

Kenilworth Runners Newsletter



May – June 2009

Message from the Editor

As feared, the toll of travelling with the F1 circus in the last couple of months has meant that the monthly club Newsletter has slipped to become bi-monthly for this edition. New in this issue is a list of local upcoming races for those keen to push themselves in a competitive environment. As usual, there is club news, race reports and a running related piece in *Any Other Business*, which should read as a cautionary tale for those planning to run a marathon, of the importance of getting one's taper right!

Club News

Some sad news to begin. Sheila Morris, wife of club veteran Mick Morris, passed away on May 27 after a long illness. A non-running club member, Sheila was always willing and present to help with club activities, such as marshalling at races or helping with refreshments. Her funeral was held on June 9 and was attended by several members of the club.

The day after her passing, the club collectively paid their respects by immaculately observing a minute's silence before the start of the second Summer League club race. Sincerest condolences are passed on by the club to Mick, family, and friends of Sheila.

The club *Awards Evening* unfortunately had to be cancelled due to low numbers who expressed interest in attending the event.

2009 membership cards have been printed and are sitting in the pigeon holes awaiting member collection in the club room.

Committee News

In the past couple of months Gus Davidson has resigned from the club and his role as Wardens Representative. Additionally Ivan Holdsworth has resigned from his role as Club Secretary due to work and personal commitments. The roles have been temporarily filled by existing committee members Stewart Fenton and (Wardens Rep) and Joan Mason (Club Secretary), but we are seeking other club members to join the committee going forward.

Kenilworth Half Marathon – Update

Our half marathon is confirmed for Sunday 4 October, to start from Castle Farm Sports Centre at 10am. Preparations by the committee are well underway and entries are being taken. The committee once again stresses the vital need to attract as many club members to volunteer their services for marshalling of the race and other jobs arising to ensure the smooth running of the event which raises much needed funds for the club and for charitable causes.

The club in the coming weeks will be running a campaign to secure your services for the half marathon. Whilst the committee is grateful to all those who offer their help, it should be noted that the consensus is that all members should be willing to help on the day unless they have a valid reason not to. Without sufficient marshalling the race cannot take place, which would place the financial well-being of the club in severe jeopardy.

Race Results

It has been a very busy couple of months for Kenilworth Runners – with some spectacular results in many distances, disciplines and events all over the country and beyond!

Sunday 5 April will go down in history for the club as it is thought that with 36 members taking part in road races, an unofficial record has been broken for the greatest club participation in racing on one day.

In the *Berlin Marathon*, **Andreas Ruhnke** sought inspiration in returning to his homeland as he set a personal best of 1:49:57. **Joan Mason** headed to Somerset to take part in the challenging *Taunton Half Marathon*, and returned with a highly creditable time of 2:06:46, which netted Joan 901st position overall and 11th position in the L55 category.

A popular London Marathon warm up race, the *Bedford Oakley 20 Mile* race saw **Rod Goodwin** finish in 3:09:35; **Aiden Kehar** in 3:15:23. Meanwhile in the Hampshire countryside, **Tom** (2:20) and **Pauline Dable** (2:40) took part in the *Coombe Gibbet to Overton* 16 mile race.

Three runners took on the 10 miles that incorporated the *Chedworth Roman Trials*. **Nicki Maritz** was first home in 1:32:31, followed by **Pippa Green** in 1:35:50 and **Paul Buchan** in 1:36:37.

The highlight of the day though for the club was the *Leamington Regency 10k*. No less than 28 club members joined 2000 other runners in this popular local event hosted at Newbold Terrace. Conditions proved ideal with cool temperatures and weak spring sunshine. **Stuart Hopkins** was first Kenilworth runner home in 35:00 but he was chased to the line by **Richard Simkiss** who set a superb new PB of 35:05 as the pair finished in fifth and sixth respectively. **Pat Noonan** and **Richard Green** completed our team who finished a highly creditable third. Further down the field **Pete Matthews** claimed a new PB with 46:15. Our ladies team finished fifth and there was much celebration as both **Ros Matthews** (48:47) and **Tina Butler** (48:50) claimed personal bests.

Position	Name	Chip Time	Position	Name	Chip Time	Position	Name	Chip Time
5	Stuart Hopkins	35:00	298	Pete Matthews	46:30	1160	Laurence Copeland	58:20
6	Richard Simkiss	36:05	339	Andrew Cheetham	47:03	1199	Robert Griffiths	58:50
15	Pat Noonan	37:08	440	Tina Butler	48:50	1204	Liz Hegan	59:07
40	Richard Green	39:24	480	Ros Matthews	48:47	1299	Pam Wilkes	1:02:59
48	John Dagnan	39:43	490	Mandy Crust	49:32	1326	Claire Patrick	1:00:57*
52	Pete Bryan	40:02	602	Caroline Pack	50:12	1495	Karen Parker	1:04:31
58	James Griffiths	40:16	664	Stephen Jackson	50:25	1580	Sharon Litterick	1:08:28
139	Richard Ward	43:11	740	Robert Cheetham	52:24		*Gun time	
201	Mark Hall	44:42	741	Denise Cheetham	52:25		1:03:56	
202	Glyn Clarke	44:48	913	Charlotte Beckford	54:08			
271	Martin Smith	46:15	1076	Nicholas Wright	57:24			

Easter Sunday (April 12) saw the *Massey 5* take place on the grounds of Warwick University. Six members took part with 100 others on this popular five mile race. **Richard Steel** was first home in 33:50, but **Tom Dable** was star runner as he claimed first position in V60.

Name	Time
Richard Steel	33:50
Tom Dable	37:34
Pauline Dable	42:44
Joan Mason	45:41
Nicholas Wright	48:16
Sam Curry	56:02

The *Coventry Way Challenge* moved from its traditional autumnal fixture to April 12 to take advantage of the foliage surrounding many of the footpaths not being overgrown. The 40 mile circular route around Coventry is a challenging but enjoyable route, as I discovered in part on a recent training run. **Mary Joyce** and **Hattie Sibbick** finished the event in 8:35.

Sunday 19 April saw the *Magnificent Eastnor Castle 7 mile* multi terrain race staged at Eastnor Castle Deer Park in the foothills of the Malverns. On a beautiful spring morning the course climbed a total of 1680 ft incorporating sections of the Worcestershire Way and climbing to the Obelisk. During the race the runners were treated to magnificent views and abundant flora in the form of primroses, violets and bluebells in the wooded sections, as well as the first call of the cuckoo this spring.

Finishers of the race were treated to an engraved half pint tumbler, Jaffa Cakes and jam doughnuts. The Dables both agreed that this was one of the most picturesque races they have ever run in their twenty plus years of competition. **Tom Dable** completed the course in 59:12; **Pauline Dable** came home in 73:32 and as the first V60 finisher won a much welcomed bottle of local cider!

On the same day **Joan Mason** and **Sam Curry** took part in the *Flitwick 10k*, this popular race incorporated the Bedfordshire County AAA 10k Senior and Veteran Championships and saw over 800 finishers. Joan finished the race in 56:30 to take 595th position overall; Sam finished 809th in 78:52. Both praised the well organised race which offered a £1 entry fee for V60 runners and offered a banana and medal to all finishers.

Sunday 26 April was another busy weekend for Kenilworth Runners with nine athletes taking part in the wildly popular *Flora London Marathon*. As with every 'odd' numbered London Marathon in the 21st century, the weather turned out warm and sunny, which made glorious conditions for the spectators but made the going tough for the runners. **Stuart Hopkins** was the first Kenilworth finisher in 2:58:34, but for Stuart, who had high hopes of running sub 2:45, a hip injury sustained in the weeks building up to the race caused him considerable hindrance in the race. **Richard Green** was our next finisher in 3:40:16 with **Gill Tugman** breaking four hours as our first female finisher in 3:58:30. Congratulations to all the runners who finished.

Position	Name	Chip Time
827	Stuart Hopkins	2:58:34
5036	Richard Green	3:40:16
5426	Martin Belcher	3:42:55
1779	Gill Tugman	3:58:30
10759	Ken Edwards	4:12:00
11760	Andreas Ruhnke	4:17:35
3951	Pippa Green	4:29:45
5287	Sally Hicks	4:45:00
16965	Aidan Keher	4:47:04

Whilst many eyes were focused on events in London, one of the region's most popular events - the *Rotary Shakespeare Marathon & Half Marathon* attracted over 2500 runners. Early weather forecasts of rain disappeared as the event drew nearer and the day was 'blessed' with typical race day weather. The sun shone brightly making the course harder, especially along the greenway section of the course.

Warm conditions notwithstanding, it was an superlative race for Kenilworth Runners, with **Mike Johnson** coming home a superb fourth, **Richard Simkiss** taking over a minute of his existing PB to finish ninth, closely followed by **Connor Carson** in tenth and **Luigi Frondella**, making a welcome return to racing after a long recuperation from knee surgery, finishing in an excellent 25th position - breaking 1:25 in the process. A total of 14 Kenilworth Runners finished the half marathon, with **Ros Matthews** first lady home in 441st position.

In the team prize, the men's team finished first in the team rankings ahead of eight others; the ladies team took a fine third out of seven finishing teams.

Jaqueline Hobson was our only runner to take on a second lap of the challenging course to complete the marathon in an excellent 4:07:57, finishing 492nd out of the 864 runners.

Position	Name	Chip Time	Position	Name	Chip Time
4	Mike Johnson	1:17:04	522	Rod Goodwin	1:49:49
9	Richard Simkiss	1:19:13	533	Tina Butler	1:50:48
10	Connor Carson	1:19:12*	957	Paul Buchan	1:59:44
26	Paul Royle	1:24:42	1098	Joanna Stratton	2:03:00
28	Roger Homes	1:25:05	1190	Joan Mason	2:07:12
412	Pete Matthews	1:46:52	1286	Liz Hegan	2:09:53
441	Ros Matthews	1:47:39		*Gun time 1:19:27	

A warm and sunny Sunday May 3 saw **Caroline Pack** complete the *Neolithic Half Marathon* in 1:57. This challenging multi-terrain course starts from Charlton Clumps on the Salisbury Plain and heads to the superb setting of Stonehenge.

May Day (Monday May 4) saw **Tom** and **Pauline Dable** travel to the Forest of Dean to take part in the picturesque *Blaisdon Bluebell 10k*. The Memorial Park in Coventry may lack the carpets of bluebells that the Dable's enjoyed in the forest, but it is a cracking and popular venue for a five mile race. The *Godiva May Day 5* saw five members take part, with **John Dagnan** running an impressive 31:45 and just missing out on first place in V60.

Position	Name	Time
35	John Dagnan	31:45
39	Richard Steel	32:15
69	Martin Smith	35:40
76	Glyn Clarke	36:08
130	Charlotte Beckford	42:46

The following day (Tuesday May 5) saw four members head to the outgoing British home of F1 for the popular *Silverstone 10k*. Over 800 finishers enjoyed running two laps of the GP circuit as the first event in the East Midlands Grand Prix Series, but had to contend with near gale force winds which put paid to running fast times. **Matthew Kingston-Lee** was first home in a creditable 27th position, 35:51 was his second fastest ever 10k time.

Position	Name	Chip Time
27	Matthew Kingston-Lee	35:51
320	Tom Dable	46:25
509	Colin Bricher	51:33
595	Pauline Dable	54:15

Thursday May 7 saw **Tom** (30:34) and **Pauline Dable** (34:52) take part in the first race of the *Oxford Motivational Series*, which attracted a record entry with 438 finishers. The *Charlton on Otmoor* is 4 miles 168 yards long and the prevailing cold wind from the south west brought a shower just as the runners started out on this figure of eight course between the villages of Charlton and Oddington.

Sam Curry was the sole Kenilworth Runners representative in the popular *Marie Curie Daffodil 10k*, held on May 10 over a testing course. She was particularly disappointed with her time of 85 minutes but put this down to the warm conditions and the severity of the hills.

Ken Edwards was the only member to take part in the local *Hinckley Half Marathon* which saw over 1000 runners taking part. Ken ran well to finish in 504th position with 1:49:31.

The East Midlands Grand Prix series saw its second race on May 13 with the Rugby 6 hosted at St Andrews Rugby Club. In perfect racing conditions, **Pete Bryan** led home our four runners in 37:38.

Position	Name	Time
49	Pete Bryan	37:38
193	Tom Dable	46:20
238	Colin Bricher	50:24
263	Pauline Dable	52:14

Kenilworth Runners celebrated a day of success at the prestigious *Cotswold Hilly 100 Race* on Sunday May 17 as the A Team regained the winners' shield they claimed in 2007 and the B team retained their title won the previous year. The 100 mile team race features 10 legs of approximately 10 miles each, setting off from Stratford-upon-Avon early on Sunday morning and comprising a loop of the Cotswolds - taking in beautiful scenery and the notoriously hilly terrain on the mostly quiet country lanes. As the route is navigated by each runner with the aid of a guiding team captain and his entourage of supporters, the event is not only a tough physical exercise, but a difficult challenge in organisation and team camaraderie. It is not uncommon for a team's race to be wrecked by an unwitting wrong turn or someone arriving late for the start of their leg.

The A Team, captained this year by **Martin Dorrill**, made a cracking start with two sub 60 minute legs by Phil **McCorquodale** and **Mike Johnson**. By the end of leg 6 the team had a near 10 minute gap over their nearest rivals, and with relentlessly strong runs from each relay member, **Connor Carson** brought home the victorious team in 10 hours 27 minutes and 51 seconds. The B team showed the club's depth in strength with another superb showing in winning the B Shield – an especially noteworthy performance came from **Gwyn Davies** as he headed straight from the wedding of Club President Wayne Oakes nursing a sore head to complete leg 9! The mixed sex C team ran well to finish fifth in the same category. The ladies team put in a fine performance to finish fifth on a day when blustery winds and heavy showers made conditions tough going for all.

	Kenilworth A	Kenilworth B	Kenilworth C	Kenilworth Ladies
Leg 1	Phil McCorquodale 59.51	Philip Perkins 76:23	Tom Dable 74.21	Pippa Green 84.40
Leg 2	Mike Johnson 59.38	Sean Mitchell 73.35	Andrew Preshous	Nicki Maritz 88.14
Leg 3	Roger Homes 64.46	Richard Green 68.43	Aiden Keher	Caroline Pack 84.30
Leg 4	Richard Simkiss 62.24	S Sidaway 68:16	Stan Alexander	Ros Matthews 85.30
Leg 5	Graham Birch 69.10	Andy Holbrook 77.06	Martin Broomfield/ Sam Curry	Rebecca Harvey 82.40
Leg 6	Stuart Hopkins 63.17	Nick Benbow 74.05	Mark Hall	Charlotte Beckford 92.10
Leg 7	Pat Noonan 60.10	Clive Pearce 69.09	Keith Blake	Tina Butler 82.36
Leg 8	Pete Bryan 62.56	Richard Steel 63.19	Rod Goodwin	Sally Hicks 83.50
Leg 9	Paul Royale 61.56	Gwyn Davies 72.16	Pete Matthews	Mandy Crust 80.36
Leg 10	Connor Carson 63.05	Rob Thompson 68.26	Joan Mason/ Paul Buchan	Lucy Aphramor 71.02
Official Total Time	10.27.51	11.51.18	13.56.17	13.53.20
	1 st Overall 7 am start	1 st Overall 6 am Start	10 th 5 am start	5 th ladies 5 am start

Missing out on all the glory was **Matthew Kingston-Lee**, who headed to the Lake District to take part in the *Brathay Windermere Marathon*. Voted by readers of Runner's World magazine as the country's second most popular marathon in 2008, the route incorporates a complete lap of Windermere - England's largest lake - and combines stunning scenery with a course that is constantly undulating and in places downright hilly! The superbly organised event also incorporates the 10 in 10 challenge, where a select number of brave runners attempt to complete the marathon course 10 times in as many days.

With high hopes of a strong performance in conditions that were near ideal until the rain arrived later in the day, Matthew was well inside the top 20 and on course for a sub three hour showing when he pulled a calf muscle at 16 miles. After being strapped up by First Aiders, he hobbled determinedly to the finish, but was disappointed to finish in 131st position with a time of 3:33:47.

May 21 saw the first round of the *Wedgnock Summer Series*. After our success in the winter event, our domination continued on this challenging 10k multi-terrain course with **Michael Johnson** taking a superb victory with **Connor Carson** making it a 1-2 finish for the club and **Richard Simkiss** also finishing in the top 10.

Position	Name	Time
1	Michael Johnson	35:59
2	Connor Carson	36:53
8	Richard Simkiss	39:49
22	John Dagnan	43:26
41	Pete Matthews	46:37
58	Ros Matthews	49:10
62	Tom Dable	50:05
108	Pauline Dable	59:23

Having completed the *Bedford 6* the previous week in 48:26, **Colin Bricher** was joined by **Stuart Hopkins** on May 27 in the *Corby 5*, the fourth round of the East Midlands Grand Prix Series. Stuart, still hampered with injury, finished 29th in 29:25, Colin finished 248th in 42:34.

Four members of Kenilworth Runners headed to Scotland on May 31 to take part in the *Edinburgh Marathon*. A popular alternative to the London Marathon, the 26.2 mile course takes in many of Edinburgh's famous landmarks and, with an overall course elevation drop of over 50 metres, it stands out as being the fastest marathon course in Britain. The race saw over 13,000 entrants which makes it the most popular marathon in the UK outside of the London Marathon.

Continuing from his superb run of form from late 2008 and into 2009, **Richard Simkiss** made a sensational marathon debut as he defied the warm Summer conditions to clock a time of 2:52:38, netting him 63rd position overall and securing him a Good For Age place in the 2010 London Marathon. He was joined under the magic three hour barrier by **Conner Carson** who clocked 2:59:26; **Ros Matthews** ran excellently to break the four hour mark in 3:59:31, followed not long after by husband **Pete**, who finished in 4:11:31.

Position	Name	Chip Time
63	Richard Simkiss	2:52:38
123	Connor Carson	2:59:26
2520	Ros Matthews	3:59:31
3294	Pete Matthews	4:11:31

On the same day twelve Kenilworth Runners took part in the *Northbrook 10k*. Despite the race coinciding with the warmest day of the year thus far, **Phil Gould** showed he had recovered from recent injury to take a brilliant seventh position in a PB time of 34:45. **Lucy Aphramor** was our first lady home as she clocked 41:00 to finish fifth woman and first in the F35 category.

Position	Name	Time	Position	Name	Time
5	Phil Gould	34:45	129	Tom Dable	46:09
27	Paul Royle	39:01	190	Aiden Kehar	49:58
40	Phil McCorquodale	39:39	201	Mandy Crust	50:28
46	Richard Steel	40:32	275	Charlotte Beckford	55:11
47	John Dagnan	40:35	282	Pauline Dable	55:38
61	Lucy Aphramor	41:00			
78	Stan Alexander	43:24			

Club Winter League

Nineteen runners took part in the season finale *Barford Super Belter* on 19 April. **Richard Simkiss** was able to keep his overall position with a fine run. The A group saw a mere three points separating **Tina Butler** from second placed **Ros Matthews** in second place. The B group saw **John Woodrow** take victory ahead of former leader **Andrew Preshous** who had to make do with second position.

Club Summer League

Our popular series of summer evening races kicked off on May 14 with the *Abbey Run* at Stoneleigh. With 46 members and guests taking part, it was a night when all records were broken. With 34:30 **Phil Gould** broke the overall course record by over 2 minutes. Martin Dorrill's 35:12 set new standards for the male vet category. Julie Maundrell set a new ladies category record with 43:17 and Lucy Aphramor's 40:13 the female vet category.

A record 54 members and guest runners took part in race two, the *Burton Bruiser*. At just over six miles, starting and finishing at The Peeping Tom, Burton Green, the opening downhill miles belie a sting in the tale with an undulating run back on Crackley Lane and a tough last climb up Westwood Heath Road to the finish.

Sam Curry gained the full 50 points for the handicap by taking nearly 3 minutes off her predicted time. **Lucy Aphramor** took over a minute off the female vet course record and so earns an extra 5 points; **Tom Dable** is now the overall leader having had a good run whilst playing his Joker which doubled his points. The evening was rounded off with a sociable gathering in the pub with chips and sandwiches.

Any Other Business?

Forthcoming Local Races

Pete Matthews has very kindly provided details of local races that members may be interested in taking part in for June and July. Owing to my tardiness in publishing this newsletter, some of the June races have already taken place, but I've included them here as the fixture may be a date in your diary for 2010!

June

Date	Distance	Race Title	Website
6 June 2009	5km	Vision 5km, Birmingham	http://www.vision5kuk.org.uk/index.php
7 June 2009	8 Miles	Dorridge Fun Run	http://www.dorridgefunrun.org/
11 June 2009	5.25 Miles	Harbury Stroll *Club Race*	http://www.kenilworthrunners.co.uk

14 June 2009	9 Miles	Asics Arden 9, Solihull	http://www.hamptontennis.org.uk/arden9/
18 June 2009	10km	Wedgnock Summer Race Series Round 2, Warwick	http://www.runstratford.co.uk/index.php?id=68
21 June 2009	12km	Farnborough Flier 12k, Banbury	n/a
25 June 2009	5 Miles	Sphinx AC Summer 5, Coventry	www.sphinx.org.uk/
25 June 2009	5 Miles	Hampton Lucy Lurker *Club Race*	http://www.kenilworthrunners.co.uk
28 June 2009	10km	Timberhonger 10k, Bromsgrove	http://www.timberhonger10k.co.uk/
28 June 2009	6 Miles	Snipe Six, Snitterfield	n/a

July

Date	Distance	Race Title	Website
2 July 2009	4.75 Miles	Draycote Picnic Race *Club Race*	http://www.kenilworthrunners.co.uk
4 July 2009	6 Miles	Stratford Summer Six, Stratford	http://www.stratfordac.co.uk/our%20races.htm
4 July 2009	13.1 Miles	Birmingham and Black Country Half-Marathon, Birmingham	http://www.bbchm.co.uk/
12 July 2009	10km	Evesham Vale 10k, Evesham	http://www.eveshamvalerunningclub.org.uk/eveshamvale10k.htm
16 July 2009	10km	Wedgnock Summer Series Rd 3, Warwick	http://www.runstratford.co.uk/index.php?id=68
18 July 2009	10km	Guide Dogs Fun Run 10k, Coventry	http://www.guidedogs.org.uk/funrun
18 July 2009	6 Miles	Hornton 6, Banbury	http://www.cherwellrunning.co.uk/cherwell.html
23 July 2009	6 Miles	Berkswell Bear, Berkswell *Club Race*	http://www.kenilworthrunners.co.uk
25 July 2009	10 Miles	Fierce!, Morton Morrell	n/a
30 July 2009	5 Miles	Roger's Railway Handicap, Kenilworth *Club Race*	http://www.kenilworthrunners.co.uk

When Things Go Wrong, Blame The Taper!

As mentioned above, things did not go quite to plan when I took part in the Windermere Marathon. Disappointment seems harder to take when it involves a marathon – maybe it's the time taken in training or the mental and physical effort required during the race which backlashes as depression and despair when goals were not met.

These last few weeks I've analysed my training and build up and decided to blame the taper. I knew that the preceding weeks, for various reasons, did not entirely bode well compared to the textbook method for tapering. In a cathartic effort to justify my performance and to hopefully educate others on how not to prepare for a race, I give you ten top tips on how not to taper for a marathon.

1. Know what race you are training for. I'd really wanted to run London, but Bernie Ecclestone scuppered those plans by changing the Bahrain GP date. I'd found Windermere, a marathon three weeks after London, but really I think I kept training for London, just in case I found myself not Manama bound. Although in great shape, I think I peaked a week or three too soon.
2. When flying to Bahrain, refuse the offer to be upgraded at last minute (For the first time) to Club Class. They may have comfy reclining seats, but the flight will be spent entirely eating and drinking everything that is offered to you, steadfastly determined not to waste a minute by such an activity as sleeping or relaxing.
3. Don't get sick three weeks before a marathon. Unrelated to flying Club Class, the first night and day in Manama was spent throwing up and suffering in bed as if I was a prototype Swine Flu sufferer. Although recovery for the most part was swift, lingering bugs in the stomach ensured all runs for the next month or so could be interrupted at any moment by an unwanted surprise...
4. If you must be sick in Bahrain, insist on a comfy bed and don't be left with a roll out best suited for residents of Lilliput. This will not help that dodgy back you've been nursing through training for the past five months.
5. When your back is a bit dodgy, don't find yourself in the back of a 10 year old hire car with two other passengers in the back bouncing over speed bumps at F1 speeds because the driver is an idiot.
6. An important one this: if you have a niggle in taper weeks, cut back on the mileage and get it seen to promptly. Don't run on and hope the pain will go away come race day. I kind of observed this, but didn't go the whole hog, the fear of losing fitness getting the better of me.
7. Five days before race day, don't agree to spend a mini holiday with family on the Welsh coast. 170 miles of glorious scenery it may be on the journey there – but all that accelerating and braking will take its toll on that right leg.
8. On your final taper runs, don't elect to run for an hour on a wind-swept coastal path culminating with a mile long 1:4 climb and descent. This is just silly – even if your planned marathon is described as 'hilly'.
9. Don't repeat the driving in 7 to get home two days before the marathon. You should have your feet up, not driving with your eyes on stalks like Sebastien Loeb in Rally GB.
10. Don't leave booking accommodation for the race so late that there is nothing available on race day, meaning that you have another 180 mile journey on race day morning to get to the start line. If you hadn't done 7 or 9 you may have gotten away with it. Instead this most likely signed and sealed your fate before you'd even begun.

Thanks for this issue go out to Pauline Dable, Roger Wilkes, Joan Mason and Pete Matthews. Hopefully normal service shall resume with a monthly edition of the Newsletter in July.