

Stourbridge Running Club October Newsletter

It Doe Arf 'Ert

Happy Birthday to: - Dee Bertram, Dawn Bishop, Simon Dunn, Andy Gardner, Dave Hassall, Sarah Sciven, Nicola Thorpe and Rachel Ward,

Welcome new members Chloe Pearson, Samantha Hill and Barbara Perks.

Had a good run at the Ridgeway Challenge, which was also the Trail Runners Association Ultra Championship race for 2007. Started at midday on Saturday (25th) and follows a National Trail called the Ridgeway for 85 miles next to the Chilterns. By the first check point I was running on my own in the lead, but finding the heat becoming a problem. The course was very scenic with plenty of impressive views from the tops of the hills. By early evening I'd reached halfway and the temperature thankfully began dropping. I was ready to retire here after so much sun and dehydration, but after a light meal and plenty of fluids I was ready to go again. It was a relief to run in the evening and night with it being cooler, but now the terrain became more awkward and already blistered feet were getting painful. I kept a steady pace and just got my head down to slowly work my way past all the check points. Navigation wasn't too much of a problem until the mist came down towards the end of the race and I ended up doing a couple of extra miles. I eventually crossed the finish line at 02:35 in first place with a new course record of 14:35. **Matt Giles**

Mat Raden, has been running exceedingly well also he claimed 7th spot at the Frampton 10k. Timed at 34:51. **Bob Hardman** enjoyed the course. Not all good news though, Mat was very disappointed with his performance at the Lake Vyrnwy half marathon.

In their first ever half marathon (Wolverhampton) husband and wife **Jason and Kerry Corns** were very pleased with their efforts, Jason came home in 54th spot(1:30:11) Kerry crossed the line in 619th place(2:05:32) Kerry quotes, "we all had a great day here in Wolverhampton, we'll definitely be back again next year."

Andrew Davies managed to complete his first Ironman following his Lanzarote disappointment. It was down in the Forest of Dean and was called the Big Woody.

"I did well in it considering it was my first one finishing in 2nd place overall with the fastest swim and run splits of the day. I was only 90secs behind the leader after just 9 hours of racing!?! I really enjoyed the race and have now decided to dedicate all my time to long course racing.

A big thanks to all those who came to cheer me on on the run section as it was a massive help. I think I went a lot faster just to escape Matt Giles's nagging to keep eating!?! Also Nic who had to get up with me at 3am and spent the whole day waiting and cheering as well as marshalling part of the race as well.

It would be good if we could get 'Two Wheels' bike shop a mention as without them I would not have been racing at all, as they managed to repair a crack in the frame of my carbon race bike. **Andy Davies.**

A driver meets Pope Benedict XVI at Kennedy airport.

After getting the Pope's entire luggage loaded into the limo (and he doesn't travel light), the driver notices that the Pope is still standing on the curb.

"Excuse me, Your Holiness," says the driver. "Would you please take your seat so we can leave?"

"Well, to tell you the truth," says the Pope, "they never let me drive at the Vatican and I'd really like to drive today."

"I'm sorry but I cannot let you do that. I'd lose my job! And supposing something should happen?" protests the driver, wishing that he'd never gone to work that morning.

"There might be something extra in it for you," says the Pope.

Reluctantly, the driver gets in the back as the Pope climbs in behind the wheel.

The driver quickly regrets his decision when, after exiting the airport, the Pontiff floors it, accelerating the limo to 105 mph.

"Please slow down, Your Holiness!!!" pleads the worried driver, but the Pope keeps the pedal to the metal until they hear sirens.

"Oh, dear God, I'm gonna lose my license," moans the driver.

The Pope pulls over and rolls down the window as the cop approaches, but the cop takes one look at him, goes back to his motorcycle, and gets on the radio.

"I need to talk to the Chief," he says to the dispatcher.

The Chief comes on the radio and the cop tells him that he's stopped a limo going a hundred and five.

"So bust him," says the Chief. "I don't think we want to do that, he's really important," replies the cop.

The Chief exclaimed, "All the more reason!" "No, I mean really important," said the cop.

The Chief then asked, "Who ya got there, the Mayor?"

Cop: "Bigger."

Chief: "Governor?"

Cop: "Bigger."

"Well," said the Chief, "Who is it?"

Cop: "I think it's God!"

Chief: "What makes you think it's God?"

Cop: "He's got the bl**dy Pope as a chauffeur!!!"

Lake Vyrnwy 20th Anniversary Race

A large contingent of Stourbridge runners (27) made the trip to the picturesque village of Llanwddyn, Powys for the 20th Anniversary Lake Vyrnwy Half Marathon.

It was an especially poignant day given the tragic loss of the race director Doug Morris who sadly died last month. He had been especially helpful to Ingrid in organizing our block booking, and all credit to his wife and the rest of the Oswestry Olympians who were determined to make it a fantastic day, and well organized race as a tribute to his memory. A minutes silence followed by a spontaneous cheer and round of applause preceded the race, showing the level of respect that Doug held.

It's a lovely race, mostly flat with only a couple of small hills (although the last ones a bit sneaky) mostly traffic free despite the speeding ambulance towards the end which was a little worrying (I hope it wasn't too serious), and great scenery: the view when you arrive on the Dam is quite breathtaking (mind you that might have something to do with the climb up to it!). The weather was excellent: not too hot and just enough breeze to make running comfortable so it was a tremendous day for Stourbridge with many PB's. Club stalwart **Roy Davis** was particularly pleased with his efforts on the day, Roy quotes, "I stuck to my race plan... not too quick to start with, I was closing on Mr. Raden then I thought nah! let him go, I've often gone off to fast, so I'll catch him later. The mid part of the race i.e. the far end of the *rezza* I started to widen my stride and increased the pace, fortunately there was plenty in the tank so, so far so good. I felt fine up until the last couple of miles from then on it was a bit of a struggle. But hey I achieved an excellent time, there's a good chance I'll be back next year." **Roy**

I think everyone enjoyed the day out: a run, followed by a picnic and a visit to a local hostelry - what more can you ask for!

A special mention to Helen Hopkins and Julia Martin who smashed their previous PB - especially Helen who is recovering from injury. Sadly not all good news Ged managed to pick up an Achilles injury - even struggling to make it to the watering hole on the way home!

A large field meant that crossing the start line took a while and the start was a little crowded and slow so for many of us our official times were a little higher, however, Simon Link was first home for the club in 9th place (2nd MV40). The rest of the times are as follows:

Simon Link	1:15
Matt Raden (PB)	1:17
Barry Green	1:21:37
Andy Aston	1:23
Dave Rose	1:25
James Douglas	1:26
Jason Corns (PB)	1:28
Pete Walters	1:29
Mike Anslow	1:29
Luke Keegan	1:40
Richard Dawson	1:42:20
Dave Sheppard (PB)	1:34
Bob Hopkins	1:35
Nikki Davies (PB)	1:43
Mark Pearson	1:48
Ingrid Cain (PB &	1:50
Ian Price	1:50
Siobhan Kavanagh	1:51
Ant Homer	1:51
Roy Davis	1:56
Pete Cash	1:56
Sue Wilkes (PB)	1:58
Ros Elcock	1:59:33
Jackie Thomas (PB)	2:15
Ged Martin	2:20
Julia Martin (PB)	2:26
Helen Hopkins (PB)	2:26

Superb runs at the inaugural Kinver Rotary/Action Heart 10k saw Si Link come second Kevin Burke 4th Elaine Chambers finishing in the prizes. Tony Warner, Tim Gardner, Lawrence Leeming Latham and Ant.Homer ran for the men. Sue Wilkes (58:09) Jean Wilkes and Angela Farley and a new member Barbara Perks competed for the women; unfortunately Angela sustained a muscle strain on the downward stretch, fortunately not her groin. Everyone agreed that it was very hilly, picturesque course," a course of two 5k's.....5k up then 5k down. Ed.

Stourbridge qualify for National 6 Stage Relays 23 Sep 2007

On a good day for the club the men's A team finished in 33rd place. Which was enough to place them 25th A team and gain them an entry into the national 6 stage relays to be held on the 20th of October at Sutton Park.

"I'm nearly over my groin strain; it's taken absolutely ages though! Have managed to get out and do a little bit without too much discomfort." **Angela Farley**

At the Midland Counties Road Relays our congratulations must go to, Dawn Bishop, Louise Collins, Nikki Davies, Ros Elcock, Siobhan Kavanagh, Di Vincent, Elaine Chambers and Vicky Swindells. Excellent performances

Forth coming Events in October

Date	Event	Venue
Oct 6th	Midland counties Xcountry Relays	Wollaton Park Nottingham
7 th	North Worcs. Multi-terrain 8	Wasely Hills
7 th	Badger Bite (Race Now Full)	Badger (Shropshire)
13 th	Bent Clees Challenge	Hayton Bent
14 th	Bells of Pattingham	Pattingham (West of Wolves)
20 th	National 6 Stage/women's 4 stage relays	Sutton Park
21 st	Stroud Half Marathon	Stroud Gloucestershire
27 th	Snowdon Marathon	Llanberis Nr Snowdon
29 th	Dublin Marathon	Dublin

Roger Szygowski Publicity Officer. Apologies for any mistakes or omissions Don't forget to send me details of your runs, good or bad or any info you think suitable for the newsletter to rogerszygowski@blueyonder.co.uk. Or 01384 350425.

Visit the club website

www.srclub.co.uk