

# "FOOTNOTES"

CLEVEDON AC'S NEWSLETTER / MAY 2016



Dear readers

“ Hope you're all well and enjoying the first knockings of Summer(?). Doesn't it make a difference to everything – running, cycling . . . life? Just generally, people's moods are lifted – I love this time of year.

Hope those London Marathoners are enjoying the fruits of their labour – and enjoying the rest, recovery (and wine . . . oh, and cake). I always find I eat the same amount, no matter where I am in my training – whoops! Maybe I'm just greedy. Absolutely love watching the London Marathon on the telly . . . so motivating and inspiring – and also quite a relief, as I know what pain everyone is going through.

It's been great catching up with old and new faces recently now that I'm slowly getting back into things. Everyone seems to be doing SO well and importantly, really enjoying just running. It was great to see a newcomer on Thursday – Louise, aged 17, bringing herself along to the club – she really enjoyed the session and it was the furthest she's ever run so I've persuaded her to come to the Prom next week – how mean am I?

I've done a couple of cracking local runs recently and would highly recommend them – The Big Cheese and Cheddar Gorge 10K – makes me feel so lucky to have this natural beauty on our doorsteps – the organisation and atmosphere at both events were excellent.

Next month sees the big one – The Castles – what a cracking weekend of camaraderie it is – if you haven't put your name down, then I would encourage you to – I wasn't able to run last year, but even just going along to support and be part of things, was brilliant. Good luck to the team.

It is the Midsummer 10K on 14 June – please contact Mike Andrews if you're able to help in anyway.

Anyway, enough of my rambling - see you all out there again soon people – happy training! ”

Happy reading!

*The Editor*  
*(Laura)*



# CHAIRMAN'S CHATTER



*From our lovely Chairman, Andy Heyes*

*Dear All*

Well, Summer is coming, the light evenings are great for training, and track training at the school has commenced.

Congratulations to our London Marathon heroes who produced excellent results.

Focus now turns to 3 fantastic relays coming up - Welsh Castles, Cotswold Way and Cotswold 24 Hour; a sign-up form is on the Notice Board at Strode, or let Helen, Morph or Sally know that you are interested - but be quick as logistics and team-picking are well under way!

We also have several social events planned - details of which will soon be announced, and of course the next Club race is the Midsummer 10K on June 14.

Keep running, enjoy the Newsletter, and let us know if any suggestions or ideas you may have.

*Andy Heyes*

*Chairman*



# Who knew?



This month, I thought the Editor (me) would take a turn - hope that is OK! I've always wanted to answer these questions . . .

**Claim to Fame** . . . really rubbish I'm afraid – 1. I bothered Nell McAndrew for her picture in the London Marathon championship tent in 2012 (see below – and she was really nice); 2. I met the lead singer of Showaddywaddy in 1982. Wow-wee. 😊

**My Hero is** . . . Jill Robinson – founder of Animals Asia Foundation – my most favourite charity – I've been lucky enough to meet her a couple of times – and just cried . . . what a wally. Can I have two heroes? Virginia McKenna would be my second – founder of Born Free. Amazing women who give their lives over to the quest to end such barbaric animal cruelty.

**I'm quite good at** . . . speed touch typing – everyone tried to beat me at college – couldn't get close – 120wpm – not sure if I can do that now – but not too shabby! What a talent!

**Proudest Running Achievement** . . . Jurassic and Pembrokeshire Coastal Challenges - three very tough off-road marathons in three consecutive days (twice in the same year) and coming 2<sup>nd</sup> overall lady on both occasions – changed me as a person a little bit and the way I look at running generally – really stunning events. Also, couldn't not mention being a stage winner at The Castles in 2014.

**Favourite Race** . . . I have too many!!!! The Big Cheese; Uphill to Wells and the Christmas Cracker – all for different reasons.

**If I'm not running** . . . I'm sleeping; walking the dogs; relaxing on the sofa with Bob; decorating; gardening; buying excellent wine at the Wine Shop (in Winscombe); visiting local villages just for a wander; watching films; reading thrillers; cycling; swimming or at the gym . . . or eating (manly portions) . . . I love my life – although could do with winning the lottery so I could give up work so I could do more of the above!



# LONDON MARATHON 2016



*By Lindsey Kestle*

The morning of Sunday 24th April 2016 was chilly and overcast with a light breeze, ideal conditions for distance running. Which was lucky, really, as Ryan and I were making our way to the Championship start area of the London Marathon. My place this year was a deferral from last due to injury and I was walking on air to have made the start line this time after training began in earnest back in January. The atmosphere just walking to the start areas from the tube station is electric. Thousands of people streaming in from different directions and gathering in one place. Different motives perhaps but with a common job to do that day; make the finish line in the best possible time. Oh and to try and do so with a smile!

As usual before races, time was on fast forward that morning and before we knew it we were being corralled to get our bags on the trucks and get to the start line. None of this special treatment in the Championships Start area I'd heard rumoured and, in fact, the portaloos are not heated either! The one special thing it did offer me though was to start near enough to the front so that I could see Tim Peake on the big screen as he counted down to the start of the marathon. 10, 9,.....3, 2, 1 and we were off!

I wanted to go for a PB this year and improve on my time of 3:28hrs achieved two years ago. I had chosen 3:15hrs as a target based on nothing at all in hindsight but nevertheless the first few miles were ticked off at that pace fairly easily, even having a brief chat with Robin Hambly as he and Ben Burns sauntered past! The first few miles of London are downhill and with the atmosphere, the anticipation and the taper effects it really is very easy to start too quickly. Cutty Sark is the first real landmark at around 6 miles and I heard it coming from about 5 miles - the London crowds as enthusiastic for this event as ever! I celebrated with them with my first gel.

On the approach to Tower Bridge just before half way I realised I was working harder than I should be at that stage. The incline to Tower Bridge in reality is no more than any rise over a bridge but to me it felt steep. At half way I decided 3:15hrs was too ambitious a target and concentrated then on maintaining a 7:35 minute mile. Miles 16-18 were dark times, as always in the comparative drudgery of the Isle of Dogs. Nagging doubts appeared. "You should have done more marathon pace runs", "You should have run more weekly mileage", "Your ITB hurts, you should stop", "You've just been overtaken by a giant beer bottle" \*...that sort of thing. I ran through Canary Wharf without noticing - a remarkable feat really! I told my head to shut up and looked across to some of my fellow runners and realised that actually, you know what, marathons hurt! Breaking PBs hurts. Everyone else is hurting and we're all here together! I had another gel and cracked on, treating myself to 'only' having to maintain a 7:45 minute mile pace from then on. I know how to spoil myself. Mile 20 arrived along with friendly faces of Alex Crossland and Sally Dennis Richards cheering from the crowd. What a boost! It is impossible to overestimate the effect a shout from people you know can be (thanks guys!).

# VIRGIN LONDON MARATHON CON'T . .



People say marathons consist of two halves. The first 20 miles and then the last 6. This is true. The last 6 is where you get found out. Missed training is laid bare. A dodgy breakfast makes itself known. Setting off too fast is hereby punished with putting on a sumo suit and wading through treacle. Walls of solid bricks leap out from nowhere and punch you in the face. I knew I'd trained though. I'd been here before, I could do this and maybe I could do a sub-3:20hrs...I just had to dig in.

The second to last milestone in my head for the London Marathon is the Lucozade tunnel at mile 23. A long, hateful place that goes on seemingly forever. Rumours of runners going in and never coming out are rife. For those of us that did emerge from the other side it is akin to being a Roman criminal, rising up into the Coliseum to be eaten by lions as the crowds bare down on you from above. This of course is a frame of mind, you can tell where mine was!

And then I was on Embankment. Big Ben seemingly getting no closer as I pushed ever forward to the Mall.

The final milestone, the 800m to go sign. The noise here is deafening. A quick glance at my watch confirms I am on for a sub-3:20! I try to stride out, my legs screaming in protest. SHUT UP LEGS! 385 yards to go - I completely miss the very large, very famous landmark on my left as I charge onto the Mall, forgetting that 385 yards is quite far to sprint at the end of the marathon. I neglect to smile for the cameras or look at the crowds. All I'm looking at are the huge clocks counting stubbornly towards 3:20hrs.

And then it's over. 3:19:36hrs, a 9 minute PB and I am elated! Medal hung around my neck and Ryan waiting, looking as fresh as a daisy after 'jogging round' in a staggering 2:42:49hrs.

For me a spring marathon gets me through the winter. That period between Christmas and spring when it's dark and cold and running outside isn't appealing. The goal of a spring marathon lures me off the sofa and into my trainers. It also helps to have a friendly local running club to meet! The London Marathon is an incredible event. The crowds and support unrivalled. The organisation flawless. I'll be back for more.

\*That beer bottle got one of those World Record thingies so no so bad!

**CONGRATULATIONS  
TO EVERYONE WHO  
TOOK PART IN THE  
LONDON  
MARATHON!**



# THE BIG CASTLES QUIZ . . .

By Malcolm Roberts



With the 2016 Welsh Castles Relay being imminent I thought it appropriate to take a trip down memory lane and pose 25 questions drawn from the CAC archives covering the club's participation in this event over the past quarter century. No prizes will be awarded but this competition is NOT open to Mr. and Mrs. A Heyes this being their Mastermind specialist subject. Answers will be published immediately prior to the Castles weekend so feel free to have a go and if you want e-mail your answers to [malcolmroberts@blueyonder.co.uk](mailto:malcolmroberts@blueyonder.co.uk). By the way there is an awful lot of information about, so it is more than likely that I have overlooked something/someone or got something wrong - feel free to raise any queries as well and I'll do my best to address them.

1. Name the two stage winners from CAC's first involvement in 1990?
2. Who designed the CAC "Running Man" logo?
3. Who won CAC's sole stage winner's sweatshirt in 1992?
4. Who premiered their new tattoo in '92 -and had lost it by '94?
5. What was unusual about the Drover's stage in 1992?
6. Which CAC stage winner celebrated victory in 1994 by launching his yellow, official issue CAC hat into the crowd?
7. Who else bagged a sweatshirt that year?
8. Who had to borrow a pair of shorts (too small) in order to participate during CAC's winning bid in 2010?
9. Nick Page secured a well-deserved Monarch of the Mountains sweatshirt in 2010 but has anyone managed the full set namely Stage Winner/Vet stage Winner/King or Queen of the Mountains/Monarch of the Mountains/Overall Winner/Vets Winner (I have ignored the race categories which have never been entered by CAC)?
10. Which three individuals share the record for the earliest first Guinness of the day? Bonus point if you are within 15 minutes of the time. Those individuals -you know who you are – who carried on "partying" all night in 2010 do not count.
11. Why is Leg 9 referred to within CAC as the "Sweet tea" leg and who subsequently brought a bun to the party?
12. Who quite literally got his finger out in 2008?
13. How many units of alcohol have been consumed by CAC over the WCR w/e since 1990?
14. Who became the forgotten man in 2009?
15. In which year did a club (which?) lose a runner in the Saturday afternoon heat thus confirming a CAC stage win (who?) and arguably the overall title?
16. How many people have bagged stage winner's sweatshirts on their debut (names please)?
17. How many runners have represented CAC at the Castles in their 20, s,30, s40's and 50's?
18. Name CAC's youngest and oldest competitors?
19. Who currently holds the most overall CAC stage records.
20. In which year did we have the most female runners -and how many?
21. Apart from Andy Heyes (1990 -2016) which CAC runner's active (i.e.as a competitor) participation in the WCR spans the longest period?
22. And, again apart from Andy H (every time CAC has competed), which CAC members have actually run the most legs?
23. How many partnerships have represented CAC in the WCR?
24. How many pairs of brothers have appeared in CAC WCR colours and which family has the highest combined total of runs?
25. And finally (and I don't know the answer to this one) a number of great drivers have taken turns behind the minibus wheel over the years – their input has been fantastic so any idea who has clocked up the most miles since 1990?





# **NEW FEATURE**

## **WHAT'S IN YOUR KIT BAG?**

*A new feature for the newsletter brought to us by our speedy Alex Crossland - let us know what's in yours - Alex is kicking us off with what he keeps in his . . .*

- ✓ Spare pair of socks
- ✓ Mini tissues
- ✓ Anti-bacterial gel
- ✓ Plasters
- ✓ Paracetamol
- ✓ Spare couple of £££

*I think some of us ladies could challenge that . . .*





# RACE REPORT - THE GRIZZLY

## If it was easy, they'd call it The Teddy Bear

**By Lindsey Kestle**

On the morning of Sunday 13th March, Ryan and I dusted off our mostly unloved off-road shoes for what has become a bit of a Kestle annual tradition; The Grizzly. Seamlessly organised by Axe Valley Runners, their website describes The Grizzly as 'Twentyish muddy, hilly, boggy, beachy miles of the multiest-terrain running experience you will find this side of the end of time'. Which is all true. But what it doesn't mention is the breathtaking scenery, the remote bagpipers, the odd mystic quotes, the town crier, the expert organisation, the brilliant marshals and the lopsided grin as you see the finish line and believe that finally, finally there are no more hills around the corner.

The Grizzly starts on flat terrain in Seaton. Any flat terrain in this race has a caveat and in this case it is a shingle beach. Thoroughly exhausted already, the next 3 miles leave Seaton behind as we meander up and down on road and through a caravan park before the off-road begins. At about mile 4 you reach the top of the cliff you were eyeing up at the start and breathe in at the stunning Devon scenery. This is not the highest us Grizzlers will be today. At over 3000ft total elevation gained during the course, this is merely the warm up. Dropping down onto the beach between Beer and Branscombe the race splits between the Cub (9 miles) and the Grizzly. On choosing the Grizzly you are immediately rewarded as you splash through an ice river, scramble up more bonus shingle and the pain begins. Here I saw Mike Andrews who was looking after the timing for the race and he yelled some encouragement between laughing at my obvious discomfort! Heading seemingly forever upwards you hurl yourself across 9 or so miles of massively undulating country trails with short and steep climbs and descents through fields, bogs and drink stations manned by cheering marshals, musicians playing live music and the odd sword brandishing medieval knight.

It is at mile 13 that you hear shrieks of both delight and terror ahead as you approach the infamous bog. Marshals warn you not to stop for fear the bog will swallow you whole whilst official photographers are more interested in capturing it all on camera. Lost shoes here, screeches of joy there, it is pure energy sapping thigh high carnage. Should you make it through alive and with both shoes on your feet you get the treat of a rope to help you up yet another lung busting hill, so it's not all bad. Until around mile 16 where you reacquaint yourself with a mile of shingle beach leading to the 'Stairway to Heaven'. I'll say no more on this as I wouldn't want to spoil it (and I've repressed it anyway) but believe that it is as terrible as it sounds.

At mile 17 you return to the caravan park. At this point you can hear the loudspeaker at the finish line and practically taste the victory in the air. But it wouldn't be the Grizzly without a couple of surprise hills between you and the glory of completion would it! Finally, finally, at 400m to go, when you can see the end, you believe there are no more hills, no more mud and you let your legs go; the glory is right there for the taking.

And oh so glorious it is! Once again we have taken on the Grizzly, got away with it and with a cheeky course PB to boost.

A shower down by the local friendly firemen (or a dip in the sea if you are so inclined) and a nifty t-shirt later I am writhing around in warm, blissful agony, planning my return next year.

Quite simply The Grizzly is the hardest, most brutal and grueling race I have ever done. But, in that odd logic only we runners understand, I absolutely LOVE it. And you will too - come and join us next year and see for yourself.



# ***THAT'S IT FOLKS***



***Thank you so much to everyone who contributed to this newsletter – it just wouldn't exist without you . . . keep it coming.***

***Look forward to seeing you out there.***

