

The Runs

The Official Newsletter of Yeovil Town Road Running Club

A Rookie Runner – One Year On

As I look back over my first year at Yeovil Road Running Club, I can truly say that its been a thoroughly enjoyable experience. The last twelve months have seen me going on recce runs, helping to set race routes, taking part in and setting up Hash Runs, speed training and even a bit of marshalling – I've experienced it all!

I joined the Club in October 2009, really just to get fitter, not dreaming how many varied activities in which I would become involved and not banking on catching the "running bug".

During the first four months, every Tuesday evening, I contentedly ran the various routes around Yeovil with Martin and the gang. Having reached what I felt was a decent enough standard, I entered my first race – The Inca Trail. On the day of the race I collected my race number and my wife had to pin it onto my shirt because I was so nervous. I really thought I would come last and that all the other runners were going to out-run me by far; what WAS I doing? After a few calming words from Debbie Neal (she assured me I wouldn't come last and just to relax and enjoy it) I just went for it... It was great fun and I came in 16th! I was very tired and very muddy (the dirt was almost knee deep in places) but I realised on that day that I found racing really addictive.

The race nerves have now gone. I now have a 42 minute 10k time but, my finest hour (as pictured above) has so far been 3rd place at the 4.5k Ninesprings Race which I put down to the speed training that I had started to attend. This is a must for anyone who ultimately wants to run faster and keep improving on their Personal Best. Yes, it hurts and yes, it's tough but it is worth the effort – I cannot recommend it enough.

Another top recommendation would be the Hash Runs organised by the Club. These are suitable for fast and slow runners alike, not being races but merely a social Sunday run with a variety of novelty aspects including the likes of the Jelly Baby Stop and the Beer Stop. It's a fun paper-chase without any paper! Just follow the flour trail but beware – there are usually a few false trails. I even managed to persuade my reluctant son to indulge in a Hash run, and even he enjoyed himself (I would normally have to prise him away from the TV and surgically remove a Playstation controller from his hands!)

Aside from the thrill of the running, it is also very rewarding to occasionally marshal for the club, and take my turn to watch other people run for a change. This gives regular marshals a chance to get their racing shoes on. Please support your club, marshalling isn't as dull as it sounds.

With help from the Club my running has improved drastically over the last year. I now average 25+ miles a week, compared to 5-6 when I first started. I'm really glad I decided to join Yeovil Road Running Club and am proud to be part of such a friendly and helpful organisation and want to take this opportunity to say thanks to everyone who has helped me in my first year.



**** News about Club Runs ****

It's night time running now and in addition to running in fluorescent kit, it's especially important that we all look out for each other – on Tuesday, one of the continuous groups unfortunately lost a member who had to find her own way back in the dark – which can be very scary, particularly if you don't know your way around Yeovil or how to get back to the Football Club.

Please make sure that there is a leader and a sweeper of your group, even in the continuous groups (which will need to have some regroupings). On an individual basis, if you start struggling to keep up with the group, do tell one of your fellow runners so that you aren't left behind by mistake – no-one will mind! Over the years we have established an enviable reputation of not leaving any runner behind and doing our best to look after everyone running – please let's not let this slip!

Berlin Real Marathon 2010

Race report by Pete Jakeman

Date: 26/09/2010

So having picked up an Achilles injury some 4 weeks prior to the race, the consensus of opinion was not to run? Well, it wouldn't be me if I took any notice of opinions, I want to race!

The arrival in Berlin went well as my cousin was there to ferry both Tim Hawkins and myself to the Hostel and my Mother to her sister's apartment. The accommodation was clean with on suite and breakfast on both Saturday and Sunday was more than adequate. My Saturday included a strides session before breakfast followed by a short train journey to registration to obtain race number and chip, the rest of the day was spent relaxing. We did pop out for a meal in the early evening before retiring at around 10 o'clock. Should mention it rained Friday, Saturday and was expected to rain on race day – oh great.

Sunday loomed – still raining, so off to breakfast and eat for England, well double helpings at least and then a final check of the kitbag and off to the start. Tim and I parted at that point to both do our own thing.

So it's 0900 and 3 minutes to the off, should I be here? Too late for that now! Anyway off we go, and yes it hurts, oh well, it's only pain.

By the end of the first mile I'm on pace, just a matter of keeping it going and ignoring the pain. At each 5km marker I'm still on pace and, in truth, I'm finding it surprisingly easy, I want to run faster but I'm conscious of hitting the wall later on. It may well be that I'm so worried about the Achilles that the running took care of its self, I like that idea. Still, there were times when I thought I would have to

drop out but a quick pray to every known God and some that were made up seemed to help.

I heard a shout at 39km and looked round to see Paul Rose in the crowd. Any support is always welcome, just gives you that lift, so thanks Paul. The last mile saw me pass a Swindon runner and chase down some young blond girl to the finish, not for any other reason but the sheer desperation of needing to finish. Having crossed the line I continued to jog on down the road picking up my medal and goodie bag until I reached my baggage tent, I thought if I stopped then I might not get going again.

Surprise, surprise there was Tim waiting for me, so after a quick change into dry clothing we made our way back to the Hostel discussing aspects of how our respective races panned out.

I managed a negative split of 1 minute and my intended pace of 7:40 turned out on average to be 7:38 so I'm happy with that. That was supposed to be my last Marathon but I may consider just having another go at one more next year? Why, well I managed a PB of 3:22:04, nearly 5 minutes quicker than last year, as the expression goes – it would be rude not too.

After the race, you get a goody bag with a race medal. It is a flat course through the centre of Berlin and its my third time of racing here. If I do the Berlin marathon again, I would consider trying to fly into Tegal Airport, it's a lot closer than Schoenberg, as for accommodation, ours was 5 minutes from the main train station and a further seven minutes to the start, so very convenient.

Club Run Leaders

Without our Club Run Leaders on a Tuesday night we would struggle to find decent routes and distances every week. The vast majority of our members use Tuesdays as a key training sessions as well as a good chance to socialise with other runners. Fred Fox has been a star over the years in producing routes and maps enabling this to continue. However, with the marvellous increase in members running on Tuesdays, this is putting pressure on the club who always used to arrange just two main club leaders. With four different distances plus occasional non-stop groups, we find ourselves needing more leaders. All you need to do is mention volunteering to one of the Committee (Martin Chaffey, Pete Jakeman, Phil MacQuaid, Deb Neal, Matt Driver, etc) and roughly know your way around Yeovil. The first time you lead, we will ensure another experienced member is with you.

Also, England Athletics hold courses teaching you how to lead a run properly as shown below. A few club members have already shown an interest and will be looking to go on the course next year. We don't have dates yet but if you are interested in helping out, or improving your CV (leadership training), this course could be for you. Again, speak to a committee member if you are interested. The club will pay!

Leadership in Running Fitness provided by England Athletics

- Location: University of Exeter, St Luke's Campus, Exeter
- Cost: £90
- Course Code: MC0231

A one day Leadership Training course which qualifies and insures leaders to deliver safe and fun running sessions, suitable for Running Club Leaders and Run in England Group Leaders.

Please note: The minimum age for this course is 18. The course will enable you to deliver fun and safe sessions to multi-ability groups and give advice and support to the new runner, as well as developing pathways for those who want to progress. It focuses on understanding and overcoming barriers to participation in running and how to increase participation by those not traditionally attracted to a running club. It is a legal requirement that you also have a CRB check with UK Athletics.

Cross Country Fixtures

This year the club is sponsoring two teams for the Wessex league cross country. It is hoped that we can get organised a team of guys and girls to participate in the five scheduled fixtures and improve on our reasonable results from last year.

Cross country is the grass roots of our sport and basically a fun and enjoyable run around 2-3 laps of wet and usually muddy fields/ woodland. It's very basic and cost effective but very spectator friendly, an ideal afternoon out for the family. The male's race is normally anything between 6-10k and the female's race is usually about 5-7k. The four fixtures are within reasonable travelling distance and as an individual you can, but don't need to do them all as other runners will count for the team score (so don't worry if you have already missed one). The races are all on Sundays and have an early afternoon start. Entry for the races is free depending on numbers. I will keep everyone updated with times of races and any other changes (The Wessex League is notorious for last minute changes, so please bear with us). There will also be five other major races further afield (see Champs below) that I will try and persuade you all to do, details of which will follow shortly.

This year's fixtures are as follows:

Sunday 31st October

Avon heath, Ringwood – 12:00 start for men & ladies

SunSun 28th November

Old Sarum, Salisbury

SunSun 23rd January

Ham Hill

SunSun 27th February

Kings Park, Bournemouth

If you are interested in running do not hesitate to e-mail or speak to Deb Neal (lady's team rep) deb@moultonneal.f9.co.uk or Tim Hawkins (men's team rep) runnerhasbeen@yahoo.co.uk

Chetnole Hash - 26/10/10



With Mixy away otherwise engaged (sitting in Yeovil Hospital with Fairweather and the newest member of the Ham Hill Hash), it was left to Debbie Neal and Jon Crane to lay a hash. A change of pub venue from the Rest & Welcome to Chetnole Inn was required – though not until the morning of the hash was it realised that the reason was the Hardy's Hash laying their own trail from the R&W! Reports have come in from Jon Crane, Kat Jones and Richard Dodge...

Helped Debbie set up the Chetnole Hash this morning what a great place for a Hash lots of false trails, a couple of challenging hills, mud and a water crossing although most opted out of the water crossing. There were some stunning views at Melbury Bubb hill but this was the spot when we came upon another set of Hash markings - these belonged to the Hardy Hashers on their weekly Hash. Plenty of route variety and different terrain made this one of the best Hashes I've been on. If you have never tried Hash running give it a go – it's not a race and is ideal for all runners; you might even get a Hash name - I think Debbie finally got hers today, didn't you, 'Woody'?! Thanks to everyone who came and for all the positive feedback. On on.



It was a good run and lovely weather. What to report? All us girls went gooey over the cows, picking out our

favourite. Beer stop was interesting as we didn't have a bottle opener, but where there's a will there's a way! Steep hill to JellyBean stop and the views were an outstanding sight while we nibbled and chewed. Still a little unsure on everyone's names but I think it was Hazel we embarrassed by singing happy birthday to her. And then we all picked up sticks for Deb Neal's woodburner - lovely way to spend a Sunday morning! "The Chetnole Tree Stick Hash" - everything a hash should be; tree branch stick collecting, Hazel Dodge's 20th birthday, beer stop, (Debbie) Neal's Lane and hell house corner to top it off - after all that two hashes taking place at the same time. I think there was a little running from time to time on a bright breezy day, new recruit Sadie has a great vocal voice for hashing - the echoes are still vibrating down the valleys of Chetnole! On on to the next hash at Ilchester - enjoyed by all, great day out.



Bull Inn Hash, Ilchester

17/10/10

Richard, Mel and the Vaseline Queen



A debut hash laid by those who had enjoyed the Chetnole Hash, and there was a motley crew assembled outside the Bull in Ilchester (pictured below) – including a number of new runners, with Emma and Chris from the Manor to the fore. The mist had lifted by the start of the hash (the sun shines on the righteous) and the group headed off – Sadie thought I had only come along to make sure she was shouting loudly enough; after hearing reports of her previous efforts at Chetnole, was I to doubt it?!

The course wound towards the Inca Trail but with a quick shift, it was back through to the high street and out into the fields, and head towards the Air Station. Poor old Woody drew the short straw, on the one occasion that Jingles choose the right way and she ended up running almost into Yeovilton on a false trail! There was a good Jelly Baby stop at the Naval church in Yeovilton village and the Vaseline Queen had even laid on a flypast for us!

On! On! past the weir and out to a beer stop (could Tina have stood in the cow pat even more if she'd tried?!) before returning to Ilchester and a very nice lunch at the Ilchester Arms.

"Stretchy" Sadie and Hazel have kindly offered to lay the next one – watch this space for time and place!



The Stickler

A report from Matt Driver

- No... Don't even think about it! ... They start off
- pointing out three massive hills and then tell you
- to run to the top of each of them!!!
- You start in a nice lane and run halfway up a hill,
- then walk the rest. There's a false top to this hill
- followed by the longest run downhill I've ever
- done (about 1½ miles). You then cross the valley
- bottom and go over a second hill before walking
- slowly up the third hill while Fred Fox chases you
- down. Just when you think the hard bit is over
- you have to run own again, but this time it's so
- steep and rough you can't focus as your brain gets
- rattled about. At last you are on the flat and Fred
- overtakes. You try to keep up and finally sprint
- along the old station platform but the "Fleet
- Footed Fox" has beaten you again.
- YTRRC did well with 3rd men's team, but to be
- honest I'm too knackered to care! Would I do it
- again? Definitely not!!! So that means I'll probably
- be there next year.

The Gilly Hilly - a report from Flora Brooke

If you have never run the Gilly Hilly before (and lots of you haven't) you have almost a year to get "in the zone". If, like me, you traversed the amazing hills of the Stickler last weekend the Gilly Hilly 7.5m a week later is the perfect follow on. It starts in Gillingham, heads along towards Buckhorn Weston, going precariously near our house, and after a very hilly loop it returns rather circuitously to Gillingham. It's all on tarmac, some of which has grass growing up the middle of it and incorporates some lovely scenery. The usual handful of Yeovilites took part. It would be great to see more and hopefully produce a winning team to challenge Bournemouth AC mens and Poole AC womens who were this years' winners. There were bottles of wine to be drunk by winning teams...

I have run this race for the last three years and although I am a year older each time (obviously) somehow I seem to spend a bit less time on it each year. So I shall certainly aim to be there next year, if only to meet myself coming back!

As for the old man he proved himself to be, the fittest and fastest local man in these barely populated parts of Dorset. (p.s. Nick wrote that!!! - the rest was all my own words - Flora)

Richard Boulter and the Parrett Trail Relay

My daughter Bryony had, in a moment of weakness during a Chard Road Runners club run, agreed to run as part of the women's team in the Parrett Trail Relay. She recklessly volunteered to do the 'Stoke-sub-Hamdon' leg before stopping to ask how far is it & where does it go? Realising it was 9.5 miles which is further than she has ever run before & also went up Ham Hill all the way from the A303, second thoughts crept in so dear old Dad was contacted to help find the way & give support on the day.

So dear old Dad (that would be me) went for a 15 mile hike with (a not so old) Mum to recce the first 2/3rds of the route from Stoke to Kingsbury & back via a detour to The Wyndham Arms. The next day was one of those days when it rains horizontally so dear old Dad gave up his Sunday lie in to run the last 1/3rd of the route from Stoke to Wigborough which didn't really need recceing as its all on regular training routes. I didn't really need a shower on getting home as it would have been impossible to get any wetter without actually drowning.

One week before the race & after a bit of musical chairs with cars Bryony & I set off to run Bryony's longest ever run so she could see what she had let herself in for. Well we made it ok, inside the cut off time though she always had it in her mind that I was going to run with her so she wouldn't get lost anyway.

So everything on track and my post marathon laziness recovery decreed that it was about time to go on a Tuesday night club run. Two minutes to the off "Can you run the Parrett Trail Relay on Saturday as I can't make it?" was the desperate plea from a guilt ridden club member, almost prostrate with grief at the thought of letting his Club & team mates down by a non appearance. "I don't mind doing leg 5 as I've reced it already and planning to run it with my daughter" was the calculated response. Thinking of a five in six chance that it would be the 'wrong' leg. "That's great, its leg 5 I'm down to do" was the cry following me as we left for the 8 mile plod round the streets of Yeovil.

Later that night the phone call to Bryony went along the lines of "How well can you remember the route for Saturday?" "I think I'll be alright but its ok anyway as there's someone else running from Chard who has a bad knee so we are going to run together" "That's good then, so you won't mind if I don't run with you then?" "No, I'll be fine" was just the response I needed to hear.

So Race day came & with (not so old) Mum volunteering to do the driving and a last minute route check on Google Earth, Bryony & I found ourselves at the start.

"10 seconds" uttered the starter followed about 2 seconds later by "5 seconds" and we were off. As usual the temptation to start too fast was urging me on only for my ego to be deflated as we reached the 1st gate manfully being held open for everyone by grandson George shouting "Come on Grandad". And I thought my Oakley's (as starring in a Chilean mine rescue) made me look younger! There are two Yeovil runners in front, Pete Darton & Mark Wills with Martin & Lyn Lascelles (Maiden Newton) plus a few other rapid looking runners as the race snaked out in the distance. First couple of miles done & Pete is very prominent due to his bright red shorts that can probably be seen from Ham Hill (do Trinnie & Suzanah do makeovers for runners?), shortly after, Mark is now sitting comfortably behind me and I manage to get both Martin & Lyn also behind me, but I expect them to both go hammering past at some point. Only sevenish miles to go & little did I know that was exactly how we would finish with Pete in front & Mark behind & no other runners seen for the entire race. We could have had the finish there & then and saved an hour of suffering! Plenty of gates to go through & apologies to Mark as I promise I didn't shut the gates behind me on purpose. Several times Mark's breathing got quieter & I thought that's him blown away by my power & speed only for him to catch me up every time. I think it was more to do with not being sure of the route that kept him behind rather than any lack of speed.

North Street & the bridge over the A303 came along and the prospect of the long drag to the bottom of Ham Hill itself lay in front. Grandson George is there again reminding me of my great age!

Ever upward we grind seeking the most direct route with the final ascent to the base of the monument being taken at walking pace. Flying across the top dodging the dog walkers & toddlers we pass the checkpoint & fly down the hill to Little Norton. That's it with the hills (almost) so just a nice steady couple of miles along my regular training paths to the finish. One mile to go and Mark still in close attendance (I bet he'll fly past once he realises where the finish is). Pesky little grandson appears again reminding me for the last time how old I am but what's that in the distance – it's Pete's red shorts. He must be taking it easy for us to be able to still see him. The last gate is coming up, a slight uphill & then the finish. We'll give it some stick up this drag & hope to hang on to Mark when he comes past, but hello, it's gone quite, he's not behind. Keep going, is the

finish ever going to appear? Phew, that's that over. Pleased with my time, Marathons & fast running don't sit well together so am pleased to have done my bit for Yeovil. Ah, there's Mark "Had to stop to tie my shoe lace..." Bummer, so he probably would have beaten me then though I console myself with the thought that I must be a better 'runner' as my shoe lace didn't come undone!

Great goodie bag at the finish though not best pleased that pesky Grandson has drunk my sports drink leaving me with the water. 'Old' mum in the doghouse now for giving it to him.

Just time to jog back down the course & give Bryony a cheer. Here she comes up the last drag – she's not looking too excited with life but manages to speed up once over the top and quickly recovers at the finish with her very 1st race tee shirt and another step toward becoming a marathon runner.

(YTRRC wants to sign up Grandson George; he's obviously quicker at getting round the course than Richard!!!)

Avon, Somerset & Wiltshire Cross Country Championships 2010/11

***Sunday 12 December 2010
at the University of Bath
CLOSING DATE: 1st December 2010***

Avon AA is looking after this year's Championships after Somerset hosted last year. The venue is the University of Bath and Tim Hawkins will collate team entries - please let him know on the e-mail address above if you want to go (if we ask the Treasurer nicely, I reckon we could get the Club to pay the entry fees!) Note that the closing date is Dec 1st. A list of entries will be posted up on County websites by December 8th 2010.

The bit at the back . . .

Apparently, the YTRRC Grand Slam hats are really hard wearing, so they are well worth the 5K, 10K, 10 mile, half and full marathon that you have to do to get them. Jo Whites took her's on safari and stood up and it blew straight out of vehicle and back down the road! She was really upset as she had worked hard for it, so, despite being a few yards from a pride of lions and a herd of elephants, the vehicle was reversed and Jo went back for my precious hat. She says "I must admit I got in and out of the vehicle very quickly to retrieve it but I'm happy to say I managed to get it!"

Apparently, Jon Crane is doing well in the Club Championship League, unfortunately to collect his prize he'll have to wear a skirt and a "lumpy jumper"! He's somehow ended up in the Ladies section!!!



Apparently, the local loony house recently had three inmates escape!!!

Apparently, Phil tried to sign up a young lady whom we encountered on this morning's hash run, but it turned out she was American, visiting friends in Ilchester. It is not known what he said to her, but as she ran off, the young lady was heard to say "70? Holy crap!" So, if that's the answer, what was the question?!

Apparently, it is impossible to lay a hash run without the obligatory "flour on poo"...

Apparently, following a case of Runner's Nipple, according to Rod Appleby he has either the "Best" or the "Biggest" nipples in the club! This raises a multitude of questions such as: Has he done a survey? How big or good are they?



Should there be a Club Nipple Trophy and who wants to be a judge?!!



Apparently, Pete Jakeman bought some skimpy "lederhosen" whilst in Germany for the Berlin Marathon!!!