA RUSSELL	BRONZE	LV45	2.02.17

PADDOCK WOOD HALF MARATHON 05/04/09

PETER STURTON	SILVER	MV50	1.32.18
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FRIMLEY 10k 05/04/09

STEVE WISE	SILVER	MV50	40.50
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MAIDENHEAD 10 MILES 10/04/09

STEVE WISE	GOLD	MV50	66.00
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TOWPATH 10 MILES 19/04/09

STEVEN BARBER	SILVER	SENIOR	63.10
JENNY SINFIELD	SILVER	SENIOR	74.42
MARION STANTON	BRONZE	LV45	87.54
TINA RUSSELL	BRONZE	LV45	89.19

LONDON MARATHON 26/04/09

GRAHAM MILLER	SILVER	MV40	3.16.13
THERESE PANETTA	SILVER	LV45	3.49.44
LAUREN JONES	BRONZE	SENIOR	3.56.09

SUTTON 10k 03/05/09

SUSAN BOROS	BRONZE	SENIOR	47.29
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Tour de Mud: Men's Cross Country 2008/09

Two doses of relegation in the space of 12 months would spell the end of most captains'/managers' lifespan at a professional club, so just as well for me that we are a voluntary community club, and that no one has relieved me of duty...yet! Throwaway comments aside, that we got relegated is a fact, however this far from portrays an accurate reflection of our season and I would propose that this year our club has been extremely successful in the world of muddy forest trails, outright bog and the rolling open fields of Surrey – something that outsiders looking in may not consider when purely judging us on our results.

Late last year, my previous cross country article, telling finely spun tales of muddiness in this fine publication, highlighted the fact that yellow was the dominant colour in the Division 3 field, and not just because a variety of different clubs run in that colour, but due to the fact that a large proportion of those runners were our very own! 21 runners turning out for race 2 at Lightwater, a number that was bettered by no other team across all four fixtures, highlights better than any other measure the strides we have made as a club since the previous year, when we failed to field full teams of 10 on two occasions.

The last race of the league was held at Wimbledon Common, and for us it contained all the classic features of a last day relegation battle, and similarly to the climax of the football Premier League this season (but only more interesting as it involved running after all), the title was already decided, but any two of five clubs could go down. Beginning the day in 7th spot out of nine and by yet again fielding the largest team in the division on the day with a total of 18 starters, we gave ourselves a fighting chance of retaining our place in the third tier of the county league. But alas, despite getting all of our ten scoring runners home before any of our immediate rivals, when the positions were added up we had not done enough to survive. We finished 7th on the day, but in beating one of the teams already safe from relegation instead of those surrounding us in the table, we ultimately slipped down to division 4, for the forthcoming 2009/10 season.

However, I refuse to be downbeat about our year – this year was a success on several fronts. We had members this year running cross country for the first time (well since school at least) and many, including veterans of many cross campaigns, who made constant improvements throughout the fixtures, gaining in strength and running experience. This is a fact to celebrate and build upon for the future. Cross country competition provides both excellent base training and a great team event - on both accounts there have been many winners this winter. Yes we want to be competitive, and yes we want to win races and work hard to earn promotion – this is not in question - but our primary function as a club is to

get people out running, whether they be first timers or old hands. Getting a vest on and lining up is what we are all about. Last year we struggled to do this after losing some key runners and struggling to get people motivated to turn out to run in wintry fields, which made relegation harder to bear – but this year has been the exact opposite, hence the smile as we have succeeded in our role, which in my mind significantly soothes the disappointment of relegation and overrides it in importance.

The overall point I am attempting to make is that different clubs have different functions/roles in the world of athletics. Clubs like Herne Hill Harriers and Aldershot, Farnham and District, although like us in being volunteer led, have a role in producing elite juniors and adults that compete at a county, regional, national and eventually international level across a range of disciplines. They have the resources and the talent base to do this alongside their role in encouraging increased participation by people across all standards. On the whole we can't compete on a performance level with these clubs, and to do so is not the main reason why we exist. Our role is in giving people the opportunity to participate regularly in an activity they enjoy and to ensure they are retained in our sport - whatever their goals, from competitive targets such as racing well at specific events and attaining personal best times, being part of a team competing in local events, to increasing fitness levels in a sociable atmosphere. We are valuable in this way.

Roll on the 2009/10 season, let us see if we can meet all of our goals simultaneously by enjoying ourselves, getting larger and ever stronger teams out competing at races, swamping the field with yellow vests and getting promoted (I don't want much do I?!)

I would like to take this opportunity to thank everybody who turned out for the team this season – I hope you all enjoyed it and that you will be back for more in October! Special mentions to Neal Richardson, the men's Vice Captain and Graham Miller who both took the time to gather recruits for each race – without their efforts we would definitely have had less runners out there enjoying themselves! Congratulations too to Graham Miller for topping the table in club points awarded for improvement and support as much as for scoring. In addition I would like to thank cake.

Andrew Nippard
Men's Captain.

Four Seasons in One: Ladies' Cross Country 2008/09

The Ladies' team returned to Division 1 for 08/09, and the season will be remembered for some battling performances, a great team spirit, and the whole range of weather and conditions. I hesitate to remark on this though as this seems to be a feature of every cross country season!

The season started with sunshine at Nork, a tough course with 2 chances to 'enjoy' the steep climb, that felt even tougher on a warm day. Turnout was fantastic though, and gave us a good start to the season. Lightwater gave us our first mud, though on one of the nicer courses. Although numbers were reduced due to injuries and unavoidable commitments, 9 runners turned out, and there were some battling runs throughout the field, led by Vicky Foad.

As 2009 began so the weather worsened... and on a day that was the coldest I can remember running a race, 7 runners braved the freezing conditions at Farthing Down. With the ground frozen underfoot, thankfully the course was less challenging than some, with several stretches of largely flat terrain. Although the ground was frosty on the whole it wasn't slippery, but there was always that worry that you could go flying if you caught the wrong patch on the ground! Everyone was relieved to finally get to the finish, though a backlog of runners queuing in the finishing funnel led to some confusion at the end.

The final race was postponed until the end of February due to the heavy snow earlier in the month. The main struggle was to field a scoring team, with many runners (including myself) unable to run on the rearranged date, a problem that other clubs also seemed to have. Those that ran for the club are to be congratulated on good performances throughout, and a big thankyou for those who helped with organising things on the day.

Unfortunately, we found the going too tough in Division 1 this year – there is a case to say that due to the size of our team, injuries or unavailability of key runners impacts on our scores more than for some of the larger clubs, but in fairness our team ran consistently well all year, putting in performances as good as for any road race, but even so it was always going to be a hard task to escape the bottom positions in the table. It was great to see such a fantastic turnout at the start of the year, though it always becomes more difficult as the season goes on. It would be good if we can keep the numbers up for next year, and make a strong showing in Division 2 in 2009/10.

A big thankyou to everyone who came to support & particularly those who provided post-race nourishment! (what could be better for recovery than cake???)

The scoring for those who ran, scored, improved, and supported have been totted up and... we have a tie! Fittingly the 2 top-scorers are Lauren Jones and Claire Ballhatchet. Lauren scored for the team in the 3 races that she ran, improving through the season to lead the team home at Lloyd Park. Claire was the only member of the team to run in all 4 races, also showing great improvement in finishing position through the course of the season. I cannot fail to mention that both Lauren & Claire provided some very tasty cakes too!!!

Congratulations to Lauren and Claire, and to all those who ran this season:

Jackie Arrowsmith, Claire Ballhatchet, Kaye Benjamin, Barbara Burnett, Kathryn Chisholm, Liz Davies, Clair Du Toit, Vicky Foad, Andrea Francis, Penny Hubbard, Lauren Jones, Mary Lamont, Michaela Moher, Therese Panetta, Harriet Pelling, Carly Pigdon, Sam Riggs, Jenny Sinfield.

Finally, I wanted to say that it's been a great honour to be Ladies Captain over the last year (as I am now stepping down), it has been a pleasure to see so many ladies improving throughout the year, both in cross country and in road races - long may it continue!

Andrea Francis
Ladies Captain

Cross Country dates 2009/10

10th October 2009

Ladies Division 2 12noon Reigate Priory

Mens Division 4 3pm venue TBC (hosted by British Airways)

14th November 2009

Ladies Division 2 12noon venue TBC (hosted by Dorking & Mole Valley)

Mens Division 4 3pm Lloyd Park

12th December 2009

Ladies Division 2 12 noon Richmond Park

Mens Division 4 2.30pm venue TBC (hosted by Epsom Oddballs/Sutton Runners)

6th February 2010

Ladies Division 2 12noon Wimbledon Common

Mens Division 4 3pm venue TBC (hosted by Waverley and Haslemere Border)

Grand Prix Series

5 races to score – previous races – Towpath 10, Ranelagh ½ Marathon

Remaining races:

Dorking 10 – 31st May – 10am
Surrey Road League County 10 Mile Championships

Dysart Dash – 28th June – 9am
Surrey Road League County 10K Championships

Elmbridge 10k – 26th July – 9am Surrey Road League

Wimbledon 5k – 9th August
Surrey Road League County 5K Championships

Cabbage Patch 10 – 18th October – 10am – **Club Championships**

Oxshott 10k – 25th October – 9am

+ any marathon before 1st November

Club Handicap Series – 1.9miles Nonsuch Park

The club handicap series is for all levels of runners and is a good way to gauge how you improve over the summer months. You can measure your progress against the clock and other members of your training group!

Remaining dates:

Wednesday 3rd June

Wednesday 8th July

Wednesday 5th August

Wednesday 2nd September

4 out of 6 races to score, be ready to run at 7pm! If you are unable to run please come along and help with the timekeeping etc. Help is always appreciated.

Cambridge Boundary Run – Sunday 1 March 2009

The Cambridge Boundary Run is either a full marathon or half. I opted for the easier option. My first concern was a week before the event when I still hadn't received my race number or any information for the race. My second was when I heard about the locals playing games last year and changing the route markers... which meant runners ended up going in all sorts of directions. This didn't really fill me with confidence especially as I don't know Cambridge and didn't want to get lost round the route and end up running further than I wanted to. However getting the number of race day morning didn't really prove to be a problem, although I did get there extra early.

This was the first race I've ever ran where I had to open gates, limbo under gates that weren't already open, cross cattle grids and roads using the pelican crossings... so of course my time was a wee bit slower than I had really wanted. The most surprising thing about this race was there was only one marshal on the entire race route. The water stations did have marshals but only a couple at each and the runners had to pick their own drink up off the table... gosh that sounds awful, but when you're use to having it handed to you, it's weird not having this in all races.

The race itself was a mixture of road running and farmland running and on occasions you could only run single file (again I'm blaming this for my bad time). I suppose this did make it more interesting and did keep a lot of the racers together so there wasn't much chance of getting lost.



The finish seemed a little disorganised and I wasn't convinced they had registered that I had actually finished and wasn't going on to complete the Marathon. As the finish was in the middle of nowhere, they had organised a coach to bring people back to the start in town - the best bit of organising all race! My finish time was recorded as 2hr 1min.

To sum up, probably not a race I would do again but it was lovely running in the countryside.

Barbara Burnett

A Newbie?? Not any More!

I started running in August 2008, and I mean I had not done any running since school which I left at 16 (I am now 34)! My friend Sarah Jane Lumley suggested I sign up for the Women's 5K challenge in Hyde Park, Sarah had done it before and really enjoyed it and she also does the London to Brighton Bike ride so she is not the full ticket! However I decided to have a go, how hard could it be! Sarah suggested we go for our first run together in Nonsuch Park, which sounded lovely and I had images of a gentle jog through the park; how wrong I was!

My friend (!) had mapped out a route which equalled 5K, within 1K I was a mess! I couldn't talk, all I could do was keep stopping to walk, my chest hurt and I wanted to throttle my 'friend'.

When I got back to Sarah's house I looked like an over-ripe tomato and felt like a 90 year old, it was at that point I decided I am not a runner and once the race was over was hanging up my trainers and never, EVER doing it again! I continued training sometimes on my own doing gentle 3k's I did get adventurous and tried a 7k but it gave me a migraine - again suggesting that I was not a runner!

The Women's Challenge in Hyde Park was the most exhilarating thing I have done in my 30's! The atmosphere was amazing, no-one cared about winning, it was just the taking part and when I crossed the finish line I finally 'got' the whole running thing.

I bought proper running gear and joined a running club so even though I felt like a fraud when attending club nights I looked the part.

Having done a few 10k races since I decided to go for a bigger challenge - the Human Race Breakfast Run in Kingston, 8.2 miles starting at 8am. I even bought proper running energy bars and carb gels for this one!

The day of the race was upon me, I was up at 5.30am and a bundle of nerves - what was I thinking! The weather was perfect, not too cold not too hot, no wind and no rain. The race was really well organised and after two trips to the loos I was feeling a little bit more confident that I wasn't going to be stretchered off after 3 miles!

When the race started I turned on my i-pod and started the run, I was overtaking loads of people and with every person I overtook my confidence grew a bit more. By the time I reached mile 5 I was feeling superhuman (think the Powerbar had

kicked in!) I had relaxed into a running rhythm and was not struggling at all. My breathing was regular, had no sign of a stitch and was still overtaking people!

The run itself was glorious, a bit congested in places but not so much that I felt frustrated, the scenery was amazing, Hampton Court was fantastic. Some people were cheering the runners on and the water stations worked well, the second station gave lucozade sport!

It was the last 1.2 miles that I found the toughest, my legs felt like lead and I started to feel queasy. I had no idea where Sarah was but suspected she was way in front as usual, I turned slightly and saw her behind me, I couldn't believe I was in front and almost stumbled from shock! Managing to hold it together I carried on with renewed vigour. Approaching the finish line I was really struggling and did not think I could run anymore, then a voice growled in my ear above the noise of my i-pod "RUN!" Looking around it was Sarah, "I can't" I replied, again she shouted "RUN!" spurring me on and we crossed the finish together. We took 1 hour 13 minutes to run 8.2 miles, I have to add that considering the race was £21 to enter I was expecting a really good memento and all we got was a mug!

After that run, which is the furthest I have ever run I now feel like a proper runner, no longer like an imposter but a runner in my own right. Will I ever run as fast as Graham or compete in as many marathons as Jim? Who can say, though if you're going to have a wager on it I'd go for no!

I would like to say thank you to all at Sutton Runners for welcoming me into your club and giving me the opportunity to improve with you, but most of all I would like to say a huge THANK YOU to the best friend and running partner a girl ever had.....

SARAH JANE LUMLEY I Blimmin Love Ya!

Nicola Button

Nashville Country Music Marathon – 25th April 2009

Until recently little was known about the origins of the famous bluegrass musician Jim “Manic” Mundy who rose to fame with such classic songs as “Dasher’s Lament” and “Mondays, they’re not my cup of tea”, but following a recent house clearance his grandson discovered a partly damaged diary and a picture entitled “the master and me at mile 26: 25th April 2009”. What follows are extracts from the diary from which it appears that Manic’s early life was spent in Verulamium, Britannia as the slave of a Roman Centurion:

22nd April 2009. Master woke me early and sent me in search of sheep’s entrails and a priest from the local temple.....was beaten first by the farmer and then master beat me for getting back late. Master advised me that the omens are good for our forthcoming trip.

23rd April 2009. Master woke me early and ordered me to pack. He is taking 2 crates and 5 bags with him as he tells me that Roman soldiers must always uphold the reputation of the Empire and look their best, but why he needs to travel with 7 identical uniforms is anybody’s guess. By the time we got to Londinium my back was aching and master beat me for dropping a bag.

24th April 2009. We have arrived in Nashville and master has just informed me that he has entered a marathon race and that he needs me to do it with him so that I can advise them that he is a Roman Centurion. It appears that he is fed up with being confused for either a gladiator or a Trojan. I have been given nearly a full day to train and master has promised that there will be no more beatings until after the race.

25th April 2009. Master sent me out early to hire a chariot. None could be found and we had to walk to the start. Master got progressively angrier as numerous members of the crowd called him a Trojan and several others accused him of being Spartacus. It is evident that I shall have to run in front of him to ensure that everybody knows he is a Roman or he is likely to stab someone. He is already complaining that it is “hot as Hades”.

Once we got going Master calmed down although he did chastise me for failing to get the names and addresses of the numerous cheerleaders along the route who he proclaimed were “trembling at the knees at the site of one of Rome’s finest”. Master and I finished in 4 hours 24 minutes and 52 seconds. In the confusion someone gave me a beer, but as I collapsed in the 85 degree heat I had to be taken to the medical tent so master kindly drank it for me.

26th April 2009. Master has given me my freedom. I shall savour those magic words “Serf, you’re free” for the rest of my life. Master has also just told me that he must abandon me here as he has no Denarii left to pay for my return fare.

The diary entries after this point are illegible. Much is known about Manic’s subsequent rise to stardom, but what happened to the Roman Centurion after he departed from Nashville may never be known.



London Marathon roll of honour



	Finish time
Luis Gomez	2.52.00
Graham Miller	3.16.13
Andy Ward	3.16.46
Jon Senker	3.34.47
Tim McIntyre	3.38.07
Anne Davidson	3.45.35
Darran Ford	3.48.56
Therese Panetta	3.49.44
Mark Wingham	3.50.24
Anita Hedges	3.52.38
Lauren Jones	3.56.09
Paul Piper	3.59.06
Barbara Burnett	4.10.19
Mark Aldred	4.13.12
Gill Fry	4.22.25
Jacky Arrowsmith	4.30.09
Lynn Hickey	4.42.41
Philip Graham-Clare	4.45.11
Alan Purvey	4.45.29
Darren Marshall	5.14.38
Trevor Simons	5.15.58
Barry Walden	5.18.23
Joe Farrugia	5.18.44
Mary Lamont	5.35.37
John Daley	5.44.21
Spencer Roos	5.54.48

My First Marathon – Mission Accomplished!!!

It all started in April 2008 with a random email from a work colleague who was inspired by the 2008 London Marathon to send out an invite to others like him who fancied entering the 2009 event. Having always held the ambition to run the London Marathon one day, I duly decided to enter the ballot and train despite never having run seriously in my life! Boy, was I in for a surprise!! I regularly cycled long distance, and rowed seriously for 9 years in my 30's, but running soon proved to be a relentless sport that put my body through strain and pain I had never experienced. It turned out to be a year-long 'new world' journey of a roller coaster ride of emotions.

My first outing was a 4 mile run in early May 2008; the first mile was literally breath taking and the 4 miles took me over an hour with regular stops. The Marathon distance seemed such a long way away!

Before long I was running regular 5 mile outings, eventually without stopping. By June I felt confident enough to enter the July BUPA 10K Run in Hyde Park. Looking back, I was amazed how nervous I was, but it did ensure I took the nutrition and hydration seriously - unfortunately, I was so well hydrated I wanted to go the loo all the way around - unfortunately there was nowhere to stop without being arrested. Fortunately, I was keen to finish and was pleased with my 51 minute effort!

Stage 1 complete, no injuries yet and now for more serious stuff - I entered the October Great Eastern Half marathon Run in Peterborough (nice and flat!). Despite catching a cold (yes, I now know it's dangerous to run with one), I managed 1hr 53mins and really felt like a proper runner.

This being the case, I started frequenting lots of running web sites and shops, learning about gait analysis and all things running. I never knew it was so complicated!

By this time, I had been rejected in the ballot but decided to run for the charity Shelter, adding just a bit more pressure in now having to find £1600 of sponsorship.

With my new shoes, socks, leggings, top and energy bars, I thought it was about time I joined a running club - especially for those longer more lonely runs in the winter cold and rain! A quick search of the web found me Sutton Runners and after a short telephone conversation with Pauline, I was up bright and early one December morning to run with Claire's group. It was all enjoyable, going so well with the longer runs and then I discovered the typical 'too much too soon'

syndrome with severe knee pains. 3 weeks off with physiotherapy, massages, consultants and MRI scans just proved I was just old and had done 'too much too soon'. It didn't help that I was now panicking that I did not have enough time to train up to the long runs. On asking the Consultant if there was anything he would recommend to 'get me round' if the pain continued, he suggested the Psychiatrist in the next room!

After my rest, and lots of cross training, I felt confident enough to return to long runs, get myself a proper training plan and enter two half marathons - Tunbridge Wells was great and I would strongly recommend it, although I felt that sticking a massive hill in at mile 8 was a tad unnecessary! Milton Keynes was very flat in comparison and with only one roundabout (if you have not been there, you may not get this joke). I was pleased to complete these both in under two hours and that I was well on my way.

With lots of encouragement from Claire and longer runs with Lynn, Gill, Barry and Joe during March and April I was really getting psyched up - so psyched up I became obsessed with my knees and potential injury. Only a considerate wife saved me from divorce and madness I fear! I had not realised how important completing the marathon was and how far I had come.

The last two weeks before the Marathon were really tough and after all the training I managed to pull my calf muscles just 11 days before. Having run the Hemel 20 mile training run before this in 3.15, I had targeted between 4.15 and 4.30 to complete the London Marathon but soon realised getting round and finishing were now my main priorities.

Just to add a bit of colour, I decided to get my hair coloured red with a little white man on the back to match my Shelter running vest. This seemed to go down well with the Shelter team on the day!

The run itself was far tougher than I had expected and someone wisely told me I had probably run my Marathon at Hemel! Too much too soon hey!

In the circumstances I was pleased with my 4hr 45min 11sec finish and despite my emotions before the event, did not burst into tears at the end as expected. I did however feel immensely proud as we turned onto Tower Bridge and the reality of the event really hit me. I also found out later that week that I was the fastest Shelter runner - I am still amazed!



The great thing about running for a charity is you get a shower, massage and food minutes after finishing. I followed this up with a swift pint of beer, having held this thought in my mind for the last 6 miles. I was also pleased to have raised nearly £2500 for Shelter.

Looking back I am not sure I would have agreed to enter the Marathon had I known how much training was involved. I am equally amazed more than before at runners who can run regular Marathons - it takes so much out of you.

On the really positive note, having experienced how healthy running makes me feel I think I will stick with it for now - especially as I have entered next year's London Marathon.

A big thank you to all those people at Sutton Runners who have helped, supported, put up with and encouraged me through last year. You're stuck with me now!

Philip Graham-Clare



The London Marathon – Groupie’s perspective

There can only be one thing worse than getting up at the crack of dawn on a Sunday morning knowing that you have to run 26.2 miles, and that is knowing that there is no reason at all for such an early rise other than supporting the ones who are running the aforementioned miles. And so it was on a lovely warm and sunny Sunday in April that eight of us joined the Marathon bus armed with course-maps, an A-Z (thank you Kaye and Morgan, good thing some of us were organised!) and general good humour to travel with the ‘elite’ preparing to face their destiny.

Our first task was to find a suitable vantage point at about the six-mile mark. This involved a lot of walking. After which we really needed a sit down and a cup of coffee, with various orders of egg and bacon sandwiches. Delicious. We then assembled by the kerbside and were able to see all the leaders run past (extremely quickly, blink and you missed them!), then the wheelchair athletes and most importantly, our Sutton Runners.

We then decided to travel to Canary Wharf for our next stop. More walking. This was getting tough. But nowhere near as difficult as getting on the tube. Each train was full to bursting. We split into two groups. “I’m going in,” said Pauline, “I may be some time.” She made it, as did the second group, with no serious injuries, other than forming very close relationships with the people crushed up against us.

Canary Wharf was heaving. We stood on a wall to give us a height advantage. Much better than hitting it. We managed to see quite a few of our intrepid runners. And Gordon Ramsey. But our stamina did not stand up to waiting for the couple formally known as Jordan and Pete.

All this exertion, standing and cheering had made us extremely tired, so we called it a day and braved the tube again to make our way back to sunny Sutton. I don’t think we suffered any lasting ill effects – no reports of blisters, and all toe nails intact. But alas no medals!

So thank you and well done all you ‘marathoners’ for providing us with the opportunity for a ‘jolly’ day out.

Some of us may even join you next year!

Michele Qualtrough

Ranelagh (Richmond) Half Marathon - Sunday 10th May 2009

On Friday I was out late with a few people from the club who had taken part in the London Marathon less than two weeks earlier. As someone who has taken part in a few marathons before, my advice was sought as to the best way to aid recovery. One of the things I said was to take it fairly easy for a month and certainly not contemplate a race. So here I was not much more than 24 hours later lining up at the start of the Richmond half, why?

Well, it is a Club Grand Prix event and also part of the Surrey Road League, so my participation at least meant that we had both a men's team and a ladies team (Earl and Tony Bannister completing the men's team). Also, as I am taking part in another marathon (Edinburgh) in three weeks time, I felt I needed one more tempo run at a good pace to keep things ticking over.

So it was on a beautiful sunny morning, though cool enough to be ideal conditions as I drove to the race in the company of Earl, Jenny and Andrea, all of whom are joining me for the weekend in Edinburgh.



Having parked the car in Richmond Park we walked to the start and met up with a whole host of Sutton Runners including Tony, Chris H (not running but taking photos), Michaela, Tina, Karen and Marion.

As I had never raced over so such a long distance so soon after a marathon, I had no idea how it would go. However, I surmised (reasonably accurately it transpired) that I would tire towards the end so I would try and go as fast as I could for 10 miles and then hang on. So in order to get a decent start (they don't use a chip start) I got as close to the front as possible, at which point I was a bit alarmed to see Earl standing next to me. I urged Earl to take it easy remembering what happened to him at Cranleigh and it was pleasing to note that he did indeed run a sensible race. So with a wave goodbye to Andrea and Jenny who were standing close by we were off!

As I was so close to the front, I got off to a really good start, though we were running on perhaps the only part of the course that is not flat as there is a gentle climb up to Richmond Bridge. As we crossed the bridge we passed the 1 mile marker and I was pleased to note that I was just under 7 minutes. The route took us through Twickenham, very familiar territory for me as I grew up there and it was where I spent all of my early working life before moving to Sutton 15 years ago. At this point the course follows another old favourite of mine The Cabbage Patch 10 which I have run several times, as we made our way through Twickenham and then through Teddington, heading towards Kingston Bridge. The Cabbage Patch 10 then heads over Kingston Bridge but we did a loop on to the river towpath and then ran under the bridge heading towards Hampton Court.

Passing the 5 mile marker, I was pleased to note that I was still inside 7 minute mile pace at about 34.20, though I was conscious that as the sun was out and there was little shade it was getting a little too warm for comfort. As we approached Hampton Court there were a stream of cars trying to get into the Palace and I didn't envy the marshals who showed considerable restraint and courtesy towards the impatient drivers who objected to being held up, even if it was for only a minute or so.

Turning a sharp corner we were back on the towpath and I took on some water as I was starting to overheat. This part of the route is my favourite as it follows a long loop in the river back to Kingston Bridge and it brings back memories of our many training runs during the winter, albeit we were usually going in the opposite direction. As we reached 8 miles, I was pleased to note that I was still running just under 7 minute mile pace though my legs were starting to protest at the amount of work they were required to do so soon after the London Marathon. At this point help appeared in the shape of Keith from Clapham Chasers who started running with me. He asked me what I was aiming for so I said anything close to 1.32, which was my PB, would be good. He said that we were a bit under that, so seeing I was flagging a bit, he said "Lets help each other through this, I am tired too".

Having someone to encourage me when I was tired really helped me and as we ran over Kingston Bridge, we passed the 10 mile marker shortly after and I was pretty happy to note that I was just under 69 minutes which would have been a PB for 10 miles. However, on the negative side I was getting incredibly weary and struggling to hang on to Keith who despite his protests that he was tired, seemed to be running very serenely to me.

Understandably, the pace did drop slightly in the last 3 miles and I was aware that having been on target for 1.30 most of the way round it was just slipping out of sight over the last couple of miles. The last mile follows the route of the Dysart Dash and we finish in the same field I believe. I was quite embarrassed to note that Keith had dropped back over the last few hundred yards and having helped me for 5 miles, I could have at least helped him towards the end. However he was really happy, "You helped me round" he enthused, which I am not sure I did. My time was 1.30.31 - another PB, though in normal circumstances, I would have been a bit disappointed not to break 1.30, but coming 2 weeks after London it was more, far more than I could have reasonably expected.

So I collected my medal and went to the side of the course and waited for the others to come in. Andrea arrived first disappointed in her time of 1.39 but considering the intensive training she has put herself through she should not be so hard on herself. The same was true for Jenny and Earl who recorded very creditable times of 1.45 which considering the fact they have been training and racing hard in preparation for Edinburgh should alleviate their initial disappointment. Further down the field Michaela recorded a PB in 1.57, going under 2 hours for the first time and something she should be rightly proud of.

I have been running for many years and even I am at a loss to explain why I have had a sudden surge of form, comparatively late in my running career having struggled to show any improvement for many years. For a long time I seemed to be continually injured plus I was carrying more weight than I liked. However, at least it goes to prove to those of you who doubt if you will ever improve, well if you really want to run better and are prepared to work hard, you can improve and you most definitely will.

Graham Miller

Runner Profile: Steven Barber

Age: 26

Joined Sutton Runners:

I joined Sutton runners on the day of the 2nd handicap in 2007.

Do you do any other sports?

Yes, I like to rock climb and go walking

When did you start running?

I started running at about the age of 15, but stopped again at 18 after I caught glandular fever and snapped part of one of my quadriceps muscles. I then started running again at the age of 24.

Why do you run?

I run mainly to keep my weight off, but also because I'm very competitive and I like the challenges of running fast.

Favourite race distance:

When I was younger it would have been the 3000m steeplechase on the track, but these days I just love running any distance.

Favourite Event:

It has to be road running, however I would like to run on the track again at some point this year

What motivates you?

What motivates me has to be Claire (my girlfriend) - she makes sure that I go on my runs, as well as trying to stop me when she thinks I'm running too much. Also the fact that I'm always keen to break PB's which is enough motivation in itself.

Favourite training session or route?

Favourite training session is 400m's on the track. It's a good session where you can see the runners in front of you as well as behind you which keeps you pushing to the end.

Favourite Food?

Chocolate, or anything sweet really. I'm not at all into eating healthily.

Who / what inspires you?

No one really, I don't really have any role models or people I look to. I just like running because of running.

Do you have any race rituals/superstitions?

Drink plenty of water the day before a race and not too much on the day.

Any race tips:

Don't start off too fast and shorten your stride when running uphill, the usual really.

Best race / Proudest achievement?

Winning the Youth London Borough Championships 3000m race, I got a nice gold medal for that and it's the only time that I ever ran under 9 minutes for the event.

Hopes for the future?

My next aim is to get the club Gold Award for 10k. I need to run under 36 minutes which means taking another minute off of my time.

PBs

10K: 37.17
10M 63.10

½M: 1.29
Marathon:

Forthcoming Events

May		
Sun 31	Dorking 10	Grand Prix event
Sun 31	Edinburgh Marathon	
June		
Wed 3	Handicap	
Sun 7	Windsor Half Marathon	
Sun 7	Coombe Hill 5	
Mon 8 – Fri 12	Tour of Epsom	
Sat 13	Saab Salomon South Downs Marathon	
Sat 20	Midsummer Munro Half Marathon	Salomon south downs marathon
Sun 21	Leatherhead 10k	
Sun 28	Dysart Dash	
July		
Thurs 2	Nonsuch Park relay	7pm start
Sun 5	Wimbledon Jim Braben Memorial 10k	
Sun 5	Cranleigh 10k	
Wed 8	Reigate Priory Summer 10k	
Wed 8	Handicap	
Sat 18	Elmore 7	
Sun 19	Surrey Slog Half marathon	
Sun 19	Dartford Half marathon	

Sun 26	Elmbridge 10k	Grand Prix Event
Sun 26	Milton Keynes Half marathon	
August		
Wed 5	Handicap	
Sun 9	Belgrave Bolt 5k	
Sun 16	South Coast Half Marathon	Seaford, E Sussex
TBC	Club Barbecue	
September		
Wed 2	Handicap	
Sun 6	Dry Hill 10	Lingfield
Sun 6	Surry Badger Half Marathon	
Sun 6	Kent Coastal Half Marathon/Marathon	
Sun 20	Wimbledon 10k	Provisional date
Sun 20	Tunbridge Wells 10k	
Sun 27	Switchback 5	
Sun 27	Windsor Half Marathon	
Sun 27	New Forst Half Marathon/Marathon	
Sun 27	Switchback 5	
Sun 27	Bexhill Seafront 10k	

WANTED!

Articles!

Please email any of running articles for the next edition of the Yellow Pages to editor@suttonrunners.org by mid-August.

This will be my last edition as editor (sniff!) before I hand over the reins so please please please send your contributions in!!!

Andrea

