

Roadrunner

The Journal of the Road Runners Club



Cover Photo:
Paul Whittaker finishing the Victory 5 in Portsmouth

NUMBER 218
Spring 2019

OFFICERS OF THE RRC 2017-18; Elected at the AGM, Sept. 11th 2018

All posts are honorary (we are all volunteers)

President: Ian Champion
Hon. General Secretary: John Trory
Hon. Treasurer: Elaine Oddie OBE
Hon. Auditor: Don Turner

Vice Presidents: Norma Cressy, Roddy Fisher, Elaine Oddie OBE

Members of Council:
Hideo Takano, Pam Storey, John Wright,
Andy Taylor

Chairman of Council:
Editor of Roadrunner
Statistician
Standards Scheme Secretary
Championships Secretary
Merchandise Secretary
Archivist
National Representative
John Legge and John Jewell Awards

Pam Storey
John Trory
Andy Milroy
Diane Ambrose
John Trory
John Brassington
Ian Champion
Dr Hilary Walker
decided by committee

Contacting members who have specific jobs

It is a very great help if you can send an SAE with any letter that needs a written answer. Better still, use email!

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Road Runners Club

A.G.M.

Please note that the **Annual General Meeting** of our club will be held on
Tuesday 24th September 2019 at 6.30pm
at the Royal Oak, Tabard Street, London SE1 4JU

This means that any proposals to put to the A.G.M., according to the constitution, have to be in the hands of the general secretary by June 25th.

Full details of all proposals and election of officers, along with a postal voting form, accounts and minutes of previous A.G.M. will be included in the next edition of Roadrunner, which is scheduled for late July.

Editorial

After repeated requests from a small number of members, the revision of the 'ultra' standards has got off the ground with a more logical comparison between long distance and long time. This has, however, created it's own problem by showing that the new standards for 70+ are well in advance for the old figures for younger groups. The new figures are fully justified by worldwide records of the achievements of these age groups so now we will have to revise all the figures for the younger age groups, but until that is done we will have to put up with this new anomaly. I was also willing to put forward a new category for our standard championship distances, namely a 75+ age graded group, but although it was often requested, no results were forthcoming. If any of you still want this, e-mail me to register your interest so that I can devise the best way of carrying it forward.

I spend a lot of time grumbling to race directors and also a whole range of other organisations. It is not that I am a 'Victor Meldrew' type misery, but I have reached that age when you get truly fed up with waiting for things to get better and realise that the people in charge just do not bother. Jack Davies has found that a complaint can work so how about tilting at this windmill Don Quixote. Race numbers are plasticised paper with sharp edges on which I have cut myself more than once

and frequently rubbed the insides of my arms sore. In 2017 I received a number for a Brighton 10k on a soft flexible piece with a small 'Mylaps' chip. This worked splendidly and was also easy to write details on the back of so let's get more races using that type.

SCAM e-mails are becoming more and more prevalent and the commonest type is one that disguises itself as coming from somebody you know. I frequently get these apparently from RRC members and all they have as a message is a link. I DO NOT RESPOND TO ANY e-mail which does not have a convincing message in the text of the e-mail and advise you similarly. If you want to send me anything, make sure I know it is genuine – you nearly all do that anyway.

The weather has been pretty wild so far but not nearly as bad as last year so I have actually been out on 7 training runs so far. I ran out of luck for the Eastbourne half marathon which was a little wet, cool and a 45mph wind blowing along the exposed seafront. As I have spent my whole life on the channel coastline, this would not normally have bothered me until I started running but I sure do notice it now. I may shirk training in bad weather but having paid for a race certainly does seem to focus your mind!

Road Runners Club

The U.K. club with worldwide membership, the club with a difference a respected history and a vibrant future that works for you.

What can we do for you?

For a mere £12.50 annual club subscription:

you can join in our **unique championships** by competing at any time in the year in any officially measured race **anywhere in the world** and sending your official time to the championship secretary. Watch the competition develop month by month as others send in their own times throughout the calendar year for **five distances in five age groups**. First three places are awarded our uniquely designed medals. Multiple winners get superior trophy awards.

- **Insurance** for injury by road vehicle whilst training or racing.
- Three times a year we send to our members what is probably the **best club magazine** in the U.K. This averages 40 pages of A4 glossy full colour magazine.
- We offer in the members' area of the website **extensive practical training advice, plus** dozens of individual training and racing tips of value to beginners up to advanced runners.
- **We welcome new members who are already first claim for other clubs** as we have much to add. We do not seek to replace their local club.
- All abilities welcome. **Our marathoners range from 2-38 to a 7 hour costume fun runner, and our distances from 5k to ultrarunning.**

Meet us on our stand (no. 462) at the Virgin Money London Marathon expo.

Now rebranded as *The Running Show*

at the EXCEL CENTRE London, April 24th. to 27th.

(you do not have to be running to visit the show)

Roadrunnersclub.org.uk

Subscriptions are due on January 1st every year and, at the time of writing, most have already renewed. However, last year we had several members who intended to renew but never got round to doing it. We are as helpful as we can be with sending reminders and even noticed a few individuals who we knew would want to remain members, but there is a limit to what we can do for you.

If you wish to remain a member of our fine club, **please make sure you have renewed your subscription.** Put in on your calendar, write it on the back of your hand or put a message on a doorpost but please do not simply forget.

Subscription has been held at £12.50 for a single and £15 for a couple at the same address. The subscription can be paid in the following ways:

- By standing order from your bank to our account no.35451165 with the sort code 60-12-36 payable on January 1st each year.
- By bank transfer to the account as detailed above.
- By credit card via our website facility "renew your subscription online"
- By cheque payable to Road Runners Club and posted to 7 Bellway Court, Grosvenor Road, Westcliffe, Essex SS0 8EP

Finally, if you move, make sure you let us know in time to amend our records for posting Roadrunner.

Aidan Hogan – Irish 24-Hour Champion

John Walshe

Each December, Athletics Ireland – the national governing body for the sport – honours athletes in a variety of disciplines at its Irish Life Health-sponsored National Athletics Awards at the Crowne Plaza Hotel in Dublin. For 2018, the Ultra-Athlete of the Year award went to a 45-year-old man who covered the prodigious distance of 151.4 miles (243.59km) in 24 hours. Aidan Hogan, a member of Rising Sun AC, lives in Blackrock – a suburb of Cork City - and is no ordinary athlete. His story of how he gained international honours at an event that literally takes a full day and how, after coming back to running seven years ago, has now notched up 230 marathons or longer events (up to March 3rd), is certainly an inspiring one.

Aidan started off as a juvenile, inspired by his father Joe who still competes in field events in the M80 category. "I actually took part in both the Dublin and London marathons in my teens but then I emigrated at 18, got married and had six kids. But after going off cigarettes in 2011 at the age of 38, I said I would get fit again," he explains. "I started off swimming but was itching to get back on the road. I was paranoid that people would be laughing at me but I went out one day and did five miles, it felt like 50. The Cork Marathon was on so I decided to do that at the last minute. I was hoping to do it in four hours but I finished in 3:30." An increase in training saw another dozen or so marathons completed that year, including Amsterdam where he recorded 3:01. He now averages 40 to 50 a year, with a best of 2:52. "I should be around 2:42 but **when you are putting the miles in you kind of give up the speed for the distance," he says.****

His introduction to the ultra-scene came after he met Jan Uzik, a native of Slovakia, on a training run. "I used to see him every week and one day I stopped and asked him why I didn't see him in any marathons. He told me he was running a 24-hour race and I looked at him and thought, 'he's loco'. Two weeks later, I met him again and he told me he'd won it.

"From then on, I got to know the guy and he put the idea into my head. I decided to enter the race in Belfast the following year and with advice from Jan I increased my training from 40/50 miles a week to anything from 100 to 150 miles. That would consist of five 20-mile runs plus a marathon. The first couple of months were tough, but then I got used to it." At Belfast, Hogan covered a total of 147.9 miles (238km), the furthest debut distance ever achieved by an Irishman. This gained him selection for the European Championships in France, and a chance to wear the Irish vest. Since then, he has completed four more 24-hour events, including the World Championships which was incorporated into the 2017 Belfast event, and another European Championship in Romania.



Aidan Hogan passes one of Cork's landmarks – Blackrock Castle and Observatory

In June of last year, again at Belfast and at the start of the Irish heat wave, Hogan's winning performance of 151.4 miles/243.59km saw him finish three miles clear of Eoin Keith who recorded 148.4/238.78km. With this year's World Championship 24-hour scheduled for Albi in France in October, Hogan should lead a strong Irish team and as 2019 began, training started in earnest. "You start thinking about it in January and then by February you're into it full swing. I class marathons as part of my training and often run three or four back to back." At the time of writing – early March – Hogan was preparing for the Anglo Celtic Plate 100km in Perth (Scotland) later in the month. Certainly, if 2018 is anything to go by, his progress on the ultra scene will be followed with interest for the remainder of the year.

**Editor; Those of you who only run long distances in training should note this.

Cardiff to Brecon Ultra (70km) and the Gower Ultra Back (34m)

Anthony Barnett

The first 7 miles was a mud pool and inevitably I soon succumbed and placed my right foot into the middle of a deep muddy puddle. The water in my shoe soon started to feel warm and I felt initiated into the Brecon to Cardiff Ultra (February 10th 2019). The next seven miles was a continuous uphill section on a rocky surface which made it difficult to run but I managed to include some jogging as I was concerned about the cut off time. There were five check points with seemingly easy cut off times but this was in the Brecon Beacons and I wondered how steep it was going to get. By the second checkpoint I was half an hour up so completing the journey looked reasonable. However, at this point I missed the route marker and I was more than two miles along the wrong road before a marshal driving to the next check point spotted me. He kindly drove me all the way back to the sign that I'd missed. So I was now back to square one and realised that it wasn't going to be so easy to finish in time as the final 16 miles were going to require a faster pace and then there was still the remainder of the ascent in the first half to think about. Anyway, I persevered, and the weather deteriorated towards the top of the ascent and my fingers were really cold despite wearing gloves. Overall though the weather wasn't so bad and there was even warm sun at times and the scenery was outstanding.

I wasn't having a good day. The battery on my mobile phone ran out and I'd forgotten to pack the phone charger so the gps wasn't available and I wasn't able to call the race director. I dropped one of my water bottles without noticing and I even managed to lose one glove and the wrist band for electronic timing (as it happened this wasn't working so the checkpoints started recording manually). Although the route was well marked, I managed to get lost three times altogether and each time I could feel the time eroding. Interestingly there is a sweeper on the Brecon to Cardiff Ultra. After about 35 miles, I took the wrong turn as there was no visible direction sign. I managed to spot a road sign that said that Cardiff was in the opposite direction and as I turned around to make my way back, I saw the sweeper who was collecting the route signs. This led to a mild panic as with no signs it would have been quite uncomfortable as I was still 8 miles from the finish and I wouldn't know the route without the signs, plus no mobile phone to call the race director. So, I made what was for me a super human effort to catch up with the sweeper. He pointed me in the right direction but was soon calling after me as I took a wrong turning, as the route wasn't obvious and there was no sign. By this time, I knew I wasn't going to reach the final check point in time but just wanted to get there and get driven to the finish. The sweeper once again put me back on the route and assured me I wouldn't get lost from here and

then he jogged on ahead.

I came to what seemed to be the end of the Taff trail and it was a main road and no sign posts. Sometimes people can be really helpful and I was extremely fortunate to meet someone (Julie, who happened to be out jogging) who had a mobile, who knew the area, and who phoned the race director, and waited with me until he arrived. The race director picked me up in his van and eventually we reached the finish...though actually it was for me a DNF.

Is there a trend emerging? This is my second DNF in my last two trail races. In the Gower Ultra Back (34 miles) in October last year, I also managed to get lost several times. Finally, about 29 miles into the race, as night was descending, I reached what seemed to be an impassably dense forested area. I had already previously phoned the race director to help me locate the route but there was no alternative but to phone him again. After a lengthy conversation the advice was to retrace my steps and to wait at a bridge to be picked up. I wasn't feeling too confident that someone would actually find me at this bridge but at that moment another participant appeared out of the darkness, John who was doing the 50 mile event and had previous experience of the route. He took command; we crossed the stream on our right and continued to head south up the side of a steep mountain. By now it was completely dark. The destination was Southgate. We eventually located a Wales Coastal Path sign to Southgate but the cut off time was getting very close. We decided to take the direct route up the mountain. This was so steep that I had to lay flat against the mountain and crawl for about ten metres with my whole body touching the ground. Once we reached the top John declared that he was completely lost. We looked at the compass and realised we couldn't go south (the recommended direction) because it was a precipitous drop. John actually thought we should be going south east so we explored looking for a way round the precipitous drop. Eventually we found a path and it took us to the checkpoint at Southgate. Unfortunately, we were 15 minutes late and were instructed that we had to discontinue even though there were only 5 more miles to the finish and plenty of time before the 10.30pm deadline. Still, that was it; we were out DNF. But nevertheless, a great scenic route in Wales with wonderful coves and bays, sandy beaches, soft sand dunes and even warm weather at times. I met some interesting people during the event. Ultimately disappointing because of the DNF but definitely an enjoyable day out. Two challenges for next year! It's quite a good thought that medals are there to be earned rather than just handed out at the end.

The multi talented Mark Jefford

In an e-mail recently, Mark Jefford told me he was trying out other events which included 3000 steeplechase in 11-52.7; 1500m 5-08.5; 800m 2-27.03 as well as triple jump, high jump and hammer throw. Variety is the spice of life and your editor has also been indulging in track events which do rejuvenate your running interest. The training, of course, is completely different so should be approached with caution but nevertheless recommended. Is anything else going on out there?

Championship Complete List

5 Km

F	18-39	Naomi Allchin	26:54
F	40-49	Trudi Pike	22:37
F	40-49	Karen Green	23:26
F	50-59	Celia Findlay	22:13
F	50-59	Anne MacFarlane	22:47
F	50-59	Jacqueline Reid	23:16
F	60-69	Susan Exon	23:59
F	60-69	Wendy Whelan	27:26
F	60-69	Jashumati Dear	29:22

5 Km

M	18-39	Jim Allchin	15:06
M	18-39	Ian Connor	20:07
M	18-39	Richard Kimmens	21:36
M	40-49	Duncan Sadler	19:25
M	50-59	Jeremy Mower	17:31
M	50-59	Mark Jefford	18:06
M	50-59	Paul Smith	18:48
M	50-59	Antonio Maraia	18:57
M	50-59	George Brown	20:26
M	50-59	Vincent Allchin	22:09
M	50-59	Martin Allchin	24:14
M	60-69	Tim Boone	19:22
M	60-69	Godfrey Rhimes	19:40
M	60-69	Greg McClure	19:55
M	60-69	Nigel Haywood	20:05
M	60-69	Walter Hill	21:44
M	60-69	David Hallson	22:28
M	60-69	Sidney Bailey	27:18
M	60-69	Richard Dear	29:23
M	70+	David Beattie	21:19
M	70+	David Winch	21:30
M	70+	Colin Youngson	21:55
M	70+	Jack Davies	22:14
M	70+	Peter Simpson	23:47
M	70+	John Thomas	24:53
M	70+	Doug Milsom	25:09
M	70+	Edwin Oxlade	25:45
M	70+	Geoffrey Thornes	26:07
M	70+	Christopher Ford	26:26
M	70+	Mike Horwood	26:33
M	70+	David Gearing	28:05

10 Km

F	50-59	Anne MacFarlane	45:41
F	50-59	Celia Findlay	45:42
F	50-59	Jacqueline Reid	46:43
F	60-69	Susan Exon	50:25
F	60-69	Wendy Whelan	56:08
F	60-69	Jashumati Dear	57:10
F	70+	Ria Trundley	71:42

10 Km

M	18-39	Jim Allchin	31:42
M	18-39	Ian Connor	61:40
M	40-49	Andy Gore	35:58
M	40-49	Richard Harry	38:38
M	40-49	Peter Harvey	39:26
M	40-49	Philip Markham	40:07
M	40-49	Duncan Sadler	46:43
M	50-59	Jeremy Mower	36:16
M	50-59	Mark Jefford	38:40
M	50-59	Paul Smith	39:23
M	50-59	Colin Fletcher	39:23
M	50-59	Antonio Maraia	40:24
M	50-59	Jens Zwirner	49:17
M	50-59	Martin Allchin	52:42
M	60-69	Tim Boone	41:23
M	60-69	Godfrey Rhimes	41:32
M	60-69	Nigel Haywood	41:58
M	60-69	David Hallson	49:13
M	60-69	Stephen Beardsell	49:41
M	60-69	Sidney Bailey	54:37
M	60-69	Richard Dear	57:11
M	60-69	Andrew Gazeley	59:09
M	70+	David Winch	42:32
M	70+	David Beattie	43:42
M	70+	Jack Davies	44:44
M	70+	Colin Youngson	46:15
M	70+	Peter Simpson	48:34
M	70+	John Thomas	52:01
M	70+	Geoffrey Thornes	53:24
M	70+	Malcolm Knight	55:56
M	70+	David Gearing	57:15
M	70+	John Brassington	1:51:36

10 Miles

F	50-59	Celia Findlay	1:16:33
F	50-59	Anne MacFarlane	1:16:46
F	50-59	Sue Bennett	1:29:31
F	60-69	Susan Exon	1:25:24
F	60-69	Wendy Whelan	1:39:09
F	60-69	Jashumati Dear	1:39:58
F	70+	Ria Trundley	2:22:42

10 Miles

M	18-39	Jim Allchin	0:53:43
M	18-39	Jack Beadle	1:22:55
M	40-49	Neal Jeffs	0:58:15
M	40-49	Philip Markham	1:02:43
M	50-59	Jeremy Mower	1:01:11
M	50-59	Colin Fletcher	1:04:29
M	50-59	Mark Jefford	1:04:36
M	50-59	George Brown	1:09:48
M	50-59	Martin Allchin	1:26:15
M	50-59	Paul Bennett	1:29:31
M	60-69	Nigel Haywood	1:10:21
M	60-69	Walter Hill	1:11:13
M	60-69	Steve Beedle	1:24:25
M	60-69	David Hallson	1:26:06
M	70+	David Winch	1:09:47
M	70+	David Beattie	1:14:39
M	70+	Jack Davies	1:14:45

Half marathon

F	40-49	Trudi Pike	1:44:35
F	50-59	Celia Findlay	1:40:36
F	50-59	Anne MacFarlane	1:40:49
F	50-59	Jacqueline Reid	1:44:32
F	60-69	Susan Exon	1:53:46
F	60-69	Wendy Whelan	2:11:39
F	70+	Ria Trundley	3:01:15

Half marathon

M	18-39	Jim Allchin	1:13:11
M	18-39	Mike Lewis-Copeland	1:37:54
M	40-49	Neal Jeffs	1:18:10
M	40-49	Philip Markham	1:23:31
M	40-49	Richard Harry	1:29:15
M	50-59	Jeremy Mower	1:20:40
M	50-59	Mark Jefford	1:29:20
M	50-59	Antonio Maraia	1:29:43
M	50-59	Brian Jones	1:30:18
M	50-59	Paul Smith	1:31:40
M	50-59	George Brown	1:33:00
M	50-59	Vincent Allchin	1:35:31
M	50-59	Jens Zwirner	1:43:29
M	50-59	Martin Allchin	1:55:16
M	60-69	Tim Boone	1:30:26
M	60-69	Godfrey Rhimes	1:32:00
M	60-69	Walter Hill	1:32:55
M	60-69	Nigel Haywood	1:33:28
M	60-69	Greg McClure	1:34:08
M	60-69	David Hallson	1:51:26
M	60-69	Sidney Bailey	2:14:24
M	60-69	Andrew Gazeley	2:21:57
M	70+	David Winch	1:34:00
M	70+	Jack Davies	1:40:11
M	70+	David Beattie	1:40:47
M	70+	Peter Simpson	1:47:29
M	70+	Colin Youngson	1:50:48
M	70+	Geoffrey Thornes	1:55:01
M	70+	John Thomas	2:04:22
M	70+	Malcolm Knight	2:05:29
M	70+	David Gearing	2:16:47
M	70+	Melvin Trundley	3:01:11

Marathon

F	40-49	Alla Arapu	3:56:30
F	50-59	Celia Findlay	3:37:15
F	50-59	Jacqueline Reid	4:04:07
F	50-59	Sue Bennett	4:33:06
F	50-59	Karen Hardy	7:32:43
F	50-59	Suzanne Bellew	7:33:13
F	70+	Ria Trundley	6:01:52
F	70+	Patricia Seabrook	6:38:01

Marathon

M	18-39	Paul Whittaker	2:51:26
M	18-39	Mike Lewis-Copeland	3:31:15
M	18-39	Richard Kimmens	3:35:10
M	18-39	Ian Connor	5:47:18
M	40-49	Roy Brown	2:49:19
M	40-49	William Speake	3:04:23
M	40-49	Philip Markham	3:08:48
M	40-49	Richard Harry	3:10:08
M	40-49	Antony Webb	4:02:11
M	50-59	Jeremy Mower	2:51:28
M	50-59	Colin Fletcher	3:08:16
M	50-59	Antonio Maraia	3:11:53
M	50-59	Simon Danciger	3:16:28
M	50-59	Brian Jones	3:21:45
M	50-59	George Brown	3:26:26
M	50-59	Norman Mawhinney	3:28:49
M	50-59	Mark Jefford	3:54:05
M	50-59	Chris Finill	3:54:07
M	50-59	Jens Zwirner	3:58:50
M	50-59	Stuart Bingham	4:34:45
M	50-59	Martin Allchin	4:43:10
M	50-59	Chris Benton	5:20:27
M	50-59	Peter Rogers	5:33:07
M	60-69	Tim Boone	3:18:08
M	60-69	Godfrey Rhimes	3:20:36

M	60-69	Nigel Haywood	3:20:37
M	60-69	Greg McClure	3:24:48
M	60-69	Walter Hill	3:25:11
M	60-69	Peter Hocking	4:04:25
M	60-69	Simon Price	4:12:11
M	60-69	Mick McDyre	4:37:36
M	60-69	Mike Carr	5:41:12
M	60-69	Georges Nombreuse	6:17:30
M	60-69	Frederick Tomlinson	7:58:38
M	70+	David Winch	3:22:55
M	70+	David Beattie	3:38:30
M	70+	Jack Davies	3:38:53
M	70+	Stuart Mann	3:49:43
M	70+	Geoffrey Thornes	3:57:20
M	70+	Peter Simpson	3:59:03
M	70+	Stuart Colwill	4:05:01
M	70+	Owen Cooper	4:37:48
M	70+	Malcolm Knight	5:02:57
M	70+	John Troy	5:04:17
M	70+	William O'Connor	5:46:09
M	70+	David Phillips	6:17:13
M	70+	Melvin Trundley	6:28:43
M	70+	Peter Clarke	6:32:54
M	70+	Mac Speake	7:10:31

Championship Graphic Analysis

Category	5k	10k	10miles	½ Mara.	Mara.	Total
F18-39	1	0	0	0	0	1
F40-49	2	0	0	1	1	4
F50-59	3	3	3	3	5	17
F60-69	3	3	3	2	0	11
F70+	0	1	1	1	2	5
Total	9	7	7	7	8	38
M18-39	3	2	2	2	4	13
M40-49	1	5	2	3	5	16
M50-59	7	7	6	9	14	43
M60-69	8	8	4	8	12	40
M70+	12	10	3	10	15	50
Total	31	32	17	32	50	162
Combined	40	39	24	39	58	200

Name	Times	Points	Points total
F50			
1st Celia Findlay	45-42	11571	
	1-40-36	12072	
	3-37-15	13035	36678
2nd Jacqueline Reid	46-43	11828	
	1-44-32	12544	
	4-04-07	14647	39019
F70			
1st Ria Trundley	1-11-42	18154	
	3-01-15	21750	
	6-01-52	21712	61616
M40			
1st Philip Markham	40-07	10158	
	1-23-31	10022	
	3-08-48	11328	31508
2nd Richard Harry	38-38	9782	
	1-29-15	10710	
	3-10-08	11408	31900
M50			
1st Jeremy Mower	36-16	9183	
	1-20-40	9680	
	2-51-28	10288	29151
2nd Antonio Maraia	40-24	10229	
	1-29-43	10766	
	3-11-53	11513	32508
3rd Mark Jefford	38-40	9790	
	1-29-20	10720	
	3-54-05	14045	34555
4th Jens Zwirner	49-17	12479	
	1-43-29	12418	
	3-58-50	14330	39227

5th Martin Allchin	52-42	13344	
	1-55-16	13832	
	4-43-10	16990	44166
M60			
1st Tim Boone	41-23	10478	
	1-30-26	10852	
	3-18-08	11888	33218
2nd Godfrey Rhimes	41-32	10516	
	1-32-00	11040	
	3-20-36	12036	33592
3rd Nigel Haywood	41-58	10626	
	1-33-28	11216	
	3-20-37	12037	33879
M70			
1st David Winch	42-32	10769	
	1-34-00	11280	
	3-22-55	12175	34224
2nd Dave Beattie	43-42	11065	
	1-40-47	12094	
	3-38-30	13110	36269
3rd Jack Davies	44-44	11326	
	1-40-11	12022	
	3-38-53	13133	36481
4th Peter Simpson	48-34	12297	
	1-47-29	12898	
	3-59-03	14343	39538
5th Geoff Thornes	53-24	13521	
	1-55-01	13802	
	3-57-20	14240	41563
6th Malcolm Knight	55-56	14162	
	2-05-29	15058	
	5-02-57	18177	47397

The Road Runners Club sub-ultra championships 2018

This championship is a separate entity from the individual categories as it combines the three distances of 10k, half marathon and marathon in a way that gives equal validity to each category. This is done by calculating the number of seconds in the time then multiplying the 10k figure by 4.22, the half marathon figure by 2 and adding the resulting figures to the marathon. This is not as complicated as it sounds and gives a fairer indication of all round performance by giving equal status to each discipline.

The 2018 sub-ultra was completed by 19 competitors, the same number as the previous year, with many of them turning in very similar performances and these actually improving their times at an age where you expect a slow decline. In a year which saw extreme weather throughout, this was an excellent performance so congratulations to them and we wish successful running to all.

F50; **Celia Findlay** 37020 in 2017, 36678 in 2018;
Jacqueline Reid 39118 in 2017, 39019 in 2018;

M50; **Jeremy Mower** 29481 in 2017, 29151 in 2018;

M70; **Jack Davies** 36642 in 2017, 36481 in 2018;
Geoffrey Thornes 44243 in 2017, 41563 in 2018;

Going back another year, **Jacqueline Reid** scored 41,966 and **Jeremy Mower** scored 30,438 so these two, in spite of being in the 50+ age group, are faster than they were two years ago!

M18-39 **James Allchin**, who has been concentrating on his speed in shorter distances, has recorded significant improvements between 5k and half-marathon and will be continuing this trend for a while as he is concentrating on sub-marathon distances.

Other members who showed one or more improved times last year were; **Susan Exon (3), Martin Allchin (3), Richard Dear (1), John Thomas (2), Paul Smith (2), Godfrey Rhimes (1), Andrew Gazeley (1), Sue Bennett (1), Wendy Whelan (2), Neal Jeffs (2), David Winch (1), Philip Markham (1), Trudi Pike (1), Jens Zwirner (1), Ria Trundle (1), Tim Boone (1) and Mick McDyre (1).**

The Road Runners Club award for the most improved performance of the year.

This one is always difficult to work out because many members have an improved time in one or two races and some have improved overall but by virtue of the fact that they had a poor to mediocre time the year before i.e. 2017. This, hopefully, will apply quite dramatically to myself this year as I had a very poor year last year. The test then is to go back a further year to determine a true improvement and this gave three possible contenders so then it is worked on a percentage basis with the following result;

1st place Jacqueline Reid with a 2 year improvement of 7%.

2nd place Jeremy Mower with a 2 year improvement of 4.3%.

3rd place James Allchin with a 2 year improvement of 4%.

Congratulations then to **Jacqueline Reid** for being determined as the runner with the most improved performance of the year.

Road Runners Club universal championship record times

These are the club records as of 31st December 2018 with ages taken on January 1st 2018 as with the club championship entries. New records are in bold type.

FEMALE: 5k, **18-39 Naomi Allchin 26-54;** 40+ Trudi Pike 21-08; 50+ Celia Findlay 21-35; 60+ Catherine Wright 21-37;

10k; 18-39 Alicia Wakeman 52-35; 40+ Terrie Williams 40-33; 50+ Jacqueline Sheppard 42-35; 60+ Catherine Wright 43-10;

10 miles; 40+ Jo Newens 1-06-49; 50+ Yvonne Parker 1-15-12; 60+ Catherine Wright 1-15-57;

Half-marathon; 40+ Jo Newens 1-26-19; 50+ Jacqueline Sheppard 1-32-42; 60+ Catherine Wright 1-37-23;

Marathon; 18-39 Myshola Kirkham 3-05-26; 40+ Jo Newens 3-08-33; 50+ Jackie Massey 3-24-54; 60+ Catherine Wright 3-25-03; 70+ Pat Seabrook 5-46-53;

MALE: 5k; **18-39 Jim Allchin 15-06;** 40+ Andy Gore 16-50; 50+ Jeremy Mower 17-28; 60+ Stephen Beardsell 19-00; 70+ David Winch 20-44;

10k; 18-39 **Jim Allchin 31-42;** 40+ Timo Leppakorpi 34-43; 50+ **Jeremy Mower 36-16;** 60+ Stephen Beardsell 38-49; 70+ **David Winch 42-32;**

10 miles; **18-39 Jim Allchin 53-43;** 40+ **Neal Jeffs 58-15;** 50+ Jeremy Mower 59-57; 60+ Nigel Haywood 1-07-25; 70+ David Winch 1-08-58;

Half-marathon; 18-39 Jim Allchin 1-12-26; 40+ Timo Leppakorpi 1-14-32; 50+ Jeremy Mower 1-19-50; 60+ Jonathan Bateman 1-28-26; 70+ David Winch 1-29-39;

Marathon; 18-39 Ossi Peltoniemi 2-34-22; 40+ Allen Smalls 2-35-38; 50+ Chris Finill 2-50-32; 60+ Jonathan Bateman 3-03-03; 70+ David Winch 3-10-24;

Last year I raised the question of whether Jeremy Mower's 10 mile record for M50 should also occupy the M40 slot as it was better than that record. This remained unresolved for a while but Neal Jeffs came to my rescue by setting up a new 10 mile M40 record which was better than Jeremy's and by a man in that age category.

Congratulations to all these runners and, indeed, all those who took part through the year in our wonderful sport. If you fancy seeing your name 'up in lights' then pick on one of these record times and give it a go! There are still some soft targets up there and 2 completely vacant.

Our Facebook page has been established and has seen a wide increase in topics aired on it recently. It is being increasingly used to good effect and showing its worth to more members who find some news items well before they appear in Roadrunner. It is essentially simplicity itself as all you need to do to access it is click on the f at the top right of the home page on our website. This option is available to anybody visiting our website but only existing members will then be able to take part on the facebook page, i.e. posting any comments. The purpose of this is to provide members with a forum for immediate discussion of items of mutual interest and members are requested to maintain a high level of respect and decorum towards other members' views and not post anything defamatory in respect of anybody or any organisation. Any member contravening this request will be removed from access. Non-members who are proven to be genuine runners, after vetting, will be allowed to join the facebook group as the committee considers this may be the first step towards joining the club. At the time of writing, we have 98 registered users of our facebook page and on average, posts are being viewed on average by more than 80 members. We are still finding our way as to the best use for this page but to date, several announcements of general interest have been aired. **A good way of meeting fellow club members is to post on facebook larger races you are doing and see who else is going to be there.**

The 11 London Marathon Everresents

who completed last year's London Marathon included 3 RRC members, Chris Finill, Bill O'Connor and Malcolm 'Mac' Speake. I am sure they will be on the start line again this year so good luck to them all.

1	Finill, Chris (GBR)	Harrow AC	55-59	01:48:25	03:54:07
2	Peace, Michael (GBR)	Ranelagh Harriers	65-69	01:56:36	04:34:18
3	Low, Roger (GBR)	Highgate Harriers	70+	02:25:34	05:24:39
4	O'Connor, William (NZL)	Queen's Park Ha...	70+	02:32:46	05:46:09
5	Macey, Terence (GBR)		65-69	02:27:40	06:02:13
6	Cousens, Charles (GBR)		70+	02:49:09	06:26:05
7	Aston, Jeffrey (GBR)	Les Croupiers	70+	02:53:38	06:51:09
8	Speake, Malcolm (GBR)	Bildeston Bound...	70+	03:17:21	07:10:31
9	Walker, David (GBR)	Chiltern Harrier...	70+	03:17:26	07:24:58
10	Lyons, Dale (GBR)	Centurion RC	80+	03:40:58	07:46:43
11	Jones, Kenneth (GBR)	Orion Harriers	80+	03:41:53	07:50:24

CLUB MERCHANDISE CURRENTLY AVAILABLE

Running or training with a club badge?

Running vests in white with blue badge (L is a 38" chest XL is 40") or blue with a white badge (L is a 37" chest) ladies' size 10 to 16 or mens' small to XXL £13

Cotton T shirt in white small to XL; in ash grey small and XL only; reduced to £3 to clear L in this T shirt is 44" before washing – expect shrinkage!

Polo shirt in white, small and medium only; or in navy, medium only; with the RRC club badge embroidered on £3

**PRICES INCLUDE POSTAGE AND ALL ABOVE ITEMS ARE AVAILABLE FROM JOHN BRASSINGTON
(see inside front cover)**

Most of our members are first claim with their local club and wear their vest, but it would be nice if all our members additionally wore our sew-on club badge. We have redesigned the club badge which is now essentially the same as the old but will include the words Road Runners Club in place of the initials RRC. We are not as famous as we were 50 years ago and the council feels this would be more explanatory and help to publicise our club to other runners. As we have a large stock of vests at the moment, it will be some time before this is revised, but the sew-on badges are available now, FREE OF CHARGE to any member sending an s.a.e. To John Brassington.

THE NEW CLUB 'TECHNICAL' T SHIRT IS NOW AVAILABLE WITH THE NEW CLUB BADGE ON IT.

The actual shirt size, **which should not be taken as chest size**, is M 40"; L 42" and XL 44". To give freedom of movement around the shoulders, I recommend you order a size that is 4" larger than your actual expanded chest measurement. This is more important with a T shirt than a vest which does not embrace the shoulders. T shirt manufacturers seem to have developed their own ideas of what constitutes S, M and L and this varies widely from brand to brand. Price is £10 including postage. We now also have available SMALL SIZE WHICH MUST SURELY FIT EVEN OUR MOST SLIGHTLY BUILT RUNNERS.

NOTE; The new T shirt is currently stored by John Trory so orders for these only should be sent to the address on the inside front cover.

Size guide; John Trory, chest 39" expanded, has been wearing a large size which has now been washed several times and is a perfect fit.

Naseby 1645 -Sunday 24th February 2019

George Brown

The blurb for this race reads – “This is a challenging and undulating course having a total ascent of 289m, including running up the locally known “Dicks Hill” at mile 10.” Arriving relatively early to ensure we grabbed a Parking space ...which incidentally there were plenty ...Marshall’s with “Big Foam Hands” leaving you in no doubt as to where you had to park. Registration was quick and efficient. Numbers swiftly attached ...legs rubbed with various substances to guarantee no pain and a faster run. Pre race visit to the toilet first obstacletoilet facilities were of a minimum ...Portaloos are en route we were informedWe Runners are a resilient lot...the local woods nearby were the definitive solution ...judging by the amount of brightly clad bodies dotted around, the portaloos issue was not something we were going to dwell on. Pre race briefing over it was off to the Start And without further ado ..watches primed off we wentFirst mile or so was relatively flat In fact I was starting to think that maybe they were exaggerating the “Undulating Element”.

But “oh no they weren’t” We ran upand up ...and up ... now there should in theory be a down or 2 to combat the Up partAnd there was briefly a downhill or 2 then we ran up...again. When they said at Mile 10 we would be running up the hill known locally as “Dicks Hill”....they failed to mention that this Hill started at about Mile 9 and got steeper during Mile 10 and continued through Mile 11 That might not have sounded so good on the “Blurb” though.

Now I don’t want this to sound totally negative ...because it most certainly is not. The scenery is absolutely beautiful ... being on top of the world means you get to see a lot of it ... The Marshalls were great ...very encouraging ...water



George Brown battles at Naseby

stations well manned ...with PAPER Cups... the roads that were not closed to traffic had cones placed along them at regular intervals to ensure that you were separated from the traffic, which was not overly heavy...

Back to the hills or rather the race ...there is a very steep hill during the last mile which puts paid to that spectacular sprint finish ...Finish Area was flat ... plenty of refreshments ...beautiful Medal ..Nice bright souvenir long sleeved shirt What more could you ask for?

Challenging...? Yes Undulating ... ? Yes. Would I do it again...? Roll on next year ...I’ve got a course PB to aim for.

More than 80% of marathon runners incur acute kidney disease, (new) research has shown

In my continued quest to prevent inadequate fluid provision at longer distance events causing cumulative kidney damage which makes hydration progressively more difficult, I came across this article based on scientific exploration. This is a matter I have been discussing with Gavin Lightwood of U.K. Athletics with whom I may be able to have a face to face at the London Marathon Expo (The Running Show). It is a matter of great importance which is frequently brushed aside by race directors. On a hot day in Tenby which was forecast well in advance, water stations were only every 5 miles in contravention with U.K.A. regulations but the directors failed to respond to an e-mail I sent them. Gavin Lightwood has already promised to get in touch with them, should they apply for a race licence this year, to remind them of the requirements.

A team of scientists led by Yale University medical school’s Chirag Parikh tested a small group of runners before and after the Hartford marathon in 2015, looking at markers such as creatinine serum levels and proteins in urine. The results were startling: 82% of the runners tested showed symptoms of Stage 1 acute kidney injury (AKI) after the event. AKI used to be known as sudden renal failure, and is primarily characterised by the inability of the kidneys to adequately remove waste material from the blood, and

too little urine leaving the body. In mild cases symptoms can include shortness of breath, fatigue, nausea and swollen legs. More serious cases result in chest pain, seizures, and coma. Although traditionally associated with the elderly, recent research has identified extended periods of heavy physical exercise – in particular, mine work and military training – with elevated AKI risk.

Parikh’s team is the first to test marathon runners for the condition, and the results throw into question the contention that for well-trained people running 42 kilometres (26 miles) non-stop is a healthy thing to do. “The kidney responds to the physical stress of marathon running as if it’s injured, in a way that’s similar to what happens in hospitalised patients when the kidney is affected by medical and surgical complications,” says Parikh. Potential causes of AKI for marathon runners include high core body temperature, decreased blood flow to the kidneys, and dehydration. The symptoms recorded in the runners tested all resolved after 48 hours, but Parikh warns against complacency. “We need to investigate this further,” he says. “Research has shown there are also changes in heart function associated with marathon running. Our study adds to the story – even the kidney responds to marathon-related stress.” The study is published in the American Journal of Kidney Diseases.

It's All Going Swimmingly

Tracey Brazier

I couldn't have been more disappointed last year when an injury out of the blue meant that I had to stop just 10 miles into the Boston (Lincolnshire) marathon. Training had gone brilliantly over the winter and I was in the best shape of my life. A personal best under 3 hours 30 mins seemed highly likely. The weather was perfect on race day. Everything seemed to be going to plan. Sadly my right hip decided not to co-operate. It had never troubled me before, but after just a few miles I realised that it was a serious problem. I wasn't going to be able to run this off. At ten miles I decided that I would let discretion be the better part of valour. I stopped. All that training had gone to waste. I was gutted.

My physio recommended swimming as a way to keep fit whilst I recovered from the injury. I was extremely rusty as far as technique was concerned. 'You Tube' videos showed me that swimming had moved on enormously since I learned to swim in the 1970s. Almost everything I knew had been thrown out as inefficient and slow. So I splashed out (if you'll excuse the phrase) on one-to-one lessons and made huge improvements in just a few weeks. If swimming in the pool had been all I did, it would have been worth it as a way of keeping fit. But as a massive bonus I discovered that I simply love open-water swimming. Drop-in coaching sessions at a local lake with a professional triathlete made all the difference. The 1 hour sessions were just £10 each week and provided drills, endurance training, and race tips plus lots of fun games to keep it light-hearted and inclusive. The people who took part ranged from teenagers to retirees. It was tremendously enjoyable. Given my competitive personality, it was inevitable that I would enter open-water races. I tackled seven races over the summer ranging from a beginners' 750m race through to a 2 mile race called 'Swim Serpentine' in London's Hyde Park. I competed as the first leg of a team relay in Ely (see photo attached) and enjoyed every second of it even though the marker buoy in the river was caught by the wind and drifted downstream so that we had to swim 2.7km instead of 1.9km.



Monster Middle Triathlon Swimming August 2018

In every race I was in the slowest 10% of competitors but I didn't care. The satisfaction of taking part and the sheer enjoyment of being in the great outdoors made up for the fact that I would never take home prizes like I can in running. It was great! I had rediscovered what it is like to take part in a sport for the fun of it. I am fully recovered from my running injury now and my training is a mixture of running, swimming, weights, core stability and cycling. I have gained a lot of upper body and core strength from swimming but not a lot of bulk, so my running shouldn't suffer too much. I only weight a few pounds more than I did at my marathon-running best. I am attempting my first solo triathlon in May – an Olympic distance race consisting of 1500m swim, 40km bike ride and 10km run. I turned 50 in January so it seems fitting that I should try a new race as I go into a new decade.

The next edition of Roadrunner

...will have much about the London Marathon and our stand at the expo, but there are plenty of other races including marathons in April and May so how about some stories from North, East and West, Scotland, Wales and Ireland to balance up the magazine. Compliments and complaints, photos and recommendations are all welcome. And do not forget to start sending in your results for our unique championship – I may pick some up by co-incidence, but even those will be limited to 1st claim Road Runners Club members and then only websites that have a club category search facility. If we are to publish official race photos, we need permission. Finally, please do not underline anything in your report as it causes technical problems and if you send a writer protected piece, make sure it is 100% perfect grammatically because I will not be able to correct it.



Mick Molloy – A Galway Great

John Walshe

Mick Molloy, who celebrated his 81st birthday in March, was one of Ireland's legendary distance runners of the 1960s and 70s. The winner of three Irish marathon championships, along with titles at 10 miles, 15 miles and cross-country, he represented his country in the marathon at both the 1968 Olympics and 1969 European Championships. But it was on the track that he registered probably his most memorable achievement when, on November 2nd, 1974, he set a world best of 2:44:47 for 30 miles. The occasion was one of the autumn **Road Runners Club promotions prevalent at the time** and it took place at Walton-on-Thames on a windless and overcast Saturday.

Molloy's target was the 2:47:34 time set by New Zealander Jeff Julian (a 2:14 marathon man) four years before during the course of a 50 mile race, which he won in 5:24:26. The 30 mile record was therefore maybe not as difficult as some of the other long distance track records, but the Irishman still had a number of formidable opponents to contend with amongst the 17 starters. These included **Don Ritchie** – who would go on to re-write the ultra record books in the years ahead – Rob Heron, Tom O'Reilly and Ian Burges. Molloy went straight into the lead and at 10 miles, reached in 53:15, he had lapped the entire field apart from Ritchie who was around one hundred metres in arrears. Through 15 miles in 80:21 and 20 miles in 1:48:13, the record was well on schedule. A 56:34 split for the final 10 miles saw him cross the line in jubilant mood (as the accompanying picture from Athletics Weekly shows) in a new world best of 2:44:47. The report of the race in the January 1975 RRC Newsletter (No 85) concluded: "Molloy never looked to be heading for trouble at anytime, and it was evident at 20 miles that he had the record within his grasp. His long stride continued remorselessly to eat up the last of the 120 laps, and he finished 2 minutes and 47 seconds within the world's previous best time."

His own account of the race was typically undramatic. "I had a chance of the record because the announcers kept saying I was inside the schedule for a world record. I was just hoping – but a 30 miles race is four miles longer than a marathon. I was lucky to get a good run on the day." Over four decades ago, travelling from Oughterard near Galway in the West of Ireland to the south of England wasn't as accessible as it is

today. But remarkably, as he explained, Molloy didn't hang about after his record performance: "The race was run on a Saturday afternoon in London but with my youngest brother Chris's assistance, I got back in time to take my mother to first Mass on Sunday morning in Oughterard." Mick Molloy grew up beside Lough Corrib, four-and-a-half miles from Oughterard in County Galway. His first sporting involvement was with Gaelic Football but that all changed at the age of 18 when he ran his first cross-country race. His only mode of transport at the time was a bicycle and this necessitated a 100 mile round trip to Dunmore where he lined up with around 45 other runners, finishing in eight place.

Four years later, he won his Galway senior cross-country over nine miles near Athenry (long before the town became famous for its song 'The Fields of Athenry'). After winning the All-Ireland cross-country title in 1966, he went on later that year to transfer his winning form to the road with victory in the Irish Marathon in Banteer in 2:24. A second marathon title followed two years later in his native Galway which qualified him for that year's Olympics. In the rarefied conditions of Mexico City and despite having to discard his shoes after 14 miles due to blisters, he gallantly carried on to finish 41st of the 74 starters in a time of 2:48:13. Despite the setback of a serious ankle injury he was able to retain his national marathon title the following year of 1969 and finish a creditable 13th (2:28:38) in the European Marathon in Athens. Five years later – two months before that 30 mile race at Walton – Molloy won the prestigious Berchem marathon in Belgium, but not without drama: "I was leading the race at 15 miles when the official car turned down a side road for petrol and I followed; not understanding the language, I lost about a minute-and-a-half and by the time I got back on the correct road I was back in eight place." He eventually caught the leaders at 21 miles and went on to win by over two minutes in 2:18:41, a time he would marginally improve to 2:18:22 (which remained his fastest) when finishing 12th the following year at Kosice. This was less than a minute behind Waldemar Cierpinski who would go on to become dual Olympic champion at Montreal (1976) and Moscow (1980).



Mick Molloy, from the Republic of Ireland, completes his record breaking thirty miles track run at Walton. He clocked 2:44:47 to cut over 2½ minutes off Jeff Julian's world best.

B. Judd

The New Forest Marathon



In response to a query from Nigel Haywood about the measured distance of the New Forest Marathon, I sent them an e-mail asking whether they had any complaints and whether they were satisfied with the measured distance.

I received this swift response. Their confirmation enabled me to include Nigel's result in the championship for last year.

Hi John, Thanks for your email, we've had some comments saying that its over distance and some saying that it's under distance... The problem with GPS devices is that they only guarantee accuracy to within a few %. Garmin is 3% either way and tom-tom is 6% either way. If the digital device can't receive a signal, which is common in the forest, the device makes up the gap in the best way it can. We measured the full route on 14 different devices and every single one gave us a different outcome! Even more worryingly, some differed in time by over a minute despite us starting and stopping them all together! The only way to be 100% accurate is to measure it officially, through Run Britain, which we have done, and it is certified accordingly. Our course was also given the green light by ordinance survey which guaranteed it to within 1metre.

I hope that helps, Kind regards, Andy, ORA Events Ltd, New Forest Marathon

This was pretty well exactly what I expected to be the explanation. In other races, devices also do not take into account the extra yardage of hills, only lateral movement. I have done the New Forest Marathon twice and have found it to be well organised as well as a lovely run and can recommend it. The next race takes place on 8th September and affiliated member's fee is £45.

A brief report on the Anglo Celtic Plate of 24th March

Pam Storey

The ACP was the brain child of John Foden (Road Runners Club), the same man who had the idea for a little event in Greece called the Spartathlon which involves running 250km from Athens to Sparta! Foden established a 100km road event in 1993, utilising the traffic free paths of Holme Pierrepont Park, where the National Water Sports Centre had been created just outside Nottingham. His aim was to create a platform whereby every year, the British Isles had an event where promising ultra-runners had the opportunity to represent their own country and to compete against one another. On Sunday 24th Of March I had the pleasure of attending the National 100km Championships in Perth, which incorporated the annual Anglo Celtic Plate competition. In fact I took part in the accompanying 50 km race which was a great pleasure actually to be running in rather than watching/crewing as I usually do. This year, in honour of the great Don Ritchie, special cups were presented to the first man and first woman. Here are the results of the team competition:-

100 km Male;

1. ENGLAND 20:56:54,53; Charles Harpur 6:44:18; Kevin Rojas 7:02:58; Ollie Garrod 7:09:37;

2. SCOTLAND 21:12:03,50; Robert Turner 6:51:49; Kyle Greig 6:54:42; James Stewart 7:25:31;

3. NORTHERN IRELAND & ULSTER 26:14:46,83; Tim Brownlie 7:44:41; Sean Nickel 9:00:14; Richard Coey 9:29:50;

4. WALES 26:31:33,98; Dan Barnett 8:47:42; Dan Weston 8:51:18; Jeremy Mower 8:52:32;

100 km Female;

1. SCOTLAND 1st 16:25:15,73; Sophie Mullins 8:03:39; Morgan Windram 8:21:36;

2. SCOTLAND 2nd 17:01:27,64; Joanna Murphy 8:28:01; Lynne Allen 8:33:26;

3. ENGLAND 17:44:28,83; Betty Bohane 8:46:11; Melissa Venables 8:58:17;

4. N. IRELAND & ULSTER Susan McCartney 9:04:19; Gillian Connolly 9:09:54;

A more comprehensive report will appear in the summer edition.

Gym training for strength and all-round muscle improvement

Training for marathon running is unlike that for any other distance because it requires strength and stability in muscles that are otherwise hardly used. The musculo-skeletal system is 3-dimensional and is only as good as the weakest part so needs to be balanced head to toe, side to side and back to front. This schedule provides the all-round strength needed.

Weightlifting should be carried out in a steady and even movement. Jerking the weights or shifting the torso is a sign of handling weights that are too great for you and will lead to muscle strains. Each exercise, except the benchpress, should be carried out in no more than 3 sets of 10 repetitions, always starting cautiously with low weights to activate the muscles. Physiological studies have shown that trying more than 3 x 10 has little or no added benefit. The benchpress is performed as a 'pyramid' where you start with 10 lifts of a low weight and increase the weight as you decrease the reps. When you reach a weight where you only manage 2 reps then that is your weight limit and this exercise should only be attempted on a machine with 'escape catches' or with a catcher to assist you out of trouble. This exercise should always be done with feet on the floor for safety reasons. Then reduce the weight as you wind this exercise down.

It is up to you to find the level of weights to use and always be cautious. Do not look around to see what weights others are using as you are not competing with them. They may well be very experienced and well ahead of you. They are not relevant to your training. This schedule will last around 2 hours and should not be hurried as this is when injuries happen.

On Machines; Backward leg raise, forward leg raise, squats, weight resisted seated rowing, pull downs to chest and behind head. The glute press is particularly useful as it strengthens the quads, gluteals and gastrocnemius.

With loose weights; Curl, bent over rowing, upright rowing, deadlift, benchpress.

Floor exercises; Sitting on a mat and leaning back slightly, swing a 'medicine ball' from side to side in an upward arc. Kneeling and leaning on elbows, bring one bent leg up

behind you until your upper leg is horizontal. Lay on your back with your legs out straight then raise your legs to about a 45 degree angle then bring your knees towards your chest, finally extending your legs to return to the starting position. Lunges are popular but serve little practical use. However, if you do them with weights, you MUST use dumbbells held each side and NOT a barbell on your neck, for safety reasons. Finally, you need a staircase, so this may not be at the gym. Take the stairs slowly, 2 at a time with an exaggerated drop and rise. This will develop and balance your hip flexors, adductors and I.t.b. which are very important muscles.

If there is anything here you do not understand, ask the gym staff – that is what they are there for.

Muscle location;

I.T.B.; the iliotibial band runs down the outside of the upper leg and is a common muscle pull for beginners, hence the need to exercise it. It will be under particular strain running on a camber.

Gluteals; there are 3 gluteals, the gluteus maximus, medius and minimus. Basically, they run around your backside and are frequently pulled doing simple things like getting out of bed when cold.

Hip flexors; they balance and operate hip movement. There are 2 called the psoas and piriformis.

Adductor muscle; this runs up the inside of the leg from knee to groin. You may not even notice using this but you will notice it if you strain it, being extremely difficult to treat, so make sure you stretch it after exercise.

Quadriceps; the very strong muscles that are in the front of the upper leg and must be stretched after every run to avoid shortening and stiffening.

Cruciate ligaments; these run around the patella (kneecap) and must be stretched after exercise or running otherwise they will shorten and pull mercilessly on the patella causing severe pain.

England Athletics Affiliation Fees

Ian Champion

PLEASE READ THIS IMPORTANT NOTICE

For 1st Claim RRC active/competitive members who wish to Affiliate to England Athletics or renew their current ongoing affiliation, **the renewal date is 1st. April 2019 which then runs to the 31st March 2020.** The fee has remained at £15 for the coming year but will be reviewed by England Athletics in September this year. There is no 'part year' reduction on this fee if paid later. If entering an event without an EA affiliation URN (Unique Registration Number), they will have to pay an additional penalty payment of £2 added to the flat race entry fee.(If the event entry permits it.) They are reminded that to gain full benefit of this obligatory payment they need to enter at least seven events per 12 months period. **Affiliation**

to England Athletics or the other relevant national bodies that make up UK Athletics is separate from and additional to the membership of any club and can only be carried out through the member's first claim club.

Affiliation cheques for £15 Payable to 'England Athletics' should be sent to the Club President, details on inside front cover of Roadrunner. **(include EA URN/RRC membership number, name, address, date of birth and email address).**

Affiliated members should also note that when entering a race, it is the E.A. affiliation number that should be quoted and NOT their Road Runners Club membership number.

From Ultra to a 5k racing speed session

Richard Kimmens

SITC Dawn to Dusk Ultra - 16th December. The SITC Dawn to Dusk Ultra is a lapped race over 2km loops that has varying distances (10km, half marathon, marathon and ultra) ... as the name suggests the ultra race lasts all day with the objective to see how far you can go in that time. Last year I won the marathon distance and this year I wanted to last the whole day, with a target of 80km. The race started well, I met some friends who were also doing the race which meant that an already social event was an even more friendly affair with people to chat to and run with throughout the day. As usual though, I started too fast, largely due to a lack of long runs in training so I wasn't used to plodding! The weather was perfect, not too cold, bright and dry. I also used some hand warmers in my gloves for the first time which were a revelation as I usually suffer with cold hands whenever the temperature drops. Having warm hands was a real boost mentally and really helped keep my spirits up.

My wife came to visit with our daughter after about 2 hours which was great, and then she came on her own for the last 90 minutes or so. By the time my wife arrived for the final stint I had slowed right down and was in a lot of pain, however having her there really helped me knuckle down as she gave me food and drinks and even trotted around a lap with me! Towards the end I thought I had no chance of hitting my target of 40 laps, I was in 4th place and thought that I would at best do 39, however as I approached the halfway point of my 38th lap I met another runner called Yussef who encouraged me to really push on to get my 40. The rules of the race are that if you have started a lap before sunset you can complete it, so as I finished my 38th lap I realised that if I lapped in 14 minutes I could get in in time to start my 40th. At the time I was taking about 15-16 minutes to lap, but I decided to push as hard as I could... to my amazement I did my next lap in under 9 minutes, and not only that, I also made up 7 minutes on the person in front of me and took 3rd place just before the start/finish line!

I pushed hard for the final lap as well, terrified that the person I had passed would chase me down and I then finished in 3rd place, completing 40 laps in 7:48:05. I was absolutely delighted with the result, a fant-astic end to the year.

Since early in the year I had been running every day and working in speed sessions on the treadmill as I didn't have time for long runs. I was surprised at some of the paces I was able to maintain so I decided on fairly short notice to enter a 5k race and see what time I could do. I'd never done an actual 5k race before and I was surprised at how apprehensive I felt as I towed the start line, but I was also excited at the thought of finishing a race in under 20 minutes, rather than the marathons or ultra marathons that I am used to doing! I had



Richard Kimmens at speed

a target in mind of anything sub-20 minutes and as with most of my races I went off far faster than planned, I was shocked looking at my watch to see I was running at 3:30/km! I tried to hold on as long as possible but some fade was inevitable. Fortunately I was buoyed by having a few people ahead of me to try and catch and this kept my mind off the unusual feeling of burning lungs! I found it difficult to focus on my watch whilst running so I didn't know what time I was close to until I crossed the line and found that I had done 18:26, much faster than I thought I would be able to manage, but also feeling "OK" enough to wonder how much faster I could go. To top it off I even came 3rd which was a fantastic surprise as I thought I was much further back in the field. I continued my daily running after the race but found the fast pace had really taken its toll on my calves and my right hamstring so had to take it easy... although the following Sunday I did do a half marathon and manage 1:32:02 which wasn't too shabby at all. I am very pleased to have "ticked off" the sub-20 5k. I'm not sure when I will try to better my pb again but I know I would like to, but with a bit more focussed training.

Run for life

Guest writer – John Wands

What is success in athletics? Is it improving your performances? Is it setting new lifetime bests? Is it winning a prize, a race, a national title? Is setting a life time best and finishing unplaced really losing? Just what is the criteria? It is the winners who get the plaudits, but often the greatest achievements are overlooked. There are literally thousands of athletes who compete, especially in road races, who never get their efforts recognised.

Running a marathon is not easy. It makes great demands, both physically and mentally, on the body. Yet thousands of people subject themselves to this ordeal regularly. If you watch the London marathon, you can actually see the pain on the faces, you can almost feel the elation when they finish. The half marathon, while only half the distance, makes similar demands on the body. Why do they do it? How did it all start?

Over fifty years ago, the legendary New Zealand coach, Arthur Lydiard, created excitement and controversy with his training methods. The success of Peter Snell and other New Zealand athletes proved his training worked. However, it was his work with cardiac patients, in getting them out jogging that made physiologists and cardiologists really take notice. Today it is widely accepted that running is good for your health.

On a lecture tour of America, Lydiard made a statement. He said, " if you can walk, you can run, and if you can run, you can run fifty miles." Many people took him up on this challenge, and marathon mania was born. Mass participation

in these events became the norm, and the fever spread to other parts of the world.

In Britain, the London marathon has become the largest in the world with entries in the region of 35 thousand. It has become an annual festival that brings together people from all walks of life, from all parts of the world. The Great North Run is also a premier event, and it too brings together people who share a common goal. Racial, religious, and political beliefs are cast aside, as people, young and old, run side by side. Why do they run? For some it is the challenge to mind and body. For many, the need to run is something that no runner, and no words, can truly express. At the dawn of mankind, the ability to run, jump and throw meant the difference between life and death. That instinct to run, to flee from danger, is still strong, and in today's world of high heart disease, can still mean survival.

Running strengthens the heart, improves the efficiency of the lungs and circulation, tones up the muscles, improves endurance and promotes good health and vitality. Running and racing however, differ as night does from day. Running is fun, healthy and relaxing. Racing is very intense and highly emotional, as the body is pushed to the limits. Records are set by those who race, but those who run, enjoy it more. So whether you are racing for records or running for fun, you will be encouraged and cheered, because everyone who finishes is a winner.

Four Standards Certificates Awarded For 2018, and One For 2002!

It is now high-season for Standards Applications, so I am pleased to have made the following awards:

RRC No. 2018	Name	First Claim Club	Class
6435	Stephen	CoveneyCity of Hull AC	Fourth
14550	Colin Fletcher	Easingwold Running Club	Second
8134	Steve Suttle	Thanet Roadrunners	Third
14486	David Winch	Thanet Roadrunners	First
2002			
6435	Stephen Coveney	City of Hull AC	Fourth

Congratulations to all.

The Certificate awarded to Stephen Coveney for 2002 highlights one of the perhaps lesser known rules of our Standards Scheme, that is, that there no time limit on when you may apply.** Thus, if you have achieved a Standard for a bye-gone year, but did not apply then for some reason, as Stephen discovered, you are able to apply for a Certificate for that year. However, you must still have satisfied all the criteria: three races to the required age group standard in three different Groups, all in one calendar year, and having run the races while an RRC member. And, importantly, the times have to be verifiable.

So, feel at liberty to go through your running records to see if a Certificate application has been missed. And keep those applications coming for 2018 – I'm in the Standards Certificate zone!

Happy running! Diane Ambrose, Hon. Standards Secretary

Editor; well spotted Diane – I never knew that

Running on Pure Ability

Peter Harvey

Many a Road Runners Club member participated in the original marathon running boom of the early 1980s and during that time I developed an ingrained ability to run. Back then running seemed so easy and without problems. Now deep into mid-life I find myself always fending off a niggle or dealing with an injury. In fact last year I ran very little due to injury having run too many ultras the year before. So it was with trepidation that I had my first race in a whole year. That was the Love Welwyn Garden City 10k, which incidentally featured this time last year in RRC Magazine. I had my over 50s title to defend, not that I expected to win because of very little training. My preparation was one ten miler at 7½ minute miling, a couple of 10ks, smattering of slow 5ks plus a load of indoor rowing, with the latter as described in the previous Magazine. In addition to a lack of fitness my calves and parts of my quads were still a bit tight and so were I to try and race, a Valentines Day weekend massacre was on the cards. I could not refuse a go, given my house was practically on the race route.

On the start line I came across a chap called Harris who had a Fairlands Valley Spartans club vest on and he looked over 50. We had a good chat and he said he was 57 years old and was aiming for 41 minutes. I was certain that was out of my reach and was thinking I would be lucky to dip under seven minute miling given I had not done a mile in less than that for almost a year. As soon as the gun went off it was if I was another person. I immediately kicked into race mode and charged off at 6½ minute miling with Harris clinging on to my coat tails. The first mile was largely uphill and went by in 6.46. I felt good but expected to fall apart soon. Miles of 6.43 and 6.31 completed the first lap. I looked over my shoulder and Harris was still stalking me. I tried to keep him honest but the next mile saw me slow with a 6.51 including some uphill. However, I seemed to rally and picked off a few runners timing 6.26 then 6.30. Unbeknown to me Harris had faded and would finish almost a minute behind. With the finish in sight I was flagging. Then a young lad sprinted past me and amazingly I managed to respond unleashing my trademark dash. I scythed past and went on to take another runner with a Colin Jacksonesque dip on the line. My 40.57 was most unexpected and good enough to retain the over 50s category even though I was 1½ minutes down on last year. I finished 21st out of 390 and to add to the joy, Garden City Runners won the team prize with me as second scorer.



Peter Harvey, 207, with sinus protector, stalked by Harris, 205.

What I conclude is that I ran on pure ability. The tens of thousands of miles, well honed technique and fighting spirit meant my speed and endurance never really left. My legs were fine afterwards and the race appeared to really flush the muscles out. I never detected any problems during the race and realise my injuries were really now just niggles. I conclude masters in every sense of the word whom have a life long running sentence will always have performance as their pure ability never leaves them.

Liverpool Hope University 6 hour race March 8th 2019

Anthony Barnett

Less than 20 runners assembled at the start of this year's Liverpool Hope University 6 hour race possibly because the race was on a Friday rather than a weekend. I was regarding this as a warm up for the Crawley 24hr on 13th April as the course was a flat approx. 0.3 mile circuit around the campus. It was a cold and wet day but the University architecture was

impressive. Unfortunately, I sustained an injury after about 20 miles and eventually decided to finish after 5hrs and 40 minutes. The race was won by Craig Holgate in an impressive 81.162 km; John Naylor was 2nd with 64.128km and James Hobbs 3rd with 57.73km. Jane Lightfoot was in 4th place with 56.112km.

London Marathon 2000 to 2004, my formative years, or the ramblings of an average but keen runner

John Trory

2000 I have often told how I ended up running the London Marathon after backing myself into a corner and having to do it by choosing a charity which at that time was called M.S.R.C. (multiple sclerosis resource centre) which most people confused with M.R.S.A. Having only actually started running in the previous July (aged 52) I set a target of running 10 miles by the end of November, which I achieved, and then booked into the Brighton half marathon on February 27th and completed that in 1-42. It was my first ever race so I thought I would start near the back but, unfortunately, I got the race start the wrong way round and found too late that I was near the front so completed the first mile in 6 minutes to avoid upsetting anybody. I then booked into Hastings as an experienced racer and started in the right place, finishing this one also in 1-42 in spite of the long hill. So, on April 16th I joined the mob in the red start for the London Marathon. The day before had been very windy and raining and things looked grim but all the clouds cleared and overnight there was such a heavy frost it looked like it had snowed. Early morning it was sunny and 5*. I had never done anything like this before and it was exciting. With this one, your chip only recorded the end time so 4-06 included my 17 minute wait to start from pen 5 and 4 hours later I arrived in The Mall with sore flat feet and a nipple bleed that remains to this day a stain on my treasured T shirt. Much has changed since then especially the route through docklands which went through building sites with the 'workers' sat on scaffolding cheering us on. The race was won by Antonio Pinto, who owned a vineyard and reputedly drank a glass of wine before every race, in 2-06-36, but I did manage to overtake Frank Bruno at the halfway line. The first Brit home was Mark Steinle who was 11th. A very shy **Mohammed Farah** was interviewed after winning the mini marathon as a 17 year old. At the charity reception I was asked whether I would like to run again next year and gave them a swift no, but 2 hours later signed up for it. I have done every one since for the charity which is now MS-UK which most people understand. My certificate shows I came 11,650 out of 31,561 finishers. I raised £2300 that year but failed to meet Darran Bilton (2-24), who also ran for M.S.R.C., as by the time I got to the reception area he had eaten, showered, been massaged and gone home. I made it my ambition to run fast enough to say hello. The photos I purchased from London Marathon were superb and reasonably priced – I regret they are that no longer. The official figures stated that there were 99,000 applications resulting in 41,800 places of which 32,600 registered at the expo. Dave Holding won the wheelchair race for the 5th and last time with the unknown Dave Weir coming 4th with Tegla Laroupe winning the women's race in 2-24-33.

In **2001** I continued to keep up my exhausting training routine of around 15 miles per week plus some weightlifting and signed up for the Brighton Half on 25th February. It was a clear cold day on the seafront with ice on the pavements

on the north side of every shelter but I felt comfortable and finished in 1-37-53 which remains my official p.b. Looking at the results again I have just noticed a certain **Godfrey Rhimes** age 47 finishing in 4th place in 1-13-31 and from the distant past Hugh Foord age 71 in 1-47-02. I then completed the Hastings Half in 1-38-32 with **Walter Hill** of Crawley AC finishing in 1-19-59.

The London Marathon was won by El Mouaziz ahead of the then half marathon world record holder Paul Tergat who never managed to win the London Marathon, even though he later also took the marathon world record. In 3rd place was Antonio Pinto who had never been outside the top three in 7 races there. The first Brit home was Mark Steinle in 6th place in 2-10-45 with no others in sight. The women's race was an interesting affair as the previous year's winner Tegla Laroupe had to stop at one stage and spend some time doing muscle stretches. She did manage to catch up, to everybody's surprise, but did not figure in the final run in which was won by Derarta Tulu who had to avoid an attack by two lunatics in The Mall. Her post race interview by Sue Barker was particularly embarrassing as Tulu spoke very little English and Sue Barker persisted in rattling along with colloquialisms with little regard for the unfortunate Tulu. Frank Bruno managed to finish this year in 4½ hours but neither he nor Steve Redgrave ever managed to beat me thus proving that immense strength is no great benefit to a marathon runner. Every year, the London Marathon nominates a charity as a beneficiary of the day and this year it was the M.S. Society whose patron was Alistair Hignell, a former England rugby captain who was by then an m.s. sufferer himself. They benefited by such a large amount that the internal strife that followed nearly destroyed the charity and Alistair left to join M.S.R.C. (MS-UK). The M.S. Society was originally the Association for Research into Multiple Sclerosis and as that their research produced a recommended simple diet which has kept me in good condition ever since. It was this year that I spotted myself for the first time on television as I ran by a ground camera. My time was 3-47-47 with a fairly steady pace throughout and I was delighted to beat my 'p.b.' by so much.

In **2002**, I gained my first of four ballot places so started in the blue start. This was a shambles as the allocated space was far too small to accommodate runners with their supporters all getting in each others way. Eventually I managed to locate the start only to find all the crowd barriers had fallen over and we had to clamber over them to get into the correct pen. Many were still climbing in when the race started. I did write to the London Marathon but they did not reply. After a dismal run of injuries which brought me back to earth, my time for the Brighton Half extended to 1-46 and Hastings to 1-47 so I chucked in the Worthing 20 miles which took 2-45 and the half marathon point was reached in 1-46-00 so no change there! This was the first year that the London

London Marathon 2000 to 2004

Marathon had full chip timing so my official time of 3-43-17 was technically a p.b. but in reality only by virtue of the new timing system which saved me around 10 minutes starting from my promoted position of pen 4. I was obviously not well pleased with my performance because I recall very little of the race but two further half marathons took 1-46 and 1-48 so not a good year. Although a slow marathon, I did the second half only five minutes slower than the first which was an interesting thought to take forward. I doubt whether the world noticed my poor performance that year because it coincided with the marathon debut of Paula Radcliffe, who for some time had been known only as a good medium distance track runner usually beaten by Derarta Tulu, who was the favourite to win in London. However, one month prior to her marathon debut she had won the world cross-country title thus proving her distance capability. Still on the old course, it included a confusing landmark 'sculpture' of multiple random flashing traffic lights which I almost grew fond of. Also the famous cobbles in front of the Tower of London which actually extended well beyond there and, out of sight of the cameras, with no covering to cushion aching soles, never found a place in my heart! Paula took an early lead and ran a lonely race to create a new world record for women only of 2-18-56. Interestingly, Hazel Irvine had driven the route for the BBC in a standard car and it took her 3hours 20mins. Another highlight of the race was when she left her microphone on and was broadcast saying 'For Pete's sake I'm a bloody presenter here. I'm not trying to be difficult'.

The men's race included Khalid Khannouchi the marathon world record holder, Paul Tergat the half-marathon w.r.h. and Haili Gebrselassie the 10k w.r.h. who was making his marathon debut. They ran together to 25 miles where Haille fell back and then Tergat was dropped off at Big Ben (sightseeing?). Khannouchi went on to win in 2-05-38. The first Brit home was again Mark Steinle who came 8th in 2-09-16. The wheelchair event saw David Weir take the first of his eight London Marathon wins so far!

2003 saw another fine day for the London Marathon but Brendan Foster really should not have said that it was always a fine day for this event because the weather next year was appalling. The famous commentator's curse strikes again, although I doubt whether many people noticed with a gap of one year. It was in January of this year that I started keeping a training diary which now makes it clear how little I actually did. Apart from going down the gym once a week, my running consisted of 2 x 15½ miles, 1 x 10½ miles, and 1 x 5¼ miles all on the flat plus 4 x 11 miles cross country in four months of training. Not a lot, but I also notice that all of these different runs produced times which were then, and possibly still are now, my fastest ever. The 5¼ miles being done at 7 minutes per mile and the 15½ at 8 mins per mile including crossing 10 busy roads. My half marathon race times were good and my Worthing 20 miles produced a then p.b. of 2-41-50 which was only a few seconds over 8 mins/mile so my ambition of sub 3-30 seemed realistic. However, on the day, I hit the 20

mile point at 2-42-45 and that tiny difference meant I trailed in on 3-35-21 which was a p.b. but still outside my aspiration.

The main race must be described as the greatest marathon ever. It was, of course, the year that Paula Radcliffe utterly destroyed the rest of the field by running the first half in 68-02 and the second half in 67-23 to set up a new mixed race world record of 2-15-25 which, 16 years later, has still not been approached. Such was the awesome power of her running she completed mile 22 in 5-06 and mile 23 in 5-03 and this two weeks after being struck by a bike in Albuquerque which left her with a dislocated jaw. She was the 1st Brit home and there followed some speculation as to whether that made her the A.A.A. champion ahead of all the men. I never heard the answer to that, but it must have caused some embarrassment. The 2nd female was Catherine Nderaba who was 4½ minutes behind Paula. The men's race saw a fantastic finish where, rounding the corner into The Mall just 200m from the finish, 5 runners were literally shoulder to shoulder and sprinting for the win. They finished in the order; Abera (2-07-56), Baldini, Ngolepos, Tergat and El Mouziz. I have not seen another race with such an exciting finish. The wheelchair race was won by Joel Jeannot in a course record with David Weir a long way back in 2nd place.

My fellow charity runner Darran Bilton finished in 2-20-50 and I finally got to our reception early enough to meet him and I asked whether he was going to train hard for an Olympic Games qualifying time. He surprised me by saying he was just not interested in going to the games. I never have really understood that as I would have given almost anything for that chance, but he was a very pleasant chap so I am sure he had good reasons. The celebrity runners included the sad sight of a brain damaged boxer Michael Watson who was planning on taking six days to complete the course. I am not sure how long he eventually took but he was greeted at the finish line by Chris Eubank whose boxing career ended shortly after his fight with Watson. He never recovered the desire to destroy an opponent in the ring. I suppose that highlights the kind of beauty there is in marathon running where even the lead runners help each other by passing water bottles around and seldom harm anybody but themselves.

2004 The weather was foul – it rained and then it rained some more, and many performances, including mine, matched the dull weather. I had been running along the cliff tops near Brighton in January when I was engulfed in a ferocious hail storm which resulted in pulling both hamstrings. I struggled with these for three months which saw little improvement and spent the last month with insomnia. By mile 15 I was so tired I could have lain in the gutter with a kerbstone for a pillow and gone to sleep. I got slower and slower and finished in 3-47-37 which resulted in a depressing anti-climax that lasted weeks. At the last drinks station, Jonny Wilkinson was surprising quite a few runners by handing out drinks and while I was in my charity's reception area, he came round to say hello to us all having been asked to by our new patron Alistair Hignell. I was surprised to see how short he was – not

London Marathon 2000 to 2004

many people are shorter than I am. He was also a lot shyer than I am. Celebrity racers included Fauja Singh aged 93 and ageing TV star Tony Audenshaw finished in an excellent 3-00-07

The main race saw a bid for Olympic Games Qualifying times and after Jon Brown's famous spat with Dave Bedford, Jon ran a conservative race just to get the qualifying time and ignored the race around him, finishing in 2-13-39 closely followed by Dan Robinson in 2-13-52 with the q.t. set at 2-15-00. The unfortunate Chris Caris missed this by a mere 8 seconds. If I were depressed with my performance, how must he have felt? The leading men, Evans Rutto and Sammy Korir, both slipped and fell at the entrance to the way under the Tower Hotel – a spot that had caught me out on a dry day as there were barrier legs and a central divider to avoid. They got up and ran together for a while to recover then put the race back on. It was undoubtedly this incident that was the cause of a major route change the next year. As Rutto stormed up Birdcage Walk, a near naked spectator ran alongside him for a short distance then pulled off the road. A policeman nonchalantly walked in front of Rutto

causing him to swerve to avoid a collision before approaching the offender. Rutto went on to win in 2-06-19 with Korir a comfortable second. Abera suffered an injury early in the race and was left wandering without assistance for some time. The women's race was won by Margaret Okayo in 2-22-35 and for the second time an intruder tried to grab the winner as she charged up the home straight. A similar but successful attempt to ruin the race would be made at the Greek Olympic Games men's marathon and that person also walked up the straight on a grand prix racing circuit. He may have had a cause but actions like this would not make it exactly popular.

For me, the women's race provided one of the most memorable moments from all the marathons I have seen. It was the sight of the totally unknown Tracey Morris bounding along the Embankment, Birdcage Walk and up The Mall with a huge smile as she leapt to qualification for the Olympic Games at the age of 36, coming 9th in a time of 2-33-51.

I think this article is now long enough so I will conclude with 2005 in the next edition. That was the year I produced my p.b. and will make an interesting comparison with this year's performance.

A new set of ultra standards

Richard and Sandra Brown have produced these suggested new standards after studying a mass of statistics supplied by Andy Milroy to level out the anomalies that exist between 24 hour races and 100 mile races. As it currently looks, these will be absorbed into our standards charts for future use. These 24 hour distances are considerably further than our standards are set for younger women so clearly we are going to have to rewrite the lot. This is probably due to the huge improvement in women's distance running in the last 30 years.

W65 100 miles / 24hours

1st class 21.00h / 112 miles;
2nd 22.30h / 106 miles;
3rd 24.00h / 100 miles;
4th 26.00h / 92; miles;

W70 100 miles / 24hours

1st class 22.30h / 108miles;
2nd 24.00h / 100miles;
3rd 25.30h / 94m;
4th 28.00h / 83miles;

These are suggested on the basis that RRC standards should be challenging but not almost impossible [eg world record standard] to attain. As the number of participants at older age groups rises, so the performance standards are likely to rise too, and RRC standards may need adjusting accordingly. I don't claim for one moment that these marks are necessarily right, but I offer them for others to think about. They are, I think, more or less consistent as between 100 miles and 24h performances. Although an athlete's approach to these races will be slightly different, at higher age groups the two events are manifestly not very different as, in practice, 100 miles will take around 24h to complete – hence the approach will not be very different either. My only other observation is to point out again that, at these higher age groups especially, running and walking performances are of a similar order, and many runners may in practice be mainly walking. I noticed that, in the M70 table, additional performances by Richard – in walking races – and by other race-walkers, could be slotted in to the table at various points. I don't know how the ultra distance world will best get its head around this to give a fairer overview of performances, but I strongly feel that some constructive solution is becoming necessary. I look forward to receiving others' views.

Samphire Hoe 100 Mile Endurance Race 9/10 March 2019

Tim Boone

After failing to finish the Centurion SDW100 last June, I wanted to lay the ghost to rest and finish a 100 mile event. The Samphire Hoe 100 (organised by Saxons, Vikings and Normans) would, I thought, be more of an entry-level 100-miler. Easier. Yeah, right!

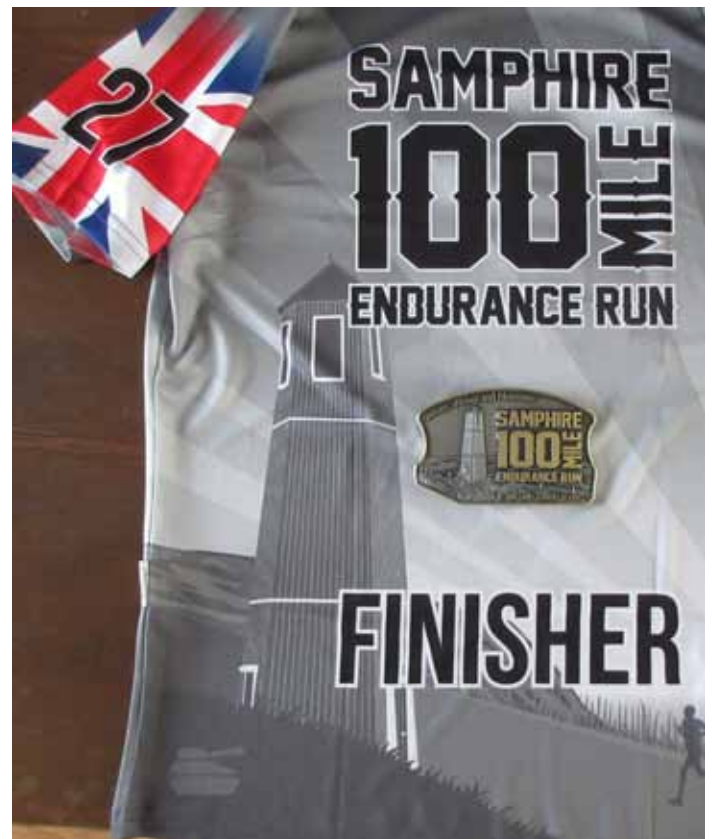
Why did I think it would be an 'easier' option? Well, it's flatter, for a start, with total ascent/descent being around 2500 feet as opposed to 12700 feet along the SDW100. It's held in March, which is usually cooler than June. And it's laps, rather than point-to-point, meaning I wouldn't need a support crew. With 27 visits to Base Camp, I wouldn't need to carry anything (food, water etc.) and could adjust my wardrobe as the whim took me. Yes, 27 laps, each of 3.71 miles. Laps don't daunt me. I've done track races (6 hours, marathons, etc.) and lapped events before – 61 laps around the Amex stadium, 71 laps around a multi-storey carpark, 13 times up-and-down Southend Pier.... I honestly don't find laps 'boring' – it's about the running, and the camaraderie, and the personal challenge. No I certainly wasn't worried about the laps element of the Samphire Hoe 100 miler.

I was worried about staying awake! I'm sure that fatigue and exhaustion played a big part in my DNF last June. I like to be sipping my Horlicks in bed, with a good book at 9pm, not wondering if I packed enough batteries to last the night. Samphire Hoe is a nature reserve created from 4.9 million cubic metres of chalk marl from the Channel Tunnel excavations on the coast of Kent near Dover. It's a two-and-a-half hour drive from home, so I booked 3 nights in a Premier Inn, just a three minute drive away from the venue. Okay, so I wouldn't be using my room on Saturday night (I hoped) but the knowledge that I had a bolthole so close was very reassuring and having a decent night's sleep on Friday with somewhere so close to collapse into after the event would be well worth the money.

What could possibly go wrong? Nerves! I was worried about the unknown, but more worried about the known – I knew it was going to hurt (a lot), there could be stomach problems, I could fall over, or I might not have the mental strength to carry on... Yes, that was my biggest fear; that feeling ill and exhausted, I wouldn't have the willpower to carry on regardless.

Traviss, the organiser, had a 'get out of jail card' in place, which was that at any point before 0800 on Sunday, you could drop down to the 24 hour event (being held concurrently). You'd still receive an official finish, a Samphire Hoe Challenge medal and a goody bag. Standing shivering on the start line for the briefing, I promised myself I was going to take that option. I'd convinced myself I didn't feel that great. The wind was already at gale force strength. Yes, I'd try and get to marathon distance, and then...

How many races do you start off wearing; base layer, fleece, Gore-Tex, buff, woolly hat and gloves? And I was still feeling cold, as I ran up the first slope, chatting to other runners. "We won't be running up here, after twenty laps," someone



said. I wasn't planning on running up that slope ever again! My race plan was to start eating after two laps (7.4 miles), walking out from Base Camp along the undulating Nature Reserve path as I chomped. Which I did. My first picnic, after 80 minutes, was a large chunk of pork pie. Then it was a banana and two slices of fruit loaf at 4 laps, crisps and cake at 6 laps, etc. etc. etc. And then I started having something every lap, which I was still 'running' in around 40 minutes (up to marathon distance). After the undulating Nature Reserve path, of slightly less than a mile, we ran along the sea wall for a mile before turning and coming back the same way (except for taking a different path through the Nature Reserve).

The wind (up to 61mph according to the local weather station) was from the west, which blew us along nicely going out, but was very hard work coming back. On some laps, there were convenient crocodiles of runners to shelter behind (and take your turn at the front), but I decided early on to save my strength and walk into the wind. My 40-minute laps became 50 minute-laps, especially as I started alternating my 'food' stops with 'drink' stops (very sweet coffee or tea). With their being 27 pit stops, I'm sure I 'wasted' well over an hour in total. But I'm also sure that the large quantities of food and drink I took helped to get me through. The Base Camp had a veritable feast of everything you could possibly want, including hot pizza as day turned to night. As the light faded, the wind dropped. What bliss! But then it started raining – a near freezing torrent that lasted until daybreak. Apparently 9mm of rain fell throughout the night, with wind chill being estimated at minus 3.7oC. I was now wearing a

Samphire Hoe 100 Mile Endurance Race 9/10 March 2019

(fresh) base layer, two fleeces, my Gore-Tex and my ex-Royal Mail overcoat – with the hood up. I was still cold, except when jogging (lurching, lumbering, shuffling...) along the sea wall. And yes, I was still going. Marathon distance came and went. Let's get to 50 miles. Let's get to sixty miles (the furthest I'd covered in one outing before). Landmark lap numbers became so important; 9 laps (third distance), 14 laps for (just over) halfway, 17 (only 10 to go), 18 for two-thirds distance, 20 (only 7 to go – 'just' a marathon). I was doing some serious talking to myself, to stay focussed, and some serious mental arithmetic. I'd got to halfway in 9½ hours, but knew I was slowing, even before it started raining. Around 2pm I decided to walk an entire lap, to time myself. It took 65 minutes, which I couldn't afford if I wanted that prized sub 24 hour buckle.

As the night dragged on, my calves started hurting. No, really hurting. I thought, many times, of all the good luck messages I'd had. I thought of going back to my friends at my local running club, the Arunners, and explaining why I'd stopped at 65, or 75, or 85 miles. I thought of the money I'd spent on entry and hotel. But the thought of writing '80 miles in 24 hour challenge' in my running diary actually seemed worse than that of writing DNF. I couldn't recognise many of the other runners now, but invariably, as we passed in the dark, there were mutual 'Well Dones' and 'Keep going!' And every time I reached Base Camp (and got my card stamped) there

were smiley helpers with food and hot drinks. Traviss has run many 100-milers, and his helpful advice was not to sit down at Base Camp. Ever. I didn't, despite my hurting calves (did I mention that already?) I'm so glad for that advice – Base Camp was starting to resemble an illicit party in a hospital. Some of those who sat down... just for a minute or two... were still sitting down on my next visit, and the next.

'JUST KEEP MOVING FORWARD'. That's the common advice regarding ultras. And good advice. Even walking, I was still getting closer to the finish. But even walking, with the wind having returned, big time, was getting harder. The strongest gust recorded was 86mph. This was shortly after I'd finished, so I didn't get to see one of the portaloos bounding off across the car park (nobody was in it), or see the most impressive of the thirty-foot waves that were crashing over the sea wall (which was closed down by the authorities for H&S reasons, necessitating in a shorter route around the Nature Reserve being implemented – and some complicated maths for Traviss). Yes, I finished. Thanks to some ferocious focussing, prodigious quantities of sweet tea and sheer bloody-mindedness, I finished. I can't claim I 'ran' 100 miles, but I covered the distance in 23 hours, 24 minutes and 21 seconds. It matters not one jot, but I came 20th out of the 91 finishers in the combined 100 mile/24 hour events. I don't know how many DNFs there were, but I wasn't one of them.

A progress report from one of our 'Everpresents'

Chris Finill

As anyone reading the Summer 2018 edition of Roadrunner may recall, I crashed to the ground at 3.5 miles in the 38th London marathon breaking my humerus at the shoulder in four places. Here's how I concluded my summary at the time.

There's a long road in front of me as far as rehab is concerned – the muscles in my arm are now very weak and mobility is a real problem but I will deal with this over the coming months so that my 39th London is less eventful than my 38th.

I sit here now in mid-March with my 39th London beckoning from six weeks away. The accident is now almost 11 months behind me and can now be regarded more as an experience than an ordeal which it undoubtedly was during the initial phases of the recovery. The good news is that breaking my arm during the race itself provides a useful conversation piece when asked which of the previous Londons stand out for me. That apart I don't recommend it at all. The rehab was very tough and I resigned myself to not running a step for two months. Apart from the constant pain of the break I found the difficulty in sleeping to be the hardest thing. The slightest movement when lying in bed would trigger enough pain, especially in the first few weeks, to wake me up instantly, assuming I had actually fallen asleep in the first place. I took

magnesium and calcium supplements to encourage recovery and also had regular physio checks at the local hospital and was religious about following the exercise programme. Luckily, as time went by, my consultant concluded that an operation would be unnecessary.

By 15 weeks I was able to start running up steep hills (to get myself out of breath without too much jolting) My arm was contained in a sling but the relief of actually putting one foot in front of the other again was wonderful. Over the course of the following 4 weeks I started timing myself around the local (Cranleigh) parkrun course, getting a little faster each time as the strength and fitness returned. In the first 6 months post accident I had to overcome the fear of falling over again although this gradually wore off until the inevitable happened.....and I took my 'once every 500 miles' tumble – luckily without serious consequences. Now I am more or less over the incident apart from not being able to reach my left shoulder blade easily with my right hand (a limitation that doesn't affect my running gait at all!) I look forward to London Marathon 39 and feel confident, barring accidents, that I will beat my 2018 time by some margin.

The end of a running era

John Brassington

It was 2017 and my running was in a rut when our youngest son Zog who lives in Singapore suggested that if I could visit him in December we could enter the 10K race held in the city. He insisted that he would run with me. He had the most talent as a runner in our family but had not run for some 25 years. I was quite cheered by the idea but an accident and a new hip put the whole scheme on hold until 2018. The new hip wasn't the problem - it was the 3 dislocations that followed which interrupted any consistent training. Out of the blue my son Matt, who lives in Australia, said he would enter the marathon which was to be held the day after the 10K .

A 13 hour flight is a long way for a 10K but two sons running and two granddaughters [aged 6 & 3] to visit were a big plus. My running had become so slow that I hoped the heat and humidity wouldn't kill me. I got on the plane on the premise that this would be my last ever race. I arrived on the Tuesday of race week hoping to acclimatise a little before the race on Saturday. I was staying with Zog and each day we walked or ran a 2K circuit by his condo. By the Friday I felt a little easier running although very slow. Our start was 07.00 so we were up at 4 for muesli and toast and left at 5.30 to drive to the city. The start is on the F1 circuit. We had been allocated Pen E as the slowest [under 2 hours] and stayed at the back of the penn. The temperature was only 28 as the sun doesn't come up till about 7 but the humidity was going to be difficult. There was going to be another problem because the pen behind us was for the runners in the 5K race who were obviously going to be much faster than the slower of those in the 10K. We were on a very wide road but could see that the start gantry was very narrow so once the elite runners started there was a jam which slowed everything up. It was about 7.35 before we finally crossed the line and the sun was now up. As usual I found the first kilometer uncomfortable but settled behind Zog who was running ahead and then walking. He called out the time at 1K and that encouraged me. A little further on we saw Matt who jumped over the barrier and joined us . I had been wearing my RRC vest but had to take this off due to the heat. At the first and subsequent water station I kept running whilst the boys collected cups of iced water and poured these over my head. This was a wonderful relief but of

course only temporary. The temperature rose in the direct sun and I found the going harder than the marathon in Athens where it was blazing hot. With Zog and Matt taking care of the water the kilometers went by and up to half way I was on my hoped for pace of under 11 min per k. I had wanted to push on at this point but breathing was the problem and I was scared that any extra effort would end up with me having to walk. Although we were overtaking walkers and the occasional runner, the real lift was from the two boys laughing and joking and the 6, 7 and 8K markers passed by with everything just about under control, when I suddenly had a wobble for about 50 metres and had to concentrate really hard to keep in a straight line. Finally at the 9K marker we saw the grandchildren by the barrier holding placards, I was only concerned about survival. Two more 180 turns and the finish gantry was in sight. The last 100 I tried to sprint!!! and crossing the line my heart rate went to 150.

Having crossed the line I grabbed the barrier at the side and the first aid people were a little concerned but my sons assured them that I was always like that and not to worry. After a few moments I shuffled toward the iced water and a frozen towel. Yes frozen, absolute life saver. I immediately started to feel better and the size of the medal was something special. Because of the boys I didn't sit down and it seemed a long walk to an exit but elation started to overcome exhaustion and I was delighted that we met my daughter in law with the grandchildren who were still holding their placards. Despite thousands of runners and their families milling around, Zog found us a table where he and Matt could eat and I was just delighted to sit down and, having been sick at the finish, just have sips of water. It had been 6 months since the last dislocation and all attempts at trying to regain some speed had failed. Pool running, hill reps and 400 metre reps I had tried them all. I was just so pleased to have finished the race in those conditions and not to have walked. I felt part of the running world again and perhaps I will enter the big 10k in London next May and try to get under 100 mins as an over 80 year old. At least I can go back to ignoring the comments of our Editor who claims that my running is technically walking.

MS-UK reception area post London Marathon

In recognition for all the work and fund raising I do for this worthy charity, to our leading runners in the London Marathon are extended the facilities they provide for their own runners after the race. It is no longer as extensive as the Economist building we previously used but this has been sold and, although I have tried negotiating with the new occupants, they have not yet been forthcoming. This means no showers,

but does still include a cup of tea and sandwich and an expert massage. This will apply to any who finish quicker than 3-40. There is no charge for this but, obviously, voluntary donations are always welcome. All those anticipating using this offer should report their interest on our stand 462 at the Running Show and we will direct you to the MS-UK stand.

European Marathon Championship Berlin, 12th August 2018

Neil Shuttleworth

Another European capital city hosted these athletics championships and the spectators did not leave the city disappointed. Even though an entry standard for the marathon did not exist Britain

did not send a men's team** for the European Marathon Cup team contest. The GB women though came a creditable fourth while Belarus led from Italy and Spain with Ireland 8th. Less than two minutes separated the men's team with Italy just ahead of Spain (6:40 to 6:42), and Ireland 6th. The host women's team saw only two finish; their men were 7th of the 12 teams that closed in. An exciting week of athletics ended on Sunday 12th August with another scorching hot day, ideal for watching a marathon. When the morning races began at 9.10 for the women and 10.00 for the men the sky was clear blue, and by noon the temperature hit 24*c. The course had some shade but out there on the road in the sun it was intense.

Sondre Moen, a Norwegian who holds the European record at 2-05-48 (Fukuoka, 2017), led through 10K in 30:55, 2:13 pace and dropped out at 25K. This left a big group

men-folk, seemed to run together as a team: 29th Lizzie Lee 2:40:12, 31st Breege Connolly 2:41:53 (a 2016 Olympian); 33rd, Gladys Ganiel O'Neill 2:42:42 for 33rd in the team. A few people for the Republic of Ireland have competed this year in the Commonwealth Games for the North and then here for Ireland, a dual affiliation that is puzzling.

At 5k into the women's race a group of about 14 were on 2:28 pace and a lap later, when reduced to eight, passed 10 miles in 56 minutes. Always there was Volha Mazuronak, part of the successfully small team of 23 men and women from Belarus. With 4th and 5th places they won the European Marathon Cup (based on time). Mazuronak, who had a nose bleed just before the start, has a pb of 2:2:54 from the 2016 London Marathon and was 7th at 10,000m in the 2012 Europeans. She began a decade ago as a race walker and was 5th in the 2016 Olympic Marathon in 2:24:48.

A few observations: Unlike Zurich they did not have programmes for sale in the city, (perhaps Zurich is more compact); The event attracted much interest and the crowds were enthusiastic and impartial; The volunteers were well



Volha Mazuronak well placed at 5k



Ireland's Lizzie Lee



UK's Caryl Jones



The eventual winner around 36k



Irishmen Kev Seaward and Mick Clohisey

to be whittled down to the eventual winner, Koen Naert, a Belgian national who lives in New York, to break away and clock 2:09:55. Ireland sent five men for the team race and they had good races with Kevin Seaward 15th in 2:16:58; Mick Clohisey 18th 2:18:00 (32y.o.), and Sean Hehir 25th in 2:18:58 (33 y.o, pb2:16:18). Seaward went through half-way in 68:10, has a pb of 2:14:52. Paul Pollock, now 32 and a 2016 Olympian, was 47th in 2:23:26 (halfway in 69:56).

Of the 72 male starters 14 did not finish the four laps of this historic city; for women the stats were: of the 55 starters 46 finished. Two Britons - Lily Patridge and Charlotte Purdue (both Aldershot F&D) fell by the way. Considering the heat the three Brits did extremely well - Tracy Barlow (Thames VH), 15th 2:35:00 (33 y.o. pb 2:30:42); 21st Sonia Sarnuels (Sale) 2:37:36 (30 y.o. pb 2:28:04) and 30th Caryl Jones (Swansea) 2:40:41 (31 y.o. pb 2:34:16). The Irish women, like their

kitted out; The races were led by cyclists and a Volvo carrying clock as well as static clock at various points; An intermittent red line was on the road (but not on the out and back 2.195 Km stretch towards the Victory Column); the bright mauve colour on the ground at the Brandenburg Gate that caught my eye was marking the course but they economised and did not use it on the parts that I saw leaving me to wonder if the painted line for championship marathons is essential or obligatory; By 1 pm the crowd barriers had been cleared and the tourists were no wiser that a hundred or so hardy souls had raced and endured the noon day Sun.

**Many of our members expressed disgust that no men's team, or even a single runner, was entered in the European Championships, even though there was no qualifying time required.

Tarragona Marathon – Giants against the wind

Andy Taylor



This year our early season marathon took us out to Tarragona in Spain, 60 miles south west of Barcelona on the Mediterranean coastline and another new place that running has taken me to. But this year, Jon Bateman and I were joined by my wife, Cissy, a running convert, celebrating 12 months of park running and doing the 5km option. After a few health issues in 2017/2018, which contributed to a second worst marathon time of 4:02 at Malta 12 months previously, my fitness had been picking up slowly and hence a 3:45 target would seem to be reasonable on my long, and perhaps very hopeful journey back to a 3:20 PB, against the increasingly strong, headwind of ageing.

I have never been very bothered about running shoes. I have run, very happily, in New Balance for as long as I can remember, recently with purpose made insoles to deal with and which have now thankfully resolved a minor structural problem in my right foot. That was until I heard that every 1g in a running shoe is worth 10g in body weight. So probably like you're all thinking of doing, I promptly got the kitchen scales out. Current, close fitting, slightly worn pair, with orthotic insoles, 680g; newly purchased, waiting to be worn pair, 440g; a saving of 240g or, a staggering 2.4kg, or 5.2lb in equivalent body weight, if the formula is to be believed, which puts losing body fat into perspective. Would this make a difference ?

While having never previously heard of Tarragona, the train journey there from Barcelona was very pleasant and relaxing along the Balearic coastline under cloudless skies. Race registration was a simple affair in a near completed, but deserted Sports Centre, hopefully not a legacy from the Spanish property boom of the late 'noughties'. With no 'English' translation on the website, it was clearly going to be a low key provincial run. Race day dawned with cloudless skies and wall to wall sunshine, in albeit chilly condition at 5 degrees. The BBC weather was forecasting a high of 15 degrees with increasing winds up to 42 miles per hour from 12 noon which was slightly disconcerting but quickly dismissed. But speaking with some of the locals before the event it is

always windy in Tarragona, so nothing to worry about.

All 1,500 runners started promptly at 9am, with the 5k, 10k routes peeling off back to the start at various intervals. From the suburbs the route wound its way into the city centre, passing the ancient amphitheatre and then out along the reconstructed seafront. The exposed section out along the harbour wall into a strong headwind was challenging making grouping important to limit effort before the turn at 11km. Being a two lap marathon (rather strangely without the option of a Half), we knew what to expect as we passed the start. Because it's always windy in Tarragona, I thought nothing more about battling into the seafront headwind for a second time and then the final 4km, until arriving at the finish with all of the inflatable arches deflated and strewn across the car park, together with the metal barriers and sponsors' banners, resembling a disaster zone. As always I suffered in the last 10km, crossing the finish line in a reasonably pleasing 3:46, with Jon 10 minutes behind, fourth in the MV60 category (no M70 available), not bad for an MV70. And then 10 minutes later the finish line gantry came crashing down. The local paper, 'Diari', summed the conditions on the Monday with the headline, 'Gigantes contra el viento' (Giants against the Wind), as evidenced by the relatively slow winning time of 2:42. Overall it was a reasonable two lap, fairly flat run split between city centre sightseeing, seafront promenades and built up urban, residential and industrial areas. With no more than a handful of Brits, it is certainly one of the less popular overseas marathons. And while my light shoes undoubtedly helped, it seems I now need a formula to quantify the impact of gale force conditions.



Andy Taylor and Jon Bateman

Stepping stones to success

John Trory

My attempt to get a back door entry to this year's London Marathon by pointing out the problem with their new rules regretfully failed so I took a Gold Bond entry from MS-UK, the multiple sclerosis charity I support. This will be my 20th London Marathon for this charity which provides valuable help to those suffering from M.S., the illness which took the life of my brother 25 years ago. To do this, however, I have to raise £2,000 which is not easy when you are semi-retired, but I will do it. As a 70+, sub 5 is not difficult but last year's weather put paid to every race I undertook. February was the wettest on record, March the coldest and April-May the hottest. This year has started somewhat better with the temperature around Brighton and Hove being a steady 5* to 7* and windy but not much rain. As you all know, it is much easier to keep warm than to stay dry running so I was able to avoid the occasional rainy day and pursue my target of sub 4-30 in London this year. My first non parkrun race was the Eastbourne half marathon prior to which we had coastal temperatures of 12* with a breeze but this suddenly changed and on the day it was around 10* but with a 45mph wind blowing straight along the seafront. Luckily the heavy rain predicted remained as only light occasional showers so wearing track suit bottoms and a vest and 'waterproof' top, I was up for it. Unfortunately my stomach wasn't and had been complaining for days.

The race starts with a long uphill slope followed by a long steep uphill and then a steep but winding downhill back to the seafront – I walked up the hill and kept a reasonable pace but as soon as I opened up with the wind behind me, I felt the stomach again. Infuriatingly, I had to take it easy for most of the part where I had a following wind and then we were into Sovereign Harbour where every turn brought the swirling gusts from a different direction. Eventually emerging and back on the seafront, we then had something over a mile head-on into the wind. This is not what you want at the end of a race but as our prevailing wind is south-west, hence the fisherman's waterproofs known as 'souwesters', it is to be expected and will happen again in the Hastings half. The finish was preceded by a 500m backtrack, an underpass, 100m into the wind and then dive into a mud churned field and the finish line.

I finished in 2-17-40 in M70 2nd place a long way behind my category winner but proud to have toughed it out in spite of how I felt and finished with an impressive sprint (wind assisted so no record to count there).

The wind continued to batter me on my 40 minute walk back to the railway station but it all adds to the training and I considered myself lucky that the rain had not materialised. I now have three weeks of training to include weightlifting, sprint intervals and long runs before I take part in the Hastings half marathon on March 24th where I expect a much faster time – weather permitting. Hastings also starts with a long uphill but the downhill is straight and good so you do make up some of the lost time on that course. You also get a free cup of tea at the end.

Footnote: I opened a Virgin Money Giving Page; <http://uk.virginmoneygiving.com/JohnTrory1>

for any club members wishing to support my efforts for multiple sclerosis sufferers and sent it to around 100 runners and 100 snooker players (for whom I organise snooker tournaments). The score so far is Road Runners Club £350 Snooker £0. I think that says a lot for the benefits of running. Thanks to those who have already donated and there is always room for more. In fact I know that, in the end, fellow stamp dealers and the auction houses who supply me will top the list whilst coin dealers remain shy. Strange the differences.

I received a bizarre e-mail from Virgin Money telling me to put my photo on the Giving page so that donors would know it was me before they donated. Well, the fact that it has my name on it is a bit of a clue! Meanwhile, at the time of writing, I was still trying to get £400 that Virgin Money had owed me for 5 years for my Virgin Money London Marathon charity credit card. They only finally started to look at it when I threatened legal action with maximum publicity. I have no doubt these arrangements are set up with the best of intentions but why do they have to be so hopelessly inefficient? Final news; when I told them I was going to serve them with a summons on their stand at the London Marathon expo they passed it to executive level and I have just had a phone call saying that £500 was on the way. Why do I keep having to do things like this with big business?

Virgin Money London Marathon good for age qualification

John Trory

In the last Roadrunner I mentioned that anyone who becomes 50, 55, 60, 65 etc. between August 12th 2019 and the April date of the London Marathon will find it impossible to get a gfa place because they cannot have a race prior to August 12th with the same age as they will be on 2020 race day. I did not get a reply so I prodded them and asked whether the lack of response was due to The London Marathon now realising the problem and not wishing to comment or that they just do

not understand what they have done. I eventually received a reply saying that they did not understand the problem I was describing so I had another go at it, not that it is that difficult to see. If this applies to any of you, perhaps you should 'phone the VMLM and ask them when you are supposed to get the qualifying time. Again, if the answer had come soon enough, I would have put it here.

Thursday 3rd of January 2019 I receive an email from Virgin Money London Marathon. After quickly reading it, I initially disregarded it as spam. Then, looking closer it dawned on me that I had indeed been awarded the club place in the London Marathon – cue euphoria and utter amazement followed by a phone call to everyone I knew to break the good news!

I started running around 2 and a half years ago simply to lose a bit of weight and gain some fitness (usual story, I know!). Before I knew it I was absolutely addicted. At the beginning I could not even run half a mile without needing to stop to catch my breath and possibly some of my internal organs that it felt like I was coughing up. Persisting over the next few months, every run I was able to go further without stopping until I could manage a 10k quite comfortably. Next step was double figure miles which I surprised myself by achieving with minor discomfort. My first race was Loch Leven Half Marathon in May 2017. I aimed to complete the course in 1 hour 45 minutes. I did it in 1 hour 42 minutes and 41 seconds – result. Now I had not only become addicted to running, but also to entering races! Now I needed to join a running club. I was not too keen on any of my local clubs so my work colleague and fellow Road Runner member, Grant Du Heume suggested Road Runners Club. Grant is a great inspiration to me as, in his days, he was a very very good club runner even though (I am sure he won't mind me saying) he is getting on a bit now! Really though he is a fountain of knowledge when it comes to my training and his unique words of encouragement keep me going when the going gets tough. I had never heard of Road Runners Club but within a day I had signed up and joined the club. I have not regretted that decision since. I continued to race half marathons convincing myself that this was the furthest distance I would ever run. Then reality hit and I lost my father to cancer. Running helped me a lot through the grieving process and I chose to challenge myself in order to raise funds for Cancer Research. It was time to do a full marathon. I trained hard and was very dubious if I would even make it through the full distance without having to stop. Race day, I completed the Edinburgh Marathon in 3 hours and 31 minutes and 15 seconds. And I never stopped! 1 more marathon and a bag of half marathons and PB's later, I am in the London Marathon.

I average more than 1000 miles a year and I knew I had to up my training in January in order to be ready for April race day. I average 32 miles a week, even though last week's total at the time of writing this was a 51 miler. I need to be disciplined in my training to avoid injury. I have been prone to peroneal tendonitis and plantar fasciitis** in the past, so I need to slow down on my mileage increases and not peak too soon. I have started throwing in parkruns on Saturday mornings which I use as a kind of speed session with a comfortable 2.5 miles before and then a comfortable 2 miles after. I am concentrating on getting much more long runs in and am looking at no further than around 22 miles and keeping the pace steady, did I mention my injury worries? I have the Cupar 5 mile road race and Alloa half marathon in March to use as



*Mike Lewis-Copeland at the Loch Leven half marathon,
photo by Pete Bracegirdle*

training runs.

At the moment I am feeling in really good shape for the London Marathon and still cannot believe I am going to do it. This really is a chance of a lifetime for me as I stay in Scotland and the cost of transport and accommodation means that if I ever even thought about doing it again I think my wife would serve me the divorce papers! I could never have managed to attend this event if it was not for my Mother who very kindly sorted out transport and accommodation. I could never be at the stage of my running if it were not for my wife, Donna. She has been so supportive and patient with me throughout my training. I am sure you will agree that having a young

The Average Joe

family is not easy when you are trying to plough through the tarmac and accumulate those miles. Donna really is a star and although she hates running she knows how much it means to me and always accommodates my training and races, even with a house full of screaming and fighting children! I really do feel that family dynamics are an integral part of training and as important as pounding the miles in. After the London Marathon I have a full race calendar (full by my standards anyway!). In May I have the Loch Leven half marathon and the Edinburgh 5k and 10k followed by the full marathon the next day. In June I have the Loch Lomond 10k. July has the biggest challenge in store, the John Lucas Memorial 50 mile ultramarathon (so much for settling for half marathon distance). August has the Touch of Tartan Perth half marathon. September will hopefully be the Glenmore 12 hour endurance race which I am on the waiting list for. October has the Jedburgh 3 peaks challenge which is a 38 mile ultra. November and December is when I will hopefully be recovering! I just hope I can train sensibly and manage to

complete all these races. Running to me is a very individual pursuit. I am extremely competitive, with myself. I know there are many many runners who are much faster than me. All that matters to me is that I keep getting quicker. I remember when starting to seriously get into running that an 8 minute mile seemed impossible. Then it was a 7 minute mile and now I can do a 5k in the 6 minute mile range. I believe you should always push yourself, but do so in a realistic way and you will achieve. Whether someone looks at completing a 10 minute mile as a challenge or completing a 4 minute mile as a challenge, we all have one thing in common – we strive to get faster and enjoy running. Thanks to everyone at the club for their continued support and I am extremely proud to represent our club at the London Marathon. Now time to put some more miles in!

**Editor; this is usually caused by tight calf muscles and achilles tendon.

Hastings half-marathon, March 24th 2019

Although my own performance here has faltered in recent years, the quality of the event remains at a very high level and this year was no different. The sunshine attracted even larger than usual crowds who were cheering, handing out drinks, jelly babies and orange segments all along the route. This is, in fact, the best supported race that I do outside London, as well as one of the best organised. A minor glitch occurred when the medal supplier 'short changed' race director Eric Hardwick M.B.E. but he has promised to forward the last 100 or so of the 2635 finishers their medals. My own race was a multiple reason disaster the biggest problem being a massive overnight attack of cramp in my right calf 2 days before which came back with a vengeance and finally destroyed my 2 mile run in to the finish in 2-13-36 whilst I had been trying for 2 hours. A runner just past the finish line had a serious heart attack and 2 police cars flashed past me at 70+ to clear a way for a helicopter. I knew they would be in the coned off part of the road but it was still a little startling. Another struggle which just became another training run and the current long term weather forecast is 26* again for April. Oh dear!

John Trory



Josseli Polini breaks the tape in 1-10-56



Hastings finish

Hastings start



Photos by Sussex Sports Photography

Race conditions of entry and waivers

John Trory

Race entry terms; this paragraph is simple, to the point, reasonable and legal. There is no need to have anything added to this to complicate issues because that almost invariably renders the terms invalid. The terms are governed by consumers' rights and unfair contract terms.

"Please accept this entry for the Brighton Phoenix 10k Road Race. I will be at least 17 years of age on race day and I confirm that I am medically fit to compete. I also declare that I have no medical disabilities that will endanger me or others participating in the event. I accept that I enter at my own risk and that the organisers and sponsors will in no way be held responsible for any personal injury, or loss or damage to property before, during or after the event. I understand and accept that the organisers reserve the right to cancel the race if adverse weather should make conditions too dangerous for competitors, or a serious incident occurs that prevents the race going ahead. In this event, there will be NO REFUNDS. I also accept that if I am entering this race on behalf of another person, I am authorised by them to accept these Terms and Conditions on their behalf. I will also take the responsibility to ensure that they are aware of any further information provided about this race e.g. confirmation and race information emails. I also confirm that if I am under 18 years of age on race day, I have the permission of my parent or guardian to take part in this race and I have included their contact details below".

Last year, before entering the Brighton and Hove A.C. 10k in November, I sent them the following e-mail;

I did not complete the entry because I have issues with Active whose conditions are contrary to UK law and laughably long and convoluted. I also found an addition to the final amount which I had not requested but no way of removing it so I gave up. I have also frequently had my card hacked when entering races through overseas registration and have had 2 new cards in the last 2 years. Do you have any suggestions? Yours, John Trory, gen. sec. Road Runners Club

(The reference to card hacking **should not** be taken as directly meaning Active). I did not receive a reply to this e-mail so I did not enter but I note that this year's race registration is with a local firm whose terms were realistic so I have already signed up.

Here is another one, this being from Virgin Money London Marathon for the 2019 race.

"Liability - To the extent permitted by the Unfair Contract Terms Act 1977, neither London Marathon Events Limited nor its sponsors or suppliers will be liable for any loss, damage, illness or injury whatsoever directly or indirectly occasioned by or resulting from the negligence, wrongful act or default of London Marathon Events Limited, its sponsors and suppliers or their respective servants or agents or from any other cause, including any act of God or the physical condition of the competitor".

You can not absolve yourself of responsibility for negligent acts but the reference to the Unfair Contract Terms would take care of that even if you sign up to it.

On another tack, the entry form also required me to predict my finish time to the last second and provide a mobile phone number

as mandatory lines. Having been woken up by VMLM last year at 5am with a message telling me it was going to be a hot day, which the whole world already knew, I entered the usual row of noughts. What I do not understand is why any race director makes it a mandatory line. It should be up to the competitor to decide whether he wants text messages. Race entry terms; this paragraph is simple, to the point, reasonable and legal. There is no need to have anything added to this to complicate issues because that almost invariably renders the terms invalid. The terms are governed by consumers' rights and unfair contract terms.

My continued correspondence with Active took on a further frustrating twist when it became divided between two different departments which started a parallel 'discussion'. Their e-mails suggested they could not trace their own waiver document unless I provided them with a URL. I did discover that the U.S. version is considerably shorter than the U.K. version. At this stage I sent them this e-mail.

"I have now found a race for next year which carries your waiver and I attach your header to that from the Brighton 10k in April. Although it appears reduced from this year, I can inform you that it is still far too convoluted to hold any legal validity in the UK. I also attach a waiver from another race which is all you need and as far as you can legally go. You should refer to our 'unfair contract terms' legislation. Yours, John Trory"

I received this response.

Hi John, Hope this email finds you well.

I have discussed with our Privacy department regarding your concerns about Agreement and Waiver when register for events through our system. We have also viewed carefully about the successful document from the Eastbourne Half Marathon Road Race. We suggest that you contact the event director for further assistance with this issue. As you can see from the attachment I offered before, every event contains Active Agreement and Waiver & the event Waiver document. If you have inquiries about the race declaration, I believe the race director will give a best explanation about how the declaration works. If you need the contact information of the event you are inquiring about, please provide me with the event name and date so I can find it for you. Thank you

Please don't hesitate to contact us with any further questions or take a peek at our Help Center <http://activesupport.force.com/usersupport> to find answers to some common questions.

Thank you, Sarah Shi, ACTIVE.com Support ACTIVE Network

At this point it became obvious that there was no way they would reconsider their waiver and just pushed it back on to the race director so I gave up. You can safely ignore their lengthy terms as the only terms that hold validity are those provided by UK consumer rights and the unfair contract terms act. Their advice to take it up with the race director is useless. I have had only one reply from a race director and he just laughed it off.



Angie Smith completing the 2018 Chippenham Half Marathon. Angie, with her partner David Gearing, joined RRC in 2018. She only started running in 2015, prompted by David, who soon realised she had a natural running style and good endurance. Next year she will move into the F60 category, and has to date run half marathons in Chippenham, Bath, London Landmarks, Berlin and Barcelona, as well as numerous 10k road races. With David she signed up for this year's Southampton full marathon, but a change of date and an overriding injury put paid to that ambition.



Michael and Brenda Bonallie as bright as the sunshine after running in Correlejo in March

Road Runners Club Medical Officer

Our long term member and medical officer Dr. Patrick Milroy has now retired but been of great assistance in finding us a replacement Dr. Mahnaz Alsharif. Her qualifications for this position are listed below and I am sure she will continue the excellent work that Dr. Milroy has carried out for many years. To remind our members, Dr. Alsharif will be available for really difficult problems that have met a brick wall with other lines of enquiry, not for standard muscle strains or training tips etc.

She can be contacted by e-mail;
mahnaz.alsharif@circlebath.co.uk

Dr Mahnaz Alsharif SPORTS PHYSICIAN

MBChB, BSc (Hons), PhD, JCPTGP, MSc SEM,
 PGC in Ageing, Health & Disease

I have over 15 years of experience in treating patients with acute and chronic sports injuries, and work related musculoskeletal injuries. My particular interests are: the sport of running and treating all types of running injuries, football, the genetics of athletic performance, and health promotion to limits the effects of ageing. I have been the Club Doctor for Bath City Football Club 2002. After qualifying from the University of Bristol in 1996, I began my career as a GP. I developed an interest in musculoskeletal disorders and sports injuries, and subsequently trained in Sports and Exercise Medicine (SEM) with a postgraduate degree MSc in SEM from the University of Bath. I have a wide range of input for elite athletes and professional performers including screening, health promotion and performance enhancement, illness and injury prevention, diagnosis and management of injuries, through to return to full fitness. I also make regular use of diagnostic ultrasound and ultrasound guided injections, and I am proactive in referral for more specialised treatment and imaging.

BACKGROUND

MSc in sport and Exercise Medicine (University Bath):
 Diploma in diagnostic Musculoskeletal Ultrasound Scan (Bournemouth University, Centre for Ultrasound Studies) ;
 PhD in Biochemistry/Molecular genetics (University of Bath)

Research Interests

Genetics of athletic performance;
 Professional Memberships

General Medical Council.
 Faculty of Sport and Exercise Medicine (UK)

UK association of Doctors in Sport (UKADIS).
 British Society of Life style Medicine

Sporting Interests

Experienced runner – has completed multiple half-marathons and 10Ks.

Club news

David Phillips reports that he has just made the 75 years age group. He did the Rhayader Elan Valley 30k on 2nd March and the Warwick half marathon the next day. His 500th marathon is at Stratford 28/4/19 (same date as London). Party after at Cox's Yard in Stratford come along.

Tracey Brazier; I had an injury in the Spring that brought my running to an abrupt halt. I did some swimming as cross training and discovered that I love open-water swimming. I took part in half a dozen swimming races over the summer and autumn. Now that I am recovered from injury and running again, I am doing a triathlon in May and also some road running races too over the next few months. Sometimes bad things happen and then great things come from that in an indirect way. If I hadn't been injured, I wouldn't have discovered my love of swimming. I hope to be entering the RRC championship again soon as I have a half marathon and 10k coming up.

An e-mail from **Jens Zwirner** who flies our flag all round the world;

My last long distance race for 2018 is now history. 2 Marathons and 4 Ultramarathons in 2018. Next Stop - New Year's Eve in Trier a German Classic Sprint Race. On Saturday I finished my last Ultramarathon for this year: 45k in Mainz. The 9k round course is crossing the Main and Rhine several times and leads through the suburbs of Wiesbaden (capital of Hesse) and the centre of Mainz (capital of Rhinland-Palatinate) On each round you have to cross 5 bridges which sums up to an elevation of 250m. After 4:50h I crossed the finish line. The event was an invitation race and the organizers donate almost the whole starting money to a hospice in Mainz. Very familiar atmosphere and we had a lot of fun. Cheers Jens

On a wild and windy morning in Eastbourne, **John Troy** came 2nd out of 6 in the M70 category in the half marathon. A long way behind the winner, an intruder from Yeovil, John reflected on how the over 70's seem to duck out of races with severe hills.

Mike Lewis-Copeland started his 2019 campaign well with a time of 35-35 in the Cupa 5 miles as he makes good progress to London with his RRC club place.

Jens Zwirner reports from the Great Wall of China. An adventure for lifetime. A combination of running, rock climbing and stair climbing. Ascent of 1,500 Meters for the marathon. Some descent and climbs about 80 degrees. My toughest race ever, but stunning views from the Chinese Wall.

Paul Whittaker, featured on the front cover, came 4th in the Victory 5 miles in Portsmouth in a time of 25-11 in December. I hope his target of 2-20 in London this year has not been blown off course by the recent gales blowing up the channel.

Dr. 'Mac' Speake has sent the following hints on keeping the core temperature up i.e. **avoiding hypothermia**. "Medical knowledge is that the areas to keep warm are those with no underlying fat and high blood circulation with a large



Jens Zwirner in the Great Wall of China marathon

surface area to mass. These are 1. the head and face; 2. the nape of the neck; 3. the hands; 4. the groins (usually covered anyhow). This assumes the arms and body are covered. Wind chill is also a factor especially in wet conditions. Most thighs have a varying layer of fat with high mass and low surface area. I always wear shorts of varying length. Only in extreme conditions do I cover my thighs/legs".

Andy Gore reports that he has been unable to run for a while following a cartilage operation last August and is still on the long road to recover.

Jack Davies reports; Here are a couple of my results from the last few weeks. First the Rhyl 10 mile race. I was 2nd 70 – 74 in this race in a time of 1h 18m 06s chip time. This last weekend in very cold and wet conditions I did the Inverness half marathon in a time of 1h 43m 57s, coming in 1st in the 70+ category.

Incidentally I did this race last year, finishing 2nd in the 70+ category though they didn't have it as a category and no prizes for the winner. I complained to the officials that this wasn't right as they had prizes up to the 60+ category. When they published details of this year's event there was still no 70+ so I complained again by email, linking it to racism or ageism. They subsequently wrote back saying they had corrected the matter and there was now a 70+ category. I hadn't intended entering but now felt that in the circumstances I ought to. Coming first was a bit of a surprise as I had a slower time than last year, but received a nice little quail and vouchers to the tune of £120. It pays, perhaps, to complain.

David Gearing reports on the Cadence Events Grittleton 10k, also in October; An interesting run. Had to wade ankle deep for 50 yards along a flooded road to the start line, then run back through it and again to finish. Incessant rain throughout, but amazing spirit among 400 runners. Still managed to knock 6 seconds of last year's time.

The Legendary John Gilmour (1919-2018)

Alastair Aitken

John Gilmour, The most inspiring runner I have interviewed since I started doing that in 1962, died at the age of 99 in Australia in a heart operation on the 1st of August so, no longer the lovely long letters and Christmas card he sent me each year! The reserved and determined 'Never Say Die' character, Gilmour was born in 1919 in Ayrshire but went to Australia, with his brother Jim. It was in the 'Great Depression' of the 1920's when his parents decided to go to Australia, hoping for a new and better life. However, at first, they all lived in a hut with no windows in a Group Settlement in South West Australia, before improving their lot...

As a 97 year old, John Gilmour, won the World Masters 'Over 95' Championships over 800 & 1500 at Perth, Australia in **2016**. He wrote to me about that on a Christmas card in December 2016 "I nearly never made it as I was on antibiotics right from the day before my 800. I had a urinary infection in my bladder, as I have a catheter changed every six weeks."

Going back to his start in athletics, he always showed some potential at an early age, winning the 1932 Carlisle Schools Sports 440 yards BUT there were some dramatic events in his life that John Gilmour was to have later on in Singapore and Japan and it certainly brought back more recent memories for me by seeing that Hollywood film of the American, Olympic runner, Louis Zamperini, called 'Unbroken'. When John was about 21, he went with his brother Jim to join the Army and not very long after that they were in the Australian 2/4th Machine Gun Battalion and, in action in the Second World War. John and Jim were captured, and imprisoned by the Japanese and for three and a half years they were unable to go home. John was firstly in the notorious **Changi** Prison camp for 15 months. Thinking about that brings shivers down my spine because of its notoriety and how many of the prisoners were treated. Except for one or two, the guards inflicted some terrible tortures which John had to endure. After those 15 months John was to go to Japan as a slave labourer for the rest of the war. Once he was forced to stand to attention for 10 hours, beaten twice and kicked in the groin. That particular comment comes from the book about John 'All in My stride' by Richard Harris. It was not surprising when John was released he had suffered malnutrition, which damaged his optic nerve in both eyes permanently giving him single vision, but that did not stop him running and then as a partially blind person he even won an athletic trophy for the blind in 1987. Despite his infirmities that affected him for the rest of his life, as you will see, he was made of 'Strong Stuff'.

He gave this account to me back in 1979 for Athletics Weekly, after winning seven races in six days in the 60-64age group,

if you include two heats he won at the World Veterans Championships in Hanover (60-64 World Age Records for 800/1500/5000 & 10,000). He told me "When you were in the prison camp you did not know what was going to happen to you next and I know the hardships I went through. If I had not looked after my body like I did, I would not be around today. A lot of fellows are not here today because they sort of tossed it in, and it was the same with running. It is all in the mind. You have to think you are going to make it. 10 miles, 15 miles, is no problem but if you go out and say I don't think I can run 15 miles, you won't run it. If I plan to run 10 miles I run 10 miles, I don't chicken out at 6. That is what running is all about in my opinion. In the prison camp I always had in my mind, if I ever get home I wanted to run and I never even did anything that may have been detrimental to my health. I never smoked or drank alcohol when I was in the Army. I did not know if I was ever going to get out of the prison camp in Japan but I still lived and hoped that one day I would run again and win a Western Australian title. That took my mind off being shut up and maybe never being able to get out".

"I did win the Western Australia title for 10 miles on the road. I ran second the year I went into the army and the first year I came back, after being released in 1946, I won the State Championships" There are many World Veteran/Masters Championships titles and records he achieved after he was 51 years of age. I do remember Hanover, the well organised World Veterans Games in 1979 and John was sensational in the Over 60 group. At the time he was 61 he won his category at the cross-country He did two heats and as well he achieved World 60-64 bests at the time of 2:19.3 for 800; 4:32.5 for 1500 16:54.9 for 5000m and 35:07.7 for 10,000 and finished off by running 2:52:28 for the marathon on the last day. He improved that to 2:43:49. After the war, before he retired from work, he was a hospital Gardener and handy even with bricks too. He was still competing of course and he was a successful coach of quite a few young athletes. He had lived since then at Leeming, where a pavilion is named after him. Prince Charles presented him with the Order of Australia Medal and then later he was awarded the Advanced Australian Award. He married Alma McGowan on the 5th of October 1946 and he certainly was sad when she died on the 2nd of November 2012. She was a source of strength to him. He has a daughter Judith and son John Gilmour Junior.

The very focused and friendly John Gilmour's longevity in the sport, surmounting incredible setbacks, will be hard to match by any runner at any time, inspiring and motivating for others to read about.

'Rover'. 'Wizard'. 'Hotspur'. 'Adventure'. The best comics for boys I ever read. Nineteen Fifty-something. Most stories had one drawing and a long action-packed yarn, featuring swarthy snarling baddies, toffee-nosed snobs and clean-cut daring heroes or admirable eccentrics such as 'The Great Wilson' and of course 'Alf Tupper – the Tough of the Track'. How I wish I had kept those comics – a fine escape from reality. My mother even gave me a subscription to B.O.P. – "Boys' Own Paper" – the most morally-improving magazine imaginable. Now how would these publications have portrayed running and the bond between team-mates? "Now pay attention, chaps. This is the Public Schools Cross-Country Trophy and we just can't let these rotters from Chancerhouse make off with it. Now we're all sportsmen and won't resort to shortcuts, tripping, spiking, barging, bribing officials, twins running a relay and so on. It's a jolly good job that amphetamines and diabolic steroids haven't been invented yet, or they'd use them too. Make no mistake – they're out to win by foul means or fouler! So keep your wits sharp, stick together and give your best for the old Alma Mater. We can be confident that, in this comic, good always triumphs over evil, so let's toe the line, give them a rousing chorus of the school song – and run united to victory and a gruff word of congratulation from 'Slasher' Grimthorpe, our beloved Headcase!" Heart-warming stuff – and nonsense? Well, not entirely, if you consider Road or Cross-Country Relays (and no doubt sprint or 4x400 metres relays too – although as a slow-twitch ectomorph I have no experience of these exotic athletic events). Certainly, a team-mate passing responsibility on to you (by baton, touch of a hand or simply overlapping) does excite a surge of adrenalin and a desire to gut yourself for the cause. Some folk collapse under the strain but many produce their best performances in relays. Tactics (apart from 'eyeballs-out') are seldom needed, unless you're allowed a brief rest behind an opponent into a severe headwind – and even then you have to take your share of the work to prevent other clubs from closing up. Six, Eight or even Twelve-Man road relays are best. The 'stars' of the team are only marginally more valuable than the slowest runners. Anyone who can squeeze out more effort, and save a few seconds, may contribute to a famous victory or a more respectable placing. I'm not particularly devoted to amateurism – everyone likes a decent prize – but relay medals are to be treasured because they remind you of occasions full of drama, whole-hearted trying, good fellowship and (probably) beery exultation.

How about 'team spirit' in normal racing and training? I don't propose to discuss athletics as such. No doubt it's pleasant if a bus load of assorted juniors and seniors from Princetown Posers descend on a track and field competition – the South-East Minor District Athletics League Round Five, for example. At the end of the day, once the points have been added up for third place in the standing bunny-jump, second in hurling the haggis and fifth in the metric mile medley, the Posers are first overall! How easy will it be for massive-muscl'd chuckers, egocentric speedsters, elongated elastic-jointed springers and sinewy middle-distance mules to find enough in common to communicate – let alone celebrate together? More difficult than the athletics, I would suggest. But what about a team of distance runners? A vital

feature of any cross-country or road-racing team is the Weekly Evening Run. If some folk meet up on Sunday mornings as well, this only emphasises how important pain (suffered or inflicted) is to them. No one totally unfit attends the club session. Slow jogging, helpless panting, stopping and walking, stiff sore legs and that sick weak exhausted feeling – these stages are best endured in the dark, on your own (unless they coincide with the last six disastrous miles of a mass marathon, in which case begging onlookers for drinks and sweets can be added.) In the dressing room before the club run, most people look and sound relaxed and carefree. Of course, cautious types will choose to run steadily with others incapable to 'beating' them. But for the first team and those on the fringe, the club session will not lack 'needle' despite the banter and bonhomie. Passers-by may think "Skinny men but friendly ones". Insiders might disagree. You see, racing well is partly a matter of talent and effort and partly a matter of confidence. A good competitive so-called 'training session' will provide that confidence. All you have to do is record a fast time for the Winter nine and a quarter – or manage to drop your 'chums' and leave them grovelling. Unless the best runner zooms off from the word go, the first couple of miles will involve no more than a stride-out for a group of friends, chatting on the run. Then, strangely enough, the jokes and reminiscences cease and you reach a certain point (usually the bottom of a long tough hill) when companionship disappears abruptly as, without apology, someone leans into the slope, the effort increases fifty per cent and the bunch fragmentates. Some will hang on as long as possible before heading back by a shorter route (trying not to be caught by the fast boys); others, running very nearly flat out, will grit their way onwards to the finish. Usually the pecking order stays the same: but the savage joy of someone who moves up the rankings can barely be concealed. During a 'proper' competition, status quo may well be re-established. There are those who perform much better in 'training' than in racing. But although most runners will wish both clubmates and rivals the best of luck before a race, and say well done or sympathise afterwards, this is partly insincere tradition. During the struggle for supremacy or self-respect, there is nothing worse than sensing someone looming up beside you – and realising that he's wearing an identical club vest! What a stab in the vitals; or motivating kick up the rear! Strangers may pass without much retaliation, but to be beaten by a 'friend' or old foe is not to be contemplated, unless you are injured or about to pass out from the sheer desperate insanity of effort recently produced to keep the devil behind you. To concede sixth place in the club charts, especially without any real fight, would be an admission of imminent senile decrepitude. Next stop Zimmer City!

And yet, I may exaggerate. Rightly or wrongly, there are rumours of nastiness and hatred between footballers, cricketers and rugby players. Are runners quite as resentful? Probably not, because distance running is a very humbling sport. We all have our good races; and even champions know what it is like to fail, and flounder in the mud, their hopes trampled by better men (on the day). Could there actually be genuine friendship and respect – even between clubmates?

The age graded competition for the Road Runner's Club Supreme Champion

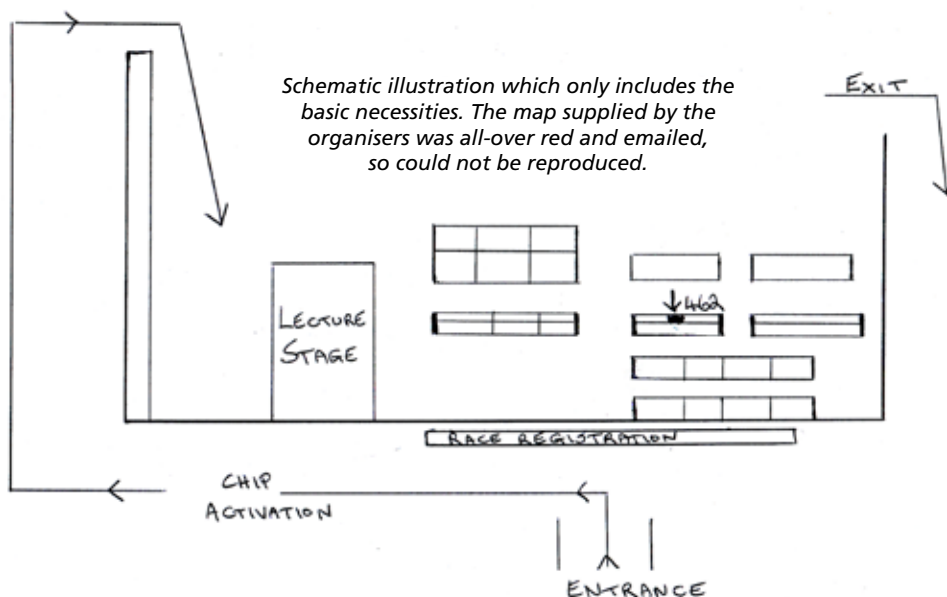
With the number of standard entries into our annual championship reaching a milestone record of 200 last year, it is a little disappointing that the number of 80% and above age grades has dropped from 31 to 28, but when you look at the weather last year it is no surprise. The wettest February, coldest March and hottest April on record blew away most significant spring marathon training plans. Analysis of the age graded results shows that the reason why 5k is so popular with our members is that they are good at it. The winner this

year, as the chart shows, is Jim Allchin in the 5k and his trophy will be presented at the London Marathon 'Running Show'. As Jim is really fired up with the middle distances now, I am sure he will better his 5k and 10k times this year and he will not be returning to marathons for some years. David Winch had all 5 of his results on this table as did the late bloomer Jeremy Mower. These were, in fact, the only two marathons on the table. I am sure this year will be better – at least the opening months have not seen such extreme weather.

Name	distance	%	age
Jim Allchin	5k	86.64	32
David Winch	10 miles	86.17	71
David Winch	10k	85.97	71
Jeremy Mower	5k	85.54	52
David Winch	½ marathon	84.80	71
Jim Allchin	10k	84.44	32
Jeremy Mower	10k	84.24	52
Godfrey Rhimes	5k	83.98	64
Tim Boone	5k	83.13	61
Mark Jefford	5k	82.78	52
David Winch	marathon	82.73	71
Dave Beattie	10k	82.72	70
David Winch	5k	82.25	71
Jeremy Mower	½ marathon	82.19	52
Andy Gore	10k	82.16	48
Colin Fletcher	10 miles	81.99	58
Godfrey Rhimes	10k	81.98	64
Dave Beattie	5k	81.94	70
Jim Allchin	10 miles	81.94	32
Jeremy Mower	10 miles	81.89	52

Colin Fletcher	10k	81.76	58
Susan Exon	10k	81.52	64
Jeremy Mower	marathon	81.42	52
Susan Exon	5k	81.24	64
Greg McClure	5k	80.84	61
Nigel Haywood	5k	80.83	62
Jack Davies	10k	80.81	70
Godfrey Rhimes	½ marathon	80.62	64
Tim Boone	10k	79.98	61
Walter Hill	½ marathon	79.82	64
Jim Allchin	½ marathon	79.80	32
Celia Findlay	10k	79.72	55
Colin Youngson	5k	79.70	70
Dave Beattie	10 miles	79.64	70
Tim Boone	½ marathon	79.64	61
Nigel Haywood	5k	79.63	62
Jack Davies	10 miles	79.53	70
Neal Jeffs	10 miles	79.11	42
Paul Smith	5k	79.08	51
Antonio Maraia	5k	79.07	52
Mark Jefford	10k	79.01	52

London Marathon Running Show



Schematic illustration which only includes the basic necessities. The map supplied by the organisers was all-over red and emailed, so could not be reproduced.

The quickest way to get to the 'Running Show' as the London Marathon Expo is now called is to take the Jubilee line to Canning Town then change to the Dockland Light Railway to go to Custom House. The fun way is to get the DLR all the way from Tower Gate and see some of the sights as you go.



Jack Holden entering the Chiswick track to win the 1949 Poly Marathon.

What a lucky set of people we are! Look at the number of marathons seventy years ago and you could fit them on the back of an envelope. The year 1949 saw the 'birth' of classics: George Orwell's *Nineteen Eighty-Four* was published and Arthur Miller's *Death of a Salesman*. Athletically, Roger Bannister the medical student was progressing well towards the first sub-four minute mile with a win for Oxford University in the annual Varsity Match running 4:18.8. Road races were limited and classic races on the calendar were the Finchley 20, the Walton 10 and the Morpeth to Newcastle. Many races then were like clockwork – you knew by the calendar what was on. The "Morpeth" was on New Years Day, the first weekend being the County Cross-country Championships. For marathons Britain had less than ten for the year, for which the "Sheffield Telegraph" Doncaster to Sheffield race was on Easter Monday. On the second Saturday in June one could race from Windsor to Chiswick in the long-running Polytechnic Marathon.

Serious runners in this era had access to two monthly magazines – Athletics, then monthly and the forerunner of Athletics Weekly and Athletic Review, and they were filled with plenty of advice. "Northerner" in Athletic Review offered 'A three Year Training Plan for the Marathon'. Looking ahead to the 1952 Olympic Games Holden, speaking to a youngish distance runner, said that "You and young chaps like you have got marathon success in the palm of your hand if you only get down to it and put in the work." Athletics had an article by a Prague writer and translated from the German "Training for the distances – the Zatopek way". It had a table showing Zatopek's bests and each year from 1943 to 1949 had set a PB progressing through the distances from 800m, 1000m, 1500m, 5000m and 10,000m. The article ended thus: Zatopek himself is of the opinion that in long distance running there can certainly be many and varied ways to the top but, no matter what the system, one thing is essential – **running and still more running.**"

One man seems to have cornered the marathons and other distance races for this year. He was 42-year-old Jack Holden, the Tipton Harrier who upset the odds if bookies were taking bets. Holden won the "Morpeth", which was about 13 miles; then at Easter won the Doncaster to Sheffield in 2:41:15 by two minutes from Bert Hemsley (Gosforth H) and John Henning (Duncairn N) a further minute adrift. The summer season saw Holden win the Polytechnic Marathon on 18 June, then the next month become the AAA Marathon Champion at Birmingham. On and on Holden's wins went and in September he was the first of the 59 starters back in the three lap SLH 30 miler. To witness one of the greats in action must have been an awesome experience. For a man like Holden to have begun his athletics career in 1929, secured four wins in the International Cross-country and some two decades later still be at the top says much for the man. Peter Wilson in his 1977 autobiography *The Man They Couldn't Gag* rates him as "another great runner" alongside the Olympic sprinter Emanuel MacDonald Bailey. Wilson said he was the toughest marathon man he knew and whilst Wilson was not in Brussels to witness his winning the European Marathon in 1950 or the British Empire Games that February he offered the following anecdote: Holden paraded in front of his rivals and told his rivals 'Take a good look at this' pointing to the number on his chest, 'because once the race starts all you're going to see is this,' indicating the same number on his back!

Holden wasn't the oldest man to be ranked in 1949. That went to Paavo Laine, a Finn who was second in the Turku Marathon race in 2:30:46.8, and second ranked for the year too. That year Laine ran three marathons, all under 2:38. He was second in Moscow and third in Stockholm. His compatriots dominated the marathon ranking list that Andy Milroy, Alex Wilson and many others contributed to. Eleven Finns had 19 runs all under 2:40, i.e. within ten minutes of the years fastest. A mix of nationalities made up the list – Czechs, Swedes, Koreans, Americans and South Africans. Jack Holden's AAA winning time of 2:34:10.6 was worth the

Marathon running – the classic postwar era

eight best that year. It was his third marathon of the year and most importantly had secured his place on a trip to New Zealand for the 1950 British Empire Games in Auckland from 4 to 11 February.

An interesting character who popped up in the 1949 ranking was Arthur Lydiard (a renowned coach and author) who ran 2:40:48 for runner-up spot in his Christchurch Marathon on 12 March, won by George Bromily in 2:40:05.6, a race which was also the national Championship. Both ran in the Games that Holden won, held in rainy weather. A month after the Christchurch race their compatriot Jack Clarke won a marathon and with Lionel Fox constituted the New Zealand marathoners. As ever then the marathon was a small field with 16 from four nations starting. Luckily the marathon closed the Games and so several were able to double up and compete in the 6 miles which was held on 4 February. Wilson relates two incidents in Holden's win down there: over rough ground and in atrocious weather he ran the last ten miles in

bare feet (In *The Marathon Footrace*, 1979 they relate that with eight miles remaining Holden 'removed his soggy shoes and went on barefoot, his soles already cut and blistered. ... The final mile seemed almost like Paradise itself, first the sun appearing, then with 40,000 enthusiastic spectators cheering as Holden ran onto the grass track at Eden Park. His time of 2:32:57 was his fastest... .'); and also had to contend with 'actually being savaged by a Great Dane which left his legs scarred.' Perhaps his dnf in the previous years Olympic Games marathon weighed heavily on him. In 1950 he was not over the top – he ran his fastest marathon in the AAA race at Reading when he clocked 2:31:13.4. Then bowed out with the European win in Brussels, and finally he hung up his plimsolls to let Jim Peters show the way and begin his record-breaking career. So when you enter a marathon think of our forebears who had a limited choice: Sheffield, London, Rugby, Glasgow, Birmingham, Liverpool, Peterborough, Margam and Edinburgh.

Questions put to Pam Storey by ultra runner David Bone

As someone who has played a major part in the growth of the Ultra scene what was it like in the early days Pam? "I started to take an interest in Ultra in the early 80's when I lap recorded at a track 24 hour race. The standard of runners was mainly higher than today but, of course, there were no trail races as we know them in those days. There were not many road ultras either".

What was the ultra event that everyone wanted to do when you first started taking notice of them? "The London to Brighton race was probably the most 'must do' event in the U.K.. I ran it in 2000".

Are you pleased with the growth and the exposure of the Ultra scene? "Even though I mainly support the canal races, I think that although trail ultras are good they have drawn many excellent runners away from road and track ultras. The standard of road 100 km is not as good as it was (with a couple of exceptions). Some of our best ultra runners only do trail races".

Who, in your opinion, are the heroes of the Ultra scene? "In the U.K. Don Ritchie, William Sichel, James Zarei, Hilary Walker, Eleanor Robinson, and more recently Steve Way. Worldwide, Bruce Fordyce and Yiannos Kouros".

You still play a very active part both in terms of running, organising (Crawley) and supporting other ultra runners – how do you find your energy? "I have not 'found' it, it's always been there I guess. Always been very active even though I did not start running until I was 35. As a Christian I have devoted my life to helping others. I have no secrets, just positive thinking and being a hyperactive pensioner! Follow your dream".

You were at the Tooting Bec 24 hour race last year and saw

Geoff Oliver breaking many records aged 85 – do you think more of the current batch of ultra-runners will keep going like Geoff or is he, and maybe a few others, unique? "The careers of a lot of the top ultra runners (prolific racers) of the past were prematurely shortened by injuries (e.g. Mark Pickard) I think Geoff is an exception. Not sure when he started racing but he has always kept very fit.

What would you like to see change in the Ultra scene or within the community? "Fewer trail ultra races and more road and track!"

You went to the British Spartathlon Team evening this year with James Zarei – how is James doing? Do you feel that enough runners follow James's mantra of 'ditch the watch and just run by feel'? "As far as I know James is o.k. but I don't think he is running much if at all. I would like to think that some of the runners that were at the Team evening have taken James's advice".

Do you have a connection to Spartathlon that we don't know about Pam? "One of the first ultra Race Directors I met in 2001 was John Foden. We became friends after that. He was a fellow Road Runners Club Council member".

Do you still have any unfulfilled dreams specific to running? "I would love to go and watch Spartathlon. Also I would like to set a record as F/70 in a 6 day race!"

Finally Pam if the Marathon/ultra running community could support you in any small way is there something we can do? "Oh yes! I never turn away offers of support/help/sponsorship for my Crawley track race. I believe (might be wrong) that it is the only ultra in the U.K. specifically for a charity. I make no profit at all. All excess money goes to Advance International Ministries".

Is there a setting more beautiful but still eminently accessible, than Mabie forest? This wee race has to be one of the best ever. We've entered every year since we started racing...6 years now... and it was the first race where I ever won a trophy. In those days they had trophies 1st to 3rd in each veteran age category going in 5 year steps, Mine was a 3rd place f45 trophy and I was a LONG way behind the f45 winner, but was immensely proud of myself. Although it's not exactly lost in the mists of time, it seems as though, since then, we've entered a different, 'voucher' era in race prizes.

Nowadays Mabie has a total of 3 female veteran prizes, one each for 40+, 50+ and 60+...(same for men) and no trophies! Sad to say, this seems to be a feature of smaller races nowadays. The (small) collection of modest little trophies I have, from various small-town races around the country, seem to have tailed off around 2015, even though I still do many of the same races (and probably more often win age group prizes!) (One benefit of getting older as a runner, the competition thins out somewhat). It's a nice run anyway. Mabie forest is an excellent reason to live near Dumfries, it's fresh and green and lovely and only 10 mins drive from the town centre. Our kids used to love the climbing frames, death slide and monkey bars in the adventure playground, and there are dipping ponds, bridges for pooh sticks, long grass meadows and interesting forest walks short enough to herd small children round without too many tantrums. We often go for training runs around the miles of paths there and have family nicknames for most of the features.

Don't you love the cheerful buzz at the start of a wee local race? Even if you don't know anyone it feels nice, and completely different to bigger, commercially organised events. Dumfries Harriers always have plenty of marshals, and they're all very friendly and encouraging, whether you're rocketing off at the front or slogging along at the end. I was extra pleased to see that so many of their fast female runners were on marshal duty. We came into this race pretty tired (yes, I know we seem to say that often!); the Dick Wedlock 10k and Edinburgh Half being actual target, proper-taper, hard-effort races and us only 2 weeks past that, with 2 extra races (Race the Train and Grantown) last weekend instead of recovery. Also, Reformer Pilates on the Friday. The thing about Reformer Pilates is it really works all kind of obscure core muscles in a way that definitely helps your running, but it's really exhausting and makes said obscure core muscles tender and sulky. Probably matters more for auld yins too. Long story short, if it's not a 'target' race, no taper, do the classes and just tell the obscure core muscles to shut up and do their best.

So Mabie was, emphatically, a training race. No anxiety, don't chase anyone, take as long as it takes, concentrate on good form. It was a perfect running day, sunshine in the sky and all the wee birds chirping prettily in the trees. The starting horn sounded and off we trotted, half a mile on level fire road. Alex (partner of Michelle the Niece and Serious Running Snake) meanwhile, tore off in a cloud of dust!

The long hill that starts half a mile into the race route is known in our family as 'Relentless brown' (because it's on the brown walking trail). The lack of shade as you plod up the endless hill prompted a re-think on how perfect the weather was, but, hey, it'll likely be hotter in Malaga...the next junction in the race is only 2/3 of the way up Relentless and the turn off onto more level roads was welcome, as was the sporadic shade. Another

half mile or so later we turned up into the woods on a favourite, undulating path...in this case undulating means proper ups and downs, some of them (like 'Mountain Goat Crag') almost needing hands as well as feet. I got caught behind someone in less of a hurry on the way up there, mega frustration! Pet hate of the day: slowing down against your will when going uphill. Losing momentum just makes it harder.

'Badger path' where a surprisingly long-legged badger actually crossed in front of me once on an early morning run, undulates (less sharp but still up and down) down the other side and is a good place to pick up a bit of speed...unless you're stuck behind someone running just a bit too slow on the single file path! Then the route turns along the side of the hill on 'Butterfly Walk'. I think that's the actual Mabie Forest name of that bit, there's certainly lots of butterfly information along the way. And actual butterflies. Then at the end of Butterfly Walk is the water station... on a T junction with the fire road...too busy offering water to remember directions; Alex reported having to pause his charge to ask which way he was supposed to go! There were a couple of runners in front of me gave up and walked on the next set of uphill, but I'm always too paranoid to do that in case I can't get started again. The levelling out is welcome again along the top of the hill, then it's right onto a tricky wee path until the terrifyingly steep downhill of 'The Glorious 12th', which is on the orange walk. Geddit!?. The 12th was actually ok as it was dry underfoot, so apart from the odd loose rock didn't feel too life-threatening. At the bottom of the hill there's a super, open and undulating (very gentle undulations this time) section for another half mile or so, just enough of an overall downhill slope to make you feel you're springing like a superhero. Turn right at the 'Crocodile Pond' (elder daughter named that one!) and up the 'Green Hill' (well they can't all be creative).

When the marshal at the bottom of the 12th said I was 1st female I thought I'd heard him wrong, but the next one said the same. Oh no! Pressure. What if someone overtakes me!? How close is the next one (CAN'T LOOK BACK!)?...It doesn't matter, I told myself sternly. It's still a training race, and 2nd or 3rd is still brilliant. It'd be lying to say I didn't speed up a shade, but I tried to keep the head. After the Green Hill there's a longish stretch on fire road going round the side of the hill, then the last km (it's marked!) follows a stream through shade-dappled beechwoods which we call 'Antelope Trail', because it gives you a real 'bounding gazelle-like through the sunlit forest' feel. As it happened, the person I could hear behind was male with no other females close, so I came in 1st female. Yes, really! 2nd female, would you believe it, was the Running Niece! Oh, and Mr Running Snake had blistered the trails to come in a full 2 mins in front of everyone else in the race, winning 1st Male. Here's the sad thing. I've never been 1st in a race before (school doesn't count). I think it's not all that likely that I ever will again. I got 1st prize, and it's a voucher**. How am I supposed to gloat over that in my old age? "See these Injinji socks?" I'll say to the clustered great-grand-weans... "These came from my winnings the time I actually WON a race!" Nah, vouchers are fine for superhero runners with trophy fatigue; I say bring back the cheapo keepsake trophy for us normal mortals who want to treasure our wee moment of glory forever!

** Anne will be delighted to hear that her places in the Road Runners Club championship will be rewarded **with a trophy**.