



Brackley & District Running Club

2014 April Newsletter

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Spring is Upon Us!

Welcome to the April Newsletter!

Spring is officially upon us, the first Club night in April following the changing of the clocks saw a massive 29 attendees, possibly our best turnout ever!

It also heralded the first evening session in daylight—allowing us to head out of Brackley for the first time all winter and do the Turweston, Chicken Run route, with a beautiful sunset over Brackley on the way back in....

Membership renewals are now closed, thank you to everyone for getting those back in promptly! Jayne Cooper, Memberships Secretary will now be submitting details to UK Athletics of renewals and new members which means those of you who have joined us since January will be receiving your UKA numbers and cards to provide you with discount at races and in many sports shops, including Up and Running and Sweatshop in Milton Keynes....

Many thanks to Jayne for her work at this busy time for memberships. Hopefully as the weather and daylight hours continue to improve we will also continue to see an increase in the membership base—keep spreading the word!

Included in this newsletter is important information and a recap of March, including our first Club Championship races...

Happy Running!
Ali Nuttall

BDRC Chairman

April's Training Sessions

Tuesdays—6.50pm LC	Thursdays—6.50pm LC	Saturdays	Sundays—08.30am LC
1st April 5/6/7m Pace groups—Turweston, Airfiled	3rd April 1km Intervals, Juniper Hill	5th April 5K Park Run Northampton Magic Mile	6th April Club Long Run 10+ miles
8th April 5/6/7m Pace Groups—Hinton	10th April Track session Meet 18.50 at Banbury track or 18.20 at LC	12th April 5K Park Run	13th April Club Long Run 10+ miles London Marathon
15th April 5/6/7m Pace Groups, Turweston	17th April Hill Repeats, Greatwork	19th April 5K Park Run	20th April Club Long Run 10m+
22nd April 6/7m Run—Pace Groups	24th April Track Session 18.50 at Banbury Track or 18.20 LC	26th April 5K Park Run	27th April Club Long Run 10m+
29th April Fun Run			

Race Reports

We shall endeavour to provide full race reports on the new website, below are some excerpts from some of these reports on our recent races. If you would like to write a report following a race, please let myself or Sue Torrance know, all help in documenting the clubs achievements will be welcomed!



Silverstone Half Marathon

Many thanks to the team of 21 who helped marshal the mile 7.5 water station at the Silverstone Half Marathon at the beginning of March. It was a great day out, the weather just about behaved and the feedback from race participants was great—helped in no small part by the enthusiastic welcome they all received coming into the water station!

Well done to the Brackley girls who raced—Sue Torrance 1.45.58, Amanda Hebblethwaite 1.51 Helen Brawn 1.54.11



Brackley leading man Mark Woodus. Photo courtesy of Barry Cornelius

Banbury 15 Club Championships Race 1—report by Tony Chapman

On the warmest day of the year the first club championship run was the Banbury 15. We all met at Spiceball Leisure Center in good spirit's made our way to the start in the park. The course was a testing one due to the hills but made up by beautiful scenery north of Banbury running through Bourton and Cropredy. The great thing about a race when you're in a club is the support you get whether you finish first or last.

Results

Mark Woodus 1.46.31, David Bowen 1.49.44, Toby Cartwright 1.53.07, Tony Chapman 1.54.25, Steve Snow 1.56.49, Jayne Cooper 2.09.52, Sue Torrance 2.12.15, Amanda Hebblethwaite 2.15.32, Simon Tappenden 2.16.29, Ali Nuttall 2.28.48.

Milton Keynes Half Marathon and 10K by Dawn Breward

Who could have predicted that after 3 months of winter training the Milton Keynes Half would present us with the hottest day of the year so far! We were all grateful to see a good number of water stations on this picturesque route. A reasonably flat course with a few cheeky inclines coming out from the underpasses, there was plenty of support, encouragement and smiling faces along the way.

Four of us ran as a group for the first 7 miles and egged and pushed each other along the in the heat. However, after mile 7 there was a break in the group with ET in front, followed closely by Watts and Crookes (who was still suffering a miserable injury) in hot pursuit. Leaving Geordie, Little Legs and Keeley in that order not too far behind.

No-one could have predicted the intensity of the hill going into mile 13, which we were supposed to run up. We all gave it our best shot, some ran, some walked and others just fell up it!!

Results

10K—Matt Spenceley 46.20, Lorna Spenceley 48.57

Half Marathon—ET 1.52.55, David Watts 1.54.14, Nicola Crookes 1.56.30, Dawn Breward 1.57.08, Cath Hawley 1.58.45, Keely Weir 2.03.24





Carterton 10k

The second club championships race of the season was the Carterton 10k which took place on March 16th. Another warm and sunny day there was a great turnout of 12 club members competing in this new addition to the championship calendar.

Billed as a flat and fast course, it wasn't without its challenging moment but fantastic results were achieved all round.

Mark Woodus: 38.12, Toby Cartwright: 40.00, Matt Spencely 46.43, Simon Tappended: 47.17, Sue Torrance: 48.06, Lorna Spenceley: 48.40, Jayne Cooper: 50.42, Andy Howe: 51.47, Amanda Williams: 52.40, Steve Berry: 53.35, Paul Stevens: 57.37, Julie Waller: 57.38



Barcelona Marathon. Whilst others were running in the sun at Carterton, ET jetted off to Barcelona to run a marathon—here's his report:

Having been rejected in the ballot for the 2014 London Marathon I looked for an alternative Spring Marathon and Barcelona ticked all the boxes for me including visiting a city I'd never been to before. As with London it was necessary to pick up my running number and chip beforehand so I did this on the day before the race and went to the pasta party that they had organised.

It was very crowded at the start line – all 15,000+ runners start from the same place but was well organised so that they started runners in “waves” It was a clear morning with not a cloud in the sky but was cool enough at 8:30AM and running through the city streets we were well shaded from the sun which was had only risen an hour earlier.

Supportive crowd lined the streets. Not so many as you see at London but enough so that you're never far away from a cheer or some applause. I was willing myself not to get carried away with the pace and settled down within the first 5k at just over 27 minutes. The first major landmark came into sight, the Nou Camp, which occupies a large area and it took a while to run all the way round Not knowing Barcelona I can't recall many other landmarks that we ran past – I found these out over the next couple of days from the Hop-On Hop-Off tourist bus but I enjoyed almost every single minute of the race. The sun really came out after 11:30 and I was wilting in the sun

I can't fault the organisation throughout – lots of water stations, free gels, fruit and nuts and run through showers at 30km and at the end. As I tired towards the end there was lots of support from the crowds and other runners – it was a brilliant atmosphere and for anyone wanting to run a marathon abroad I would thoroughly recommend it.

Final time - 4:19:41 – a pb by over 16 minutes thanks in no small part to the structured training sessions we now enjoy at Brackley and District Running Club.

Next Month's races... April is a quiet month for championship races, but nonetheless its set to be a busy racing month with some biggies—including The London Marathon, a first time Ultra Marathon and a trip to Paris.... If you're racing in April, please drop me a summary of your race and any photos ready for your close up in the May newsletter!

News

March Newcomers In March we welcomed 3 new members to the Club—Gareth Bowden, Rob Lewis and Ian Marriott. Welcome guys, its great to have you with us!

Chicken Run Its only 2 months until the club's 10K The Chicken Run. If you haven't roped all your family and friends into marshalling or running then please continue to spread the word! 15th June—save the date!

Cotswold Hilly 100 BDRC are going to be competing in the team event—the Cotswold Hilly 100 on 18th May. That's 10 people, running 10 miles each through the Cotswold hills! And due to popular demand

we will be entering 2 teams of 10! Runners have started doing recce routes of their legs at the week-ends, post on the facebook group if you fancy going over to the course for a 10 mile run and want some company!

Abingdon Marathon A Brackley & District contingency of runners have entered the Abingdon Marathon on 19th October 2014. Beautiful and scenic and well known for its flat and fast PB potential there are now about 12 Brackley runners signed up for Abingdon! Word from the Coach is that training starts in July!

Racing Vests. The order has now been placed for the new racing

vests and T shirts. Those of you who have ordered will shortly be receiving an email detailing payment instructions For those of you who missed out please let Matt Spenceley know your requirements and if we don't have the stock we'll pull together a list for the next order.

Club Merchandise Full details available in the March newsletter which will be on the website. And an order form is available.

Website Have you checked out the new look website? www.brackleyrunningclub.co.uk please bear with us whilst the site is under construction. And we con-

April Challenge

APRIL CHALLENGE

28 Day's to a Five minute plank

DAY 1 – 30 SEC	DAY 15 – 170 SEC
DAY 2 -40 SEC	DAY 16 – 3 MIN
DAY 3 -50 SEC	DAY 17 – 190 SEC
DAY 4 – 1 MIN	DAY 18 – 200 SEC
DAY 5 – 70 SEC	DAY 19 – 210 SEC
DAY 6 – 80 SEC	DAY 20 – 220 SEC
DAY 7 – 90 SEC	DAY 21 – 230 SEC
DAY 8 – 100 SEC	DAY 22 – 4 MIN
DAY 9 – 110 SEC	DAY 23 – 250 SEC
DAY 10 – 2 MIN	DAY 24 – 260 SEC
DAY 11 - 130 SEC	DAY 25 – 270 SEC
DAY 12 – 140 SEC	DAY 26 – 280 SEC
DAY 13 – 150 SEC	DAY 27 – 290 SEC
DAY 14 – 160 SEC	DAY 28 – 5 MIN

Club Championship Race Calendar 2014

March

Sun 9th	Banbury 15	15 miles on road	
Sun 16th	Carterton 10k	10km on road	

May

Mon 5th	Weston 5	5 miles multi terrain	
Wed 7th	Silverstone 10k	10km on road	EMGP
Wed 14th	Rugby 6	6 miles on road	EMGP
Fri 23rd	The Wooton Friday 5	5 miles on road	EMGP

June

Thu 4th	Corby 5m	5 miles on road	EMGP
Sat 7th	Otmoor Challenge	Half Marathon multi terrain	
Tue 10th	Banbury 5m	5 miles on road	EMGP
Tue 17th	Harborough 5m	5 miles on road	EMGP
Tue 24th	Weedon 10K	10km on road	EMGP

July

Tue 1st	Milton Keynes 10k	10km on road	EMGP
Sat 19th	Hornton Classic 6	6 miles on road	

August

Mon 25th	Helmdon Hurler	4.3 miles on road	
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September

Sun 7th	Cotswold Classic	10 miles on road	
Sat 12th	Woodstock 12	12 miles on road	

October

Sun 5th	Hanney 5	5 miles on road	
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November

Sun 2nd TBC	Marlow Half	Half Marathon on road	
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