

Stourbridge Running Club February Newsletter

It Doe Art 'Er

Happy Birthday to:-Andy Aston, Paul Bradley, Sally Chiswell, Jayne Gardner, Louise Collins, Bob Hopkins, Gary Kent and Sue Wilkes.

Stourbridge Stagger Sunday 3rd Have you volunteered your services Yet!

Lesley Joyner ran the Helsby Half Marathon in 2hr 5, Lesley tells us." I had to stop a few times because of mud and water. At 11 miles I had problems with the knee and ran through it not been out since" Well done Lesley were proud of you (Ed).

Ingrid achieved a p.b. at the recent Telford 10k (49:15)

So how far did you run last time?

An increasing number of SRC members are now carrying a GPS device when they go for a run. I have owned one for a couple of years, but am still a relative novice with the device. With mine, a Garmin Forerunner 305 I receive information on distance, time, pace, paused time, elevation, gradient, total ascent, average heart rate, maximum heart rate, calories burned etc. etc.

After a run or bike ride it is easy enough to download the data onto a suitable site (I use <http://www.zonefivesoftware.com/SportTracks/> but there are many others) and analyse the activity.

Obviously the distance, speed etc. is available, but you can also get data like the course profile and look at the route either in street mode (like an A to Z map) or satellite mode (using Google Earth - what it looks like from the air).

What is particularly good is that these new sites now make it possible to share routes with others easily. For example, take a look at www.mapmyrun.com. If you do a search for runs in the Stourbridge area you will find a number of SRC runs already logged. There is now a Stourbridge Running Club group set up.

Why don't you join the site and add your favourite routes to the list? We need to build up a large library of SRC routes to help each other. Plotting a route is relatively easy to do with a bit of practice - and you don't need a fancy device to do it either!

The site is not fully operational yet - you can't download your route on there directly from the GPS system but this will come soon. When this happens it will be possible to download your route from the GPS device directly after a club run and others in your group can study it in detail. It might explain why it was painful during certain sections!

A library of runs may make more members confident enough to lead some groups - sometimes the groups are too large to be practical and need to be split up further.

There must be others in the club with far more knowledge of GPS systems than me. Please share your knowledge with us so we can all benefit. Pete. Lucas

(Similar to another site which I sometimes use www.walkjogrun.net there are quite a few runs logged from the club already!)

Women's and Men's Cross Country Championship Results

98th 28:54 Joan Clarke

165th 34:36 Greer Batty

Men's Results 100th 47:57 Matt. Raden, 161st 51:07 Andy Davies, 168th 51:21 James Douglas 268th 55:50 and Mike Anslow, 298th 57:46

Men's Birmingham Cross Country Championship

49th 34:31 Matt Raden, 70th 35:47 Kevin Burke, 81st 36:14 Jason Corns, 102nd 37:13 Andy Aston. 120th 38:16 Tony Warner, 145th 40:04 Mike Anslow and in 150th position 40:30 Peter Walters

Forth Coming Races In February

Sat 2 nd	Cleeton St. Mary	Titterstone Clee Fell Race
Sun. 3 rd	Stourbridge Stagger	
Sat. 9 th	Stafford Common	Birmingham Cross Country League
Sun.10 th	Bewdley	Wyre Forest 8
Sun.17 th	Telford	Ennstone 10k
Sat.23 rd	Alton Towers	National Cross Country Championship
Sun.24 th	Dudley	Action Heart 5
Sun.24 th	Shugborough Staffs.	Hearts First Shugborough 5k

Roger Szygowski Publicity Officer Stourbridge Running Club. Views Comments Thoughts to rogerszygowski@blueyonder.co.uk or tel 01384 350425