

Elmbridge Road Runners Newsletter

Newsletter August 2008
Volume 1, Issue 2

Running Club



Contents

Captain's View	1
Chairman's Corner	1
Upcoming Events	1
Race Results	2
Race Results	3
Social Events	3
Training	3
Elmbridge 10K	4
A Cycle Trip in Canada	5
Big Sur Marathon	6
Club News	7

Upcoming Events

7 Sept: Harry Hawkes
14 Sept: River Relay
11 Oct: 1st League
Cross Country

Captain's View

Welcome to the August edition of the newsletter. In this edition we focus on our own 10k race, which as usual was a great success, and thanks to Graham Shaw got fantastic press coverage.

You can read Graham's account of the 25th anniversary race on page 4.

We've got two great stories from members Hugh Williamson and Pauline Parfitt.

Hugh's latest adventure saw him cycle across Canada from Vancouver to Calgary (page 5).

Pauline writes about her experience in the Big Sur Marathon, which took her along the spectacular Pacific Coast Highway in California (page 6).

Chairman's Corner

Thanks to all who helped to put on a fantastic Elmbridge 10k last month! We were hoping for a successful day, one that would do the 25th anniversary of the race justice. The general buzz after the race was incredibly positive. We achieved larger numbers of entries and finishers than we have in recent years. And we also attracted great publicity in a number of local newspapers and national magazines. All in all, it was a well executed and fun event for runners and organizers alike. If anyone has comments about this year's race, or suggestions for next year's planning, please see Mike Bruce or myself.

The annual Towpath Handicap marches on this summer. Having either run or

Myself, having been injured and away from running for a while, I've had the opportunity to watch a few races. Two things I've observed that have passed me by when competing are, a) how easy the leaders always look - surely they're just not trying and b) how much effort everyone else is putting in no matter where they are in the field.

You miss a lot running in races, but I can't wait to get back.

If you have a story to tell, please let me know and you could be featuring in the next newsletter.

Enjoy your running! **Duncan**

attended every one of these races so far, I've come to one conclusion. The Elmbridge Road Runners love to race! Even though the schedule has been gruelling, with a Handicap every two weeks, it hasn't deterred loads of you from turning out and competing hard every other Tuesday. I find myself wondering if we ought to run this competition year round, you all like it so much! What makes this event fun is that regardless of fitness level, everyone competes on a level playing field. It's also just a great team event. So enjoy the last couple of races, the Trophy is up for grabs!
Paul



*“Hills are speed
work in disguise.
~ Frank Shorter”*

Belgrave Bold 5K (County Champs)

Despite not being at his best, performance of the day came from Tim Doran finishing 17th in 16:59.

149 Michelle Rawle 22:58

ERR Placings:

17 Tim Doran 16:59
37 Hugh Williamson 18:06
52 Paul Sweeney 18:52
80 Graham Shaw 19:54
62 Rich Nicholson 20:14
99 Nikki Nicholson 20:30

Wedding Day 7K

Once again the Wedding Day 7k proved to be one of the more popular events on the ERR diary with 16 runners taking part. Run of the day came from Nikki Nicholson who finish as first senior lady, and along with Rich (who rather cruelly out sprinted her on the finish line) took the prize for third couple. And the prize? You guessed it, a pizza.

81 Nikki Nicholson 29:38
106 Nigel Waller 30:42
115 Cliff Boddy 31:00
139 Stephen Ind 31:39
164 Pam Dixon 32:22
202 Roger Jackaman 33:43
210 Ann Marshall 34:09
217 Richard Ward 34:21
260 Paula Hewitt 36:16
310 Katherine Ind 38:26
315 Rhiannon Lloyd 38:44

ERR Placings:

30 Paul Sweeney 26:37
37 Peter Boatright 26:51
50 Jon Samuel 27:52
52 Graham Shaw 27:58
77 Rich Nicholson 29:33

Elmbridge 10K

In the men's race Kassa Tadesse fought close a battle with Sam Perkins of Ranelagh Harriers and Nick Hodges of Dorking and Mole Valley AC. The leading trio continued a closely fought race until the end when Tadesse's sprint finish just edged out Perkins by two seconds. Tadesse's winning time was 32.19 minutes with Perkins on 32.21 minutes and Hodges 3rd in 32.30 minutes. Tim Doran of Elmbridge finished a creditable 6th in 33.35 minutes.

proceedings. By the end of the race Heslop had established a lead of over 90 seconds to win in a time of 36.26 minutes.

ERR Placings:

6 Tim Doran 33:35
19 Gavin Harkus 34:52 PB
30 Chris McCormick 35:49
39 Ash Meghjee 36:16
64 Matt Alexander 38:17
207 Anna Price 44:00
267 Michelle Rawle 46:16 PB
284 Kelsey Offord 46:46
290 Pam Dixon 46:58
320 Ann Marshall 47:55

In the Ladies race Justina Heslop of Clapham Chasers dominated

Claygate 5

As usual the sun shone on the ever popular Claygate 5, although the recent rain had made the course rather muddy. The first runner home was Tim Doran successfully defending his title, beating arch rival Tim Grose into 2nd place. The two Tim's were locked together until the 4th mile when Tim Doran made his move to pull out a 33 second lead by the finish line.

Also on form was Molly Refer the first lady home in 32:59, as well as winning the mother and daughter prize with Fionuala. It was another personal best

for Nikki Nicholson finishing second senior lady in 34:43.

ERR Placings:

1 Tim Doran 27:52
8 Paul Rostern 30:42
9 Paul Sweeney 30:53
24 Jon Samuel 32:27
27 Molly Renfer 32:59
47 Nikki Nicholson 34:43 PB
50 Nigel Waller 35:04
65 Pauline Parfitt 36:15
77 Fionuala Renfer 37:12
95 Iain Janssens 38:25



Social Events

We have the River Relay on Sunday 14th September and thought it would be a nice idea to go out for dinner that evening. The venue will be The Old Crown (opposite the Minnow) at 7pm. Please let me know if you are able to come. **Fionuala**

Training

Steve Freestone Sessions

Sunday 24th August - Track session, ACS Cobham, 9:30am, £3

“If you want to win something, run 100 metres. If you want to experience something, run a marathon. - Emil Zatopek”

Elmbridge 10k Won by Tadesse



“Chris McCormick, number 3, is ahead of Elmbridge team mate Matthew Alexander in the Elmbridge 10k”

The Elmbridge Road Runners Julie Button Memorial 10k race sponsored by Air Products, took place in warm conditions on Sunday 20th July. The flat course starts near Walton-on-Thames progressing on the roads towards Hampton Court before returning along the scenic riverside towpath.

In the Men’s race the course record holder Kassa Tadesse (unattached) fought close a battle with Sam Perkins of Ranelagh Harriers and Nick Hodges of Dorking and Mole Valley AC. Although Tadesse took an early lead, by the 6km mark Perkins had edged ahead. They were pursued at this stage by Tim Elsey of Herne Hill, Jimmy Goulis of Stragglers, Tim Doran of Elmbridge and Duncan Lancashire of Striders of Croydon. The leading trio continued a closely fought race until the end when Tadesse’s sprint finish just edged out Perkins by two seconds. Tadesse’s winning time was 32.19 minutes with Perkins on 32.21 minutes and Hodges 3rd in 32.30 minutes. Tim Doran of Elmbridge finished a creditable 6th in 33.35 minutes.

In the Ladies race Justina Heslop of Clapham Chasers dominated proceedings. The race for second place was hotly contested between Claire Thorn (unattached) and Moana Burt of Ranelagh. By the end of the race Heslop had established a lead of over 90 seconds to win in a time of 36.26

minutes. Thorne finished in 38.02 minutes with Burt in 38.40 minutes.

The Air Products prize for the first runner under the age of 20 went to Jonathan Wilson of 26.2 Road Runners Club. The Elmbridge Resident’s award was won by Roy Reeder of the Stragglers.

The outstanding run of the day was by Steve Badgery of Hercules Wimbledon who won the Vets 60 age group. His time of 36.34 minutes was the best age-graded performance of the day and firmly establishes him as one of the leading runners in the UK for his age over this distance. His age-graded score of 90.43% is an international class time.

The Ladies team prize was won by Clapham Chasers - Julia Heslop, Moana Burt, Clare Naden and Jessica Rosa. The Men’s team event was won by the Stragglers - Jimmy Goulis, Danny Norman, Roy Reeder, Chris Walmsley, Paul Graham and Jim Desmond.

All prizes were presented by Glyn Watkins of Air Products. A donation is made from the race proceeds to a local charity ‘Elmbridge Crossroad’ that specialises in caring for carers. Ian Jobson, Chairman of the charity, spoke about how the funds are used. As part of a range of support, the charity runs a ‘Saturday Club’ that provides youngsters with a day of activities whilst their carers have a break. **Graham**

What people said...

“Every race should be this well organised.”

“Excellent race! Happy 25th anniversary!”

“Is it me or is the course getting quicker?”

“Really good event”

“Nice early start so it wasn’t too hot. Flat course for PB hunters and a mix of all abilities to cater for everyone.

Well organised too, highly recommend.”

“Does exactly what it says on the tin - a road race for club runners.”



*“From Vancouver to
Calgary - Hugh
Williamson Cycles
Across Canada”*

A Cycle Trip in Canada

If anyone out there is wondering where to go for a fortnight’s cycling holiday, I can recommend the route from Vancouver to Calgary. Here’s what we did...

Courtesy of large numbers of Air Miles, we got to start the holiday with a glass or three of Bollinger Grande Annee in the Concorde Room in Terminal 5. BA carry bikes for free, and most bike shops give away cardboard shipping boxes, so that was transport sorted.

Vancouver has really nice bits (Stanley Park, with its trees, Granville Island, with its market) and really grotty bits, like Granville Street where our hostel was, and a Starbucks on every corner. They come in really handy when the 8-hour time difference kicks in unexpectedly.

We had planned to spend a few days chilling out, but when you’re on a biking trip, you want to get biking, so essential shopping done, we headed west. Which was disconcerting, Calgary being, fairly obviously, east of Vancouver. A couple of short days on the Sea-to-Sky Highway (mostly being dug up) got us to Whistler, the out-of-season highlight of which is possibly the Great Glass Elevator Candy Store. It certainly isn’t the campsite. “Camping”, in North America, apparently means backing your artic-sized RV onto a concrete pad, connecting up the water and electricity, getting a beer out of the fridge and switching on ESPN. For our tent, we had a patch of bare earth nicely located under trees so that the mosquitoes didn’t get disturbed by the breeze or the campers dazzled by the sun. This in theory being a holiday, we spent the rest of the trip staying in motels.

The next day included, rather unexpectedly, the toughest climb of the route - 1050m in about 8 miles. We also

upped our game distance-wise, doing 81 miles into Lillooet. Two more modest days on the quiet Highway 99 got us into Kamloops and to the start of nearly 300 miles on the anything-but-quiet Trans-Canada Highway. On the plus side, the 10ft wide shoulder is fine for biking and the logging trucks provide good forward suction once in a while.

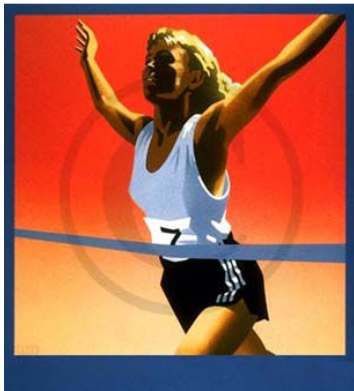
I owe the word “stick-to-it-iveness” to an Alaskan friend, and it’s perfect for cycle tours as well as marathons. After two more days of gamely sticking to we arrived at the foot of the Rockies in Revelstoke. From there we split up, with me making a bee-line for Calgary. I was nicely in the swing of things by then, so managed the 273 remaining miles via Golden, Lake Louise and Banff in three days. Most of the last 120 miles was on the virtually empty Highway 1A - great to swap the smell of pine needles for the smell of diesel.

If you keep your eyes open, there’s plenty of wildlife to be seen en route. Highlights included ospreys in Squamish, loons on Duffy Lake, an otter near Canmore and swallowtail butterflies everywhere - the Canadians like to sow their road verges with wild flowers.

Finishing a tour in a big city can be unpleasant, with the traffic getting heavier and the roads progressively less bike-friendly. Calgary is different, if like I did, you can find the cycle path by the river. This runs nearly 10 miles west of the centre and makes for a very civilised approach.

A couple of days stocking up on outdoor stuff and cramming my bike into a box and it was off to the airport. Rebuilt the bike in the short stay car park at Terminal 4 and cycled home for tea and medals. Smashing. **Hugh**

Big Sur Marathon



“Pauline Parfitt finishes a marathon favourite.”

4.15am sitting on the bus en route to the start of the Big Sur Marathon. We are driving down the course, but it's pitch black and I can't see a thing. What I do realise is that there are plenty of hills! The London Marathon seems a life time away, and I can't believe it was just 2 weeks ago, I was shuffling towards the start line beside a giant robot.

To the sound of 'The Star Spangled Banner' echoing around the valley, we set off at 6.45am. The weather is mild and slightly cloudy, absolutely perfect. The camber in the road bothers me for the first couple of miles, then I settle in and enjoy the scenery and atmosphere. The Pacific Ocean comes into view at mile 5, along with a strong headwind. NOT GOOD. Start to get cold and a bit stiff, and worried this may continue as the course follows the coast the whole way. Fortunately we round a bend and the wind is gone.

Mile 10, and the start of Hurricane Hill. It goes up for 2 miles and I can see the top in the distance. On goes the music and I steady my pace, once again losing myself in the beauty of the coastline and the ocean. At the top perched on the cliff edge is a guy in full tuxedo playing a grand piano!! Decide not to stop for a photo, and carry on down the hill, picking up speed.

Mile 14 I adopt a fellow runner and we chat aimlessly and I am aware the pace if picking up as the miles disappear and I'm actually feeling really GOOD!! Can't believe it, and push on hoping the strength in my legs will last 'til the end.

Mile 25 and I feel bloody wonderful!! Leave my fellow runner and decide to just go for it. Bounding along the last mile is my quickest and I cross the finish line sprinting, with Colin and the girls cheering me on!

Definitely one of my favourite marathons, and I was really pleased with a finish time of 3hrs 51 mins, especially as I had no idea whether I would actually finish!

24 hours later and still smiling, with very sore legs and thinking what next?????? **Pauline**



Elmbridge Road Runners
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Weybridge
Surrey, KT13 8LU

Contributors

Duncan Haughey
Paul Sweeney
Graham Shaw
Hugh Williamson
Pauline Parfitt
Fionuala Renfer

Club Nights

We are situated on the River Thames, just downstream from Shepperton Lock, on the Surrey bank of the river. From Walton-on-Thames bridge take Walton Lane towards Weybridge, where the club will be found in the public car park on the right, 500m after the signs welcoming you to Weybridge.

We meet Tuesdays and Thursdays during the winter at the Elmbridge Canoe Club, 7.00pm, while on Thursdays in the summer we meet at West End, Esher by the duck pond 7.00pm.

From Weybridge, take Thames Street, following it past The Minnow pub and round the sharp right hand bend. The car park will be found a further 500m on the left hand side.

If you've got a story to tell about an event you've taken part in or a difficult challenge, please send it to duncan@projectsmart.co.uk