

FROME FLYER

Autumn 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, Tom Stokes. 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. The Club's email contact is 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. 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 XX
OCTOBER, 2009: 7:30PM AT FROME RUGBY
CLUB

Good luck to club member Sharon Arnold, who has won a place on the GB team travelling to Hungary in October to compete in the Eurocanix Championships. Sharon will be racing with her canine partner Katja. Don't forget that if you have a newsletter contribution, it can be emailed to me at s.b.watts@blueyonder.co.uk

Sue



Running buddies

The summer has brought a few changes to the way that the group runs are organised. The former SAS group has now split into two groups: a 3-mile group and a 4-mile group (approx). Both groups are now self-led and operate a buddy system, as is the case for other groups that head out on a Wednesday night. That means making sure the group keeps together and that no one is left behind. The club's qualified leaders will focus on

mentoring any newcomers to the club, to make sure that they're looked after during their first few weeks.



Help needed!!

The Mells Scenic 7 is nearly upon us and we're still a bit short of volunteers, particularly to help marshal on the course. If you have a few hours to spare on the morning of Sunday 27th September, then it would be really appreciated if you could join us in Mells. And if you have any helpful friends, that would be even better. Not only will you have a great time and meet lots of friendly folk, you'll also get a free drink and piece of homemade cake. Give Sue a call on 301240 or drop her an email.

If you're heading out to any races in the next week or two or have a shop window/office noticeboard with room for a race poster, then drop Jon an email (address given above).

Club News

New membership secretary!

The club welcomes on board a new membership secretary, Tom Stokes. Thanks Tom! Any membership queries, see Tom at Wednesday night training.

Club vests

The long-awaited order for club vests should be here any day now. Apologies to all those who have been waiting for these, particularly some of our male runners. Thanks go to Fleur for persevering with what has turned out to be a very protracted purchasing process. If you're interested in buying a new vest (or any kit), give her a call on 472739. Don't forget that we've also got long sleeved tops and hoodies for those cooler days.

New leaders

Well done to Karen and Georgie, who both qualified as Leaders in Running Fitness during the summer. If anyone else is interested in training to be a Leader, then please get in touch with Sue. Another course will be held in Bristol in early November.

Grand Prix 2009

The next GP race is King Alfred's Torment at Stourhead on 20th September. Why not give it a go! The next 'wild card' race is "Over the Hills" in Bradford on Avon on 1st November. Don't forget, too, that you can use one of your TT results as a GP race anytime up to and including December.



Autumn training

The darker nights mean that we'll shortly be saying goodbye to Wednesday evening runs around the country lanes. Instead, we'll return to our tried and trusted well-lit town routes. Sadly, it also means that our popular monthly off-road sessions will also be put on hold until the spring. For this reason, there will be **no off-road session** on the last week of September. Instead, there'll be hill training!

AUTUMN/WINTER TRAINING '09

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

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

Third Weds: Speed work group (starting in October)

Last Weds: Hill training group



SUMMER RESULTS

The summer has been traditionally a rather lean time as far as races go. However, there's been good club presence throughout the county this year with plenty of PBs amidst a lot of healthy competition. At the Battle of Sedgemoor, Frome walked away with the 3rd ladies' team prize. Well done to Georgie, Jo, Mandy and Karen who made up the team. Keith conquered the Ironman challenge in France and Tom travelled to Hungary to compete in the Budapest Half.

If you're new to the club, or to the racing scene, then don't forget you'll need to wear club colours. This doesn't necessarily mean a club vest; a long or short sleeved club T-shirt is also allowed.

Plus, 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, or let her know on a Wednesday night.

Ironman France - 28th June 2009
Keith Penny 11:43:50

Club Time Trial -1st July 2009
Matthew Gilliard 20:06, Ted Sprules 20:16, Nick Best 20:35, Chris Steele 22:36, Nick Cooper 23:20, Caroline Rea 23:27, Marcus Gaffney 24:06, Greg 24:44, Helen Barrett 24:44, Kate Wareham 30:38, Anne Porter 32:52

Yeovilton 5K Race Series - 8th July 2009
Tom Stokes 19:18, Georgie Starkie 19:46

Wellington 10 - 12th July 2009
Tom Stokes 1:11:17

Sturminster Half Marathon - 2nd August 2009
Ted Sprules 1:30:18

Club Time Trial - 5th August 2009
Ted Sprules 19:53, Nick Best 21:14, Simon Bullimore 21:19, Nick Cooper 22:33, Chris Steele 22:56, Caroline Rea 23:03, Marcus Gaffney 23:21, Iain Brownlie 27:05

Salisbury 5-4-3-2-1 Trail Runs - 9th August 2009
Trail Marathon: Matthew Gilliard 4:09:37
30K Trail Run: Mark Aston 3:49:37, Mandy Aston 3:49:37

Battle of Sedgemoor 10K - 30th August 2009
Keith Penny 38:52, Ted Sprules 39:32, Georgie Starkie 41:54, Jo Fordham 46:25, Karen Evans 51:35, Mandy Aston 52:12, Mark Aston 53:42, Margaret Plummer 54:34, Debbie Roberts 1:00:17, Tony Blatchford 1:00:19, James Sherwin 1:02:54

Baltonsborough 5 - 31st August 2009
Ted Sprules 32:34, Nicola Player 46:20

September Time Trial - 2nd Sept 2009
Keith Penny 18:47, Matthew Gilliard 20:38, Simon Bullimore 21:53, Nick Cooper 22:29, Chris Steel 23:54, Sharon Arnold 24:04, Kate Wareham 29:36, Anne Porter 29:48

Bristol Half Marathon - 6th Sept 2009
Ted Sprules 1:27:08, Georgie

Starkie 1:33:03, Jenny Fisher 1:45:41, Jo Fordham 1:46:52, Steve Mynard 1:48:22, Karen Evans 1:57:04

Budapest Half Marathon - 6th Sept 2009
Tom Stokes, 1:34:36



RACE CALENDAR

This list of races is by no means definitive. However, if you're looking for a local race over the next few months, then it's as good a place to start as any! Entry forms for many of them can be found on the club notice board in the Rugby Club foyer.

Sat 19th Sept: The Pumpkin 10km (and 5km). Starts at 11am in Berwick St James (just north of Salisbury). Entries at Runners World

Sun 20th Sept: King Alfred's Torment. Roughly 7 miles. This is a Grand Prix race! Starts 11am.

Sun 26 Sept: New Forest Marathon and Half Marathon. Both races full and no reserve list.

Tues 29th Sept: Bridge Inn 5K. Part of winter series. Starts 7.30pm from Shortwood, Bristol. Entries on the night only.

Weds 8th Oct: Street 5km. Starts at 7.30pm from United Reformed Church in Street. Part of the Winter Series.

Sun 4th Oct: Shepton Mallet 10k. Two-lap road race. Starts 10.30am from Shepton Mallet Playing Fields. Entries on day allowed until 10am. ****This is a Grand Prix race!****

Sun 4th Oct: Burnham-on-Sea Half Marathon. 13th race in Somerset Series for 2009. Starts 11am.

Sun 4th Oct: Marshfield Mudlark. A 6.2-mile MT race. Starts at 10.30am from Marshfield Cricket Club.

Weds 7th Oct: Club Time Trial 5k. Starts 7pm.

Sun 11th Oct: Mendip Muddle. 20km MT race. Starts at 11am at the Charterhouse Centre in Blagdon.

Sun 11th Oct: Gold Hill Run. 10k hill road race. Starts 11am in Shaftesbury. On-day entry subject to race limit.

Sun 18th Oct: Beckington 10k. New race that's very close to home. Starts 12pm from Beckington Village Hall.

Sun 18th Oct: Exmoor Stagger. A tad over 15 miles. 14th race in the Somerset Series. Starts in Minehead. Start time tbc.

Sun 25th Oct: Great South Run. 10-mile road race. Starts 10.30am in Southsea, Portsmouth. Grand Prix Wild Card race!

Sun 25th Oct: The Stickler. Aka the Dorset 3 Peak Challenge! Starts at Shillingstone, north of Blandford Forum.

Sun 25th Oct: Stroud Half Marathon. Starts at 10am in Stroud.

Tues 27th Oct: Bridge Inn 5k. Starts 7.30pm.

Sun 1st Nov: Gilly Hilly. 7.5 miles on the road. Starts 11am in Gillingham.

Sun 1st Nov: Over the Hills. 12km MT race. Starts at 10am in Bradford on Avon. **This is a Grand Prix Wild Card race!**

Weds 4th Nov: Club Time Trial 5km. Starts 7pm.

7th Nov: Cheddar Half Marathon. **This is a Grand Prix race and 15th race in the Somerset Series!**

Sun 8th Nov: Sodbury Slog. Race now full. Charity places may be available through Macmillan Cancer Support. Tel: 0117 96709765. **This is a Grand Prix race!**

Weds 12th Nov: Street 5km. Starts 7.30pm.

Sun 15th Nov: Avebury 8. 8-mile MT race. Starts at 10.30am in Avebury.

Sun 15th Nov: Wimborne 10. 10-mile MT. Start 10.30am in Wimborne, Dorset.

Sun 22nd Nov: Castle Combe 10k. Entries on the day only. Starts 11am at the race circuit.

Tues 24th Nov: Bridge Inn 5k. Starts 7.30pm.

Sun 29th Nov: Brent Knoll. 5.5-mile XC. 16th race in the Somerset Series 2009. Starts 11.30am at Burnham-on-Sea.

Weds 2nd Dec: Club Time Trial 5km. Starts 7pm.



MY BIG DAY!

Club runner Keith Penny recounts his exploits at Ironman France, held in Nice in June. Anyone feel inspired to have a go?!

The day started with a nice 4 am alarm call! I felt surprisingly awake, a mixture of nerves and excitement; after all, I've been waiting for this day for a long time!! First job was breakfast. I needed calories – lots of them! After 'carb loading' for the past three days, I found eating a large bowl of honey and porridge, a round of toast and jam and a PowerBar a bit of a struggle but I did manage to eat it all. (Total calories consumed = approx 1,200) after sitting down for 30 mins (with a cup of tea of course!), I grabbed a quick shower, gathered my belongings and headed to the start line.

The daylight was slowly building, along with the number of competitors all heading to the start area. The city was still quiet, but the transition area was alive with music blaring out and thousands of athletes, busy prepping themselves. What a spectacle! 2,600 bikes all neatly racked in double rows. The transition area must have been 300 meters long! I pumped up my tyres and attached my drinks and lunch box with carefully planned energy bars and gels. Before I knew it, it was 6 am; only 30 minutes to the start. Wetsuit on, I dropped off my 'street wear bag' and made my way to the beach.

I was starting to feel nervous! The start area was divided into pens, enough for maybe 400 people in each and chosen according to ability. I stood in the far left pen, with a predicted finish time for the swim of 1 hr 25 mins. Swim cap on, goggles on and then off went the start pistol. This was where the madness started! The swim was made up of two laps, first a 2400m straight out and back into

a quick 50m beach landing where you 'U-turn' and then back into the water for a shorter 1400m loop. It's a scary thought - 3800m (2.4 miles) of swimming, especially when swimming is not my strong point!

To be honest I hated it – it was a nightmare! You were literally fighting for space, flaying arms, feet in your face. The sea was frothing, your vision was very limited, so trying to pick out the marker buoys was impossible! Now I know what migrating salmon have to go through!!

Eventually I reached the first turn buoy – no chance to take a nice tight line as there were so many people. On the way back, it started to 'string out' a little, so sighting was a lot easier. I reached the beach, but felt a little disheartened as I shuffled round the U-turn. I could see the faster swimmers exiting from the second lap. Then, to my surprise, as I looked behind there were still a lot chasing me! The second lap was a lot better; it seemed to go by really quick.

Finally the swim was over. You got a much needed 'heave' out of the water by the volunteers. After a slight wobble, I regained some coordination in my legs and was able to run the 150m into transition. Taking off my wetsuit as I went, I managed to catch a glimpse of the race time, 1 hr 25 mins! I felt pleased as it had felt a lot longer.

I grabbed my 'bike kit' bag from the racking. With so many you really had to remember where it was hung! I felt pretty good, just a little bloated from swallowing sea water. Wetsuit off, bike helmet on, race belt/number on. I quickly dried my feet on the socks, shoved my wetsuit into the bag and ran out of T1 in search of my bike. I found my row, put on my cycling shoes and ran awkwardly to the bike exit. Once clear, I mounted and was off feeling pretty good after completing the first stage.

Within minutes I was completely dry. It's around 8 am and you could already feel the heat from the sun. It was a great feeling departing Nice. We had the road to ourselves! The bike course of 180km (112 miles) was one big loop with 1800 m of climbing. This is the part I enjoy, with a lot of careful planning to pace yourself, keeping a close eye on heart rate plus careful hydration & nutrition.

My aim? To keep those legs fresh for a marathon! My plan (which I used during training) was to aim to consume around 240 calories, plus one 750ml drink per hour. One energy gel, a third of a Powerbar and half a banana every hour should meet my needs! I planned to eat one of the three every 20 mins and keep sipping down fluids. This worked well.

The first 20K went well. I was able to average a very comfy 20mph on the nice flat, smooth tarmac (unlike our poor road conditions!) and with the wind behind us. We very quickly arrived at the first climb! After swinging a sharp left you instantly settled in for an evil 500m climb at over 11%! After this the road continued climbing for the next 20K but at a steady rate. I was able to cruise and overtake a lot of other riders. I guess this is the satisfying part about being a slow swimmer; there were a lot of 'scalps' to be taken in front of you!

Was I riding too fast? My HR was fine, so I just kept on at my own pace. The scenery was great – very satisfying to look back down the valley. With 40K now done, the road now dropped for the next 10K, some real speed and a chance to cool off slightly. Very soon we arrived at the bottom and crossed a river. This was the start of the toughest climb. For the next 21K (13 miles) we headed up to the Col de l'Ecre to peak at 1120m above sea level. It was a steady climb, averaging around 7%. Again, the views were fantastic, with bright blue sky, mountains and the 'Rivera' coast line looking absolutely stunning bathed in sunshine.

The feed stations were well placed. Although there was a temptation to stop and rest at them, I just grabbed my provisions and cracked on. After a good hour plus of climbing I reached the summit still feeling good. 70K done only and 110K to go!

At the next feed station I picked up my personal 'special needs' bag, with SIS 'Go' energy drink and a honey sandwich which I managed to eat on the go. This made a nice treat compared to Bars/Gels etc. The next 20K was much flatter and slightly cooler after gaining some speed again.

Before long the roads started to drop, just nice long downhill sections easily reaching 40mph in places! The road clung to the side of a ravine, with breathtaking views across an

impressive tree lined valley. I tried not to look down! The road climbed and dropped; the last big climb takes us back up to the 980M 'Cote de Saint Pons'.

By now the sun was really strong and I started to slow a little. 130K done, only 50K left. After passing through some quaint villages (with some great support) the road started to fall again. To be honest, this came at the right time as my legs were feeling tired.

The next 30K was just mental, with some seriously quick technical downhill. The road wound its way down, faster and faster. Sadly, there was a reminder just how dangerous this can be. A guy had slammed into a barrier and was clearly in pain. (I later found out he was air lifted off, but okay)

After a very fast 18 miles we dropped back down to the valley road we took earlier, this time in the direction leading us back into Nice. Only 20K to go! The road was flat but a strong head wind up the valley made it hard work. I reached the famous 'Promenade De Anglais' with only 3 miles of cycling left. The transition area soon came into sight. I had made it! 6hr 6 mins for the bike split. That's an average speed of 18.3 mph. I was very pleased with this and very glad to get off that bike!!

Once into T2, and now on my feet I realized I needed to pee; the first one for nearly 8 hours. Perhaps not ideal but I had been drinking plenty and did not feel dehydrated. I grabbed my 'Run' kit bag, sat down, glad to get out of those cycling shoes – a quick change of socks and on with the trainers! A kind helper applied some sun cream to my neck and shoulders. Now it was just the small matter of a 26.2 mile marathon run!

As I exited the Transition and on to the four-lap run course, the noise of the crowd and music was overwhelming. But immediately you noticed the heat and the fact that you're now travelling a lot slower than on the bike. I felt okay, my legs were responding well to the change in motion. All I could think of was 'pace yourself'.

The run was four (10.5K) laps of the giant promenade (5K out to a U-turn). It was 'pan flat' but baking hot with an air temp of 28°C and no shelter from that burning sun. With three feed stations ideally placed along the closed road this gave you a chance to replenish approximately every mile. My plan was to rely on liquid fuel for the run,

starting with electrolytes & water and then using Coke & water for the last 90mins.

I was feeling okay(ish!). HR was okay, a little higher than in training - the heat? I had a slight scare at the first turn-around. I stopped to tighten my shoe lace, and as I started running again, my right knee started throbbing. Never had that before! I must have 'tweaked' it when bending down, but fortunately it soon cleared. 54 mins into the run and lap 1 (10K) was completed. That felt good!

By now the heat and race was starting to take its toll. I was starting to slow slightly. You really are competing with your mind now. Everything was telling you to stop but I had come this far and I wanted to finish without 'blowing up'.

Lap 2 was completed in a slightly slower time of 1 hr 1 min. I was forced to take on drink at every feed station, grabbing water and then with Coke, I could feel the sugar rush! I was forced to briefly walk each station whilst drinking. The temptation to continue walking was massive! It was quite alarming to see the number of athletes collapsed on the road side, some receiving first aid, others just sat head in hands!

Lap 3 done. Another 1 hr 1 min, so pleased to be on the last lap. There was a shower at each feed stop. The cool water felt great, the only downside being that my feet were now soaked, making it harder. I reached the final turn-around with only 5K to go, I could visualise the finish now. Trying to pick up the pace, there was nothing there! How could 5K seem so long?

I passed the final feed station with just 1 mile to go. I took great delight in overtaking those also completing their final lap. You can tell where you are in the race by the coloured wrist bands you collect at the end of each lap.

What a feeling! I finally reached the finishers' chute after a marathon run of 3hrs 58mins. The crowd was deafening. I grabbed a few 'high fives' as I near the line and then with arms aloft I crossed the line. Difficult to explain but, WOW what an achievement.

I felt great, and so happy to have finished! I was aiming to go under 12 hours, so very pleased with my time. Time to rest now and to say a big thanks to my partner Lauren for supporting me all the way and Paul Ryman, my personal trainer for his excellent advice.