

EGRC NEWSLETTER

ISSUE NO2 | APRIL 2022

EMERSONS
GREEN
RUNNING
CLUB BRISTOL



WHATS OCCURRING?

News

Hi All.

A bit of an interim newsletter to get some race reports out and to realign the months better. Keep watching this space for further updates on the birthday bash and other exciting things planned.

Send all ideas, submissions and anything to newsletter@emersonsgreenrunningclub.co.uk

CHAIRMAN'S CORNER

Up for a London
Marathon Place?

RACE REPORTS

Race reports from Neil
Newman, Julia
Edwards and Sara
Penellum

PARKRUN CORNER

Some funky graphs
and visuals this month
using Mike Kimbers
stats

ISSUE NO 2 | APRIL 2022 |

This month's newsletter is brought to you with contributions from Steven Burge, Danny Smith, Julia Edwards, Sara Penellum, Kerri Roberts, Mike Kimber, Neil Newman & Lynsey Miles

Lots more to come in future editions – watch this space for more more birthday and social updates.



“The human spirit is indomitable. No one can ever say you must not run faster than this or jump higher than that. There will never be a time when the human spirit will not be able to better existing records.” *Sir Roger Bannister*

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CHAIRMANS CORNER

LONDON MARATHON CLUB PLACE CRITERIA

EGRC Club places for the 2022 London Marathon

Emersons Green Running Club is expecting to be allocated 1 (one) place for the 2022 London Marathon based on the number of affiliated members that we have. EGRC affiliated (to England Athletic) members can apply for places in line with the eligibility rules stated below:

- a) The applicant must be a first claim affiliated (to England Athletics) member of the club
- b) The applicant must have a valid rejection slip for the 2022 London Marathon and can produce this on request
- c) The applicant must have submitted a race application that states the applicant to be a member of Emersons Green Running Club
- d) Any recipient of a club place shall not be eligible to enter the draw for the club place for the following two years
- e) The recipient of a club place must show a commitment to the club by training and actively participating with the club following the award of the place
- f) The recipient of a club place must wear the club colours when competing in the Marathon
- g) The recipient of a club place must write a post-race report for the club newsletter/website
- h) The applicant must have been a member of Emersons Green Running Club on or before the date of the previous annual general meeting, in this case 28th January 2022

If you meet the above criteria, are happy to commit to the rules and would like to be included in the draw then please email the club (info@emersonsgreenrunningclub.co.uk) by 14th May. Please send your email with the subject 'London Marathon'.

A draw will take place and the winners announced at the EGRC Birthday Party on 11th June 2022.

If the deadline of 14th May passes and an insufficient number of club Members have entered the draw to fill the number of Club places awarded, club members who do not fulfil criteria (b) and (c) but fulfil the remainder of the criteria will be permitted to enter the draw for any remaining places. A revised draw date will be circulated should this process be necessary.

Please note that the London Marathon place awarded to EGRC is a club place. If the winner of the draw

is not able to take part for any reason, then the number will be passed to the 'first reserve' person who will also be drawn at the EGRC Birthday Party.

If you have any questions or are not sure if you qualify then please speak to a committee member. You should be able to pinch from this to create a brief newsletter article.

Here are the previous recipients of the club place:

Year	Member(s)
2020	Jer Court
2019	Tom Kavanagh
2018	Joe Bereza
2017	Neil Newman
2016	Brad Robbins
2015	Alex Christofides Steven Burge
2014	Jon Doyle

Kind Regards

Neil Newman

Chairman

Emersons Green Running Club

RACE REPORTS

Neil Newman

@EGRC Members have been hugely fantastically supportive of my fundraising run along Offa's Dyke Path (ODP) at the end of March, raising monies for the work of the Disasters Emergency Committee in Ukraine. As I write, the funds raised are heading towards £3,500.. Thank you so much to everyone who has contributed and/or asked about my adventure.

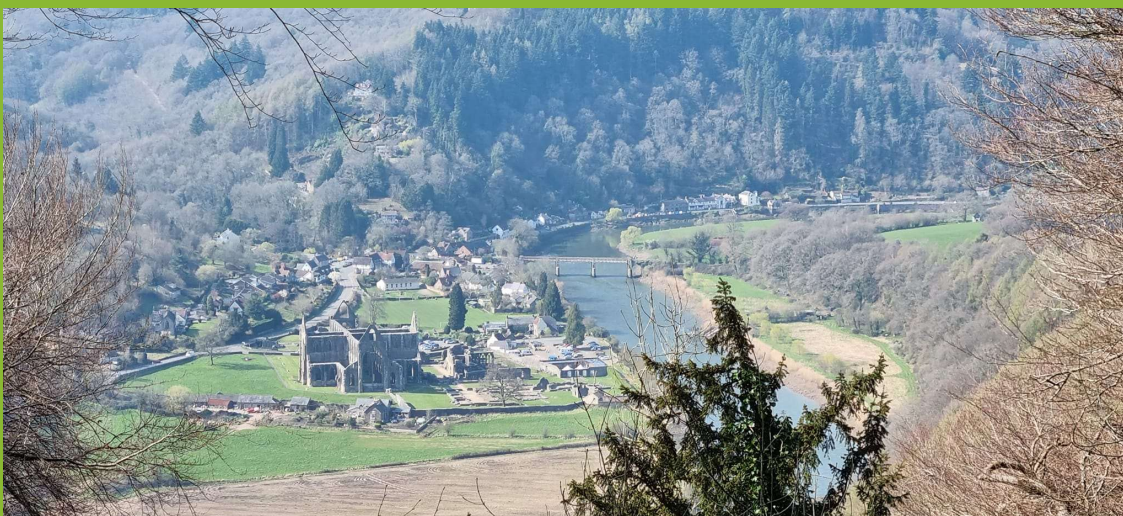
Just over two years ago, I booked a ticket for one of my all-time favourite bands who just happen to be playing a couple of reunion gigs. In Chicago. I planned an extended weekend with a lakefront ultra race and a ticket to the Chicago Bulls. Then COVID-19 arrived and the gig was postponed, not once but twice before being called off altogether (with the promise of a reschedule some time in the future). I therefore had a free week in my diary, my wife was happy for use it as I saw fit and so I decided to go for a run.

I thought about the Pennine Way (268 miles) having spent a few days walking it with my father back when was about 12. But the accommodation was infrequent, I didn't fancy carrying a tent and it was probably a bit too far.

And then I found the Offa's Dyke Path, a National Trail spanning 177 miles roughly following the dividing line between England and Wales. It started in Chepstow, just the other side of the Bristol Channel (tick). Accommodation was plentiful (tick). I could run it in five days (tick???)

Cue lots of planning, splitting the route into five similarly distanced pieces and finding accommodation at each of the end points. And given that the start of the path in Chepstow was just 18 miles away, why not run from my front door in Emersons and make it 195 miles???. A nice neat average of 39 miles per day. I'd carry every thing I needed in a backpack (Raidlight Active 12L Vest).

I set off from my front door in Emersons Green at 8.00am on Wednesday 23rd April and by midday, I was at the start of the ODP on the south side of Chepstow (having got a little bit lost in the fields around Tockington). I arrived at the start of the path at lunchtime but this was only halfway for day one as I headed on to Monmouth to my B&B. Leaving Chepstow, the trail started to get very hilly...



I arrived in Monmouth just as daylight was starting to fade. B&B for the night was a Wetherspoons, The Klngs Head. I skipped the an evening meal (favouring a fry-up in the morning) and had a several drinks (including a G&T) to rehydrate. 39.5 miles done but I had some big blisters.....

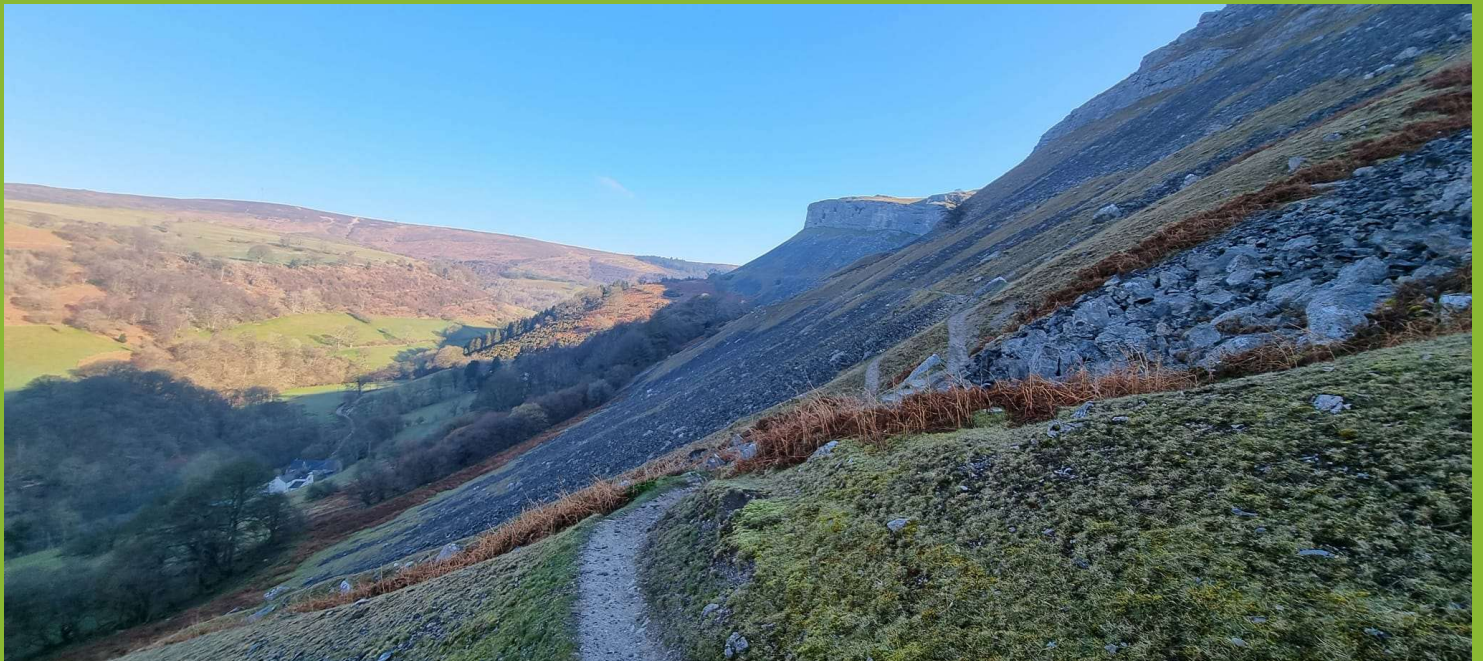
Breakfast was at 7am and by 8am I was running again, albeit a little gingerly due to the blisters (which I had drained and covered). Again there was a lot more elevation than I was expecting. Beautiful scenery was difficult to enjoy as ploughed on with my feet getting more sore as the day progressed. And then after a few wrong turns and general slo-going, it started to get dark. I took another wrong turn before being corrected by a local farmer and it was pitch dark by the time I arrived at my B&V, The Offa's Dyke Lodge in Gladestry. I had turned down two offers of lifts in the final 3 miles. My feet were killing me.. Blistered and bruised, I made the decision to not run on Day 3.

I had a bath and drained a further nine blisters. I'd have a little lie-in, breakfast then make my way to Forden, my next B&B without running. I was disappointed in many respects but bouyed a little when the lovely B&V owners said that I was a record holder - non-one had ever travelled 46.5 miles to get to their B&B before, the previous best being in the high 30s.

On Day 3 I walked 4.9 miles to Kington (bought plasters, used the launderette), bussed to Llandrindod Wells, bussed to Newtown then taxied to Forden. After a lovely cottage pie and time spent giving my feet some TLC, I was ready for Day 4.

Beans on toast for Breakfast and I was up and running again, heading for Llangollen. A slightly flatter, slightly faster day with a couple of stints on canal towpaths, I managed to drop into two pubs en route for brief refreshments (who needs Lucozade when there's cider-shandy and full far coke). A slightly later start meant a slightly later finish and it was dark as I dropped down from the ODP into town. Another 43.7 miles in the bag. Two more blisters drained and patched.

Day 5 started with a fifteen minute walk up a very big hill to return to the ODP. My feet were still sore but I was determined to grind out the day and get to my final destination of Prestatyn. There were ups and downs aplenty but the scenery was stunning.



After another long day (39.8 miles), I headed down off the final hill into town as the light was fading. Just after 8.00pm, I stopped for a photo at the ODP Start/Finish sign and then waded ankle-deep into the Irish Sea to give my poor little feet a cool bath.

A pint, a shower, a good sleep, a good breakfast and then a short walk (via Tesco and M&S to stock up on drinks and snacks for the journey home) to the train station; I was home before the kids got back from school.

Runs = 4

Running Time = 40 hours, 23 minutes

Miles = 169.5

Steps = 344,753

Calories Burned = 22,423

Blisters Drained = 14

Fried Breakfasts = 3

Mid-Run Cider Shandies = 2

Hats Lost = 2

Elevation Gained = 8,922m (more than Mt Everest)

In my backpack I carried:

a toothbrush, toothpaste, deodorant, contact lens solution, one spare contact lens, shower gel, cocoa butter, ibuprofen, inhaler, salt tablets, a complete change of running kit, a buff, a t shirt, a shirt, tracksuit trousers, boxer shorts x 2, beach shoes, usb plug, battery pack, phone cable, watch cable, battery cable, safety pins, Luchos dillitos energy bars x 5, kendal mint cake bars x 5, gels x 5, a porridge oats bar, two collapsible water bottles, Offa's Dyke Path guide book, a torch, a wallet, mobile phone, 2 x 50p pieces, tissues, wet wipes.

Thank you for reading this and thank you again for your support. And it's not too late to donate.....

Just go to JustGiving and search "Offa" and you'll find me."

Thanks

50p

Neil Newman

Chairman

Emersons Green Running Club

www.emersonsgreenrunningclub.co.uk



Julia Edwards - San Domenico 20 miler – A step into the unknown

13 March 2022

Let me set the scene...on 29 Dec 2021 I ran 'Plain Crazy', a hilly 13 mile scenic course and the last of the EGRC Championship events that year (I wanted to get a final one in to make up my '7 events'). The build-up wasn't ideal, preferring 5/10ks I'd purposely avoided anything over 10k, did no distance training and hadn't run anywhere near that sort of distance for about 10 years. To top it off I'd just had Covid and had only come out of 10 days isolation a few weeks earlier. I rocked up at the start line with an aim simply to enjoy it, and I did just that. That night, with a body full of endorphins I wondered if running the San Dom 20 (a 2022 Championship event, and one that I'd completely dismissed because it was way too long) could actually be possible.....

Now, those who know me know that I'm a planner, I like to be organised, I'm a perfectionist at heart and I like to be prepared for whatever I'm doing, not only in sporting challenges but in all walks of life. I knew I *should* follow a plan and put in the distances, that's what all the experts say right, but the thought of following a rigid plan and putting in the distances did not sound appealing at all, in fact it sounded horrendous. I was regularly attending club and enjoying parkruns, and so, with the confidence of Plain Crazy behind me, it was a conscious decision to enter the San Dom 20 and to simply keep doing what I enjoy doing.

Event day came. Having not done any distance training and never previously run anywhere near 20 miles I was

in completely unknown territory – a step into the unknown. I knew I needed to carry some supplies but had absolutely no idea what to take and more importantly no idea what my stomach could handle. I opted for water, a banana and some sweets.

I rocked up to the start with absolutely no expectations, it was about doing the distance rather than chasing a time, and that in itself was quite liberating

I set off at a gentle pace, I'd entered the Wiltshire 10 miler a month before and again having not put in the distances I set off too fast and paid the price, I wasn't going to make that mistake again. The course was a 2 lap, flat, out and back and it was lovely to see the smiley and familiar faces of other EGRC runners coming the other way, everyone was so friendly and supportive. The first lap was lovely, my aim was to enjoy it and I made sure I lifted my head to take in the views and say hello to everyone along the way. I was 10 miles in and feeling relatively okay and decided to eat my banana (not easy whilst running) and carried on. With about 5 miles to go the rain set in and the wind had picked up but I was on the home stretch so that gave me a boost.



With about 4 miles to go I was starting to feel really tired, I was also really cold by now but knew I was on the home straight and *just* had to keep going. At mile 19 there was a slight dip and then rise in the path which by no ones definition could be described as a hill, however after 19 miles this felt like a massive great incline. My legs by now were telling me they'd had enough and I was also feeling a bit nauseous, with only 1 mile to go however I knew I was going to make it. As I crossed the finish line slightly delirious and legs completely spent I made a slow hobble back to Race HQ. While there, an event official came up behind me and presented me with 2 boxes of Cadbury Milk Chocolates, turns out the ladies had won the team event! What a result!



In conclusion, it would be irresponsible of me to recommend running 20 miles without any distance training... turns out however it can be done. And did I enjoy it - most definitely.

Well done to all involved, it was lovely seeing all your smiley faces en route - Anne Burge, Steve Burge, Adrian Grimshaw, Ellen Hardy, Sarah McNamara, Emily Pitcher, Nathan Reeve & Graham Wright.

Newport Half-Marathon

Sara Penellum

On 3rd March I ran my first half-marathon. As an 'up and coming' runner (albeit for quite a few years now!) I'd always said I wasn't really interested in doing a half-marathon and didn't have time to train for it etc. 10km was my furthest race and 12km was my furthest overall distance so far. Two of my sisters had run a couple of halves though (Torbay and Birmingham) and were trying to convince me to sign up to Birmingham this year. I'd heard Newport was a good course for your first – one lap, fairly flat and a scenic route, so I told them I might give it a go and if I managed it, I'd think about the other one with them. My aim if I decided to do it, was just to finish!

However, before I knew it, they'd both signed up and signed me up too ...

fast forward to the day and we managed to negotiate the road closures to arrive in time (at one point I was slightly panicked we might be running to the start!). It was a freezing cold day, so I was glad of the organisers encouraging people to bring hoodies to dump at the start and donate to the homeless. We were all very impressed with the organisation, lots of pacers, lots of support, it started on time and was very well signposted/marshalled. There were lots of water stations and people encouraging and supporting all the way through the city. My husband said it was a great route for supporters, especially those with young children or people who are less mobile, as it was easy to get to different points. We passed them four times! Then it opened out into the countryside and along the river Usk, where it was indeed extremely beautiful. Running with my sisters was great, we managed a consistent pace and ran all the way, which I was chuffed with. It also made it much easier and at no point mentally did I feel like I couldn't go on. Maybe that training had paid off after all?

Maybe not, as at around 17/18km my hips suddenly started hurting and it was agony towards the end. I wasn't sure if I would be able to carry on, the support weirdly dipped off at the end due to the layout of the finish too so there wasn't the huge crowds we were expecting. Just as I said to them both "you better go on, I'm not sure I can run anymore", we saw our family and most importantly - the finish line. From somewhere, I managed to dig deep for a sprint finish as I knew they both wanted us all to cross the finish line together and we did! It was a little emotional as we were running for two great causes: St David's Hospice (it's a charity half in their support) and Prostate Cancer UK (a cause close to my family's hearts) but it was DONE!!!

All in all, a very well organised race for a great cause, which had beautiful scenery along the way, is good for supporters too. Would I do it again? Yes, but I'm not sure another half is for me!





DANNYS DARES

This will be the inaugural and possibly only year of Danny Dares! We have 6 people lined up to take on whatever challenges get thrown at them during the year. The competition will take place during the year with voting for the winner taking place at the AGM.

Each person taking place will be profiled in future newsletters. After everyone has completed their task, a video will be uploaded of the task so everyone can assess who did the best. This will be linked to in the newsletter and then YOU can then attempt to do better and post your attempts on the facebook page.

Each member taking part will be contacted to arrange a suitable date and time for each challenge. Venue will NOT be negotiable as some challenges will need to occur at specific locations..... All locations will be familiar to everyone in the club.

Each challenge will be filmed. Sometimes the contestant will need to wear a camera to film their progress during the task. At the start of each challenge, each contestant will be given instructions and any objects/equipment required for the challenge. Each person will read out the task and must complete the task within the specified time limit. Failure to complete the task in the time limit risks getting no points for the task.

Voting on each task will take place at the AGM. Whoever scores the most points will be crowned the Danny Dares Champion 2022!

The profile document can be found on the link below. I will direct people to send them back to the newsletter email address

<https://drive.google.com/file/d/1AMHITUcEF3xBfKrrpxGs0iBqQHnCgaLw/view?usp=sharing>

Danny Smith

KERRI'S UPDATE

Group speed coaching

If you've ever wondered how to improve your technical form, or how people manage to maintain consistent paces over longer distances, then maybe our speed endurance programme is for you.

What have our past athletes said:

"Ummm yeahhhh, it was fantastic" - Steve Burge

"Even though I've been running for years, I've learnt new things running Kerri's speed course. Most importantly not to tense my upper body and to keep my arms moving. The warming up techniques have been useful too" - Matt Bradley

"Kerri gave me the knowledge I need to improve my training, and the confidence gave me the confidence to go at it alone. I enjoyed the structure of a proper training session and look forward to including what I have learnt in future training plans. It also helped that Kerri was always on board to answer my questions" - Trish Swanepoel

"After training with kerri I really enjoyed the 8 weeks training and learned a lot from it .you were very helpful and encouraging teacher and shame I got injured or hadn't spent my time drinking cider in the pub I'm sure I would of beat my time" Chris Miles (may or not have been edited)

What to expect?

The course is designed an 8 week training cycle, the second half of the course echos the first and ends with a time trial for tracking your baseline for improvement. Over the weeks we work on our lactate threshold, VO2 max, and our mental willpower.

Each session is slightly different and most take place at Pomphrey to accommodate all abilities. They are structured around a warm up, drills, main session, and cooldown. Each week you are given homework that will assist with improvement your technique, and strength, areas that runners often overlook but are essential for improving pace.

Outcome:

Over the 8 weeks, athletes were challenged across high / low / medium intensity sessions. The final session we rejoined club for a 10k time trial. Most athletes improved their predicted times, with one taking over 5 minutes off their predicted time.

Most notably, the majority said the 10k time trial felt easier that week, or they felt they had more in the tank, because the previous weeks lactate threshold work had hardened their minds to running at pace; along with other club members acting as pacers to help them achieve their goal times.

When can I sign up?

The next speed endurance course starts 28th April with a 5k time trial. You'll be able to sign up on Event Brite. We recommend signing up for the full 8 weeks to get the most from the course.

KIT CORNER

Hi EGRC members, This is a quick update on everything kit related.

Firstly, the Zoodies have all sold out which is fantastic for the club, thanks to all those who purchased one and enjoy wearing them.

Secondly, we have the infamous "EGRC Guff" still available to buy at a bargain price of £5 with a £1 donation for the designated club charity.

Thirdly, as of 15/04/2022 we have sold 45 items of new kit with 23 items still available. (listed below)

Men's T-shirt - Small (1), Large (2), XXL (1)

Men's Vest - Large (2), XL (3), XXL (1).

Ladies T-shirt - Medium (1), Large (4), XXL (1)

Ladies Vest - Small (3), Medium (3), XXL (1)

If you have any requests for kit then please email me

at kit@emersonsgreenrunningclub.co.uk and if we don't have your size then we will try to place a top up kit order soon.

It would be great to get some EGRC kit selfies/ race photos for the newsletter so if you have one, please send it in.

That's all from me, take care and see you at club soon.

Steve Burge.

Running Thrillseekers needed... do you fit this profile?

Then you may want to get involved in a potential social weekend away in November.

I have contacted the organisers of "Run Alton Towers" to request a group entry discount, and they have kindly made us an offer. If we can recruit 30+ runners in any of the 5km, 10km or Half Marathon events, then they have offered us an entry cost of £28. This would include free alton towers theme park entry on day of the race, unique themed medal, technical top, official race photos, chip timed results, post race water and goodies and free parking at the event. I think this is a great offer and it would be a good social weekend away. If you would like to take part then let me know via email kit@emersonsgreenrunningclub.co.uk

The logo for Alton Towers Resort is a large, stylized emblem. It features a central shield-like shape with a dark background and a light border. Inside the shield, there are several white stars of varying sizes and a central diamond shape. Below the shield, the word "RESORT" is written in a curved banner. The entire logo is set against a light green background.

Alton Towers

RESORT

PARKRUN CORNER

Watch this space for Donnas special birthday Bushy parkrun report.....

Parkrun stats provided by Mike Kimber

Volunteer 20



Tourist Events

- Bedford
- Berkeley Green
- Bognor Regis
- Bournemouth
- Brixworth Country
- Burnham
- Bushy
- Cardiff
- Chippenham
- Clevedon
- Coed Cefn-Pwll
- Dinton Pastures
- Eden Project
- Fort William
- Frogmary Green Farm
- Gloucester City
- Grangemoor
- Groe
- Horspath
- Hove



SOCIAL PAGES

Come and join us at Larkhall Athletic FC (Bath) and celebrate 10 years of Emersons Green Running Club.

From 2.00pm - Fun and Family Games on the Football Field. Maybe a Bouncy Castle (for adults and kids). Please purchase tickets (no cost) so that we know that you'll be coming along some time in the afternoon.

At 6.00pm - A Barbeque (supplied by the Football Club). Burger & Chips with extra toppings plus Coleslaw and Potato Salad. Must be pre-ordered. Please purchase a ticket (£11.50pp) to secure yours. Note that we need to hit a minimum number of sales in order for the barbeque to go ahead. We'll refund if the minimum order is not reached.

From 7.30pm - Socialising, Skittles, Darts and more in the Clubhouse. Please purchase tickets (no cost) so that we know you'll be coming along some time in the evening.

Overnight (Saturday night/Sunday morning) - Camping (bring and pitch your own tent). Cost is £15.00/pitch, payable on the day in CASH. Please purchase a Camping Ticket so that we know you'll be pitching a tent. NB: There is a toilet and shower block available to us on site.

Sunday Morning - For those who fancy it, there will be the option go for a little run at a very social pace. No need to purchase a ticket for this, we'll just gather up interested parties and go.

Tickets via our Eventbrite Page: <https://www.eventbrite.co.uk/e/the-egrc-10th-birthday-party-tickets-326411173607?fbclid=IwAR1PUxnTq9bWUmQOIkIE3pqx7ThR7GF4SkfLO-YIndSpccsNW5av0owVe8>

If you have any comments or suggestions, or if you would be happy to help me get some of these ideas moving forward, please feel free to drop me an email Social@emersonsgreenrunningclub.co.uk

Thanks,

Helen