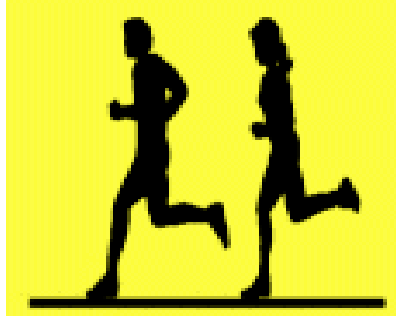


# SUTTON RUNNERS

## *Yellow Pages*



## May 2010

|                          |                                 |                     |
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*Sutton Runners website: - [www.suttonrunners.org](http://www.suttonrunners.org)*

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

Dear Yellow Vested Army

The opening article of this edition of our newsletter reads more like a long thank you letter – and so it should with so many people inputting into the life of the club in recent months.



The Sutton 10K operated with a different approach behind the scenes this year, with a race committee for the first time - bringing together people from the club with a variety of skill sets. Andrea led from the front as Race Director and it turns out she is one of the most organised people I have ever known! Whoever takes on the leadership of the race next year will benefit from the several spreadsheets Andrea created, including a clever one that calculates the results in double quick time! A huge thanks to Andrea for all of her time and effort.

A warm thanks to Tony Bannister, Chris Homewood, Steven Barber, Graham Miller, and Philip Graham-Clare who formed the race committee alongside Andrea and myself for their work in the months leading up to the race. Also special mentions go to John James for the use of his very hip VW camper van (which probably set a world record for lowest vehicle able to clear the speed bumps down Mulgrave Road when it was fully loaded), Philip who bravely lent his estate car to Graham for the weekend (and also to Graham who somehow managed to return it in one piece) and Lauren who utilised her professional skills to help those of us who are more artistically challenged to design the entry forms, posters and mementoes.

To all volunteers who turned up on the day to marshal and perform other important roles - the race simply could not exist without you so a sincere thanks to all. Next year we will have to move the race to a location just north of Aberdeen to ensure that we get a similar quality and quantity of rain that we had this time around! Aside from the gantry with race clock attached taking flight after a gust of wind giving all the time keepers a fright, one serious point to be raised is that iPODS will be banned for next year - I lost count of the number of times I gave instructions that went unnoticed, and in a race with several road crossings where runners need to be aware of marshal's instructions this is an issue that needs to be addressed.

The new handicap location has proven to be a great success, with the second edition of this year's series witnessing 36 runners and six volunteers participate. The course is slightly bumpy, but that does not seem to have affected the turn out or enjoyment (despite the pained expressions during the event) and the three lap format really means you can see the race coming together (quite literally) in the last half lap. In the upcoming warmer months we can make a social out of it and hold a picnic afterwards! Many thanks to the volunteers who turn up and support the handicap, sacrificing their own opportunity to run.

An impressive number of PB's have been attained at a wide variety of races over the past few months, and this is testament to the effort that people have been putting in at training and in their own time. In addition, after some great performances in the Brighton and London Marathon's I would like to wish everyone well that is going to one of the best cities in the world (Edinburgh) to compete in its 26.2 mile event (Jim – I don't have enough space to list all of your Marathon's but an ever present continuous well done to you my good man!).

England Athletics after withdrawing all of its coaching courses early in 2010 has just launched its revamped courses. Details of these will be sent out over the next two weeks and as proposed at the start of this year, the club will support a set number of members to get into coaching.

And finally...If you would allow me to be a touch sentimental for a minute – it is great to see Elinor back training and racing again after a long 2 year absence. For some people running is in the blood and it leaves a big gap when it is missing.

A big hello and welcome to all of the new members who have joined recently – I hope you enjoy the club!

Happy running!

Andrew

## **When Should I Replace My Running Shoes?** By Christine Luff, www.About.com Guide - Updated July 14, 2009

Running in old or worn-out shoes is one of the most common causes of running injuries. Your running shoes lose shock absorption, cushioning and stability over time. Continuing to run in worn-out running shoes increases the stress and impact on your legs and joints, which can lead to overuse injuries. The easiest thing you can do to prevent those types of injuries is replace your running shoes when they're worn-out.

So how do you know when shoes need to be retired? Don't use the treads of your running shoes to determine whether you should replace your shoes. The midsole, which provides the cushioning and stability, usually breaks down before the bottom shows major signs of wear. If you've been feeling muscle fatigue, shin splints, or some pain in your joints -- especially your knees -- you may be wearing running shoes that no longer have adequate cushioning.

A good rule of thumb is to replace your running shoes every 300 to 400 miles, depending on your running style, body weight, and the surface on which you run. Smaller runners can get new running shoes at the upper end of the recommendation, while heavier runners should consider replacement shoes closer to the 300 mile mark. If you run on rough roads, you'll need to replace your running shoes sooner than if you primarily run on a treadmill.

Mark your calendar when you buy a new pair of running shoes so you remember when to replace them. If you use a training log, be sure to record when you bought new shoes -- it will help you track how many miles you've run in them. Writing the purchase date on the inside of each shoe's tongue is another good way to help remember when you first started running in them.

About halfway through the life of your running shoes, you might want to buy another pair of running shoes to rotate into your runs. Your shoes will last longer when you allow them to decompress and dry out between workouts. Also, having a fresh pair of shoes as a reference will help you notice when your old ones are ready to be replaced.

Although you should replace your shoes every 300 to 400 miles, there are ways to get to the higher end of that range. Follow these tips for making your running shoes last longer. Once you've bought a new pair of running shoes, you can donate your old ones to one of these organizations that collect used running shoes.

### **Wear your running shoes only for exercise.**

Although they may be your most comfortable pair of shoes, don't wear your running shoes for anything other than running or working out. Even if you're just walking around, you're still wearing out the cushioning.

### **Take them on and off properly.**

When you're in a rush, it's tempting to try to take your running shoes on and off without undoing the laces. Make sure you loosen the laces before you put your shoes on and take them off.

**Dry your wet shoes properly.**

If your shoes get wet, don't put them on direct heat, like on a radiator. Heat dries out the leather and other materials in the shoes. To dry your running shoes properly, loosen the laces, take out the insoles, and let them air dry, away from direct heat. To help them dry faster, you can put crumpled-up newspaper inside of them.

**Alternate shoes.**

If you run almost every day, it's beneficial to rotate two pairs of running shoes. Your shoes will last longer when you give them a day or two to decompress and dry out between workouts.

**Store your shoes properly.**

Keep your shoes in a cool, dry place where they can air out properly. Don't leave them in places like a gym bag or a hot trunk.

**Don't put them in the washing machine.**

If you need to clean your shoes, use a scrub brush, mild soap, and cold water, and then let them air dry.



*Poem written by Michele Qualtrough*

R unning around Reading

E arly starts

A re not my thing

D oing the distance

I s why we train

N othing beats seeing the finish line

G o Sutton Runners!

## Reading Half Marathon – Sunday 21<sup>st</sup> March – Darrin Ormston



I was determined to make the start for the Reading Half, but after a delayed flight back from my skiing trip (2:00am Sunday) I wasn't so sure.

Couldn't really sleep much and I literally dumped my suitcase and went straight to bed, not even bothering to locate my running number and timing chip and prepare for the next morning (what am I saying...it is morning!).

I would worry about that when I got up in 5 hours. I felt considerably refreshed and not too groggy considering I just spent 7 full on days on the piste (no not the booze).

Headed off to collect Leela and on the way I realised I hadn't even picked up my BIB number (what was I saying about refreshed?). Anyhow, slight detour and back on track again. Leela was a little nervous so was already affixing her number to her shirt and sorting out the timing chip. But that's women for you, totally organised unlike me. Arrived in Reading in good time and made our way to the Stadium to locate the Help Desk and Baggage area. We came across two young stewards hoping to get directions but I suspect they were just there to make up the numbers.

Me: "Could you tell me where the baggage area is please?"

Steward 1: "Dunno" [shrug of shoulders]

To be fair the young lady standing with him did point us in the right direction but you would have thought they would all have been briefed with at least the minimum of information (Baggage drop-off, Toilets, Help Desk etc.)



Anyhow, Leela is feeling a little anxious and needed to pay a visit to the ladies. After this we head over to the tent and drop bags off but as we head off towards the start line she heads off in the other direction to one of the porta loos. Off we go again and before we join the start line she heads off again! (I begin to giggle at this stage).

We wish each other luck and waited for the start. The weather conditions were good with sunny intervals. And off we went. Being only my second ever half marathon I had set myself a target of under 2 hours. The first few miles felt good, despite the fact I had little sleep. At mile 5 the route takes us under a flyover next to the Oracle and to lift our spirits there are drums playing. It echoed and reverberated around and the whole thing sounded fantastic. At mile 7 there's an upward climb up

Russell Street and despite the previous hills giving me no concern (in fact I relish them now after Claire's hill sessions) I feel a dull ache coming on above my hip bone but was determined to run through it. Mile 8 or so the road narrows and to make matters worse they have lined up porta loos on the left. I am trying to make a few places up and in doing so I don't pay attention and start darting down the left hand side of the road (you just know what's coming next). Next thing I see is this big green door coming swinging out towards me. ABS kicks in and I avoid embarrassment and quickly divert around the hazard (phew! that could have been nasty). Have now reached mile 11 along Rose Kiln Lane and my hip is giving me so much pain now my running style has now turned into some strange gimpy stride. I persevered though not wanting to walk at any stage. The Madjeski Stadium hovers into view which spurred me on, but wait, runners are diverted back to the starting point! Noooooooo!! It felt an eternity before we double backed again towards the Stadium. I was hobbling by this stage as I managed to find the only solitary bottle dumped in the middle of the road and rolled my foot over it causing my ankle to go over (OUCH!) I feared the worst but luckily hadn't strained it and carried on. Before I could round the last corner to enter the Stadium I could hear the roars from the crowd. I kept going until I entered the ground and it is just how people describe it, like an "Olympic moment", fantastic way to end the race.

I crossed the line with relief hoping to find a chair to collapse on but hobbled out to the Massage tent after collecting my medal and goody bag. Phew! It's all over for now and the rehabilitation starts. Next stop...physio.

A little disappointed what with my IT band problems re-appearing, but still happy to have completed the course in under 2 hours which was my aim.

All in all an eventful day and I was very impressed with Leela being her first half Marathon finishing in the time she did. Will definitely be entering for next year but plan to do it without the pain thank you.

**Darrin Ormston**



## Reading Half Marathon 21<sup>st</sup> March 2010

Some of my training group and I had been training hard for the Reading Half and now it was at last the big day. We had arranged to travel down to Reading in 2 cars with Tricia driving one and Carole the other. We were to have 4 in each car until I found out that Alex was going to travel down on his own and hadn't booked parking so Tricia kindly agreed to take him too. We met at Sutton Station at 6.30am split into the 2 cars and set off. We had a good journey down and were parked by 8am.

We sat in the Madejski Football Stadium and watched the Green Park Challenge which is a 2.8km race which is mainly for children. Waiting for the finishers were 2 coaches and I decided Claire and I would look good in their coaches' uniforms!



We did the usual race preparation – queuing for the loo, queuing to put our bags in the baggage tent and finally walked what seemed miles (to avoid the crowds it said) to the start of the race. Except that we didn't start the race. We were very close to the back of the race and decided to have a trip to the portaloos before we set off. As we had chip

timing it didn't really matter when we started. We set off with plenty of room to run and could run at our own pace. The gun had gone off 18 minutes earlier!

By 2 miles I was in a lot of pain from a fall I had had earlier in the week. I bruised my ribs and every step was now hurting despite the 4 ibuprofen I had taken earlier. I wanted to stop. Then I thought of Eddie Izzard running all those marathons and it spurred me to carry on.

At 7 miles there was quite a long steepish hill. I made the mistake of doing something I tell my group not to do and looked up to the top of the hill. This is very off-putting and the only thing that kept me going then was knowing that I had passed half way and so was on my way home.

Eventually I could see the 2hrs 30 pacemaker and knew if I could stay where I was and hang on I would be able to get under 2 and a half hours. I had been hoping for

under 2.45. I went over the mat at 20K and thought to myself, just one more kilometre – you can do that. I reached the stadium and lifted my pace and sprinted to the line. What a fantastic feeling. There I found Brenda and Emma who had finished just before me and we waited a couple of minutes for Tricia. We were all delighted and exhausted.

We all met up again and drove to the town centre where we sat out by the river and had lunch. It was glorious in the sunshine.

I would like to thank our supporters for the day Carole, Nicola and Gerry and Carole and Tricia for doing all the driving.

I would like to congratulate my group who ran for making me so very proud of them and helped me understand why I enjoy coaching.

I look forward to going back next year and doing it all again, when I hope that the whole group will be fit enough to join me.

What a fantastic day!

Pauline

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There were six brave runners from Sutton  
Who for punishment decided to be gluttons,  
They set off from the start  
With plenty of heart,  
And ended the day with their medals on!

Poem written by Michele Qualtrough

## Surrey Spitfire Sun 14 Mar 10 – 20 mile race

This was my first ever 20 mile event. Would I do it again? If the legs survive yes, although that's not what I said on Sunday as I only just made it over the finish line. We started from Dunsfold aerodrome but we didn't see The Stig or anyone else from Top Gear, although we were buzzed by a helicopter which livened things up a bit. The course was lovely with pretty scenery, birds singing, a few little hills in between, and the beautiful weather helped. The only bad bit was the final mile and a half around the aerodrome when it felt like the wind was blowing me backwards – but by that stage it could have done.

I was a bit upset that the promised jellybabies had all gone by the time I reached the water stations, because that was my planned race strategy, and I only just managed to survive on the water and lucozade. The moral must be to carry my own next time, or run faster so there are still some left (maybe not).

My lad Stewart also got to the end despite a very nasty foot injury which ruined his time. Probably shouldn't have run but he wanted to get the 20 under his belt prior to London. Being young and fit he'll hopefully recover quickly.

It looks as if this inaugural event may become a fixture with perhaps a repeat in the autumn, if so it's definitely worth a try. Comments on Runners World included one re the bad exit from the car park at the end of the race, we didn't have any problems perhaps because we finished later. Overall found the organisation very good and can recommend the cup of tea from the refreshment van.

Marion Stanton



## How to get married and train for a marathon at the same time



Well its 3 weeks until the Edinburgh Marathon and I have now been married for two weeks. I wouldn't recommend preparing for these two big events in the same year! It's been a bit of a chore to be honest. Trying to fit in the training and organise a wedding and having a honeymoon in the middle of the crucial training weeks! This will probably be my last marathon and hopefully my last wedding! If the Edinburgh marathon is as successful as the wedding then I would have achieved my goal. I am hoping to get a sub 4 and for a woman of my years this is somewhat of a challenge.

At this point I would like to thank my fellow team mates who have encouraged and helped me along the way. Firstly the inspirational

Anita who has just completed London in an amazing time of 3.51 and to my running men Andrew, Graham, Tim, Mark and Avi who have all encouraged me over the winter months. I would also like to mention the simply amazing Andrea who achieved a fantastic time at London of 3.22 – nearly elite class. She is simply the best! Wow if I could be as good as my team mates I would be more than happy.

The trouble with a marathon and a wedding for that matter, is that it takes over your life. You live and breath it for at least 6 months of the year. You wake up thinking about it and you go to bed thinking about it. Have I done enough this week, am I eating the right stuff, should I rest, should I run, if I rest I feel guilty and think I should have run if I run too hard I think oh I have over done it I should have rested! Then I think I have an injury then the body starts to hurt and it goes on and on. Even on my holidays to Boston and New York I have had to fit in a training run. I managed to do 2 laps of Central Park which is about 14 miles – such a lovely place to train in the spring. Luckily the weather was fantastic when I was there in March. We also visited Boston a few days before when they were having the worst weather for 20 years. I still had to get out and run in the pouring rain and howling winds and freezing temperatures. But this was Boston and a bit of rain didn't stop me!

Then the wedding arrived and I still had to fit in arranging the photographer, pick up the cake, find a dress (that took for ever!) make sure Roger had the ring, and go for a run! Then there was of coursed the honeymoon and fit in a run! I managed to fit in an 11 mile run up into the hills behind Florence. Although when we arrived my training shoes and all my clothes didn't turn up at the airport. Apart from the Volcanic ash fiasco when we really didn't think we would even be going on a honeymoon, when we did manage to get a plane on time we arrived at Florence

airport but our bags were still in London. Ok I can live without my clothes and toiletries but I can't live without my running shoes! Even worse I have to wear special orthotics which were also lost at Gatwick and if I didn't get my shoes back my marathon would be over as I can't run without them and to have them specially made takes a couple of weeks. Two weeks without running – now that would be a disaster.

To my relief I was only apart from my shoes for 24 hours and they turned up the evening of the next day. Phew I thought – I can now run again. So off I went. Roger my new husband was a bit worried that I would get lost in Florence as I am renowned for getting lost. I normally follow my team mates but to let me loose in a strange country without my team mates was a risky old business. I followed the route the “ambassador” at our hotel had given me and to my amazement I managed to get back down the mountain without getting lost. However, I did take the wrong route and had to ask a local for directions. It went something like this Donde esta hotel (oops that's Spanish) no wonder she looked at me strangely! Somehow when I got down the mountain the hotel had dramatically disappeared into the distant yonder! Ok I admit it I was lost! However, it was a lovely route with trees and flowers along the way as Spring had arrived in Florence. I was pleased that I had managed to fit in a run but it wasn't long enough and I needed to do more. All I could think about was how I was going to make up the mileage during the week as we were only away for a long weekend. Its all getting rather tedious now ! I really just wanted to relax on my honeymoon!

I still had to get back home and do 21 miles at some point during the week as this was going to be the last long run before tapering. Because of the wedding the Sunday training run last week was put on hold for mid week. This weekend I still had to find time to work and run 21 miles. Only one answer to this dilemma – run home from work. It was a sunny evening and my office is based in Richmond so I worked out that if I leave the office at 5.30pm I would be home for 8.30pm after running for 21 miles. I started with one and half laps of the park and then ran back to Sutton and around Nonsuch Park to add on a few more miles at the end. I managed to do the 3 hours I had set out to do. Wow I did it. I managed to get married, have a honeymoon and keep the mileage up – simply a miracle!

I am almost prepared for Edinburgh but still not sure if I can really reach my goal time. It's been a long and arduous winter of running, running and more running. Oh yes and getting married! So the motto to the story is don't get married and train for a marathon in the same year if you really want to have a life and keep your husband!

Happy training!!

Penny

## Hasting Half Marathon - Sunday 21st March 2010



I hadn't planned to run a half marathon pre-Edinburgh, but got a sudden urge to try my luck mid training. It had been a full year since my last half marathon, so decided a good run out would be the order of the day to check out the results of my hard work to date. Looking at the options, I chose Hastings on its Runners World reviews which said it was a very well organised, friendly race with great atmosphere -

unfortunately, I omitted to notice the other reviews (and course profile) which would have warned me it was a tough hilly course - hey ho, glutton for punishment and all that!

Graham Miller was also running and so we travelled together. It's a pleasant drive down to Hastings nice and early on a Sunday morning through the undulating landscape, passing Tunbridge Wells where early last year I managed 1hr 57min in the half - a time I really hoped my additional years running experience would see me beat. I recounted to Graham that the very steep hill they put in at mile 8 was far too long, but quite an experience to climb with 2/3rds of your energy gone! I hoped Hastings would not feel that tough!

As there is only really one main road from the M25 to Hastings, it become obvious pretty soon that we were in a one way convoy of travellers going to their destiny! It gave a good feeling of camaraderie but also an early sense of trepidation seeing the land get a tad hilly!

We followed the signs to the park and ride expecting queues and to our surprise it was all very quiet - we decided to drive some of the route to see the hills for real - oh dear! We had a bit of a result parking on the main road close to the start (and finish) for free - this would come in handy to not have to stagger too far back or be blocked in by road closures till 2.30pm!

From the start it was clear the reviews were right, with well organised changing areas, loos, refreshments and marshalling. The conditions were perfect with a light breeze, hazy sunshine and great scenery all the way around. The start and finish is right on the Sea Front at St Leonards and we met up with Scott Bartley where I stuck with him whilst Graham moved well to the front.

With over 4000 runners ready to go, we were started spot on time with great cheers from all the spectators and the sound of a Scottish Pipe Band! The roads are pretty wide so despite not being near the front, there was very little hold up. The first mile

is a quick shimmy up and down some residential roads before approaching Harley Shute Road. 'Shute' is a perfect name for this hill, unfortunately we were going up!! Almost 30mtrs in less than half a mile - it certainly got the heart pumping. After a bit more undulating course, there was a short downhill before the 'big climb' over hills for 5miles!

The spectators support all the way round was fantastic and I soon noticed most supporters were at the top of each incline - they gave you such a big cheer it made you feel great until you turned the corner to see the next challenge. I am sure some of them seemed to be grinning too much and watched it for the sheer enjoyment of seeing others in agony! Especially those spectators with a can in their hand - wasn't it too early to be drinking I thought?

I had set my heart on a target on 1hr 45mins so needed to keep the 8 min mile pacer in sight. On reaching the 5 mile mark in 39 minutes on the dot I was pretty fed up to find the pacer was well ahead of me - he had started a bit in front but I fathomed he must be running erratically and would slow down later!?! The pacer started getting further ahead and reaching the half way point at 54mins I felt my target might not be possible!?

Two small downhill sections gave me time to recover before the final assault to the highest point of the race at just before 8miles and having climbed almost 140mtrs. It was all downhill from here!!

The supporters cheers did not wane and this combined with remembering to 'let yourself go down hills' (thanks Avi) gave me a great run for the next 3 miles bringing the seafront back in sight. Apart from a cheeky little back double hill on the way, it made the climb up feel all worthwhile.

The small double back along the sea front and we were on our way home - or so I thought! Those buildings at St Leonards were either very small or a very long way away - over 2.5 miles actually! Boy did it hurt - although on the flat, it really felt like the toughest part of the race. Digging in now and not daring to look at my watch!!

Yet again the spectators support was fantastic and I wasn't about to give up with an audience - one last push, arms pumping and over the line in a shade under 1hr 41mins. Target beaten and my first thought - where's the free tea? The sun was still shining and it was entertaining to see some runners cooling down in the sea!

A great day out by all and definitely a Half Marathon to be recommended (by the way, so is Tunbridge Wells, but I didn't get around to writing about it last year).

Philip Graham-Clare

## **Sports relief Nonsuch**

On a sunny day, 21<sup>st</sup> March when thousands ran for sports relief. Sutton Runners Volunteers at Nonsuch Park, Earl and I with Angie Norris.

It can get quite lonely out there in the middle of a field supporting 1400 registered runners in three races throughout the day. It was fantastic to see so many runners of all ages.



A poem for you potential skydivers

Made a deal after Edin 09  
Some that you may know, nameless!  
To get the buzz, speed and thrills  
That no maras can give and a plan  
To get moi to another marathon



Here we are a year on, 10  
Skydive, skydive or is it a skive  
Summer autumn winter spring  
Hearing the tweets of the sparrows  
Ringing in my ears all year long.

Where is the honour, the word  
To make the ultimate thrill  
Cut through the clouds , sky  
Of course with a para... a mara  
In mind, without mincing words, fly

Keep to my part of a deal  
Maybe its time to keep still  
Think and think, what's said, sad  
Sad as super heroes goes  
Here's to here say and thermals

Mr incredible where is your super suit.  
Dash, remember what Mom said. Dash, run. Run!  
No ikea who the yellow one, other is so....  
I think you need to be a little more...flexible.  
Yes, we know who you are.

Rest assured, your secret is safe with me!

Anon.  
Here's to Honolulu in Dec!

## Dorney Dash 10k - Darrin Ormston

The drive down to Windsor was thankfully stress free and well signposted. Even though it was a dull cloudy day, when you entered the grounds of Dorney Lake you couldn't help but be impressed by the beautiful surroundings. Imagine what it would be like on a sunny day!

I was guided to the ample parking by a race marshal who was obviously feeling the chill, and as I passed I remembered how cold (and wet) I felt the week before, so had every sympathy.

Now I won't go into too much detail but let's just say that having a curry the night before wasn't a particularly good idea before a race.



I made my way to the very impressive newly built Boat House to collect my race details. I understand it is the venue for the Rowing and Kayak events in the Olympic Games in 2012. After I had collected my race number I went for a nice gentle jog around the grounds just to soak up the surroundings and warm up before the start. It made a big difference having struggled a few days before at the Dave Clarke running from cold.

There was approximately 650 runners lining up between the estimated time zones and I optimistically slotted myself into the 45-50 area. A quick 2 minute chat from the race organiser (to be fair, even though he was using a megaphone I couldn't understand a word he was saying!) and we were off on the flat smooth surface. I managed to keep up with the 45 min pacers (I was wondering why people were bunching together) for about the first 4 km but had to drop back. This gave me time to take in the lake and surrounding area. Because the course is so flat and no obstructions in the way of bushes or trees, you could see everyone on the course at any given time. By this time (5K) the leaders were passing on the other side of me as the course made its way over a bridge back towards the Boat House. My pace was steady and slowly gaining places along the way as I headed towards the bridge.

I felt someone came up alongside me and kept the same pace. Strange really as nothing was said, I was about to strike up a conversation but was finding it more difficult to breath. So there we were, strangers but helping each other along by keeping pace with each other. As we approached the Boat House there was another bridge to the right which takes you round the back of the venue. By this time I had powered up the incline (thanks to Coach Claire's recent hill sprints) and started to make distance between myself and my pacer. It didn't really matter that there were so few spectators at this point as it was such an inspiring setting. I stopped for my first water break before leaving to go out again to circuit the side of the lake, but this time I stopped for a brief moment as I just cannot take down water whilst running, as most of it either ends up on the floor or choking me.

The water gave me a much needed boost and sprinted out once more before doubling back towards the Boat House. I had kept a Reading Roadrunner in my sights the whole of the race and on the return leg I remembered what I was taught by Pauline about swinging my arms at my sides. This gave me enough propulsion to get past and sprint towards the finish where I received a nice medal for my efforts.

I would have to say, all in all this is a well organised event, and for any beginner like myself after a PB is definitely one to put in your diary.

**Darrin Ormston**  
**(46.33 PB)**



## Marathon miles

Mile 1 After a bit of a shuffle I managed to get a really good start, not having to check my pace behind other runners or weave much, except to avoid someone running with a big cat's head, who has no peripheral vision and keeps knocking into people. Thankfully despite this he seems pretty quick and he's soon well away from where I'm running!

Mile 3 The quickest mile I've ever run in a marathon... that was silly, how did that happen?! Running downhill, with fresh legs and suped up on lucozade sport I let that one get away from me a bit. Pass the 5km marker in PB time (not that I've run a 5k in ages), I know the time will have registered online so anyone following me on the web tracker will probably think it's a data error or that I've gone mad!

Mile 8 I've settled into a rhythm now, that's my 3<sup>rd</sup> mile in a row at just under 7:30, if I can just plug away like this I'll be laughing! I spot Andrew by the roadside, he looks surprised to see me & shouts a few words of encouragement – lucky he spotted me as I'm 3½ minutes ahead of my expected pace schedule.

Mile 10 Lost a bit of time, got a bit of a tight feeling in my calf which has come from nowhere. I wonder if it's my usual right leg tightness just playing into a different area so try to focus on my posture, but it doesn't seem to have any effect. I'm gutted, I've built up a cushion of time but I can see that whittling away pretty quickly if I start to lose form, that's if I can keep going. I can't get my head around trying to run another 16miles with a calf strain.

Mile 13 Over Tower Bridge, what a sight! The crowd give me a lift, as does the thought that I've made it to halfway. But just past the half marathon point the strain I'm feeling in my calf suddenly worsens. I don't know how long I can keep running before I start limping heavily, and start wondering if I'll end up walking for miles, or if I'll be forced to pull up. Try to put it out my mind, as I know I'll see my parents next mile which will give me a lift.

Mile 15 Just saw my parents at 14½, told them I wasn't sure if I'd make it to the finish. Heading into Isle of Dogs now, the part of the London course that I always seem to struggle with. My pace is dropping, runners seem to be streaming past me, I feel like I'm slowing with every stride and it's just so frustrating. For a flat course I'm now picking out every slight incline as I feel it instantly through my right calf. But I know I'm going to get some more support – from Andrew again at mile 17 and my brother at mile 19 - I just

need to get through 2 miles at a time so I get my head down and try to just run.

Mile 17 The first time in 6miles that my pace hasn't dropped from one mile to the next, and it's enough to give me a lift. Mile 18 is quicker again, and although mile 19 is a bit slower my mood has improved with the thought that I've managed to run 9 miles with a dodgy calf and there are only 7 left to go, so stopping definitely isn't an option.

Mile 21 See my parents again, get a banana & my sunglasses from them. It's only just starting to brighten up but it's more to help me to focus in for the last few miles. A banana swiftly followed by an energy gel and I feel like I mean business. The calf pain seems to be reducing, I know that it's just adrenaline helping to numb it, but whatever it is it's working. Unfortunately my left foot is starting to cramp now, but I can't limp on both legs at the same time, and it seems my brain can only register one pain at a time, so I can cope with that. The crowds are getting even more vocal, and blasts of music from the pubs are getting more frequent. I'm relaxing into my running now, feeling so much better, & keeping my head up, enjoying the atmosphere again. I recognise the song intro blaring from a pub and have a little chuckle at what must be the most inappropriate song to play at the marathon – Kasabian's "Shoot the Runner"!

Mile 23 Everything's tired now, I can feel my lungs tightening up and my neck & shoulders are aching, it feels like an effort just to be upright. But usually by now my right ITB is packing up but it's fine – lucky really as I've got enough other bits giving up on me! Heading towards Embankment the sun's out, & I know I've got a smile on my face as the crowds urge us all on. "Things Can Only Get Better" blares out – but I think to myself that actually it can't get much better than this! I'm doing deals with myself in my mind – 3 miles to go, even if they're 9minute miles you'll be finished in under half an



hour... if you can squeeze them under 8½ then it'll be under 28minutes... at this stage a couple of minutes could be the difference between a PB or just missing out.

Mile 26 and only one of the last 4 miles was over 8 minutes, I don't know how but I'm still running a good pace. Relieved to see the familiar sights around Westminster, the last mile is the longest of them all, the countdown every 200m for the last half mile doesn't seem to help – it takes an age to run what I know is just half the arena track. Round the corner

past Buckingham Palace, though I don't see it – I always forget to look to my left! As I head up the Mall emotions nearly take over too soon – just got to keep them in check until I finish! I can't believe the time on the clock. Arms raised in jubilation (and to get a good finish photo!) – YES!!!! I've done it!!!!

I can barely walk, but I feel like I'm flying. It's the most incredible feeling in the world, and for me, this is what running is all about.

Andrea Francis



## Hogsmill Ladies 5 – 9 May

### A race for Laydeees! (Revisited)

For those laydees who have yet to enter the Hogsmill 5 it is a definite must, purely because it is the most quintessential English race I have ever entered!

Imagine a country fete atmosphere with a 5 mile race chucked in, I have never attended an event where you can purchase homemade cakes from someone's Nan, I sampled a chocolate cupcake with frosting (journalistic reasons only) and can confirm that it was in fact yummy.

In addition to cakes you could purchase an impromptu greetings card, guess the name of the very large child sized soft toy dog and purchase running attire.

I entered this event last year and it was a hot, sunny summer's type day, this year it kinda resembled February, which I disliked whilst waiting for the race to commence but appreciated once warmed up.

Prior to the main race there are races for the kids to enter according to age, from toddlers to big kids, if the weather had been better my own kids would have entered. Each child receives a medal which again adds to the whole country fete atmosphere.

There was once again a pre-race warm up which to be honest was really a large group of giggly women marching, attempting lunges and hoping that the guy taking photos was not going to get one of them!



The mayor of Epsom said a few words before starting the race, I was a bit unsure as the route had changed from last year's event and I was pleased with my previous time – feeling less fit this year and was sure I would not match/beat it.

I found the route to be a real improvement not least because I did not have to duck under a low pipe to enter a bridge as was the case previously. It did rain a little during the race but it was not uncomfortable, I started off much too fast as usual and began to flounder at mile 3 where I was overtaken by Sarah Lumley, I kept up with her as much as possible and when we passed Barbara I realised that Sarah was leading all the Sutton Runner ladies. I spent the next mile

and a half willing her not to falter and to carry on to cross the finish line which she did in a stonking time of 41.36 which I believe is a good 2 minutes faster than last year.

My finish time was 41.58 which was just under 2 minutes faster than last year so finished elated and knackered!!!! Next over the line was Barbara closely followed by Dominique and Emily (who had succeeded in running off her hangover!), when we spotted Michelle approaching the finish we gave her a massive Sutton Runners cheer followed by Sarah who also received a hearty cheer!

When we saw Pauline enter the grounds we started cheering her on, none louder than Barbara 'the human mega phone' Burnett – Pauline finished with an impressive sprint and later admitted to having injured her ankle at about mile 3, what a trooper 😊😊😊.

Our prize for finishing was a jute shopping bag, an egg time and some of us also managed to bag a whisk too, perfect for a laydees race!!

In addition to everyone completing the race in impressive times we also won the Mob Trophy for most runners from any club in attendance – where else can you win a trophy just for turning up and be blinking proud of it??!

Should any of you be toying with the idea of entering next year, go for it! A wonderful family day out with a relaxed, warm and friendly atmosphere – next year I may sample a different cake too!!!



Nicola Button

## **Runner Profile - Katerina Tulloch (40 something)**

### **Do you do any other sports?**

Only if you call watching tv a sport (I am a gold medallist)!  
I go to the gym and cross/ weight train.

### **When did you start running?**

I started running in November 2006. I did a 5k for Children In Need with some young people that my staff team were working with. I already had a charity place for the 2007 London Marathon and needed to start somewhere.

### **When did you join Sutton Runners?**

I joined Sutton Runners in January 2007 on my second attempt. The first time I came up to the club, I walked past the meeting room and panicked! Everyone looked so fit, so I chickened out and ended up in the gym that night. I telephoned Glen and Pauline the next day as I had arranged to meet them and explained what happened. They reassured me that I would be ok and I turned up the following week.

### **Why do you run?**

When I run, I feel like I haven't got a care in the world. All the stress disappears and I feel great afterwards. It also means that I can indulge in life's pleasures such as fine wines and good food.....and I'm not talking about Blue Nun and KFC!

**Favourite race distance?** Anything that I won't come last in.

### **Favourite event?**

The London Marathon is the best event that I have participated in. I have always wanted to do it and to actually achieve this, albeit at my own pace, was such a euphoric moment for me. My original plan was to enter the 2007 Marathon but due to life events, this was delayed until April 2008. I raised £2350 for Breast Cancer Care.

### **What motivates you?**

The people that I run with motivate me. I am fortunate to be surrounded by runners who are caring and supportive of each other. It's hard to let people down when they have shown so much encouragement and support, so this motivates me to carry on.

### **Favourite training session or route?**

I am sure that the jaws of those in my group will drop when they read this, but I actually enjoy the speed and hill sessions. It's hard but rewarding and I know that I am always the first one to moan on about how I hate it but it's a love/ hate relationship, as it is so good for me mentally and physically (just don't let Pauline read this lol).

**Favourite food?** Roast lamb dinner

### **Who / what inspires you?**

I have a few inspirational people in my life. My husband Earl, my boys, Pauline (because she believed in me) and the young people that I work with as they often come through the toughest of times with a smile on their face.

**Do you have any race rituals / superstitions?** No.

### **What do you do for a living?**

I am a Youth Service Project Manager and support disadvantaged and vulnerable young people from all walks of life.

### **Best race / proudest achievement?**

The 2007 London Marathon because I finished it in my own unique way.

### **Worst race?**

It wasn't a race but it was my first time out with Sutton Runners. I got to the top of the road and thought there is no way this can get any easier. Everyone in the group thought that I was asthmatic (I'm not).

### **Hopes for the future?**

To build my running back up again as I have lapsed a bit and to run the London Marathon again.

### **Five Things people wouldn't know about me:**

1. I am a qualified Nurse/ Midwife
2. I trained as a hairdresser but didn't finish the final year
3. I am a qualified Youth Worker
4. I can hold my drink.....
5. I've been Mac'd!!!



## **Runner Profile – Chris Catt (28)**

**Do you do any other sports?** Swimming, Cycling, badminton, any thing really, used to play football years ago. Willing to give anything ago!

**When did you start running?** 2004

**When did you join Sutton Runners?** 2004, I had managed to sign up to run the London Marathon and didn't know the first thing about this running malarkey, so joined Sutton Runners and been running ever since!

**Why do you run?** Keep myself nice and healthy

**Favourite race distance:** Well now, I haven't really got one, Marathons are good fun, but then there's a load of training involved, 5ks are good because there finished quite quickly, I don't like 10ks, its basically 6.2 miles of shear hell from the word go!, oh bugger it let's just say all distances!

**What motivates you?** (eg when you're having a hard run?): Finishing!

**Favourite training session or route?** The Monday and Tuesday sessions that Steve and Andrew arrange are really good, ones track and the other on the road, and sessions are always different from week to week!

**Favourite food?** Mmmmmmmh food, Popa doms, mango chutney, and that mint sauce yoghurt that comes with it followed by curry and nan bread, blimey im so hungry now, ill finish the other questions later I'm off to find the nearest curry house!

**Do you have any race rituals / superstitions?** Right question 9, by the way that curry was really nice, yum yum yum! Race rituals, Not really, I suppose you mean do I put my right trainer on first then the left, or something like that? For some reason I can never find a pair of socks that match when I go training but when in a race I have a matching pair every time! How odd! I think I do but didn't even realise it!

**What do you do for a living?** Work for HMCS (Courts service) as an events administrator, putting on events for new and existing magistrates! Also sometimes I work part time as a communication support for the deaf.

**Best race / proudest achievement?** 3hrs 25 mins in the New York Marathon

**Worst race?** Sutton 10k 2009 – I wasn't fit and ran like a three legged donkey, a wonky donkey you could say!

**Hopes for the future?** To keep on running!

**Two Things people wouldn't know about me:**

1. BSL Qualified up to level 2 and level one in deaf awareness.
2. Cycled from London to Paris 350 miles in 4 Days in June 2009

**PBs**

|               |                                |
|---------------|--------------------------------|
| 5k            | 17.30 Dave Clark 5 (years ago) |
| 10K           | 37.19 – Brighton               |
| 10 mile       | 61.34 New Forest               |
| Half Marathon | 1hr 23.30 Liverpool            |
| Marathon      | 3hrs 25 mins – New York        |



## Sutton Runners 10k

Well, after a few weekends of lovely warm sunshine, it was almost inevitable that the weather would change. And, boy did it change. After getting sunburn the week before at the Towpath 10, we were in danger of needing snorkels and life-jackets this weekend!

I was more than grateful that I had been asked to run for the club on this occasion, as all the other wonderful (read, mad) volunteers had been out in the elements since dawn, setting up the marquee and everything else. Poor Andrew's trousers were wet up to his waistband I think! I had the luxury of turning up only an hour before the start and that was enough for hyperthermia to set in!

Anyway, there was a fantastic turn-out from Sutton Runners and the race started without a hitch. It was lovely to have so much support as I made my round the first lap - it definitely spurred me on and prevented me from giving up and going and getting a towel! And with Vicky being injured I knew that I had to run my heart out to score for the club...so much for me thinking that my time wouldn't count (I'll get you for this Vicky!). The course was brilliantly marshalled and the marshalls were wonderfully encouraging - you'd have thought they'd rather be nowhere else. Half way through the rain let off and I thought that we would all be on for good times, but then at the start of the 3rd and final lap. the wind and rain came back with a vengeance and all hopes of a PB went down the drain. Never have I been so pleased to see the finish line. I felt like an olympic athlete as I approached the end - there were so many supporters shouting us in - it was brilliant.

Well done to all involved - the talk I overheard from other runners was all very positive even in awful conditions.

Just one question.....why did all the runners chosen to run have numbers 1-10 and Tim number 285?! .....Ha ha .... someone wanted to make you feel wanted Tim! And on your birthday too!!



Gina Burbridge

### Sutton Runner 10k photos



### London Marathon & Brighton Marathon Runners





# The Karira Trust

Building for a *brighter* future

This year's Sutton Runners 10km helped to raise money for a new charity close to the hearts of one of our runners: The Karira Trust. As a fairly new member of Sutton Runners Sarah Gummatt suggested this charity, of which she is one of the trustees, to Graham and Andrew when they asked for possible charities for the race. The Karira Trust was founded in January 2010 in order to help Schools in the Developing World to receive assistance to renovate classrooms and facilities. It is still very new and all publicity is helping it develop into a bigger and stronger charity.

Our first project takes place this summer: a team of volunteers will travel to Kenya in August 2010 and August 2011, to work with local builders and craftsmen to improve the facilities at Karira Primary School. Volunteers will help to raise funds for the project, which has been estimated at approximately £16,500. We have decided to tackle the work in two separate projects, so that the fundraising burden is not unrealistic.



In addition to Karira Primary School, the Karira Trust hopes to go on to assist other schools in the developing world which face similar problems. We are always searching for new challenges and have already identified schools in Malawi and Ghana where we can set up projects in 2011.

The 2010 project will aim to renovate 9 of the school's 18 classrooms, which includes:

- The installation of concrete floors
- Fitting of doors and glass to windows
- Plastering and painting of walls
- Possible provision of new desks for pupils, depending on the success of our fundraising

Sarah Gummatt and the other Karira Trust trustees would like to say a huge thank you to Sutton Runners for their support through the Sutton 10km race, and would urge runners to remember Karira for any future events!

Thank you!

For more information please visit [www.kariratrust.org.uk](http://www.kariratrust.org.uk) or email [info@kariratrust.org.uk](mailto:info@kariratrust.org.uk)

## Forthcoming Events

|                  |   |                     |
|------------------|---|---------------------|
| <b>May</b>       |   |                     |
| Sun 23           | Dorking 10 miles (Grand Prix Series)  | Dorking             |
| Sun 23           | Edinburgh Marathon  | Edinburgh           |
| Mon 31           | BUPA London 10k   | London              |
| <b>June</b>      |   |                     |
| Sun 6            | Kingston 10k  | Kingston            |
| Mon 7 – Fri 11   | 25 <sup>th</sup> Marathon Windows Tour of Epsom, including children's races | Epsom & Ewell       |
| Sun 13           | Beddington Park 10k Charity Fun Run   | Wallington          |
| Sun 20           | Ranelagh Harriers Richmond 10k (prev Dysart Dash) (Grand Prix Series)       | Richmond            |
| <b>July</b>      |   |                     |
| Thurs 1          | Dave Denton - Nonsuch Relays  | Nonsuch Park        |
| Sun 4            | Wimbledon Windmilers Jim Braden Memorial 10k                                | Wimbledon           |
| Sun 11           | Asics British 10k London Run  | London              |
| Sat 17           | Elmore 7 mile (Grand Prix Series)   | Chipstead           |
| Sun 25           | Elmbridge 10k (Grand Prix Series)   | Walton-on-Thames    |
| <b>August</b>    |   |                     |
| Sun 8            | Wimbledon 5k (Grand Prix Series)  |                     |
| <b>September</b> |   |                     |
| Sun 5            | Surrey Badger Half Marathon   | Leatherhead         |
| Sun 26           | Switchback 5  | Lloyd Park, Croydon |
| Sun 26           | Run to the Beat   | O2                  |
| <b>October</b>   |   |                     |
| Sun 3            | Hampton Court Palace 10k  | Hampton Court       |
| Sat 16           | Run Richmond Riverside 10k  | Ham Street          |
| Sun 31           | Ronhill Surrey Classic 10k – race 1 (Grand Prix Series)                     | Oxshott             |
| Tba              | Cabbage Patch 10 miles (Grand Prix Series)                                  |                     |
| <b>November</b>  |   |                     |
| Sun 7            | Ronhill Surrey Classic 10k – race 2   | Nonsuch Park        |
| Sat 13           | The Movember 10k Run  | Greenwich Park      |
| <b>December</b>  |   |                     |
| Sun 19           | Ronhill Surrey Classic 10k – race 3   | Horton Country Park |



### **SUTTON RUNNERS CLUB KIT**

Don't delay get your new running vest now, and how about a nice micropore t-shirt for the summer season. We also have cosy sweatshirts to keep you warm before and after the race. So come on treat yourself to a new club kit.

|                                 |        |
|---------------------------------|--------|
| Tyvek top                       | £ 5.00 |
| Yellow T-shirt                  | £ 7.00 |
| Sweatshirts                     | £12.50 |
| Running vest (men's)            | £14.00 |
| Running vest (women's)          | £14.00 |
| Crop top                        | £15.50 |
| Micropore short sleeved T-shirt | £16.00 |
| Micropore long sleeved T-shirt  | £17.00 |

See Carole on club nights or email [carole.dockett@blueyonder.co.uk](mailto:carole.dockett@blueyonder.co.uk)

