

Dudley Kingswinford Running Club

WWW.DK10K.CO.UK

Chairman's Chatter

We now have official confirmation from the Council and the Police that the Mile Flat will be closed to traffic for the duration of our 10k race. This is excellent news and ensures the race can continue and that Spectators, Runners and Drivers can participate safely.

We have also signed up for Chip Timing for this years race this will include Text messages at the end for all who submit the correct mobile number, all runners will have a Gun and Chip Time for the race this has forced us to increase the entry price this year but at £12 for affiliated runners it still represents good value for money.

Also please check out the new Wombourne Half Marathon destined for 20th June entry form is on our web site.

It was good to see everyone at the last XC, the men at Worcester and the Women at West Bromwich and afterwards for food and beers at the Park Tavern.

We also now have a new Notice Board in the corridor and I have the key. Hopefully next week I will start to put some bits and pieces up that are relevant to you all, if you want to put something on the notice board please get in touch.

That's all for now – enjoy your running

Regards
Gary Bonner

I S S U E 4

F E B R U A R Y 2 0 1 0

Marathon Moments

Brian Russell has been pouring over the historical records to come up with a DK Marathon Roll of honour. There are some fantastic times and those running London in April could do well to look at some of their predecessors in the hoops for inspiration.

1st Barry Cook 2.28, 2nd Pat Oakley 2.32, 3rd Brian himself 2.35, 4th Mark Hadley 2.36, 5th Norman Johnson 2.41, 6th Ian Mansell 2.42, 7th Kevin Duckworth 2.43, 8th Chris Flavell 2.44, 9th Hugh Gore 2.48, 10th Wilf Hadley 2.48. For the remainder of the list and more details if you're interested speak to Brian, I'm sure he'll fill you in.

Gary has also spotted something that might interest marathoners <http://www.marathontalk.com/>

This is the podcast hosted by Martin Yelling husband of Liz and an athlete himself and Tom Williams a 1hr 20 half marathoner

Just three episodes so far but the last episode was on long runs – very interesting

Virgin - On the Impossible!



Picture this. You have just finished the London Marathon and you are lying on your back in Horse Guards Parade, with barely enough energy to speak never mind stand up, and you don't know if you want to be sick, have a heart attack or just throw in the towel on running. You have missed your finishing time target – again! So with lots of great friends from DK and your wife really concerned about your wellbeing because your face is whiter than Marcel Marceau you announce with a slurred voice “bugger I have got to do it again, I didn't get 3:15”.

So here I am again training through the winter and spring to achieve the elusive goal I have been after for 5 years, but this time I have another incentive, and that is to raise money for Action Heart.

Until you have been close to someone who has benefited for Action Heart (like I did with my dad) it is not easy to understand the benefits that the organisation can offer to people with heart problems. I saw my dad transformed in character and go on to live another 15 years following his heart attack, with, I believe a much better quality of life than he would have done without joining them.

So very simply, if you would like to help me raise £1000 to towards the Cardiac Rehabilitation programme then please donate online on my Just Giving site

<http://www.justgiving.com/Paul-Richards0>
www.actionheart.com

Paul Richards (3:15 or Bust!)

And now, the end is near

This season's cross country fixtures were a struggle. In a tough division DK have struggled to get a good men's team out, too many of the quality runners were missing for one reason or another. Runners who would be consistent A team performers, as a result the men team were relegated after the final fixture at Malvern Common. At least we went down fielding a team in every race. The women meanwhile go from strength to strength with another good performance at and are at West Brom.

Roll Of Achievements



Not a great deal to report this month as it has been mainly cross country races where times don't mean a lot to most people and there have been few road races to speak off. Maybe we should consider a “performance of the month”.

We will be looking for nominations, you can either nominate yourselves or others if you feel it is worthy enough - come on, don't be shy.

Dates for the Diary

Date	Event	Commentary	Entry Form	Photos	Report
Sun 21st Feb	Wyre Forest 8	A tough multi terrain battle through the mud with a killer hill. But don't let us put you off.	✓	✓	
Sat 27th Feb	National Cross Country Championships—Leeds	An opportunity to run at a top class venue, Roundhay Park in Leeds with international class athletes, the aim is to try not to get lapped. It will be like playing at Old Trafford.			
Sun 28th Feb	Action Heart 5	Another annual favourite, if a little short for those aiming for London. A tough 5 miler from Russells Hall Hospital. Any race that starts and finishes at a hospital and goes past three cemeteries is telling you something. Running must be good for you.	✓		✓
Sun 28th Feb	MT Treat 8—Stourport	A scenic trip around the fields of Stourport, a new date for this year for those who don't fancy running around the hills of Dudley	✓		✓
Sat 6th March	Carding Mill Canter	The latest in the fell race series, with Mark Skidmore and Stuart Tromans both suffering with injury it may be left to Phil Johnson and the ever present Colin Downey to keep the DK end up.			
Sun 7th March	Edge Ahead 10k	A new addition to the diary at Edgmond in Shropshire	✓		
Sun 7th March	Kinver Clamber Training Run	A good 20 mile pre London training run, a club tradition for those entered in the capitals marathon. The big question is will there be an argument about where to go			
Sun 14th March	Stafford 20	A three lap test specifically suited for those doing a Spring marathon, a replication of what you will experience running a road classic and at least you can stop at 20. This should give you an idea of where you are in your training.		✓	✓
Sun 14th March	Ennstone 7—Telford	A more or less road race from Town Park in Telford			
Sat 20th March	Rhayader 20	Another good pre London training run in deepest Wales, or even a race in it's own right if you'd prefer.			
Sun 21st March	Stafford 1/2 Marathon	A fast road half from Stafford town centre, on line entries only this year so if you've not entered already you've missed the boat.	✓	✓	✓
Sun 21st March	Ironbridge 1/2 Marathon	For those who missed out on Stafford here's the Shropshire alternative, a tough 1/2 though the industrial revolution.	✓	✓	

Although we can give you an indication of where you are likely to get photos and reports, these could be subject to change, if you want to submit a report or any photos for the website please send them to Brian Smith via the website address—dk.10k.co.uk.

If there is anything you would like include please speak to Dave Norman or Paul Richards, let us know your views as the whole point of this newsletter is to improve communication within the club. If you would prefer please e mail any suggestions/contributions to davidgnorman@tiscali.co.