

DEWSBURY ROAD RUNNERS

NEWSLETTER – AUGUST 2017

RACES AND ACHIEVEMENTS

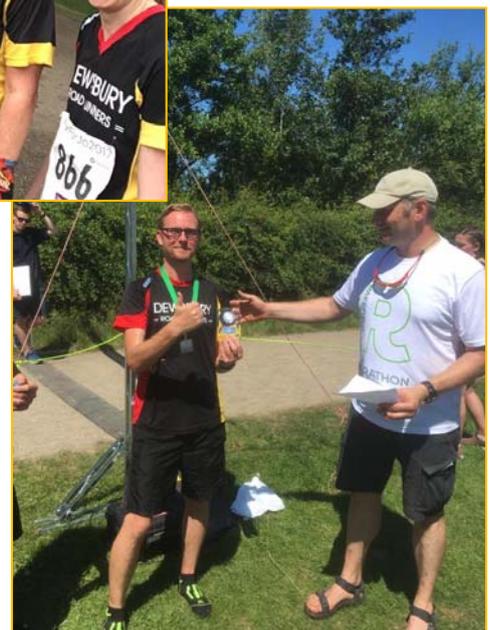
Well what a summer it has been so far! For race attendance and achievements, not the weather obviously! There are far too many races to mention that have been attended, and the individual achievements have been phenomenal – DRR members have been smashing races, achieving lots of PBs and taking top prizes! Here are a few:

- Flora Skidmore – 2nd Lady in the Mull of Kintyre Half Marathon – 1st in age category
- Andy Croft – Blackpool 10 mile - 7th place
- Andy Dean – Bahtat Half Marathon – 1st place
- Treena Johnson – Bahtat Half Marathon – 2nd place
- Tim Dean – Bahtat Half Marathon - 4th place
- John MacPhail – Wakefield Half Marathon – 3rd place
- John MacPhail – Run for Jo – 2nd place
- Andrew Croft – York Chocolate 10k – 1st place

These are the ones that have been blatantly pointed out! If you want your achievement recognised in the next exciting installment of the newsletter, make yourself known! Or send a quiet email to cwilko1979@gmail.com – either way works!



Spot the imposter....!!!!



SUMMER SERIES



The Summer Series was successful again for 2017! The results were as follows:

Team Earth won the team prize, with team members who completed at least 2 out of the 3 events taking away a prize of either wine or chocolates.

The overall winner this year was Jonathan Davies!



CALENDAR CUP RACES



The Calendar Cup series is now nearly over! We even had a record attendance of 54 members at the Eccup 10 race, making us the most represented club there that day! One of the marshals asked if there was anybody actually left in Dewsbury that morning, as they all seemed to be in Eccup!!! None of us would have completed that race without the words of 'encouragement' and cow-bell-action of the fabulous Debbie Norris, so thank you!

The next few races are as follows:

- West Yorkshire 5 Road Race on Sunday 13th August
- Stainland 10k on Sunday 24th September
- York 10 mile on Sunday 8th October



TUESDAY NIGHT CLUB RUNS AND FUTURE TRAINING

As you know, there is always a guided run available for members to join on a Tuesday night, running the medium route as set by the club. We are on the lookout for more people to volunteer as guides. The main responsibility is to know the route (usually published the day before), and to make sure that nobody gets left behind. Nobody is asked to be a guide any more often than once every 3 months, so it's not a big commitment, and guides are always happy to swap or cover if you're not available on your allotted date. Please speak to Anne McQueen if you are interested, your help would be much appreciated. amcq2409@gmail.com

Also, a few club members have recently completed the Running Coach qualification through England Athletics. The Beginner's Course was the first successful outing of newly-learned skills, and now Glynn Parry is looking to organise some running drills and basic sessions for the future. Currently, this is at the stage of gauging interest, before planning will take place. The end result will be beneficial to runners of all levels, speeds and abilities, so if you haven't already registered your interest, please can you complete Glynn's survey online by following this link – it literally takes 20 seconds. <https://goo.gl/forms/P22YSUmKLFrfjz352>

'Euphoria of an Ultra Marathon Runner' by Madeleine Stansfield



Wow that's me... an ultra marathon runner. Hey, so I'm bragging but 10 years ago, in 2007, I could only run for 8 minutes on the treadmill. I'm not sure how, but this year I've completed the 50k Meridian Ultra. It took me 5:26 hours to get to the end and the feeling going over the finish line was absolutely incredible. All pain forgotten, just pure elation that all the training had paid off. It didn't matter how long it had taken, it didn't matter that I had stopped a couple of times to do a jig at the feed stations with the crazy supporters, it wasn't important that I was towards the end of the finishing pack. The last hour of moaning and groaning and being unable to lift my feet beyond a shuffle was all forgotten because I'm now an ultra marathon runner and... I'll always will be an ultra marathon runner. (High 5!!)

So have you ever thought of doing an ultra? Some people will shake their heads in horror and some will say maybe... and I would say if you are even slightly tempted then go for it. I actually found it quite a different experience to entering and training for any other race. I'm not saying everyone will have the same experience but this is how it was for me:

Choosing the race:

An ultra is literally any distance that is more than 26.2 miles. Nearly all of them are off road, undulating and require some navigation and can be loops that you complete X number of times (soul destroying). I chose the Meridian, as it is a road race, largely flat, with an out and back x 2 route.

The hard bits:

- Starting the 50k training plan (the Madeleine version), knowing that over the next 10 weeks I needed to bag 6 long runs of 20+ miles (I can't believe that I ran 2 marathons in April) and I needed to average 40-45 miles each week.
- Recognising that to do that mileage, I had to pace myself so that I could do a 26 mile run one day and be able to go out for a 10 mile run within 48 hours.
- Ditching the speed training and seeing my speed at parkrun drop significantly (still wondering about this one).
- Sometimes running twice a day because that was my only chance to clock up the miles.
- The personal doubts throughout the training that I could do it, that I wanted to do it and that I would do it.
- The spikey ball massage after the long runs.
- After effects of donating blood (not recommended during training).

The good bits:

- The fabulous support of my running buddies who joined me during my long runs.
- The fantastic people willing to run and pace me so I could learn how to keep a steady rhythm.
- A husband willing to untie my shoe laces when I couldn't bend down that far.
- The turning point when my body stopped complaining about the mileage.
- No injuries despite the weekly mileage.

Was it worth it?

Absolutely!! It's been an amazing personal experience. I've learnt that speed isn't everything. I have loved entering races and winning my age group prize and maybe the speed will come back some day but moving to distance over speed is now an acceptable alternative for me. I've also learnt that you can train your body to do anything, your training just has to be consistent. No doubt I could do better because I failed on the nutrition aspect. I am sure I should have eaten more energy food than I did but I didn't know (and still don't) what or how to do this properly. Maybe next time!

Of course I'm not the first or only club member to run an ultra and others are running ultras and triathlons later in the year. However I am probably one of the few to write about it in the club newsletter. I know this year lots of members

are running their first race at a longer distance than they have previously tackled. I hope the training goes well and I wish everyone every success on race day. How about sharing your experiences by writing about them for this newsletter. It doesn't matter what distance it is, if it's the first time you've done it, its special. I know I'd love to read about it and no doubt get some tips for future events.

CLOTHING NEWS AND KIT SALE

DRR Leggings & Capris

The capris have been well received and the feedback is that they are comfortable to wear and the pocket at the back is enormous. It's big and strong enough to easily hold a phone, car keys and tissues etc. and whilst that may not look entirely flattering, it is very useful. The leggings are similar to the capris, the only difference being that they are full length. If you wish to purchase a pair, most sizes are currently in stock.

DRR shorts

A sample pair of the shorts has been received from our regular supplier, but unfortunately the material was not the quality we've all come to expect. Feedback has been sought from a number of members who all had a similar view. Quite a few different suppliers have been suggested and samples are currently being sought to find another supplier. It's never a quick process but rest assured, it is being worked on!

Purchasing kit

Just a reminder that should you wish to purchase any kit, please get in touch either by email (mystansfield@yahoo.co.uk) or text and we can arrange a date for you to collect. Payment can be by cash or bank transfer, whichever suits you best. Madeleine is usually down at the club in Thursday nights and at Dewsbury parkrun on Saturday mornings. She always has the kit in her car so it's easy to get an item. The next delivery of kit is expected at the end of August, so we will be holding another Kit Sale on Tuesday 5th September for you to all dig in! Venue to be arranged, an event will be created on Facebook for this so watch this space!

Sportsshoes discount code

In the last week of July we received an email from sportsshoes withdrawing the 10% discount code for the month, as they had information that it had been published online; they didn't say which club or where it had been published, however it has been noted that this code has appeared on the DRR Facebook page on numerous occasions. Although this is a closed group, there are many group members from other clubs and organisations that have connections to DRR.

The code is changed by sportsshoes each month and the DRR committee members are notified of the new code each month. To ensure that club continues to enjoy access to the discount, could we ask that members **DO NOT** publish it on any social media sites or make it widely available to non-club members. We are advised that a new code will be made available shortly for August, and you will be able to access this by contacting one of the committee members. Thanks for your cooperation with this.

LEEDS COUNTRY WAY

The Leeds Country Way is on Sunday 3rd September, starting at 8.00am. It's a 64 mile relay, some on road, some off road, split into 6 legs that are run in pairs. This year we have entered 4 teams! For more information go to the website: <http://lcwrelay.co.uk/lcw-relay.html> or speak to the Captains if you need more information or wish to be on the reserve list as a runner, in case of any last minute emergency drop-outs.

PARKRUN TOURISM AND TAKEOVER

Here are the details of the next few tourism events...the more the merrier!

Saturday 5th August – Oakwell Hall parkrun

Saturday 2nd September – Rothwell parkrun



FLAT CAP 5

The Flat Cap 5 has been successful for the 6th year running! There has been a lot of thanks to the Core Team for the organisation of the event (well deserved of course!), however, a massive thanks needs to go out to all of the marshals and volunteers; without them the event simply would not happen, so THANK YOU ALL SOOOOOOOO MUCH!!!!



The books are still in the process of being balanced, so the amount raised for the Yorkshire Air Ambulance this year is as yet unknown, however this will be published on the DRR website as soon as it has been calculated. Thank you again for all of your hard work and support in putting on this brilliant event. Next year...YORKSHIRE DAY!

PHOTO OF THE QUARTER!



In the last newsletter, the 'Race Face' feature was launched. However, due to the lack of other contenders for this crown (it is firmly yours Alistair!), the feature has been broadened to the best running photo of the quarter instead. There was one that stood out by a country mile....a rare photo of Trish Kaye competing in a race (she doesn't really do that many – ahem!) and of Wayne Dent flying!

IF ANYONE HAS ANY REQUESTS FOR ITEMS TO BE INCLUDED IN THE NEXT NEWSLETTER, OR HAS AN ARTICLE THEY WOULD LIKE INCLUDED, PLEASE GET IN TOUCH: CWILKO1979@GMAIL.COM