

FROME FLYER

Winter 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 Nicola Player. General Club enquiries to: Karen Evans (Club Captain, tel: 471489), or Jo Fordham (Vice Captain tel: 472922). For Grand Prix/ weekend 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 8TH JAN,
2010: 7:30PM AT FROME RUGBY CLUB. ALL
WELCOME!

A warm welcome to any newcomers to the club. We hope that you'll enjoy running with us! Don't forget that if you'd like to make a newsletter contribution, email it to me at s.b.watts@blueyonder.co.uk

Happy Christmas!! Sue



Grand Prix 2010!

Another year, another Grand Prix. Well done to everyone who's taken part this year. Results will be announced and trophies awarded at the club's annual dinner in March.

Next year's Grand Prix will be as follows (although please note that there may be minor changes to the listing during the year. Keep a look out on the club's website and/or noticeboard).

Next year's GP competition: There will be three categories of prizes. (1) The best performances (female and male) using WAVA percentages. The best EIGHT

results to count. The age used for calculation will be the age at the start of the series. (2) The first athlete (female and male) to complete the required number of qualifying races. (3) The athlete (female and male) who completes the highest number of races.

You need to complete EIGHT races to qualify. These are as follows:

- (1) Any **ONE 5K** from the following: any Club Time trial, any Yeovilton 5k or Wells 5k.
- (2) Any **FIVE from the following 5M/10k** races: Longleat 10k, Devizes 10k, Trowbridge 10k, Easter Bunny 10k, Corsham St George's 10k, Pensford 10k, Wells 10k, Battle of Sedgemoor 10k, Shepton Mallet 10k, Beckington 10k, Bromham 10k, Jingle Bell Jog.
- (3) Any **ONE of these longer distance races:** Babcary 12k, Kennet Kanter 10m, Warminster Forest 10m, Wellington 10m, or any Half Marathon.

Club News



Jingle Bell Jog

Sun 13th December, 10:30am, from Frome Rugby Club. Come in festive fancy dress! Leave watches/HRTs/Garmins behind as you run over 5-mile course. Winner is the person who most accurately guesses their finish time! Hot mince pies in the bar afterwards.

London Marathon 2010

Well done to Marcus Gaffney and Steve Mynard who won the two club places at London next year.

Club kit

Nicola has bravely taken over from Fleur as keeper of the club kit. Thanks Nicola! And a big thank to Fleur who certainly deserves to get her car boot/hall back!

Club posts

Thanks go to Tony who has done a grand job as Vice Captain, keeping a tally of all our Grand Prix activities. Tony has decided to step down, leaving this post vacant. Also vacant is the post of Secretary. Please see Sue if you are interested in standing for either of these.

Dates for your diary

The club's **AGM** will be held on Friday 19th Feb at Frome Rugby Club. All welcome to attend.

The club's **Annual Dinner and Prizegiving** will be held on Friday 5th March, at the Rugby Club.

More details of both events will be posted on the website and noticeboard in the New Year.

(4) Finally, any **ONE of these off-road races**: Inca Trail, Cowpat Canter, King Alfred's Torment, Over the Hills.

Please note that all results must be sent to the Club Captain. Club colours must be worn for all races. A regular update of GP races and results will be published on the club's noticeboard and website.

What's all this about WAVA percentages? Well, WAVA stands for World Association of Veteran Athletes. The WAVA calculator allows runners' performances to be compared across distance, age and sex. It works using a grading calculator which takes all these factors into account.

In terms of the club's Grand Prix, at the end of a race each runner a percentage figure will be calculated, which will form the basis of the GP results. Note that this will replace the system of gold/silver/bronze runner used previously. It's hoped that as well as offering a simpler system for the GP, it will also let you track your performance more accurately between races and over time.



AUTUMN 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, Club Captain. Telephone her on (01373) 471489, or drop her an email at: 4karen@sky.com, or let her know on a Wednesday night.

Yeovilton 5k Race Series - 09 Sep 09

Keith Penny - 18:05, Nick Best - 19:49

Somerset Levels and Moors Marathon - 12 Sep 09

Jim Plunkett-Cole - 4:43:10

Para 10 - 13 Sep 09

Tom Stokes - 1:36:33

Chippenham Half Marathon - 13 Sep 09

Ted Sprules - 1:27:26, Matthew Gilliard - 1:35:51, Marcus Gaffney - 1:52:48, Margaret Plummer - 2:02:10

Berlin Marathon - 20 Sep 09

Nicola Player - 5:04:40

Great North Run - 20 Sep 09

Marcus Gaffney - 1:53:06, James Sherwin - 2:30:50

King Alfred's Torment - 20 Sep 09

Jim Plunkett-Cole - 49:57, Tom Stokes - 52:52, Matthew Gilliard - 57:57, Nick Best - 58:15, Chris Steele - 1:08:18, Margaret Plummer - 1:10:00, Karen Evans - 1:11:02, Debbie Roberts - 1:12:05, Emma Evans - 1:13:33, Mark Aston - 1:13:45, Tony Blatchford - 1:19:48

RAF Lyneham 10k - 26 Sep 09

Jonathon York - 50:52

Mells Scenic 7 - 27 Sep 09

Mike Rideout - 47:51, Margaret Plummer - 1:03:23, Liz Davies - 1:12:03, Kate Wareham - 1:13:07

New Forest Marathon - 27 Sep 09

Mark Aston - 4:45:03

Caesar's Camp 50 Mile Ultra - 04 Oct 09

Matthew Gilliard - 11:08:32

Shepton Mallet 10k - 04 Oct 09

Tom Stokes - 41:06, Debbie Roberts - 53:35, Nicola Player - 1:00:45

October Time Trial - 07 Oct 09

Nick Best - 20:53, Matthew Gilliard - 22:06, Caroline - 22:31, Paul - 22:56, Chris Steele - 24:07, Christine Penny - 24:45, Jonathon York - 25:14

South Molton Struggle 7 miles - 11 Oct 09

Tom Stokes - 54:46

Cardiff Half Marathon - 18 Oct 09

Tom Stokes - 1:30:15

Abingdon Marathon - 18 Oct 09

Ted Sprules - 3:06:18, Matthew Gilliard - 3:38:15, Georgie Starkie - 3:38:15 (PB)

Beckington 10k - 18 Oct 09

Keith Penny - 37:24, Tim Davis - 40:09, Lauren Bryant-Jeffries - 44:20, Liz Dowling - 56:52, Rachel Cobb - 57:54, Tony Blatchford - 58:49

Great South Run - 25 Oct 09

Emma Evans - 1:42:28, Alan Berry - 1:51:41

The Stickler, Dorset 3 Peaks Challenge - 25 Oct 09

Karen Evans - 1:50:02, Debbie Roberts - 1:50:38, James Sherwin - 1:56:03, Mark Aston - 1:57:45

Gilly Hilly - 01 Nov 09

Ted Sprules - 49:10, Marcus Gaffney - 1:00:11, Chris Steele - 1:00:28

Over the Hills - 01 Nov 09

Tim Davis - 53:16, Tom Stokes - 55:36, Alistair Dove - 1:09:44, Mark Aston - 1:15:36, James Sherwin - 1:16:25, Margaret Plummer - 1:17:15

November Time trial - 04 Nov 09

Ted Sprules - 20:33, Ian - 21:05, Caroline Rea - 22:45, Marcus Gaffney - 23:27, Sharon Arnold - 23:32, Chris Steele - 23:38, Nick Cooper - 23:39, James Sherwin - 26:39, Debbie Roberts - 25:56, Charlotte - 27:00, Emma - 27:45, Nick - 27:45

Cheddar Half Marathon - 07 Nov 09

Jim Plunkett-Cole - 1:23:09, Marcus Gaffney - 1:47:42, Karen Evans - 1:54:07, James Sherwin - 1:58:09, Ian Brownlie - 1:59:30, Tracey Prior - 2:20:56

Sodbury Slog - 08 Nov 09

Matthew Gilliard - 1:16:59, Alistair Dove - 1:27:34, Sharon Arnold - 1:31:27, Mark Aston - 1:53:56, Debbie Roberts - 1:57:47, Karen Evans - 1:57:47, Tony Blatchford - 2:01:55

Avebury 8 - 15 Nov 09

Tom Stokes - 1:02:35

Downton Half Marathon - 29 Nov 09

Tom Stokes - 1:38:38, Keith Robinson - 1:38:56, Mark Aston - 2:08:33, James Sherwin - 2:10:21

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RACE CALENDAR

Here are a few suggestions of what's on locally over the next few months. A selection of entry forms can be found on the club noticeboard in the Rugby Club foyer.

Sun 13th Dec: Jingle Bell Jog. 10:30am at Frome Rugby Club.

Sat 26th Dec: Stoke Stampede. 10 km road race. 11:00am start at Stoke St Gregory, nr. Taunton.

Sun 27th Dec: Warminster Plain Crazy. Starts 11:00am. 12M MT.

Weds 6th Dec: 5k Time Trial. 7:00pm prompt start at Frome Rugby Club.

Sun 10th Jan: Milborne 10. 10-mile road race over hilly course. 10:30am start from Milborne St Andrew.

Sun 10th Jan: Rough n' Tumble.

Starts 11:00am from Milton Lilbourne Village Hall.

Weds 13th Jan: Street 5k Winter Series. Entries on the night from 6:30pm, Street, United Reform Church Hall.

Sun 31st Jan: Slaughterford 9. MT race over 9 steeply undulating miles, with sting in its tail. Starts 9:50am from Rudloe, nr. Corsham. No entries on the day.

Weds 3rd Feb: 5k Time Trial. Starts 7:00pm prompt at Frome Rugby Club.

Sun 7th Feb: Longleat 10k. Starts 10:00am.

Weds 10th Feb: Street 5k Winter Series. Entries on the night from 6:30pm, Street, United Reform Church Hall.

Sun 14th Feb: Inca Trail. Starts 11:00am in Ilchester. 7-mile MT race.

Sun 14th Feb: Dursley Dozen. 12-mile MT race. Tough, scenic. Starts 10:30 am in Dursley. No entries on the day.

Sun 14th Feb: Tough Ten Challenge. 10-mile MT race with 2-hr limit. Starts 11:00am from Weston-super-Mare.

Sun 21st Feb: Hestercombe Humdinger. 9.5 miles on the road (or 5km Hurtle race). Starts 10:30am from Cheddon Fitzpaine, Taunton.

Sun 28th Feb: Babcary. A tad over 7 miles, on the road. Starts 11am in Babcary.

Sun 28th Feb: The Terminator. 11 miles, MT race. Starts 10:30am in Pewsey.

Weds 3rd March: 5k Time Trial 5km. Starts 7:00 pm prompt at Frome Rugby Club.

Sun 7th March: The Grizzly. Tough 20-mile MT race. Starts 10:30am in Seaton, Devon.

Sun 7th March: Bath Half Marathon. Public entries sold out.

Weds 10th March: Street 5k Winter Series, Street.



RUNNER PROFILE

Matthew Gilliard, 31, has become the latest club runner to qualify as a UKA Leader. A regular at Wednesday trainer, he also currently leads longer (muddier!) runs at weekends.

When did you start running?

About 5 years ago

When did you start racing?

When I went to Asia for the first time, I realised how skinny everyone was there, so I decided to start running to get a bit slimmer.

What/who inspired you to start running?

My wife and I entered the British 10k in 2005, the first race for both of us. We ran together and finished around 1:15. The winner of that race was (the legendary!) Haile Gebrselassie. I suppose he had finished about 45 minutes earlier, but he was waiting on the line, cheering everyone on, waving and smiling to each of us. He is still one of my heroes.

What are your best memories of your early races?

Seeing my times come down has always made me very happy of course!

What are your worst memories of your early races?

Nothing bad. That said, Hyde Park New Years Day 10k in 2006 was pretty strange after a rough night in the casualty ward with a bent shoulder and plenty of codeine.

What is your favourite race distance now?

I like them all!

What is your favourite training run?

I only ran it once, but the run over Rokko-san in Kobe, Japan was magical.

What race sticks in your mind as being the most memorable?

Every race is memorable. But...

...In October 2009 I did my first ultra - Caesar's Camp 50 miles.

I wanted a goal which would FORCE me to focus! Caesar's Camp is run on a 10-mile loop across the worst possible terrain (sand, tennis-ball-sized rocks, cattle grids, half-collapsed concrete steps, twisty forest single tracks, definitely no tarmac), and "organised" by an insane Dutchman called Henk. He promised us an "unsympathetic attitude to those that whine and a range of unsuitable sad country music to make the weekend even more horrid". An important feature of a race that length is that some of it will be in the dark. Again, Henk had some helpful advice: "You will need a head torch. If you don't use one and hit the ground, such is life, don't cry or moan".

This is the kind of race I could enjoy, I thought (I don't really understand myself sometimes...). And so I signed up about 6 months in advance. The weekend runs got longer and longer (and then longer still) throughout the year. We're lucky to have such a choice of lanes and paths around here so that I rarely repeated myself. One training run which has a special place in my heart is getting the first morning train to Castle Cary and running back off-road all the way. Being out for so long in our lovely countryside is really special. My wife and son continued to see less and less of me, until sometime in September I could finally begin to chill out and taper.

On the day of the race I woke up and drove to Aldershot to find Henk adjusting his £3.99 kitchen clock that would be the official race timekeeper. This set a pretty relaxed tone, and as people arrived I got chatting to a guy from Snowdonia who said it was his 99th ultra! I was very excited, and I felt pretty confident after all that training. At (approximately) midday, about 50 people huddled around the start line for one last bout of abuse from Henk, then we all started off. I knew I would have to take it steady, so I was surprised to

find that I was out near the front straight away.

During the first lap I chatted a lot with a lady who laughed about how she would get lost in almost every race - not the ideal running partner, so I was a little relieved when she ran off and left me behind. I was well ahead of schedule by the end of lap 1, so I nervously had a little to eat and set out on lap 2, expecting pain.

Lap 2, here was the pain. Oh dear, I felt like quitting and I'd only done about 14 miles. This did not seem very good. My knee was hurting with every step for reasons unknown, but I felt it would be silly to give up so early. I helped myself to a large dose of ibuprofen and everything started to get better. I'd slowed right down and many people had overtaken me, but I didn't let it bother me. The distance ahead was my only enemy. By the end of this lap I was feeling pretty good again. Schoolchildren out for a walk asked us how many miles we had left, then didn't believe the answer!

Lap 3. Started this lap off with a change of shoes and t shirt - it's amazing how good that felt. I had some food (typically: jelly babies, flat coke, crisps, sandwiches, any kind of junk food really), and started off again, feeling rather jolly. I knew this would be my last lap in the daylight so I tried to concentrate on remembering the route as well as I could. Gave myself a little cheer as I passed 26 miles :-)

Lap 4. When I look back on the second half of the race, it is like remembering a dream. I'd started to drink hot coffee at each stop (every 5 miles), and was recognising and chatting with people I'd seen earlier on. Without any kind of rational explanation at all, I felt more and more cheerful as I jogged round. Plenty of people were walking by this point and I caused equal parts of fright and confusion as I trotted up behind them singing old jazz numbers out loud. I did stub my toe pretty damn hard on a tree root during this lap, but it didn't affect me until much later on. I think it was during this

lap that I nearly threw up at the aid station. What on earth they were thinking of putting marmite sandwiches out without a warning sign is beyond me to this day...

Lap 5. As I started this lap I knew there was no point finishing with energy left over, so I was determined to run it as fast as I could. Which was not very fast, of course, but I still felt great and better with every step. I felt a good chance of finishing in under 11 hours, so I skimped on food at the final station (45 miles) - now THAT was a mistake! I was in the process of crashing and staggering off course when the lady who I'd run with in the first lap bolted past me and straight down the wrong path! I wobbled over the finish line with her soon afterwards in a total of 11 hours and 8 minutes, 9th place overall.

They had hot soup and bread and cake at the end, and I stuffed my face until I couldn't do any more than find my tent and fall over in it. I woke up 5 hours later, drove home, and tried to keep moving as much as I could for the rest of the day, but it did hurt.

I can't overstate how friendly everyone was there, and how well behaved, as if we were running with (not against) each other. It's a bit like a good party, I'm totally sure I had a great time although a lot of the details are hazy. I spent the next few weeks dealing with toenails dropping out (see tree root, lap 4!), and looking for my next ultra. I've found it now: The Trail De Paris in March, 80k which finishes with 396 steps up the Eiffel Tower. That's my current goal, and although it's a very different kind of event, with over 1000 runners, I'm sure it'll be great. After that, who knows? There's a fair few ultras out there, and I do feel a strange pull towards 100+ miles...

Any diet tips?

Seeing as I actually put on weight as I trained for Caesar's Camp, you probably ought not to ask me...

Any general running tips? Just enjoy it.