

sprint

The Official Poole Runners Magazine

Issue 63

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Vice Chairman	Alan Lewis
Club Secretary	Sarah Swift
Treasurer	Peter Ferenczy
Membership Secretary	Roger Cross
Male Captain	Steve Yates
Female Captain	Sarah Swift
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Committee Member	Kirsty Cooper
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Committee Member	Khalil Ghabaee
Committee Member	Jason Hancock
Committee Member	Faye Law
Committee Member	Jason Mumford
U18's Working Group Chairman	Matt East
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Front cover photos thanks to Steve Davis & Danika Westwood

CHAIRMAN'S CHATTER

ALL CHANGE PLEASE, ALL CHANGE

Well this last couple of months have seen a few changes in our club, some big, some small and some will be missed and some welcomed with open arms.

Firstly, a change to the author of the opening section of this great publication, Chairman Ingham has been replaced with a younger, taller, better looking and far more modest Chairman. I would like to lead the thanks to Paul and everything he has done for the club in the role of Chairman, 95% of you will have no idea about the work that Paul put in behind the scenes to ensure the smooth running of the club. I think I can speak for everyone when I say Paul, you were amazing, if not fantastic, or maybe marvellous, or which every 'Inghamism' we wish to use! Thanks Paul... you'd make a good Chairman you know!

It's great to see new faces giving up time to sit on our club committee, long standing and new members of the club alike. This mix allows new ideas to come to the fore and allow our club to move forward while keeping the ethos of the club at its heart.

We have 30% more members than at this point last year, a huge growth in new runners to the club. We try to ensure we are a friendly, competitive club that gives runners of all ages and abilities a place to pursue their individual goals while making new friends and having a lot of fun. When I first joined the club, I was told that my background of team sports would not be useful in a running club as it was an individual sport but over that time we have created a club atmosphere and a team mentality. The growing number of socials match the growing number of people attending training nights.



As you are all probably aware, we are also changing the way we look. The committee took a decision to look at changing the style of vest we run in, this led to conversations as to why people don't wear their club vests at all races. We listened to all views and decided to offer the whole membership a chance to vote on the colour of the vest they would like to represent Poole Runners.

Over 70% of those that voted chose a change of look. Samples of our new, navy blue vests will be available to try by the end of the month and everyone that has a current vest will receive a free replacement. On 1st August, the current vest will cease to be.

This looks like an exciting year ahead, lots of racing, new socials, the Poole Olympics (Poole Runners vs Poole AC on the track...with a twist!), Summer Series and the massive event that is Poole Festival of Running.

We run as a club, enjoy ourselves as a club and we all need to offer some help to our club. It was great to see so many people turn out to help at our takeover of Upton House parkrun, even freezing temperatures and snow couldn't put our hardy crew off! Mike & Dave will be asking for some help with Summer Series and I will be pestering everyone for help at PFor. We need 158 people to ensure the event goes without a hitch and all the participants are safe, so please give up one day to ensure we can put on what is now Poole's largest event!

Well I'll sign off with the tagline that is being used more often... keep up the good work TEAM POOLE RUNNERS!

James Skipworth
Chairman

COMMITTEE UPDATE

Your new committee have already formally met a few times and we are all excited to get stuck in! It was decided that an update of some of the things we discussed and important and/or exciting stuff to look out for over the coming weeks would be provided for ***SPRINT*** magazine from now on to help keep members up-to-date.

First and foremost, you'll all be most excited to hear that samples of our new Club Vests are whinging their way to us. These will be available to try on at Club nights over the coming weeks so you can decide which size and style to order as your replacement. Once received, we intend to have a cross-over 'grace' period in which both vests will be allowed to be worn when racing, with the final switch over date set for 1st August. From that date onwards, the new design will be our sole official vest and must be worn for UKA races onwards. This will hopefully give people plenty of time to get their new vest ordered and collected. Watch the Facebook page and your emails for more information. (NB – for team purposes i.e. DRRL, all members of the team must wear the same vest to be counted however it doesn't matter whether it is the old or new version during the cross-over, so a bit of forward planning might be needed.)

Staying on the subject of Club Kit, we are delighted to announce the formation of an online shop for all your Poole Runners needs coming soon! We would like to take this opportunity to thank Miriam for all the work she has done over the years in ordering and distributing our vests for us. We are still in the process of planning the 'shop' and deciding what will be available on it, but I think we all agree it should make things more streamlined, with ordering and payments being able to be made online.

Moving onto the running aspect of the Club, it's great to be able to confirm the launch of yet another sold out Couch to 5km group. It is our intention to build Monday evenings at Poole Park to become Poole Runners 'Entry Level Running' evening, currently comprising of the Couch group and the already popular 'Plod'. In order to form a link between these two groups, we are looking at also offering a 5km to 10km Progression Group. It is hoped that this will help bridge the gap between those graduating from our Couch to 5km and the Monday Plod, and hopefully then onto Wednesday Club nights. This new group will start a couple of weeks after the PFoR and will be open to all, not just couch graduates.

The Track Team are gearing up for their summer athletics season, after completing a successful cross country season. If anyone would like to get more involved in the Track side of Club, including learning how to be an Official at events or joining the Coaching team, please contact Annette or Alan; this particularly may be of interest to parents of our Junior runners – the perfect chance to get involved while your kid is running!

Hopefully you have all seen the date for the Club Mile (Friday June 15th) which is a Club Champs race. This will be held at Ashdown Track and is free to all paid up club members! Make sure you sign up through the link on the website and Facebook page. We chose a Friday in order to make this a real social event, so we would also love you to stay on afterwards and bring along some picnic food / drink and hang out! Families also welcome.

On that note, we are also looking to put in place a social calendar with the able assistance of Social Secretary Carole Ingham and we have appointed Kelly Amos as the social liaison with the committee. If you have any ideas for social get-togethers, be it running events such as the Hengistbury Hustles or purely social, see Carole or Kelly. This is already a very sociable running club, with our quiz nights, curry clubs, Curveball nights and many more, and we would love to expand that part of Club life over the coming year.

Thought for next year – Race Away Day! We are looking into selecting a Club Champs race for next year which involves a proper Club day trip. We're talking about hiring a coach and finding a race approx. 1.5-2hrs drive away. It's something that other local Clubs have done recently, and it looks like a great way of combining the racing and social aspects of the Club. Plus, who doesn't love a good old coach trip singalong! All ideas for a suitable race are welcome.

Last but not least, we're looking at how we welcome new members into our Club, in terms of the information we offer and how this is distributed. As a start to this, we have appointed Jason Hancock and Faye Law as Member liaisons and they are in the process of considering how to promote everything our Club has to offer without bombarding new members with too much information at once.

All that, and the new committee was only formed less than two months ago. It's shaping up to be a busy year for Poole Runners!

Kirsty Cooper
On behalf of The Committee

Poole Runners Seniors Awards 2017



**Most Improved Male 2017, for the
2nd consecutive year:**

Chris Stratford

Most Improved Female 2017:

Vicki Ingham



**Poole Runners Distinction Award
2017 (voted by our members for
running/athletics achievements):**

Steve Claxton



**New for 2017, Dominey-Brown
Award (voted by the committee to
recognise a member's hard work
for our club) **Roger Cross****

**Poole Runners, Poole Runner of the
year 2017 (voted by our members
for an individual's
contribution/involvement for the
club) **Roger Cross****

Poole Runners Championship 2017 Award Winners

OFF-ROAD FEMALE - overall winner 2017: Kelly Amos

55+	2 nd	Marion Frampton
	1 st	Angie Alexander.
45+	1 st	Sarah Swift
35+	1 st	Kate Towner
Senior	1 st	Kelly Amos
	2 nd	Esther Downes

OFF-ROAD MALE - overall winner 2017: Steve Claxton

70+	1 st	Barry Mitchell
65+	1 st	Dave Cartwright
	2 nd	Terry Haughey
60+	1 st	Chris Guerrier
	2 nd	Roy Williams
55+	1 st	Bob Frampton
45+	1 st	Dave Graham
	2 nd	Howard Lewis
40+	1 st	Steve Claxton
Senior	1 st	Rupert Tory
	2 nd	Neil Sexton

ROAD MALE - overall winner 2017: Steve Claxton

70+	1 st	Lars Jansson
65+	1 st	Dave Cartwright
	2 nd	Dave Heath
60+	1 st	Paul Ingham
	2 nd	Keith Fraser
55+	1 st	Graham Moyse
	2 nd	Bob Frampton
45+	1 st	Rob Forster
	2 nd	Howard Lewis
40+	1 st	Steve Claxton
	2 nd	Colin Somers
Senior	1 st	Steve Yates
	2 nd	Rupert Tory

ROAD FEMALE - overall winner 2017: Vicki Ingham

60+	1 st	Carole Ingham
55+	1 st	Marion Frampton
	2 nd	Maria Ozanne
50+	1 st	Mel Carroll
45+	1 st	Paula Barker
	2 nd	Sarah Swift
35+	1 st	Emma Livermore
	2 nd	Kate Towner
Senior	1 st	Vicki Ingham
	2 nd	Kelly Amos

Club Championships Endeavour Award Winners 2017

Awarded for completing 12 or more 2017 club championship races.

Steve Claxton

Esther Downes

Neil Sexton

Kelly Amos

Bob Frampton

Daniel Molyneaux

Sarah Swift

Chris Stratford

Marion Frampton

Dave Cartwright

Graham Dennison

Rupert Tory

Kate Towner

Paul Currah

Steve Amos

Howard Lewis

Volunteering/Officiating

Roger Cross (UKA Level 3 Track Official & UKA Event Adjudicator)

Most sports, especially at grass roots level simply couldn't exist without volunteers. This is especially true with athletics and running events.

My love of Track & Field started in the 1970's, I was then, a keen sprinter and long jumper & competed many times for both school and county, with my PBs set at Motspur Park, University of London (11.2 100m & 6.54 Long Jump) ... my large calf muscles were formed during this period of intense sprint training!

In addition, during the late 70's and 80's we were fortunate in being able to watch the likes of Foster, Bedford, Ovett, Coe & Cram etc have some success on the track.



Competitive Track & Field is truly a worldwide sport. The World Athletics Championships is exactly that, unlike some sports whose world championships are competitions only held between those countries that have the funds and infrastructure to provide the necessary training & competition facilities.

Arguably, sports such as Cricket & Rugby are not world-wide with many of the world's biggest nations favouring other sports, plus the nature of some team tournaments mean they have to curtail the number of qualifying countries. The Indoor World Athletics Championships which I recently attended in Birmingham, had athletes competing from 134 different nations.

Back to volunteering..... From Par in Cornwall to Milton Keynes; Ashdown Track, Canford Heath to the Olympic Stadium in London, I have so many fond memories of officiating at so many different venues and tracks.

As with many parents, my volunteering involvement started as a result of taking my children to training & supporting them at both Athletics and Football. A friend of my son introduced us to Poole Runners and so it began. It wasn't long after and my daughter also joined 'Rupert's Bears' & our family became regulars making new life time friends and memories. I soon started doing my bit for the club whilst my son & daughter ran & jumped.

If it wasn't for "Rupert's Bears" and Poole Runners, I'm fairly certain I wouldn't be sat in front of my PC typing this & putting together another issue of ***SPRINT*** magazine.

Volunteering in athletics covers so many aspects, many of you will have already carried out some volunteering such as marshalling, time keeping, finish line recording etc at our club organised events: Upton Summer Series, Broadstone Quarter Marathon and Poole Festival of Running plus all the various volunteering roles at local parkruns.

Athletics competitions are a sporting event to find the fastest runner/hurdler, the longest/highest jumpers & furthest throwers. World Championships to Olympics to regional and local athletics meetings, none of them can take place without a large team of volunteer officials.

The Poole Runners Athletics team would welcome help at any of their events this summer, so please seriously consider going along. It could be raking the sand for the horizontal jumps or helping to measure throws and jumps or recording finishing positions or times. With an important added bonus of being awarded extra points for the amount of officials each club provides, being added to the teams points tally.

Volunteering roles are not just required at Athletics Meetings, there is always a requirement for Endurance Race officials, both cross country & road.

Once you have dipped your toe in the world of officiating, similar to coaching, there are a series of training courses to help you along your way.

Following taken directly off England Athletics official website:

Why Officiate?

There's a whole host of motivations why people officiate in athletics from giving something back to the sport they love, helping improve their skills, making new friends to experiencing the sport from a different angle.

Want to give something back to your sport?

- Are you currently injured and want to still be involved in your club? Why not see the sport from a different angle and try officiating?
- Passing on your skills to others.
- Putting your skills and experience to good use.

New to the area? Officiating provides an opportunity to:

- Meet new people.
- Make new friends.
- Become involved with your local community.

Looking for work? Officiating provides an opportunity to:

- Learn new skills, level of responsibility and much more
- Undertake accredited training.
- Get a reference, employers are generally impressed by the skills and commitment of volunteers.

Whatever your motivation becoming an official is a great way to enjoy athletics from a different perspective. It's also a great opportunity to get outdoors, meet new friends and get closer to the action!

If you have any questions or require further information regarding what's involved and how to get started, please do not hesitate to get in touch with me.

Please give officiating a go & help your club!

Roger Cross (Ed)

UKA Level 3 Track Official & UKA Event Adjudicator

So, our fifth Couch to 5km course has just started (end of March) and is shaping up to be as big a success as the previous courses. Once again, we have capped the course at 75 attendees and amazingly, all places sold out within six days of entries going live, plus we have a waiting list!

Looking back over the four courses we have run so far, we thought it would be useful to share some information about the LiRF course that all Couch Leaders have attended:

The LiRF (or Leadership in Running Fitness to give it its full title) is a one-day course run by England Athletics. It is usually held on a Saturday at a random sports centre, led by two EA coaches. The course is designed to provide Run Leaders with the skills and knowledge needed to effectively and safely take out a group of runners, be in on a led training run or through (for example) our Couch to 5km courses and also includes a DBS check (formerly CRB). The course differs from the CiRF (Coach in Running Fitness) which is a much more in depth, follow-on course undertaken across many weeks and including assessments and coursework.

Our Couch to 5km group is split, with Esther having the CiRF qualification and responsibility for our overall training schedule and specific one-to-one questions about injuries, stretches or individual training needs; and (currently) six LiRF sub-leaders, each of whom are responsible for leading our own individual group of Couch runners, with the assistance of two additional Poole Runners volunteers to act as tail runners etc.

As such, over the course of the last year or so, all of us Couch Leaders have been through the LIRF day course – yes that’s right, we even got Paul Viney back to school for the day!

My course was attended with Paul and Mel Langer. Fortunately we only needed to go to Eastleigh sports centre, so it wasn’t too early a start to the morning. The day started, as with all courses, with coffee and introductions. We were told in advance to wear activewear, but that the day would be split across some practical and some classroom elements. I had presumed that the day would involve mainly being sat in a conference room listening and taking notes, with a small section in the afternoon where they might talk us through some useful stretches etc. I was wrong! The day was very hands-on, involving a lot of role playing (in hindsight it’s probably best that I didn’t know what was ahead of me!). All in all, I would say it was approximately a 50/50 split between class environment and practical role playing.

The leaders were very engaging and made what was a very intensive day, good fun. We were talked through what resources the EA have to offer in terms of training ideas and how to build an effective session. It also included a big section on safety when leading a group – most of which is very obvious when you start talking about it but also very easy things to forget when you are used to just turning up and running. Ideas including making sure everyone is prepped at the outset for what type of run it will be (busy roads, patches with no street lights, trails with exposed roots, etc); appointing a tail runner or ensuring that at certain intervals everyone stops and regroups or loops back; high viz or lights; leaders carrying a mobile phone etc.

We also discussed what elements make up a good training session, which was perfect for us Couch leaders as this largely mirrored the sort of sessions we would be putting together. Warm ups and cool down techniques were shared, along with the importance of tailoring these to the type of session

being held. They also showed us the best way of demonstrating stretches to a group (both dynamic and static): top tip - demonstrate it once in silence so the watchers focus on your actions rather than words!

We all then brought our new theoretical knowledge down to the main sports hall and were divided up into small groups and took it in turn to 'lead' that group through different elements, for example I had to lead a group through a warm up which was targeted at a speed session. It really made you think about what exercises or drills you would incorporate depending on what training you had planned and what muscles you would be using instead of simply repeating the same drills each week.

Each individual element was tackled in this way – discussions, information gathering and then a practical session exploring how to implement it. In the afternoon, we then worked together in groups to build and present a full (albeit reduced in time and size!) session, with the leaders having to take the other attendees through a safety talk, warm up, main session and cool down. We were then given feedback from the EA coaches as to what was good, what hadn't worked as well and why, and what we flat out forgot!

The day was thoroughly exhausting, and my head was absolutely buzzing for the rest of the evening however I think all of us who have been through the course agreed that it was really well presented and we all took away key things from it that have helped us lead the Couch groups. We are always on the lookout for new Leaders or volunteers so if this is an area of the Club that you would like to get more involved with, please just ask!

Kirsty Cooper

Here are some of the most common sports complaints associated with running. With a brief description of the condition, ways in which you can help spot it and ways to avoid it.

Iliotibial Band Syndrome (ITBS)

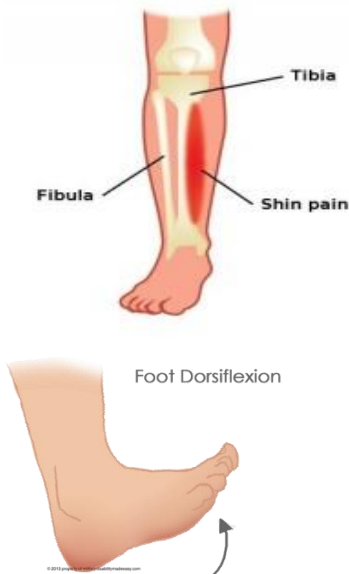


Usually caused by overuse. It is caused by repetitive rubbing of tendons over the outside of the femur (knee bone). Running on uneven surfaces or incorrect running technique are a trigger for ITBS.

How to identify - Pain on the outside of your knee (can also be on the inside knee), walking downstairs the pain worsens, also running may cause the pain to increase.

How to self-treat ITBS – Warm up and cool down before and after exercise, use the RICE technique, foam roll the area as often as you feel necessary. Sports massage is often very beneficial.

Shin Splints



Shin splints are usually caused by a failure to warm up properly or a sudden increase in a training schedule. Running on hard or inclined surfaces can cause shin splints.

How to identify – Dull ache on the inner side of your shin, possibly some swelling.

How to self-treat shin splints – Stretching before and after exercise can help prevent this. Stretch your foot in a dorsiflex position (see picture) to help alleviate the pain. Deep tissue massage on the area can help.

Hope you have found this helpful, tune in to the next issue of ***SPRINT*** for more common sport related complaints. (All references from the British Medical Association).

Helen Guerrier

The chances are that if you are reading this article you may very well be interested in improving your running by being able to run further, faster, or both.

Over the past twenty years or so, a highly profitable industry has grown around our natural desire to get fitter and faster. Unfortunately, some of the advice and trends that have been followed are unnecessary or counterproductive.

My only qualification for commenting on this is 70,000 miles and thirty five years of hard won experience, so I would like to share my views on the following:-

1. You do not need to carry water with you on training runs. If you make sure that you are properly hydrated at all other times, your body should be able to cope. In races, the only time I would take water was in a marathon and only then so that I didn't have to waste time at crowded drink stations.
2. Ignore shoe manufactures who tell you to replace your trainers after 500 miles. Oddly, the more you use a shoe, the more miles you will get out of it. This is because EVA midsoles deteriorate in UV light and using them helps keep them supple.
3. This leads nicely on into the price of shoes. £140 for a pair of trainers!!! Somebody is having a laugh because there have been numerous studies which have proved that you don't get any more injuries in a pair of neutral, lightly cushioned £50 shoes than you do in the latest all singing all dancing top of the range.

4. It is neither compulsory nor beneficial to wear Hi-Viz at all times. White is the most visible colour at night and the addition of reflective strips to faster moving areas such as arms and ankles is much more beneficial.

5. Why would you choose to blot out the sounds of the countryside by running in headphones? You would also miss a warning shout from a cyclist on a shared cycle path, and, heaven forbid, if someone came up behind you intent on stealing your phone, you wouldn't have a clue.

6. Energy gels are not necessary for any distance under a marathon if you have a proper runner's high carb diet.

7. There are no shortcuts to becoming a better runner. Run frequently, do a mix of speed work and endurance. Run with faster runners on a variety of surfaces and don't be afraid to back off on a day when you feel particularly tired.

Take encouragement from small improvements and don't expect to make continual improvements. Improve, plateau, and consolidate. Then improve some more.

Above all, remember that running is a perfectly natural thing, it can be the cheapest way to keep yourself fitter than 90% of your contemporaries and should be one of the most pleasurable things you do.

Geoff Robberts



The Summer Series Time Trials at Upton Park will soon be upon us (maybe even by the time this edition of SPRINT appears) and, as ever the “Unsung heroes” will be much in evidence come rain or shine.

Though there are many who assist in making this and other club events run smoothly for me three people in particular stand out year after year.

They are Brian & Maureen Panton and Ann Towner. I’m sure they won’t mind me saying but, they are not getting any younger but still they are quietly doing their duty at the finish line. Until recent ill health took its toll, Chris Hopkins was another one who came into that category. They don’t have to volunteer because we all know they will be there when needed. Such is the very foundation that clubs as good as ours are built upon.

Don’t distract them in their duties as you stagger, lungs bursting across the finish line, but as you wipe the sweat and saliva from your faces, a little nod or smile of appreciation in their direction wouldn’t go amiss.

Oh! Nearly forgot, Bruce Cameron is another stalwart whose always out there on course, he is also worthy of an appreciative nod of thanks.

PPS.. Which I’m sure you won’t print!? *(Yes I have, Ed)*

As I was writing there is a furore over cricketers scratching balls on the radio! What a fuss over nothing. Let’s face it we’ve all scratched some balls over the years. In fact, isn’t there a saying in the bible, and I quote “Let he amongst you who hasn’t sinned cast the first ball” scratched or not! Or another way of putting it, if you’re scratching balls on the radio, who’s to see that!

I digress.....

Dave Hayes

I had wondered what it would be like to join a group of runners for a holiday.

My usual idea of a holiday was to relax on a beach, or by a pool on a sunbed reading a book.

I had left it a long time before I decided to go for it. I booked a flight from Gatwick and an apartment with the others. Then came the tricky bit, shall I just go along for the holiday or do some of the running. I decided to go for two of the four races; the half marathon and the 10k. Hats off to those who did all four days!

The trip was fantastic, starting with the company of my fellow club runners, the weather of course and the laughs we had along the way.

The typical day started with a run and then soon after soaking ones legs in a VERY cold swimming pool, (I was told this was good for recovery!)

The rest of the day was ours to decide what we wanted to do, amongst other things choices were, lounging around the pool, going for a coffee, a walk to the beach, a cocktail or two, a wine tour or quad biking.

For me the highlights included the random Greek dancing on day one, the breath-taking scenery on the half marathon, the sundowner at Chez Portnoi, sipping cold cider in the sunshine after the 10k, swimming in the clear warm waters on the Monday morning (knowing those back at home would be at work!) and of course not forgetting the delicious halloumi at every mealtime.

I can honestly say that on this trip I was moved by the overwhelming amount of team spirit. This has inspired me to improve my running this year.

Thank you to everyone who made it a successful trip. **Laura Cornwell**

A group of us went to Cyprus in November last year to take part in the 4 Day International Challenge
www.cypruschallenge.com

We flew out on the Wednesday morning and were greeted by our holiday rep Pete Portnoi who accompanied us to our accommodation and local food and beer establishments!

On the Thursday morning we all headed to a beautiful hotel on the coastline for registration.

The first event of the series was that afternoon which consisted of a 6k time trial, starting at the hotel and being set off in number order via a hot and sunny course, all the way to a very scenic shipwreck, again on the coastline.

This was great fun as everyone was running amongst all sorts of abilities and pace, and as a team we got to see one another finish the race.

It was a mental battle between wanting to go for it as it was only 6k, and knowing that the bigger challenges were ahead of us!

On day 2 (Friday) we headed to the bottom of a very mountainous course for the 11k Hill Run. This was what it said on the tin... we ran from the bottom of a mountain, all the way past Avakas Gorge to a sleepy village, where we all gathered together for an ice cream.



Each night as a group we would head out for dinner based on Pete's recommendations, and we ate some great food. In one of the restaurants the waiter kept calling Gary Dwyer "Mr Gary" and somehow this has stuck!

On day 3 (Saturday) we did the multi-terrain half marathon. By this time we were starting to feel the effects of the other events, but running this was one of the best running experiences I have had. The course took us down a winding mountain road before tackling the coastline and finishing on the beach not far from where we had started the hill race the day before. We all felt such a sense of achievement once we had completed this, and celebrated with a dip in the sea!

We also had James Skipworth with us as our alco-nutritionist! (And he ran the half marathon). This tac-tic obviously worked as between myself, Paula Barker and Mel Austreng we scooped the ladies 2nd team prize – beating lots of forces teams.

Day 4, the last day was a road 10k around Paphos, starting and finishing at Paphos Castle. With such a stunning location for our last event, we were all excited to achieve and finish the four day challenge, and they even had lager on tap at the finish. The atmosphere was great and everyone was in high spirits and congratulating each other.

After the four day challenge some people headed home the next day, whereas others stayed on to make the most of a week's break.

Needless to say Paul Viney was one of these people as we couldn't leave Cyprus without having a curry!

Kelly Amos





Poole Runners '100 Club'

The '100 Club' is an alternative way of paying your full club membership fees, inc affiliation to EA. You choose to pay a monthly direct debit of £4 for full club membership, instead of the standard annual membership. However, your name is entered into a monthly draw where you stand to win monthly prizes of £50, £35, £20, £15 & 3 x £10

	<u>Oct 2017 Winners</u>		<u>Nov 2017 Winners</u>
£50	Chris Winiecki	£50	Fiona Ferenczy
£35	Amanda Dennison	£35	Martin Thomas
£20	Lynn Coates	£20	Luretta Spearing
£15	Mark Tiller	£15	Maureen Panton
£10	Roger Cross	£10	Peter Couch
£10	Steve Davis	£10	Catherine Ingham
£10	Sarah Swift	£10	Vicki Ingham

	<u>Dec 2017 Winners</u>		<u>Jan 2018 Winners</u>
£50	Reinhard Lehmann	£50	Rex Legge
£35	Kate Towner	£35	Kate Towner
£20	Elaine Adams	£20	Angela Alexander
£15	Don Doe	£15	Rex Bale
£10	Gemma Oliver	£10	Anne Towner
£10	Graham Dennison	£10	Kelly Amos
£10	Lynn Coates	£10	Chris Winiecki

	Feb 2018 Winners		March 2018 Winners
£50	Peter Couch	£50	Denise Montague
£35	Angela Alexander	£35	Helen Guerrier
£20	Steve Wardman	£20	Luretta Spearing
£15	Steve Claxton	£15	Rex Legge
£10	Jason Mumford	£10	John Marriner
£10	Matt Robbins	£10	Don Doe
£10	Elaine Adams	£10	Christine Thomas

WELSH CASTLES RELAY 2002-2012

With our club making a welcome return to compete in the Welsh Castles Relays this June, I thought it would be interesting to republish the most recent results for Poole Runners at this event. I've added 2012's result to those previously compiled by Gavin Clegg, taken directly off the events website. (Ed)

Leg 1 - 9.1m

	Name	Time	Posn	Behind
2012	Gavin Clegg	1.04.37	22	10.53
2011	Gavin Clegg	1.03.47	16	8.59
2010	Chris Guerrier	1.04.00	18	11.34
2009	Alan Lewis	1.09.33	26	15.13
2008	John Towner	56.40	4	4.29
2007	Becky Griffith	1.09.02	20	12.57
2006	Janet Damen	1.20.44	41	25.48
2005	Geoff Robberts	1.04.15	16	11.38
2004	Mike Towner	1.13.40	38	19.33
2003	Bruce Cameron	1.06.44	19	13.51
2002	Pete Hunt	1.07.18	24	14.19

Leg 2 - 10.7m

	Name	Time	Posn	Behind
2012	Dale Paget	1.10.10	17	9.59
2011	Janice Palmer	1.11.57	20	12.10
2010	Geoff Roberts	1.13.35	31	14.01
2009	Chris Guerrier	1.12.04	24	11.44
2008	Becky Griffith	1.08.35	15	8.34
2007	Darren Lock	1.20.22	40	19.14
2006	Alan Lewis	1.16.59	24	13.17
2005	John Towner	1.15.30	24	19.56
2004	Dave Cox	1.07.56	10	7.57
2003	Jim Aylmore	1.08.31	11	10.26
2002	John Towner	1.13.36	24	16.49

Leg 3 - 12.1m

	Name	Time	Posn	Behind
2012	Reinhard Lehmann	1.38.13	56	31.48
2011	James Baulch	1.21.29	23	15.15
2010	Jim Aylemore	1.21.39	22	15.40
2009	Martin Lewis	1.11.28	8	6.37
2008	Martin Lewis	1.10.40	5	3.00
2007	Geoff Roberts	1.28.48	39	18.37
2006	Chris Lee	1.38.46	44	28.27
2005	Martin Lewis	1.15.23	15	9.53
2004	Martin Lewis	1.11.50	10	8.03
2003	Alan Lewis	1.24.02	27	18.04
2002	Martin Lewis	1.23.24	30	18.45

Leg 4 - 9.4m

	Name	Time	Posn	Behind
2012	Mel Langer	1.03.35	15	10.19
2011	Helen Dyke	1.01.20	7	7.45
2010	Janice Palmer	1.03.00	19	11.28
2009	Nick Foale	1.14.11	36	18.47
2008	Geoff Roberts	1.03.45	19	7.57
2007	Vicki Ingham	1.13.46	36	18.42
2006	Paul Ingham	1.18.36	39	24.43
2005	Ron Warmasley	1.05.51	20	11.57
2004	Ron Warmasley	1.05.15	23	14.53
2003	Mike Towner	1.12.07	24	22.00
2002	Gorden Trevett	1.28.37	49	35.54

Leg 5 - 9.6m

	Name	Time	Posn	Behind
2012	David Ozanne	1.06.44	21	9.29
2011	John Blackburn	1.10.28	30	18.17
2010	Dave Cartwright	1.01.09	7	6.32
2009	Geoff Robberts	1.07.51	20	12.21
2008	Alan Lewis	1.04.19	12	10.43
2007	Chris Guerrier	1.11.07	21	12.14
2006	Geoff Robberts	1.10.39	17	8.15
2005	Steve Daish	1.08.49	18	12.10
2004	Roy Williams	1.01.42	11	5.22
2003	Janice Palmer	1.09.01	22	12.22
2002	Daveena Tweed	1.06.56	18	11.18

Leg 6 - 10.7m

	Name	Time	Posn	Behind
2012	Jon Eveleigh	1.12.54	21	12.52
2011	Christine Thomas	1.13.49	19	16.47
2010	David Ozanne	1.12.23	17	14.52
2009	Alwyn Dominey	1.18.37	35	19.53
2008	Chris Guerrier	1.13.07	23	11.08
2007	John Towner	1.21.30	31	18.54
2006	Janice Palmer	1.17.13	17	13.43
2005	Keith Long	1.09.00	11	6.34
2004	Alan Lewis	1.11.34	25	12.31
2003	Geoff Robberts	1.13.23	11	14.40
2002	Mike Towner	1.21.42	34	23.51

Leg 7 - 9.75m

	Name	Time	Posn	Behind
2012	William Schiller	1.02.04	19	10.13
2011	Steve Claxton	1.06.08	27	13.49
2010	Ceri Rees	1.03.08	13	9.51
2009	James Baulch	1.03.05	14	9.12
2008	Dale Paget	1.03.41	22	9.45
2007	Steve Daish	1.38.00	53	43.06
2006	Jim Aylemore	1.04.57	8	5.19
2005	Chris Guerrier	1.05.37	19	10.30
2004	John Towner	1.06.05	22	10.59
2003	John Towner	1.10.09	25	14.32
2002	Alan Lewis	1.08.59	31	15.42

Leg 8 - 10.8m

	Name	Time	Posn	Behind
2012	Becky Griffith	1.12.03	22	13.18
2011	Geoff Roberts	1.18.12	34	16.49
2010	Dave Penwarden	1.05.21	5	5.26
2009	Becky Griffiths	1.18.24	33	22.27
2008	Steve Claxton	1.09.05	10	8.36
2007	David Ozanne	1.25.55	42	23.02
2006	Chris Guerrier	1.15.26	14	11.06
2005	Scott Neil	1.09.23	12	5.02
2004	Don Doe	1.11.28	18	12.03
2003	Dave Penwarden	1.05.22	2	4.05
2002	Ron Warmasley	1.14.29	19	15.22

Leg 9 - 8.6m

	Name	Time	Posn	Behind
2012	John Blackburn	1.00.50	23	16.32
2011	Daniel Turton	52.13	7	4.55
2010	Alwyn Dominey	1.01.53	23	16.11
2009	Richard Bray	1.00.42	23	13.44
2008	Janice Palmer	57.09	18	10.45
2007	Paul Ingham	1.02.05	20	17.04
2006	Robert Ambrosen	1.03.22	24	11.34
2005	Mike Towner	1.03.59	29	15.21
2004	Janice Palmer	56.41	14	13.09
2003	Maggie Kirk	1.05.03	25	19.55
2002	Sue Goodship	1.09.54	42	21.34

Leg 10 - 13.3m

	Name	Time	Posn	Behind
2012	Peter Ferenczy	1.29.41	28	18.37
2011	Willard Chinhanhu	1.12.22	2	0.22
2010	Willard Chinhanhu	1.13.06	3	2.27
2009	Willard Chinhanhu	1.12.51	2	0.43
2008	George Miller	1.15.21	3	2.07
2007	Alan Lewis	1.30.49	40	20.49
2006	Willard Chinhanhu	1.10.51	1	0.00
2005	Jim Aylemore	1.21.37	13	7.13
2004	Chris Guerrier	1.30.15	31	16.45
2003	Martin Lewis	1.29.44	19	22.51
2002	Keith Long	1.24.19	17	10.49

Leg 11 - 12.3m

	Name	Time	Posn	Behind
2012	Alan Lewis	1.27.19	39	16.08
2011	Martin Lewis	1.10.16	1	0.00
2010	George Miller	1.09.54	3	2.04
2009	George Miller	1.08.03	1	0.00
2008	Dave Penwarden	1.14.23	11	5.40
2007	Keith Fraser	1.30.00	37	22.38
2006	Mike Best	1.21.22	19	11.28
2005	Graham Jex	1.16.23	11	7.23
2004	Jim Aylemore	1.15.28	14	7.54
2003	Don Doe	1.21.34	22	10.40
2002	Geoff Robberts	1.24.37	27	15.52

Leg 12 - 11.2m

	Name	Time	Posn	Behind
2012	Daniel Turton	1.08.12	12	5.12
2011	Will Schiller	1.09.31	12	9.42
2010	Reinhard Lehmann	1.12.46	21	9.57
2009	Christine Thomas	1.09.36	13	8.07
2008	John Cakebread	1.07.51	7	2.59
2007	Hannah Towner	1.22.15	40	17.53
2006	Becky Griffith	1.15.47	24	10.16
2005	Alan Lewis	1.09.56	17	8.49
2004	Paul Ingham	1.15.28	18	13.04
2003	Helen Ambrosen	1.18.42	26	14.51
2002	Maggie Kirk	1.25.19	41	23.22

Leg 13 - 10.6m

	Name	Time	Posn	Behind
2012	Dave Cartwright	1.07.09	14	5.45
2011	Roy Williams	1.12.21	24	12.47
2010	Steve Daish	1.12.30	23	18.15
2009	David Ozanne	1.11.30	18	12.51
2008	David Ozanne	1.09.48	22	11.20
2007	Dave Cartwright	1.04.06	8	3.56
2006	David Ozanne	1.11.36	24	16.10
2005	Paul Ingham	1.07.54	17	10.59
2004	Geoff Robberts	1.07.46	18	9.52
2003	Scott Neil	1.03.42	5	1.09
2002	Bruce Cameron	1.09.30	22	12.53

Leg 14 - 11m - Drivers

	Name	Time	Posn	Behind
2012	Matt East	1.14.38	31	13.57
2011	Dave Penwarden	1.17.51	28	13.27
2010	Martin Lewis	1.07.22	3	2.01
2009	Jim Aylmore	1.17.15	26	13.28
2008	Willard Chinhanhu	1.03.24	2	1.10
2007	Martin Lewis	1.13.24	18	9.37
2006	Martin Lewis	1.05.01	1	0.00
2005	Gavin Clegg	1.10.29	17	12.29
2004	Gavin Clegg	1.13.32	17	12.33
2003	Gary White	1.17.32	23	14.50
2002	Roy Williams	1.18.03	27	14.33

Leg 15 - 12.8m

	Name	Time	Posn	Behind
2012	James Aylmore	1.19.52	11	11.35
2011	Dave Cartwright	1.20.36	12	10.16
2010	James Baulch	1.27.39	24	16.02
2009	Mike Best	1.23.31	14	16.55
2008	James Baulch	1.15.38	6	7.52
2007	Christine Thomas	1.22.39	23	15.45
2006	Keith Fraser	1.30.35	39	19.01
2005	Mike Grist	1.08.28	3	2.23
2004	Dave Patrick	1.09.29	1	0.00
2003	Keith Long	1.14.26	7	8.57
2002	Dave Cartwright	1.15.44	12	6.55

Leg 16 - 8.8m

	Name	Time	Posn	Behind
2012	Helen Dyke	57.42	12	8.30
2011	Alan Lewis	1.04.22	30	13.42
2010	Alan Lewis	1.03.37	29	11.50
2009	Keith Fraser	1.09.13	41	18.27
2008	Jim Aylemore	56.11	16	4.20
2007	Gary White	1.02.13	27	15.46
2006	Pete Hunt	1.09.11	41	19.10
2005	Roy Williams	1.02.57	27	13.26
2004	Gary White	1.00.23	15	10.45
2003	Mark Tiller	1.05.34	23	14.27
2002	Stuart Hancock	1.07.47	36	18.51

Leg 17 - 9.2m

	Name	Time	Posn	Behind
2012	Chris Cartwright	1.10.06	39	20.24
2011	Reinhard Lehmann	1.02.10	17	10.07
2010	Roy Williams	1.03.15	25	16.12
2009	Angela Brown	1.14.53	48	26.22
2008	Gavin Clegg	58.22	13	11.44
2007	Mike Towner	1.21.57	59	29.19
2006	Dave Cartwright	56.14	5	4.26
2005	Dave Cartwright	52.51	6	4.58
2004	Dave Cartwright	1.04.23	3	2.40
2003	Steve Humber	1.14.01	20	18.02
2002	Mark Tiller	1.09.01	16	9.38

Leg 18 - 9.1m

	Name	Time	Posn	Behind
2012	Christine Thomas	1.06.58	26	17.06
2011	Caroline Stanzel	1.02.11	18	10.57
2010	Christine Thomas	1.03.29	28	12.26
2009	Evan Davies	1.04.31	22	9.55
2008	Mike Best	1.00.05	10	8.30
2007	Angela Brown	1.21.33	52	30.09
2006	Ron Warmasley	1.12.54	31	18.12
2005	David Ozanne	1.06.24	25	16.17
2004	Mark Tiller	1.05.26	16	10.29
2003	Ron Warmasley	1.03.14	14	12.43
2002	Chris Guerrier	56.10	6	3.57

Leg 19 - 10.4m

	Name	Time	Posn	Behind
2012	Angela Brown	1.36.27	50	28.28
2011	Dave Ozanne	1.19.21	30	13.17
2010	Mike Best	1.17.28	24	15.07
2009	Will Schiller	1.13.08	16	10.46
2008	Darren Lock	1.16.14	21	11.49
2007	Jim Aylemore	1.12.43	11	10.03
2006	Steve Daish	1.21.32	26	15.01
2005	Arthur Johns	1.09.23	11	5.48
2004	Christine Thomas	1.12.53	11	9.28
2003	Chris Guerrier	1.11.03	6	3.17
2002	Don Doe	1.19.39	32	17.32

Leg 20 - 10.4m

	Name	Time	Posn	Behind
2012	Luretta Shepherd	1.29.34	26	30.12
2011	Jim Aylemore	1.07.58	23	10.13
2010	Sean Hogan	1.01.56	6	3.18
2009	Dave Cartwright	1.12.48	32	12.41
2008	Christine Thomas	1.13.08	31	13.04
2007	Willard Chinhanhu	57.58	1	0.00
2006	Gavin Clegg	1.09.58	19	9.10
2005	Ceri Rees	59.24	3	4.22
2004	Mike Grist	1.01.58	5	5.03
2003	Dave Cartwright	1.19.30	17	13.22
2002	Gary White	1.06.18	22	13.01

		Time	Posn	Behind
2012	Poole Runners	24:38:48	23	244.10
2011	Poole Runners	23.18.22	10	133.25
2010	Poole Runners	22.59.10	10	175.39
2009	Poole Runners	23.53.14	16	207.49
2008	Poole Runners	22.17.26	5	100.22
2007	Poole Runners	25.50.12	30	241.34
2006	Poole Runners	24.51.43	14	166.41
2005	Poole Runners	22.43.33	10	128.42
2004	Poole Runners	23.03.14	7	126.00
2003	Poole Runners	24.13.24	12	208.32
2002	Poole Runners	25.51.32	25	257.27

**Good Luck to Team Poole Runners at this year's
Welsh Castles Relay in June**

The expectation: "What a place to run my first half marathon, only 100 miles away from the Western Sahara. What a lovely break away from the cold, dark and frankly wet British winter with an average temperature of 19 degrees Celsius!"

The reality: "Good morning ladies and gentlemen, we will shortly be making our final approach into Marrakech. There is quite a low cloud base sitting at around 1000feet with the local weather being rainy and a temperature of 4 degrees Celsius."

My thoughts quickly turned to the small piece of hand luggage I had crammed into the overhead storage. The hand luggage filled with shorts, flip-flops and perhaps optimistically, sun cream. The only vaguely warm clothes I had were the ones I was sitting in. This was the beginning of a comedy of errors that made the long weekend in Morocco feel just that...long!

We had booked a race package which included 3 nights' accommodation, a high-carb buffet dinner on the night before the race, delivery of race numbers to the hotel and a foot/leg massage after the race.

It quickly became apparent that organisation/timekeeping is not high on the agenda of Moroccans, neither is communication nor accurate information. The high-carb buffet dinner turned out to be a small plate of anaemic looking spaghetti Bolognese served in a random restaurant/night club in the back streets of the Kasbah, oh and we weren't picked up from our hotel until 8:30pm (late for a school night, let alone a race night).

Still, we'd done our research about the race start. We were told that there was no bag drop (for understandable security reasons) and the race briefing was at 7:30. The full marathon was due to start at 8 and my half at 8:30. We

were told that a free transfer from our hotel to the race start would collect us at 7:00. By 7:20, with no sign of the promised transfer we bit the bullet and walked the streets to find a taxi.

As there was no bag drop, we were only wearing what we planned to run in, which for me was my Poole Runners vest and shorts. I had based my choice of running attire on the average temperatures for the time of year.

Unfortunately the actual temperature was hovering around 3 degrees. I was genuinely the coldest human being on Earth and there may have been a bit of swearing (due to the cold and the fact our transfer was AWOL). There was a LOT of swearing when we got to the start line and were presented with the sight of a massive tent with the sign 'baggage' outside. Now my French isn't great but that sure looked like a bag drop to me...

By this time, I was bordering on hypothermic and the nerves were really starting to kick in (the furthest I'd covered prior to this was at the Wimborne 10, 10 weeks ago!) so I thought a trip to the toilet was in order. I'll spare you the details but there were two portaloos to serve approximately 8000 runners. Apologies if you're eating whilst reading this; I'll let your imagination do the rest.

So, on to the race. After the non-existent race briefing, the horror of the toilets, the imaginary bag drop and the 'brass monkeys' wait for the off...it was time to run! I waved Mel off at 8:00 with the rest of the full marathon runners and arranged to meet her afterwards, ironically in front of the bag drop tent. My nerves were jangling but at exactly just a little bit after 8:32am, we were off.

The run itself felt good. It was flat, quite scenic and there was a LOT of support from the locals which really helped during the dark moments and boy were there some dark moments. I'm not going to dwell on the fact that the km markers went in this order 1, 2, 5, 10, 10, 15, 12 as I only really speak

in miles. I had just passed the 12 mile mark (or the 15km marker again) and was gearing up for the last push to the finish when a familiar figure came into view. It was Mel. Standing. Waiting for me. Now I know I'm slow and Mel is fast but there is no way she should have been standing at mile 12. I must confess, in my depleted brain a thousand scenarios and questions whizzed around but nothing prepared me for the truth. The good news was that she wasn't injured. The bad news and the real reason she was standing at mile 12 was down to a marshalling error. Mel, and a couple of others, were not directed correctly at one of the marathon/half-marathon split points and they ended up crossing the finish line after only 17 miles. Disappointment doesn't even begin to describe it.

After I'd crossed the finish line, stopped crying (apparently spontaneous crying after running a long way is really a thing) and had the nicest tasting McDonalds of my life (apparently irrational cravings for fast food after running a long way is also a thing) we de-briefed. I didn't celebrate as much as I could because I was mindful of Mel's race (or lack thereof). Oh and the foot and leg massage involved having bowls of hot water thrown over my entire body whilst wearing paper boxer shorts after having my jeans literally wrestled off my legs. Another classic example of Moroccan miscommunication there!

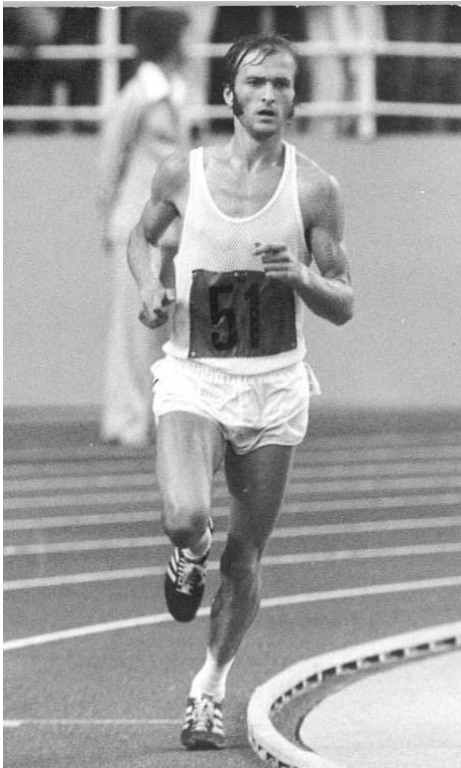
The anxious wait for the results started. Would Mel be down as having completed the 26.2 miles in 2:27? Would my time be accurate? In case you haven't guessed by now, the answer to both of those questions is no. Mel was nowhere to be seen on the results list and my time was a stunning and frankly ridiculous 1 hour and 14 minutes.

Unsurprisingly we felt a sense of relief as we boarded the plane home, whilst we were pleased to have had the chance to experience a different country and culture we were also pleased to place it into the 'been there, done that, never again' category. A weekend of misinformation, fabrication, frustration

and almost freezing temperatures can only really be summed up by this quote from the Marrakech marathon website “The international Marathon of Marrakesh is not only expected to reconquer the prime position among the world most prestigious Marathon's, but also is likely to become the obvious International meeting to the marathon's biggest stars..”

Ryan O'Hara

Interesting Fact! Did You Know?



The runner silhouette on the Poole Runners club logo was based on:

Waldemar Cierpinski

1978 Montreal & 1980 Moscow Olympic Marathon Champion, who represented East Germany.



- A:** Achilles, painful chap found at the back of the leg when sore
- B:** No longer go on the “B of Bang” but on the “a” to avoid a DQ
- C:** Coach; sadist, psychologist, friend, confident and expert
- D:** DON’T slow down until you’ve crossed the Finish Line
- E:** Excuses that multiply as distances rise beyond 50m. Endurance is 400m
- F:** Food, the topic of conversations once first run is over
- G:** Groan, has many relatives
- H:** Happy when last run is announced, or not last, or injured
- I:** Injury, easily picked up around the track but often found farthest away from help or last 30m
- J:** Joking, athlete’s favourite phrase preceded by, “You’ve got to be...!”
- K:** Keep off the lines, a phrase not respected by athletes at World Indoors
- L:** Lap of the track, run by athletes who’ve moved to the Dark Side
- M:** Moan, a skill passed from athlete to athlete
- N:** Number, like registration plates, needed front and back

O: “On your marks...” too late to back out now

P: PB what we all believe we can achieve every run

Q: Quitters never win, winners never quit! Courtesy of Arnie

R: Relaxed, not in the warm-up but in the race. No tension in your arms, neck and shoulders

S: Starter, the only person who controls your life for 60 seconds

T: Team, the group you train, race and celebrate with

U: Umbrella needs inventing so you can run with it

V: Veteran or Masters an excuse to keep going when events get Slower, Lower and Shorter

W: Warm down, a good excuse for a walk.

X: X-rated words when cramp gets you mid stride

Y: Y aren't we warm weather training or indoors as snow, rain and wind blows you off track

Z: What athletes do after a hard session.

Les Turner

Our track sprint group arranged a Q & A for ***SPRINT*** magazine so the rest of the club can get to know some of us a bit better.

We've had 11 contributions.

The eight questions we went for are:

1. Name?
2. Age?
3. Main event?
4. Most memorable event moment?
5. Idol?
6. Three words to describe yourself?
7. Favourite food?
8. What do we do away from the track?

And the replies were as follow:

1. **Madeleine Vallier**
2. 11
3. 100m
4. Running in the Poole Park minithon because it's a good atmosphere and nice place to run!
5. Usain Bolt
6. Friendly, funny and sporty
7. Fish and chips
8. Dancing, shopping, drumming and playing with my dog.

1. Morgan Smith

2. 18
3. 100m
4. Competing at Andover Track, for the final race of the season, getting two PB's and almost snapping my Achilles!
5. Darren Campbell
6. Loud, bubbly and outrageous
7. Garlic bread
8. Eating (lots), getting coffee, seeing friends, and just having a fun time!

1. Isabella Vallier

2. 14
3. 60m
4. My first 100m race because I was new to the sport and the atmosphere made me a lot more confident!
5. Dina Asher Smith
6. Creative, friendly and focused
7. Calamari
8. Art, gym, shopping and going out with my friends

1. Mark Vallier

2. 40
3. 100m
4. Breaking the masters county records for 100m and 200m last year
5. Ben Johnson
6. Likes a challenge!
7. Carvery
8. Restore classic VW's, play drums, and enjoy fun days out with family and my crazy dog!

1. Tasha Foster

2. 18
3. 200m
4. My first ever training session with Les & turning up in pink everything (no joke). Les told me off for chewing gum.....oops
5. Jessica Ennis-Hill
6. Funny, loud, sarcastic
7. Pizza
8. Spending lots of money, having out with friends/family & going out for food!

1. Lauren Cooper

2. 19
3. 200
4. English schools 2013
5. Dina Asher-Smith (what a star)
6. Loud, unpredictable, talkative
7. Chicken Nuggets
8. Shopping, nights out & Morgan

1. Kiera Smyth

2. 18
3. 100m
4. My first ever event because it was my last ever event
5. Dina Asher-Smith
6. Vegan - do I need to say anything else?
7. Potato waffles
8. Flight Attendant so flying all round Europe - also did you know I'm vegan?

1. Amber Stiby

2. 18
3. 200m
4. Going to one long distance session then giving up
5. KJT
6. Never stops eating
7. Pasta
8. Music, going out & seeing friends

1. Les Turner

2. 60
3. 100 and Marathon
4. Invader half Marathon as first long run for 20 years since diagnosis with Parkinson's and running at World Vets at Gateshead, seeing name on scoreboard.
5. Anyone who finishes a race after a massive effort.
6. Dave Bedford was first runner I really wanted to win
7. Chocolate and roast potatoes
8. Smiling and moving (PD Warrior's message)
Coach, paint, exercise (hoping to slow advance of Parkinson's),
read and watch sport

1. Neil Chivers

2. 27
3. 100m
4. English schools 2007. Even though it rained and missed out on the semis by less than 0.1sec
5. Michael Johnson
6. Never gives up
7. Chicken (although I could list many)
8. See friends, eat, go to football, eat, and exercise
and...erm...eat?

1. Anna Turner

2. 27
3. 100m
4. Deciding it was a great idea to have a go at 100m, shot, hammer, long jump, 4x100m and 4x400m all in one day...it was not a great idea
5. Kim Collins
6. Happy, bubbly and hungry
7. Chinese takeaway
8. Eating, dreaming and socialising the nights away!



On Saturday 17th March 2018, Poole Runners hosted the Upton House parkrun. Weather conditions were not ideal, but unfortunately there was not a lot we could do about that!!

It all began a few months ago, when I read a post on Facebook from Poole AC announcing that they were 'taking over the Upton House parkrun' last November. I was a little perplexed by this as I knew that Kirsty Weston and her team were doing an admirable job of running the weekly event so I private messaged Kirsty to ask if she had decided to give up her role as Race Director.

It transpired that it was something the Upton House parkrun crew were encouraging.....individual running clubs hosting the event every few months by providing a race director, marshal's, time keepers etc and also giving the clubs an opportunity to advertise themselves. So I was asked if Poole Runners would be interested.....and I said "leave it with me!!" And the rest is history!!

Little did I know just how much time and effort went in to organising these events!! It was a real eye opener!! Fortunately Mel Carroll came to my rescue to take on the role of RD. But again, I didn't realise that this involved her taking on most of the work, even though she reassured me that there really wasn't anything to it!!!

The date was arranged, even though it happened to be St Patricks Day, but was pretty appropriate especially as we had Mel as RD!! The event was posted on Facebook and wow.....what a response!! Another shining example of what a brilliant club we are all a part of!!

Mel set too, designating marshal positions, pacers, time keepers..... you name it, Mel sorted it. I just sat back and let it all go on before me!! And then the big day arrived!!

Mel and I kept comparing weather apps for the big day, but unfortunately couldn't come up with anything better than they were predicting!!

I managed to cram so many layers under my PR tracksuit to make sure I was warm enough.....I felt like I was wearing a fat suit!! We arrived at the park to help with everything, but it had all been done. The Poole Runner banners were all in place, Kevin Day had put all the safety posts in position, the gazebo was up in place, with Kirsty, Mel and Mike Cure helping with the check in list, issuing volunteer bibs and giving out the appropriate pacing bibs. This all began in rainfall but slowly progressed to snowfall!!

Then it was time for the photoshoot.....pacers first followed by pacers and volunteers!! There were loads of us!!! And some were donning Irish headwear!!! Nobody seemed to care about the weather conditions!!

I decided to start the opening chat, thanking the volunteers, mentioning a little bit about Poole Runners as a club and their website for any information and of course the PFor. The pacers did a twirl so that everybody could see who to follow and I gave out a few safety features regarding dogs, buggys and young children!!

Without further ado, and not wanting anyone to catch a chill, Mel led the way to the start, primed the time keepers and sent the runners on their way!!

Marshals took up their positions, Irish music was being played at the finishing line (courtesy of James Skipworth), the snow was almost blizzard like, but the mood was still jolly. As the front runners approached, we were clapping and cheering them through the first lap and it was lovely to hear the marshals

being thanked by numerous runners as they battled on by in the cold conditions!!

There were 213 runners in total and the run was led by Poole Runners and Poole AC who were neck and neck initially, but Poole Runners went on and managed to take the lead finishing comfortably as first male and Vicki Ingham was first lady so a good outcome for a PR takeover parkrun event!!!

BUT.....UNFORTUNATELY the male Poole Runner DID NOT HAVE HIS BARCODE..... So therefore listed in the official Upton parkrun results as 'Unknown'. What a shame and what a lesson to be learnt!! No barcode, no result!!!

Once the tail runner was in, the timers were collected, the course was cleared and many of us descended on the cafe where the work began collating the results, whilst another table was sorting out the barcodes, and other tables were filled with park runners socialising and drinking coffee. A lovely way to end an eventful morning and highlighting to me the importance of having so many volunteers giving up their valuable time on a Saturday morning to put on such an enjoyable event!!

A very big thank you again, to Mel Carroll, Upton House parkrun core team and all the amazing Poole runner volunteers for putting on a fun event. Here's to the next one!!!

Carole Ingham
Social Secretary

Upton House parkrun – Run Report as published on Upton House parkrun website. Roger Cross

Run Reports are published each week on the majority of all the individual parkrun websites and is one of the weekly parkrun volunteer roles. Here is my run report from our recent Upton House parkrun. Roger Cross (Ed)

Event #40 – Poole Runners Takeover. DFYB!

Posted on March 19, 2018 by uptonhouseoffice

Many thanks to Poole Runner, Roger Cross, who has authored this week's run report.

In the very early days of parkrun it was somewhat frowned upon for running club vests to be worn, apparently through the fear of making the free, weekly, 5k timed run appear too competitive, and possibly deter non club runners taking part. Thankfully, that has now all changed and rightly so, as club members are made up of all abilities, ages, experience and aspirations. Running club vests are now a common sight at all parkruns.

The blue and white colours of my own club, POOLE RUNNERS, were very evident at today's 40th Upton House parkrun, for the latest club 'takeover'. The club memo asked for those running & pacing to wear their POOLE RUNNERS club vests, however, the beginning of 'Beast from the East part two' meant club hoodies, jackets, multiple layers, gloves, hats etc. were very much in evidence.



With multiple layers and trusted thermal underwear I made my way to my marshal point where a puzzled dog walker asked me 'surely it's too cold to run this morning!?' I explained parkrunners were a very hardy bunch! Once everyone had passed my marshal point, I made my way back to the finish area, and heard the tones of some Irish music which had been organised by our new club chairman on request of today's run director. Rumour has it, the finish area volunteers kept themselves warm with their own version of the River Dance and even our tail walker crossed the line whilst doing her own version of an Irish jig. What better way to start St Patrick's Day!

Without volunteers, parkruns could not take place and today saw the largest number of volunteers to date at Upton House parkrun with at least 56 volunteers, a large percentage of which were POOLE RUNNERS members supported by other regular volunteers and the Upton House core team, resulting in a real buzzing atmosphere at the run briefing area.



The weather didn't put us off and 214 people ran, jogged and walked the course, 24 of which were first timers and 37 recorded new Personal Bests. Representatives of 31 different clubs took part. Congratulations to Jade Hunt who today joined the parkrun 10 milestone club. Jade is one of Upton House parkruns former DofE helpers. Of the 24 first timers at Upton House, 2 took part in their first ever parkrun.

Today's first finisher, wearing a very recognisable club vest, forgot to bring his barcode. This was the first time at Upton House parkrun, that an unknown athlete was first to cross the finish line... no barcode, no result or name. First female and wearing the 21 minute pacing bib was current course record holder & Poole Runners member, Vicki Ingham finishing 9th overall in 20:47. Seven finishers achieved age graded times of over 70% with Simon Hayter of Wimborne AC, achieving the highest of 74% in a new personal best of 21:40.



1st VM70-74 finisher in a time of 25:12 (69.97% AG) at his 19th Upton House parkrun was Alwyn Dominey, who on 23rd July 1981, the same year as the first London Marathon jointly founded POOLE RUNNERS.

In my role as POOLE RUNNERS Membership Secretary, I am often asked, 'why should you join a club?' Perhaps the more pertinent question should actually be 'why shouldn't you join a running club?' Ask any running club member what are the benefits, and the replies will be varied and plentiful. Club membership, with the coaching and training options that it can bring, often instigates big improvements in performances at all distances not just a parkrun day 5k. Training and running in a club of likeminded people, of all ages and abilities results in lifetime memories, new experiences, new friendships and lots of fun times!

Just like parkrun, POOLE RUNNERS thrives because of its fantastic volunteers. Later this month will see the start of our 5th Poole Park Couch to 5k programme, which has already seen over 300 take part, with many now regular parkrunners including some running and volunteering at Upton House today. POOLE RUNNERS has a superb reputation for organising successful local events.

The first weekend of June brings runners and their families together for Poole's largest running event - Poole Festival of Running. In its 37th year and now a two day running festival weekend with the new Poole Half Marathon this year along with children's minithons, Poole Hospital Charity 5k and Poole 10k. The event has raised tens of thousands of pounds for the Poole Hospital Charity. The Junction New Year's Day Broadstone Quarter Marathon, with all proceeds going to the provision of sporting facilities and equipment for the youth of Broadstone.

POOLE RUNNERS also organises the popular Upton House Summer Series. Six Wednesday evening 3.5 mile races plus a 1 mile children's race for ages 4 to 13. The first race of this year's series is on Wednesday 2nd May.

Finally, a reminder to all parkrunners, whatever the weather, club vest or not, if you want your name to be included in the results...

DFYB - Don't forget your barcode!



The 40th Upton House parkrun was made possible by 56 volunteers:

Mike CURE • Mel CARROLL • Robert BROWN • Francesca KENWAY-CHRISTOPHER • Roger CROSS • David BRYLEWSKI • Michele WHITEHURST • Denise DAY • Matthew EAST • Emma SHORE • Paul VINEY • Carole INGHAM • Paul INGHAM • Vicki INGHAM • Kirsty WESTON • Kelly AMOS • Robert FRAMPTON • Marion FRAMPTON • Colin SOMERS • Kevin DAY • Lauren Wendy VINEY • Daniel GOSS • Barry MITCHELL • Barry MILLER • Helen GUERRIER • Kate HUGHES • Aimee BROWN • Kirsty COOPER • Joanne CONEY-LAX • Andy SORTON • Claudia HOWSE • Louise BURRIDGE • Helen RICHARDS • Michael WESTON • Kate SOMERS • Graham DENNISON • James SKIPWORTH • Gary DWYER • Paul DOWNES • Rachel GLADDIS • Esther DOWNES • Martin SHORE • Bethany COOPER • Isabelle SOMERS • Steve DAVIS • Lucy CULKIN • Alex BARRETT • Carol WALKLEY • Adam WALKLEY •

Annette MOGG • Joe GODDEN • Lucy GLADDIS • Artur MAJEWSKI • Elliot CLARK • Amelia THOMSON

The female record is held by Vicki INGHAM who recorded a time of 19:32 on 21st October 2017 (event number 20).

The male record is held by Jacek CIELUSZECKI who recorded a time of 16:19 on 25th November 2017 (event number 25).

The Age Grade course record is held by Caroline HORDER who recorded 92.14% (22:41) on 13th January 2018 (event number 32).

Upton House parkrun started on 3rd June 2017. Since then 2,861 participants have completed 8,913 parkruns covering a total distance of 44,565 km, including 2,057 new Personal Bests.

Roger Cross

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Tuesday Speed Work

Lockyer's School

6:45pm – 8:00pm

Dave Cartwright & Dave Ozanne

Seniors all levels, Juniors 13+

Speed or interval sessions take place on a Tuesday night. During the winter months we meet at the school and run to various points that may include hill reps or laps that are usually about 0.5 to 1.5 kilometres and during the summer we run off road with laps of the field at Lockyer's School or Corfe Mullen Recreation Ground.

Different abilities attend the sessions and depending on your pace will depend on the number of laps you complete. There is no pressure to run at a certain pace or to do a set number of laps. You are working to beat your own time and improve your speed and technique.

Club members will have seen the above notice on the Poole Runners web site as part of the weekly schedule. However with the marvellous surge of new members to the club, there have been many enquiries about participating in these sessions and what they might involve. As a regular attendee of Tuesday night training sessions I thought perhaps it's timely to describe here what it's like to participate.

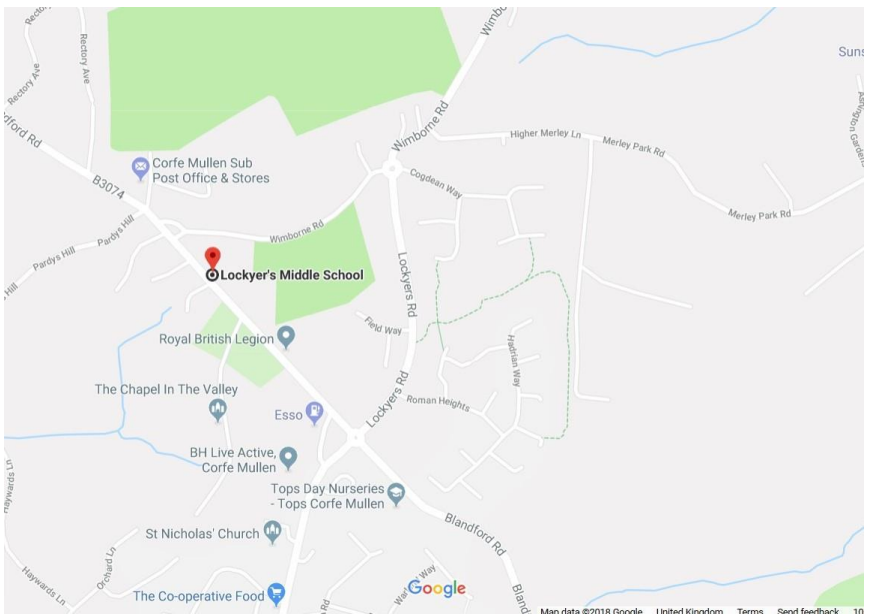
First a few words about the coaches – Dave Cartwright (England Athletics Leader in Running Fitness) and Dave Ozanne (England Athletics Coach in Running Fitness) - bring a wealth of knowledge and experience as distance runners to the sessions. They are committed to the task of coaching and share in common a passion for encouraging others to train well and stay motivated with goals, and take a genuine pleasure in others achievements. To this aim the sessions take place every Tuesday throughout the year bar extreme adverse weather conditions.





Some runners are unsure if the sessions are suitable for them; however they really are suitable for any regular runner who wants to improve their running form, time or distance. I joined the club myself as an inexperienced veteran runner and have no doubt that participating in the Tuesday ‘Speed sessions’ has enabled me to compete across all distances and improve on times. As mentioned in the note you run at your own (best) pace and not against others.

To achieve this the sessions are always structured. Every session starts with a warm up jog to the location for that week – usually about 10 – 15 minutes. This is then followed with a series of warm- up drills – a mixture of lunges, high knees, strides etc., to mobilise the joints. You don’t need to remember these as it’s instructed by the leaders. Again there’s no competition – you move as best you can. We then start the main focus of the session (hill reps or laps). The sessions rotate around different locations and different content to add variety and challenge. For example, when it is the ‘Pendulum’ down Pardy’s Hill and Haywards lane – we will all be set the task of continuous running for 30 minutes. A runner of my capability will manage 2 -3 full



‘pendulums ‘ in the allotted 30 minutes of continuous running – whilst other stronger runners will manage 4 -5 ‘pendulums’ The aim is to all run at equal *effort* (e.g. your own 10k race pace). The session then closes with a warm down jog back to the car park. All Interval sessions are managed in a similar way – same allotted time – different number of reps depending on the distance of the rep and your own capability. If you are participating for the first time or after a long break, the leaders (Dave C and Dave O) will make general enquiries about your current pace - e.g. recent race performance or parkrun times - and set the intervals accordingly so that the session is beneficial to all. The number of participants varies a lot – anything from 10 – 25 – so the sessions are designed to meet the needs of a variety of standards. The coaches will be timing everyone so you can judge your own performance and may choose to record their efforts on personal training apps. It’s good to see a record of your own effort.

Runners always meet at the car park in Lockyer’s School, Corfe Mullen. The winter sessions (September through to end of March) take place on the roads around Corfe Mullen and the summer session (April – August) take place in the Corfe Mullen recreation ground. There is no building shelter so it’s wise to come prepared with layers of suitable clothing. In the winter there is always a car boot (thanks to the coaches) for storing outer clothing and water bottles and in the summer sweatshirts etc can be left with the leaders for safe keeping.

Safety is always of paramount importance and runners are expected to wear high viz clothing for the winter and bring sufficient hydration.

So if you think your running progress might benefit from a structured session, led by friendly qualified coaches and a chance to train with other club members – come and join us on a Tuesday evening. You will be most welcome!

Maria Ozanne



Dorset Runners – Having a Ball 2018

An invitation to ALL Dorset running club members and their partners, to enjoy an evening of great food, good company and Rock 'N' Roll!

“HAVING A BALL 2018”

Friday 29th June, 7 pm – Midnight

The Hamworthy Club, Canford Magna, BH21 3AP

**£25pp to include a 3-course meal + dancing to live band
“CURVEBALL”.**

Dress Code: Dress to impress.

IMPORTANT: *This event is being organised by Carole Ingham and payment for tickets at £25pp is via BACS/bank transfer only – there is no online payment.*

www.poolerunningevents.co.uk/events/dorset-runners-having-a-ball-2018/



www.poolerunners.com

Public group: facebook.com/PooleRunners



Members only group: facebook.com/groups/279100532132960/

Couch 2 5k Group: facebook.com/pooleparkcouch25k

Monday Plod Group: facebook.com/Park-to-Poole-Runners

Poole Festival of Running: facebook.com/runpoole/



Twitter: @poolerunners

THANK YOU & NEXT ISSUE...

Thank you as always to everyone who has contributed to this issue.

SPRINT wouldn't exist without you.

The next issue of ***SPRINT*** will be published later this year.

Deadline details will be posted on the Poole Runners web site, facebook page & twitter nearer the time. But, please don't wait until then, contributions welcome **anytime!**

Send to Roger via email: sprintpoolerunners@gmail.com

POOLE RUNNERS CLUB MILE 2018

Friday 15th June at Ashdown Track

- FREE entry to all current paid up members.
- Book through our web-site (closes Tuesday 12th June 9:00pm)
- There will be around six individual heats. First heat 7:15pm.
- 12 to 15 runners in each heat.
- Runners in each heat will be of much the same standard.
- Minimum age 8 years as of 1st Jan 2018
- Seniors Road Club Championship event
- All welcome, there will be a couple of “toddlers” races
- Family Picnic (bring your own picnic)

Mike Towner – Event Organiser

New for 2018



The Upton Summer Series will incorporate an Inter-Club Team Trophy

Will Poole Runners win the first ever Summer Series team award?

Thanks to “**Running Free**” this year will see perpetual trophies for winning male and female teams. It’s hoped that these new trophies will result in friendly competition between local clubs at our Summer Series!

Teams will consist of the first three runners, irrespective of age category, in each of the six races. The combined score from the best four races will be used to decide the winning club. Full details are on the Poole Runners web-site under Summer Series /Team Positions.

These two annual awards will be open to all EA registered Clubs. Club Vests must be worn. The Trophy will be presented at the prize giving after the last race.

running free 

Mike Towner – Upton Summer Series Organiser

POOLE RUNNERS CHRISTMAS DINNER DANCE & PRESENTATION NIGHT 2018

SAVE THE DATE! SATURDAY 1ST DECEMBER 2018

EXCITING NEW VENUE.....RNLI COLLEGE, POOLE.

This year, I have decided to try a new local venue for our Christmas party. The RNLI are providing a large function room, with round tables, party decorations and disco until midnight.

The menu will have a fish, meat and vegetarian option with a festive twist. So something to suit everyone's requirement.

Rooms can be booked at a discounted rate £60.00 single occupancy or £70.00 double occupancy to include B&B. (Travelodge is next door so may be worth looking for a deal there)

The evening will be at a subsidised rate of £35pp which will be inclusive of an arrival drink at 7pm, three course festive meal, ½ bottle of wine and dancing until midnight.

Put the date in your diary.....an evening not to be missed!!!

Carole Ingham
Social Secretary

