

# FROME FLYER

Summer 2009

Membership is £15 per annum for individuals, £25 per annum for families and £5 per annum for Associate Members. Payment renewals are due in April. Resignation from the Club is by letter. Cheques should be made payable to Frome Running Club and given to the Membership Secretary, Susan White. Club racing vests are necessary for all first claim members who enter open races and can be purchased from Fleur Rush (tel: 472739). General Club enquiries to: Karen Evans (Club Captain, tel: 471489), or Jo Fordham (Vice Captain tel: 472922). For Grand Prix/Sunday training queries, contact Tony Blatchford (Vice Captain): [tony.blatchford@yeovalley.co.uk](mailto:tony.blatchford@yeovalley.co.uk). The Club's email contact is [j.d.coles@talk21.com](mailto:j.d.coles@talk21.com). Correspondence to: Ted Sprules (Secretary) at 23 Stourton View, Frome, BA11 4DZ. Further details are also available on the Club website at [www.fromerunningclub.org.uk](http://www.fromerunningclub.org.uk). We meet at Frome Rugby Club on Wednesdays at 6.45pm for a prompt 7.00pm start. Sunday runs also available.

NEXT COMMITTEE MEETING: FRIDAY 3RD JULY,  
2009: 7:30PM AT FROME RUGBY CLUB

Welcome to those who have joined us from the latest "Fun to Run" course. In fact, a big welcome to all those who have joined us over the past several weeks.

As always, if you've anything you'd like to share with your fellow club runners, then please let me know by 19th August, 2009 or email me at ([s.b.watts@blueyonder.co.uk](mailto:s.b.watts@blueyonder.co.uk)). Why not write a race report or tell us about your favourite training route. *Sue*

## CLUB KIT - SALE!!!

It's good to see members sporting their red club hoodies at races and training. If you haven't managed to get hold of yours yet, then don't despair! Fleur still has a small stock of spares. She's also able to get hold of extra stock fairly quickly.

We'll shortly be re-ordering stocks of racing vests, as these

have become rather depleted of late. If you're interested in buying one of these, could you please let Fleur know of your interest and your size, so that she can make sure you're catered for.

The club is also holding a credit crunch kit sale. Selected old Frome A/C kit is now available at bargain prices. Frome A/C vests are priced **just £1 each** and Frome A/C long sleeved tops are **just £5 each**. A bargain, I'm sure you'll agree. Available on a first-come first-served basis, so hurry!

**Don't forget** that if you enter a race under the club name, then you must wear club colours (no excuse at £1 per vest!!). The only exception to this is when you run for a charity who supply their own kit.

## SUMMER TRAINING

With the arrival of lighter nights, we're able to revert to our summer programme for Wednesday training. Normal group training is also available.

## Club News

### Membership sec wanted!

Our membership secretary, Susan, has moved away from the area and will reluctantly be standing down from her role. In the meantime, Susan is still beavering away on behalf of the club, from a distance, to make sure the club membership runs as smoothly as ever. I'm sure everyone will agree that she'll be sorely missed and deserves a big thanks from the club for all her work.

If you're interested in taking on the membership secretary post, then have a chat with Sue Watts or drop her an email (address at the beginning of this newsletter).

By the way, new faces (and opinions) are always welcome at club committee meetings. You don't have to have been a club member for years...!

### On the subject of membership...

A reminder that membership renewals are now overdue. Please let Sue Watts have subs in the form of cheque or cash at Wednesday training or send to her at: 77 Park Hill Drive, Frome, BA11 2LQ **asap**. You need to be a paid-up member in order to enter races as an affiliated club member and to be covered by club insurance.

The membership fee stands at £15 for individuals, £25 for families and £5 for associate members. (Cheques should be made payable to Frome Running Club).

**First Weds in the month:** Time Trial over 5k.

**Second Weds:** Normal group run (or head down to Yeovilton to try your hand at their 5k race series).

**Third Weds** Speed session on grass. All abilities catered for.

**Fourth Weds:** Off road session. Meet at the Heaven's Gate Car Park at Longleat at 6.45pm for a prompt 7pm start for a 4-5 mile run down to Shearwater and back, through the woods. Suitable for all abilities. The normal group option, including SAS group, is also available, starting from Frome Rugby Club.

**Fifth Weds (if applicable):** Normal group run.



### LEADERSHIP IN RUNNING FITNESS

The club has a small team of qualified Group Leaders who do a great job of leading the SAS group on Wednesday evenings. We definitely need more of us though! If you're interested in becoming a Group Leader too, then let Sue know. One-day "Leadership in Running Fitness" training courses are run by UK Athletics and attendance can be organised through the club. The next one in this area is probably going to be in the autumn.



### SOCIABLE SUNDAYS

It's much easier to get those long runs under your belt if you're in the company of other runners. Tony has put together another great programme of weekend runs for June (mostly Sundays, but with the odd Saturday thrown in). See the Club website for a programme of weekend runs or ask Tony to add you to his email list.



### PARRETT TRAIL RELAY

Interested in taking part? Only six people (can be mixed men and

women) are needed to make a team. The race takes place on Saturday 17th October. If you fancy having a go, have a chat with Mark Aston at Wednesday or Sunday training.



### GRAND PRIX

As I mentioned in the Spring issue of the newsletter, Keevil and the Miners Half/10k have had to be taken off the GP fixtures list this year because these races have been cancelled. The Wells 10k and forthcoming Warminster Forest 10 mile replace these races. Just to confuse us more, there's no word yet as to the date of the Shepton 10k, which doesn't bode well. Last year this was held in October. If this race should fall by the wayside too, a substitute race will be found. Watch this space!

**The next race is the Warminster Forest 10 mile** on 21st June. It's a fairly challenging course, but thoroughly enjoyable, so why not give it a go. The next 'wild card' race is the Run in the Wild 10k at Chard on 7th June. Don't forget, too, that you can use one of your TT results as a GP race, anytime up to and including December.



### MELLS SCENIC 7

The Mells Trail Race has been given a new name. Renamed the Mells Scenic 7, the third outing of the club-organised race will be held on 27th September, 2009. Last year, we had great runner reviews and once again, the race will be part of the Somerset Race Series. If you'd like to volunteer your help for the race, either for on the day or beforehand, let Sue/Karen/Tony/Jo know at Wednesday night training or email the race director, Jon at [j.d.coles@talk21.com](mailto:j.d.coles@talk21.com).



### SPRING RACE RESULTS

If you want your race finish times to be included in future local press

reports and the Grand Prix competition, you **MUST REPORT THEM** to Karen Evans. Telephone her on (01373) 471489, or drop her an email at: [4karen@sky.com](mailto:4karen@sky.com), or let her know on a Wednesday night.

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### Cardiff 10k, 1st March 2009

Tom Stokes 43:49

### Devizes 10k, 8th March 2009

Keith Penny 38:27; Tom Stokes 42:51

### March Time Trial, 2009

Keith Penny 19:47; Brett Sadler 20:59; Nick Best 22:39; Simon Bullimore 21:31; Chris Steele 23:30; Colin Williams 22:51; Jenny Fisher 22:35; Andrew Eastwood 23:35; Caroline Rea 25:09; John Foreman 24:54; Helen Barrett 24:51; Emma Evans 27:53; Becky 30:17

### Bath Half Marathon, 15th March 2009

Jeremy Player 1:26:48; Georgie Starkie 1:38:39; Nick Best 1:40:41; Andrew Eastwood 1:44:55; Simon Bullimore 1:44:37; Chris Steele 1:46:14; Sarah Wallace 1:50:09; Karen Evans 1:54:18; John Foreman 1:55:52; Iain Brownlie 1:56:48; Caroline Rea 1:59:34; Mandy Aston 2:03:13; Michael Burr 2:06:42; Nicola Player 2:12:01; Mark Aston 2:15:17

### Forest of Dean Half, 15 March 2009

Tom Stokes 1:32:43

### Reading Half Marathon, March 2009

Liz Jackson 2:10:51

### Yeovilton 5k, 8 April 2009

Keith Penny 18:11; Ted Sprules 19:51

### Easter Bunny 10k, 13 April 2009

Keith Penny 38:10; Jeremy Player 39:07; Tom Stokes 41:00; Colin Williams 42:23; Jo Fordham 46:19; Marcus Gaffney 49:04; Mandy Aston 53:44; Jonathan York 54:14; Margaret Plummer 55:35; Sue Watts 56:11; Mark Aston 56:19; Nicola Player 58:01; Liz Jackson 1:03:31; Alan Berry 1:04:40

### Corsham 10k, 19 April, 2009

Tom Stokes 40:23; Ted Sprules 42:48; Jon York 53:39; Mandy Aston 54:56; Margaret Plummer 55:08; Mark Aston 56:24; Nicola Player 56:39; James Sherwin 59:12

### Portland 10k, 3 May 2009

Tom Stokes 40:02

### Glastonbury 10k, 3 May 2009

Margaret Plummer (2nd vet 55) 54:04.

### Club Time Trial, 5k, 6 May 2009

Ted Sprules 20:06; Kaine Dixon 20:20; Tom Stokes 19:31; Matthew Gilliard 19:56; Andrew Eastwood 22:17; James Farrow 24:07; Simon 22:26; Nick Cooper 21:45; Jonathan 25:26; Chris Steele 22:50; Jenny 23:00; Caroline Rea 23:46; Iain Brownlie 25:24; Marcus Gaffney 24:45; Liz Dowling 29:20; Mandy Aston 25:30; Emma 34:24; James Sherwin 27:33; Nicola Player 26:49; Mark Aston 27:11; Kate 30:35; Rachel 30:35; Sharon 25:34; Anne 32:51; Debbie Roberts 26:07

### Bracknell Half, 10 May, 2009

Tom Stokes 1:29:38

### Yeovilton 5k, Weds 13 May, 2009

Nick Best 19:27; Ted Sprules 19:34; Georgie Starkie 20:50; James Farrow 22:12; Jo Fordham 22:14; Mandy Aston 24:18; Karen Evans 24:23; Nicola Player 26:26;

### Cowpat Canter, 17th May 2009

Tom Stokes 56:54; Matthew Gilliard 58:37; Ted Sprules 1:02:17; Georgie Starkie 1:05:52; Jenny Fisher 01:09:52; Marcus Gaffney 1:13:01; Chris Steel 01:13:09; Jo Fordham 1:14:57; Emma Evans 1:20:21; Margaret 01:20:48; Karen Evans 1:22:22; Mandy Aston 1:23:00; Mark Aston 1:23:07; Debbie Roberts 1:31:07; Nicola Player 1:35:23

### Wells 10k, 24th May 2009

Tom Stokes 41:50; Georgie Starkie 45:24; Lauren Bryant-Jeffries 46:50; Mandy Aston 55:11; Margaret Plummer 55:45; Mark Aston 57:08; Emma Evans 58:09; Sue Watts 59:12; Tony Blatchford 1:01:52



## RACE CALENDAR

The summer is usually a relatively lean time as far as races are concerned. Having said that, there seem to be lots this year that aren't too far from home. Here's a selection. Entry forms are kept in the folder on the club notice board. There are a few links on the website, too.

**\*\*CLUB GP RACES** You need to do a minimum of seven throughout the year (you can include ONE Club Time Trial between February and December). Also included are **WILD CARD RACES**. Under this year's rules for the GP Series, runner can choose any ONE wild card from the list of wild card races. So, all in all, you need to have completed EIGHT races.\*\*

**Thurs 4 June: Forde Abbey X Country. 7pm.** Forde Abbey near Chard.

**\*\*GP WILD CARD RACE\*\*Sun 7 June: Run in the Wild.** 10.30am. Cricket St Thomas, Chard. MT over 10k.

**Sun 7 June: 5k Jog for Julia's 2009.** 11.30am. Poole Park. Flat two-lap course within the park.

**Weds 10 June: Yeovilton 5k.** 7.15pm. RNAS Yeovilton. Don't forget that you can choose your best Yeovilton result and submit as your wild card race in the GP.

**Sun 14 June: St James Place 10k.** 10am. Cirencester Park.

**Sun 14 June: Ninesprings 9k.** 11am. Yeovil Country Park. Also a 3k fun run on offer.

**Sat 20 June: Midsummer Dream.** Minimally marked route. Starting from Midsummer Music for Life event in Beer. Organised by Axe Valley Runners.

**Sun 21 June: Martock 10k.** 11am. Martock Fire Station. Described as undulating fast course.

**\*\*GP RACE\*\*Sun 21 June: Warminster Forest 10M.** 11am. Scenic run along forest trails and road. Some challenging 'undulating' sections, but plenty of shade should the sun shine!

**Weds 24 June: Nailsea Festival**

**10k.** 7.30pm. Nailsea & Backwell RFC. Two-lap undulating rural course.

**Sun 28 June: Downlander 10 mile.** 10am. Marlborough Rugby Club. A new 10 mile off road race, taking in the Marlborough Downs.

**Sun 29 June: Wincanton 10k.** 11am. Also a 3k field fun run and 10k road walk on offer. Normally attracts 60 - 80 runners, so a small race.

**Weds 1 July: Club Time Trial, 5k.** 7 pm. Frome Rugby Club.

**Sun 5 July: Portland 10M.** 11am. Royal Manor Arts College, Portland.

**Sun 5 July: Quantock Beast.** 11:00 am at Fishponds, Bristol. Scenic and undulating. [www.frenchay10k.com](http://www.frenchay10k.com)

**\*\*GP WILD CARD RACE\*\*Sun 12 July: Wellington 10.** 10.30 am. Either 10 miles or 10k, it's up to you.

**Sun 12 July: New Forest 10M.** 11.15am. No entries on the day. Chip timing.

**July: Maiden Castle Loop.**

**Sat 18 July: Swanage Half Marathon.** 10am. Swanage sea front.

**Weds 8 July: Yeovil 5k series,** 7:15 pm at RNAS Yeovilton. Enter on the day.

**Sun 26 July: The Conkwell Killer.** 11am. Approximately 8 miles, starting in Winsley and climbing up from the canal to the village of Conkwell.

**Sun 27 July: Exmoor Seaview 17.**

**Sun 2 Aug: Sturminster Half Marathon.** 10.30am. Sturminster Newton. Race on country lanes. Sponsored by local cake maker, Honeybuns. Sounds promising!

**Weds 5 Aug: Club Time Trial, 5k.** 7pm. Frome Rugby Club .

**Weds 12 Aug: Yeovil 5k.** 7.15pm. RNAS Yeovilton.

**Sun 16 Aug: Castle Combe 10k.** 11am. Traffic-free and flat, so good for a PB. Chip timing, including lap times.

**\*GP RACE\*\*Sun 30 Aug: Battle of Sedgemoor.** Undulating course, nice scenery, Grand Prix race. What more could you want?

**Mon 31 Aug: Baltonsborough 5M road run.** 11am. Round off the Bank Holiday weekend in style with this local race/village show.

**Weds 2 Sept: Club Time Trial, 5k.** 7pm. Frome Rugby Club.



## RUNNER PROFILE

In this issue, we catch up with *Marcus Gaffney, V40*, after his marathon exploits at London.

**When did you start running?** I was 38 when I started on Boxing Day 2007.

**What/who inspired you to start running?** Watching the marathon on TV for many years, telling myself that one day I would do it. But the death of my Mum was what got me going, so I did it for her and myself.

**When did you start racing?** First race was the warm up for London which was at Silverstone. As I am a bit of a motor racing fan I thought it might be fun and it was until I finished. I think my engine blew up!!!! (2:07:31)

**What/who inspired you to start entering races?** It was after the death of my mum that myself and the rest of our family went to give the Hospice the collection from the funeral. I said that I would have got them more money if I had got into the London Marathon but I had just heard that I was yet again unsuccessful, even though I had been entering since the year 2000. I still haven't got in to this day. Better luck next year. The hospice offered me a gold bond spot for the Weldmar Hospice Trust which I found I got just before Xmas 2007.

**What are your best memories of your early races?** My memory of my first races are Silverstone. There I was running round the race track making noises in my head like a race car (or at least I hope I was). Getting on the inside to try and get the racing line through the corners. Then, when I had finished, feeling sick all the way home. First time I

had done that distance due to injuries. I completed it in 2:07:31.

As for the marathon in 2008 I was just on a different planet. The numbers of fellow runners and anticipation of what's to come, the crowds cheering you on, especially mile 18ish. Just as you come out of Docklands heading towards the embankment was hell but as soon as I saw Big Ben in the distance it felt a lot better, especially when I saw my brother and his family standing cheering me on at the end right under Big Ben and of course seeing the finish line.

This year was a lot different as I knew what was to come, apart from the heat. Struggled earlier in the race this year, think it was lack of air/breeze in the tall buildings of Docklands. As soon as I got out of it I started to feel a bit better and tried to get my head down. I finished in 4:24:11. At least this time it didn't take a week to be able to walk normally again!!!

**What are your worst memories of your early races?**

Rain and being overtaken by a rhino and two wombles. The fear of not being able finish and not being able to collect the £3,100 I had raised.

**What is your favourite race/race distance now?** Haven't done that many really but halves are good and I did really enjoy the Cowpat Canter the other week, so it may be I like to get dirty and wet?

**What are your PBs at your best distances?**

5k: Club time trial 24:03

5 miles: Jingle Bell Jog Dec 08 39:15

10k: Easter Bunny Yeovilton 13<sup>th</sup> April 49:04

Warminster 10 miles 22<sup>nd</sup> June 1:30:46

Half-marathon: New Forest Half 21<sup>st</sup> September 2008 1:55:47

Marathon: London Marathon 2009 4:24:11

Other distances/races:12K Cowpat Canter 17<sup>th</sup> May 1:13:01

**Do you have any running goals?** Just to improve my times really. I am doing the Great North Run in

September, so want to try and get in around 1hr 30 to 1hr 45. Got to get more training in.

**What is your training pattern?** When training for a marathon I go out four times a week. Bit slack at the minute, spending way too much time in the garden with the light evenings and nice weather. But I will soon be knuckling down.

**What is your favourite training run?** I enjoy running along the canal. It's nice and peaceful once you clear the popular bits and the rest of the family join me on their bikes so we all get exercise. Also, around the lanes. I'm surprised at what you miss seeing normally.

**Have you suffered running layoffs due to injury?** Yes, the first year I hurt my left knee so it was a struggle to get the training in. This year it was my ankles. Twisted one at work which was my own fault which set off the other one when over compensating for the bad one. All clear at the minute but I need to get new trainers.

**Do you have an anti-injury tip you'd like to share?** Make sure you get the correct runners for your style of running as I have bought two pairs and neither of them are as good as my originals.

**Any diet tips?** Eat what you want. I do! Not the right answer I know but I am a lot more careful eater when I am training for a big run. As I am not a great veggie or fruit lover I am the worst person to ask for advice.

**Do you have any favourite running gear, eg. shoes?** My Mizuno Nirvana trainers have been great. It's a pity they are now knackered and I am trying to find a replacement pair on the internet.

**Do you have any general running tips?** I find sports massage does help but at the end of the day listen to your body, as it will tell you when to stop.

**Anything else you'd like to mention?** Last year as a team we raised £23,000 and this year £17,000 for the Weldmar Hospice Trust which is where my Mum spent her last days. And I still haven't managed to all the sponsorship money in. It's easier running London again!!!