

WOLDS VETERAN RUNNERS CLUB NEWSLETTER

July 2020

BACK ON FORM

The lockdown has had a big effect on running, races cancelled, club events cancelled and group meetings restricted, and for how long? The answer is nobody really knows yet. For many weeks this has now dampened peoples spirits and killed their motivation. That was it appears, until the inspired idea that was the 1000 mile challenge in aid of a platform to talk, helped to rekindle some of that lost fire. What was to come next?

It appears that some of that fire carried on to the BMAF 5k relays. Some of the initial performances didn't go to plan. Several people made repeated attempts to improve their time, before settling and submitting. If I recall a couple had to repeat as they forgot to stop their watches or forgot and chose a point to point route. As Betty Gash reported so well, there were some great performances, some big improvements on the results achieved in the challenge, even some new PBs in some cases.

The real question is what is next? Some are considering giving Tealby Trail a bash, some the Winterton 10 mile virtual race. However the challenge for July is the Click'em full course, detailed later on.



Running? Really! Why?

Roll back the clock that would have been my reply if you invited me out for a run. Well what about now? Do I love running? Rarely. Do I like running? Well I suppose, mostly I do. So why do I "do" running? Well not so long back, I started running to try and keep fit as my IBS kind of put pay to my Kickboxing training. I used to go out round the block about a mile and a half and got to the point where I just about didn't burn out. Then Sam decided to give it a go too. At the time she really struggled with her asthma and started out running one lamp post walking the next.

In no time she was getting better and decide to join Anita one of her friends, and they were soon training together. In the mean time I occasionally went up to a whole three miles. Sam and Anita managed to do a couple of half marathons and Sam decided I should come on a few "longer" runs. Sam managed to drag me up-to a whole four miles now and again kicking and screaming and once even six miles.

By this time one of our friends Emma Magill told us about the Vets. We both decided to give it a go. To be fair we were both a little daunted at first as we were a little out of our depth amongst all the other seasoned veterans there. As such we only made a couple of club runs and never really got into it.

We started running with Emma and a few friends as part of other groups too, and in no time I realised thy running wasn't too bad. Running with others and joining Sue Anderson on a few of her speed sessions, we both decided to give the Vets club nights a go and even entered a few events. It was then that I realised the answer to my question. I have a bit of a competitive streak. I might add I like to beat myself (maybe I could have worded that better).

More than that I realised that I like running with others. The social aspect of running, the camaraderie, helping and supporting newer runners. Also to a degree I use running for mental health reasons. Running can offer release, a chance to forget about all the other noise, a chance to ground yourself. For some, I've noticed, running can help self confidence and be a chance to meet others and talk about nothing, anything, or everything. I like the thought of being a friendly ear, on the off chance that I could help them with issues they may have.

Getting to know you

For those of us who are still new to the club, I thought it might be nice to get to know some of the other members. After a little pestering in some cases, I got some quite interesting stuff.



Mike MacDougall

Favourite Race: Not sure I have a favourite race, possibly the Phil Johnson Barton 5k or the Deepdale Dash.

Proudest achievements: Winning the 2017 Hull Marathon, 2 man relay with Stephen Dring and finishing 5th at the 2019 Dubai 10k.

Lynne Higgins

Favourite Race: Grimsby 10k.

Proudest Achievements: becoming 5k British Ladies champion in 65 age category

Interesting Story: At the Grimsby 10k 2018 when I ran my 10k PB of 40:41, I knew I was the 1st lady in my age category. However, just as I went across the line a steward walked over with a stack of duplicate numbers and the prize was awarded to a lady from Hull. After a lot of investigation and nearly a week later, I was awarded my prize. As events unfolded, it turned out I had also ran fastest local mile. The lady in question, actually ran 10 mins slower than me, I was gutted. My whole family were there cheering me on. Simply wasn't the same getting my awards a week later.

Steve Brewin

I only joined the club 2 years ago. Probably my biggest regret, is not joining the club sooner. My running has come on so much, mainly down to running with my club mates. I have always enjoyed running as a child and used to take part in local fun runs. I got more into running after my first daughter was born 20 years ago as a way of getting my fitness back. My current running goal is to go sub 38 for 10k and longer term is to get my marathon time down. My top tip to anyone running is to make hills your friend or at least be that friend you put up with.

Favourite Race: One of my favourite races I've done (although not at the time) is the 2014 Snowdonia Marathon. Beautiful scenery, combined with the most painful run I've ever done. There is clip on YouTube somewhere of me slipping over as both my legs fully cramp up. Funny now but wasn't at the time. I still somehow managed to get to the finish line.

Proudest Achievement: Probably has to be winning Dennis Lake Memorial as its first race I've ever won since school sports day and leading a race was completely new experience. Alongside that I would have to say going sub 40 for 10k at the Deepdale Dash it was a great feeling knowing speed/hill sessions in training had paid off.

Sue Anderson

I said I started to run at 14. That was when I competed in my first race. In reality, even when I was 7 or 8 I used to run home from school, to brownies, to and from church. I Even used to run round the block, just to see if I could. What a saddo!

Proudest Moment: Being picked to represent the county to run on the track (1500m) and not coming last!
Started running at 14

Interesting Story: Sprinting for the line in an 800m race, I dipped for the line, overbalanced and went flying right in front of a packed stadium. What made it worse, I dipped too early and didn't even place.

Stephen Dring

Started out running half a mile to the paper shop of a Sunday morning. Completed my first parkrun the following December. Can't think of a funny story or mishap.

I have to add, on my first half marathon this year at the Cleethorpes Coastal Half, I heard a comment about Steve. I found the course quite a challenge, as did many others and felt a little dejected about the fact. However I felt much better after hearing someone quote Steve's response as he ran past, "I *!%#ing hate running!" Made me feel so much better thinking someone with the obvious ability Stephen has, felt the same way.

Favourite Race: Tough 10

Proudest Achievement: Going sub 3 hours at London Marathon (2 weeks after screwing up Boston Marathon)

Started running half a mile to the paper shop on Sunday mornings in 2013. Completed my first parkrun Dec 2014. Can't think of any funny stories or mishaps.

Steve Green

Started in May 1981 to run Hull to Grimsby Marathon in October, it was my first ever race in 3.34.

Favourite Race: Lincs Wolds Tough Ten mile, Susan and I organised for 25 years.

Funny Story: Travelled to Harrogate for race 3 of a 5K series, very quiet, race had been amended to following week!

Proudest Achievement: Thirsk 10 mile in 1990, went for it from the gun, finished in 8th place, my only sub 55 mins in 54.43.

Susan Green

Started running September 1980...1 mile jog walk round the block, ciggy on walk after to get breath back.

Favourite Race: Tough 10, Doncaster Town Centre, Vets 5k.

Proudest achievement: Finishing my first marathon, the 1981 Humber Bridge half in 4 hrs 23 mins.

Funny Story: Cutting a long story short. Early morning, scout bus ride to Derbyshire for a 12 mile, for a beginner friendly marshalled and well signposted fell run. Although we started out in a group it wasn't long before Anne and I were left behind. After 6 mile of attractive but empty moorland we realised we hadn't seen a marshall or an arrow for quite some time. The weather had turned dramatically, with no glasses we couldn't call the emergency number as we had no glasses. Our only option, yes you guessed it we found a main road and hitched a lift 6 miles in a strangers white van to a checkpoint. An hour wait later the marshall gave in and gave us a lift back, in his white van, to the pub and our teammates. We may have been given a little stick once or twice since.

Helen Robinson

Started running at school & got to county standard then started properly again in 2011

Favourite Race: Always enjoy a track 3k and I'll say Donny 10k

Proudest Achievement: Being in the same race as Paula Radcliffe at the English schools, sub 21 for 5K, sub 44 for 10k, although they've been flash in the pan results!

Funny Stories: Numerous mishaps! Fell down a hole in the tea pot relays Went to Inter Counties XC about 3 years ago & had to drop out because I was coming last. Have got lost going to numerous races & whilst running hundreds of times, did big click'em & ended up running over 13 miles! Me & Rachel lost our car at harewood house! Currently hold the record for being the slowest lady to run and be the first lady across the line.

Tanya Mackie

Started running in 2014 from the Tilted Barrel pub in Waltham as Sian McCourt convinced me to!

Favourite Races: The Louth Ac Wolds Dash , won senior lady twice and runner up veteran lady last year.

Proudest Achievement: Finishing the 2019 London Marathon with Lydia Gibbs. We were fellow mums and team mates making our kids proud.

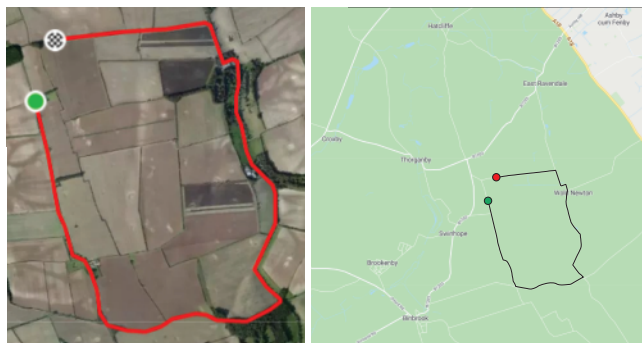
Funny Stories: Ahh there are so many to tell seeing as I'm always falling over, cutting my foot open or ripping toe nails off. However Dave Gibney gave me the biggest laugh during a head torch run a few years ago! We had just about got across a bridge when he suddenly slipped and the next thing I know he is knee deep in boggy mud!

Running Mishap: I would say was Dec 2018 during a long run I started to feel disoriented and unwell caused by low blood sugar. Barbara Brown soon snapped into action and looked after me. Knocking on a strangers door for juice and chocolate. I ended up eating half their Christmas chocolate!

July Challenge: Click'em Inn Selfie 5 mile

A short distance from the Click'em Inn, this route is one of the more popular Lincolnshire Wolds courses. Not necessarily one of the flattest mind.

Distance: 5 miles Elevation Difference 172 ft



The challenge runs from 4th July to Midnight on the 12th July.

You can make your attempt(s) at any point within this period to suit you. Please take a selfie including the Click'em Inn pub sign before or after the run (or get someone to take a picture of you).

After completing your final attempt email your time and Strava link etc., to stgreen1950@gmail.com. Put your name and run time as the subject of the email.

Please do not use Click'em Inn car park. Park on verges nearby on the left only

Terry at the pub is busy with the new changes so do not use the car park unless going in for drinks etc.

RULES.

I will use elapsed time so if you walk or stop etc leave your watch running,Strava will show your elapsed time.

Don't stop, if your watch shows less or more than 5 mile, use the official start and finish to time, it is marked on road.

If you run the course more than once please only submit one time.

****WOLDS VETS MEMBERS ONLY, I WILL CREATE A STRAVA GROUP FOR US****

Click'em Inn, Swinhope, near Binbrook, Lincolnshire. LN8 6BS

Route: <https://www.mapmyrun.com/workout/4455914491/>

HAVE FUN FOLKS

Sportsshoes.com
Discount code for July
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