

## WOLDS VETERAN RUNNERS CLUB

### AUGUST 2020 NEWSLETTER

by Barbara Brown.

Well here we are mid August and we are still unable to do our usual races and club/group get together without social distancing. Covid 19 is still here! There is no doubt the virtual races have been of immense value to our motivation to keep training and find newfound fitness. It hasn't stopped yet !

#### [VIRTUAL CLICKEM 5K RESULTS](#)

#### PRE COVID PHOTO !



**Virtual Clickem '5'** completed last month. Thanks to Steve Green for organising.

37 ran. Steve Brewin 1<sup>st</sup> Male with a PB of 30.43. Rachel Portlock missed her PB by 1 second to be fastest lady with 35.31. Pbs also by Sian McCourt, Bev Evison, Malcolm Piper, Mark Smith, Sarah Wydell, Bridget Benton, Diane Greenfield, Sarah Johnson. Newbies over the course, Chris Sparkes, Sam and Graham Colbeck, Andy Hill, Rich McNiven, Gabrielle Ellis, Sarah Heinzman, Emma McGill.



**We know who you are Steve !**



### **Still in progress.**

SSL 1 Mile Teapot Relays – just two days to go and all results will be in to Sue Anderson (organiser) by Monday 17<sup>th</sup> August. Its going to be interesting to see how the teams have done as participants names were pulled out the teapot....whose going to win?

Tealby Trail Challenge – Charity event for Lincs & Notts Air Ambulance. This event has been supported by ourselves and many other clubs over the past 5 years. Of course the usual race will not go ahead as planned but there have been Trail Guides and written guidelines to help you go round this challenging course. If you would like to try it (whether walk/walk jog let Barbara Brown know by PM and look out for facebook messages of experienced runners offering to take you round). If you have done your final try of Tealby Trail let Barbara know your time. Donations can be received through [www.justgiving.com/fundraising/BarbaraBrown21](http://www.justgiving.com/fundraising/BarbaraBrown21). (goes straight to LNAA) (see stats for our Club Age Category below)

### **[2019 photos from Steve Green](#)**

### **Coming Up**

Its all go. This Sunday 16<sup>th</sup> August sees the start of the Tape to Tape Virtual **North Lincs Half Marathon**. Good Luck to those of you entered. You have two weeks to complete this.

Starting on 20<sup>th</sup> September is the Tape to Tape Virtual **ABP Half Marathon/10K**. Entrants receive medals, t shirt and number. Starts 20<sup>th</sup> September for 2 weeks. We haven't had a virtual 10K yet. An opportunity to see your progress with this distance ... maybe or a flat Half Mrathon.

### **Recently achieved:**

Just last weekend Sian McCourt accompanied her friend Paul Scott to run 100K. Locally taking place and involving 10 laps of 6.2 miles. Paul had asked Sian to help him train for this to raise funds for Adapt & Overcome (a charity that provides relief through Sports and Fitness to serving and retired members of the Armed Forces). Sian who has achieved (and still achieving) fast times in many distances and completed other ultra distance challenges over the years would have willingly given her time to help Paul and its of no surprise she stayed the whole way to give support and guidance. Really Well Done Sian. Congratulations to Paul and Josh Dellow.

**Malcolm** Smith, Lydia Gibbs, Dave Jackson, Alan Young didn't just do Tealby Trail but turned it into a challenging triathlon. Malcolm had the idea to Swim, Bike, Run and I doubt it didn't take much persuading to get his extremely fit club mates to go along with it. Gary Thomas joining for bike and run. Friday 8<sup>th</sup> August was the planned date and little did they know on this morning to swim nearly a mile in the Sea, Bike 40+ miles to Tealby, run round Tealby Trail and Bike back to Cleethorpes was going to be **the hottest day of the year**. Massively grateful for the extra water they needed from the house they left their bikes they all completed it. Malcolm – “it was far tougher run than normal, and tealby trail is tough enough. Lydia – “it was a tough morning”. 30 degrees that day, needless to say **wow** REALLY WELL DONE GUYS

Your fellow running mates : Highlighting how years of fitness can bring so much more

**Rachel Portlock** I have been a member of Wolds Vets since January 2015, however I first started running when I joined the Army (many years ago) and certainly not out of choice! My first race was Blackpool Half Marathon in 2013, this is by far my best distance, I ran 1.46.59 that day, my pb now is

1.35.28 which I achieved last year. My most memorable race was my second ever race which was the Loch Ness Marathon, I wanted to run sub 3.50 in order to get a GFA (good for age) for the London Marathon. Being a very inexperienced runner at the time I didn't realise that the most important thing you need to do before the start of race is join the toilet queue! By the time I got to 3 miles I was desperate so I dived into a portaloo by the side of the road, in my haste I dropped my energy gels down the toilet and weed on them, if that wasn't bad enough I then never pulled my knickers up properly. I definitely knew about this for the remaining 23 miles! This is the only time I've had blisters on my bum... I ended up running 3.48.53 despite my mishaps. My pb was 3 years later in Manchester 3.29.47. I'm running Blackpool Marathon next year the day before my 50<sup>th</sup> so hopefully I will better this.

**Lydia Gibbs** I ran as a young girl with Cleethorpes AC and still hold the U13 girls 200m club record, 27.5 secs, which has stood since 1987. Then after many years of babies I joined the Wolds Vets in 2013 after I was introduced to Susan Green at a Mad Mile Race in Keelby. It was the best thing I ever did. I found lots of new friends in the club and enjoyed many a hot sunny Sunday long run in those early days. My favourite race is Ferriby '10' – just not the one in 2014 as on that early February morning it was so cold I think I'm still thawing out. I love running off road enjoying particularly the Gruesome Twosome with Captain Dave and running the Rudolphs Romp with some of Wolds elites. I'm also partial to a head torch run with the Lincolnshire Wolds Head Torch runners. My greatest achievement so far, although not solely running, has to be completing the Lakesman Ironman Distance Triathlon in 2019. Particularly as I was able to finish strongly with a 4 hour marathon.

**Gary Thomas** – I first joined Wolds Vets in 2006 after being a founder member of Grimsby Tri Club and getting a taste for running. I have been lucky and participated in many great events giving me many memorable moments - such as racing and beating the train in Wales, running over the George Washington bridge with the Manhattan skyline in view during the New York Marathon and completing the Forestman Ironman in New Forest accompanied by the wild ponies and finishing to Queen 'Don't stop me Now'. I will never forget starting out with the leading pack at the inaugural Mablethorpe 10K and spooking a group of donkeys who out run us along the beach! However the most memorable has to be running the Coast to Coast from St Bees to Robin Hoods Bay last year. The stunning scenery of Lakes and Swaledale and running with my group of close friends who I have made through running and joining the Wolds Vets and the sheer enjoyment and simplicity that running offers, where getting from A to B was the priority without the pressure of time or pace. Running offers me a release from the everyday and I am lucky to be an active member of the local running community.

## **Tips**

### **Injuries**

This may be of interest regarding an injury:

Question: I have a pain under my foot when I run. I've had it over a week now and not sure if caused by the work shoes but I am hoping it isn't going to be a long term problem.

Sports Therapist reply: .... Could be Plantar Fasciitis. Get a bottle of water and freeze it. Then roll it under your foot with a sock on for 15 mins or rest your arch on it with small roll movements. I wouldn't run yet, get the inflammation down first and do some stretches off the stairs with your heels dropping down or get a towel around your foot whilst your leg is straight and pull gently on the towel to stretch it. You can also place a tea towel on the floor and pick it up and straighten it out

with your toes so it works the tendon under your foot. Ice it 3 or 4 times a day first do exercises a day or two after. (it worked)

**Running Injuries** – We all get niggles or end up with full injuries. Many can be from insufficient rest after hard work, not enough warm up, too far too soon or just mishaps. When it does happen it is usually RICE treatment (**rest,ice,compression,elevation**) **Resting** for a week or two and being patient. It helps if you Keep Fit doing other things (nothing that aggravates it), stretch as muscles fibres are healing and if needed see a doctor or get sound advice from a qualified sports injury therapist.

Keep flexible and strong.



**TEALBY TRAIL CHALLENGE** Classed as a mini 8.7 mile fell run Record Holders Nick Martin (27) Caistor RC 57.07 Natalie Burns (29) Lincoln Wellington 65.40

**- WOLDS VETS AGE CATEGORY RESULTS**

Fastest 3 – **Male:** Gary Thomas 58.57 (44), Andy Pegg 63.45 (43), Rick Harris 65.10 (45)

**Female:** Sian McCourt 79.53 (36), Rachel Portlock 81.27 (44), Barbara Brown 81.28 (65)

**MALE Top 3 in each age category**

35-39	Simon Gibney 69.53,	Rick James 71.57,	Jim Gibney 72.40
40-44	Gary Thomas 58.57	Baz Holcolme 68.58	Simon Gibney 69.42
45-49	Gary Thomas 61.40	Andy Pegg 63.45	Rick Harris 65.10,
50-54	Steve Dring 68.19,	Vic Ward 69.58,	Dave Jackson 71.09
55-59	Malcolm Packer 73.05	Dave Jackson 76.11	Bob Stocks 79.58
60-64	Gary Perkins 73.19,	Alan Turnbull 73.49,	Martin Clarke 90.12
65-69	Mick Casey 79.44,	Alan Turnbull 81.28	John Green 81.55
70-74			

**FEMALE Top 3 in each age category**

35-39	Sian McCourt 79.53,	Tanya Mackie 91.09,	Sarah Wydell 92.07
40-44	Rachel Portlock 81.27,	Jo Yates 89.11,	Lydia Gibbs 91.21

45-49	Vicky Thomas 84.37,	Jo Bray 85.57,	Jo Smith 100.22
50-54	Tracey Gibson 87.24	Moira Westley 87.33	Jayne Smith 96.47
55-59	Betty Gash 84.35,	Lesley Parry 87.55	Ann Mortimer 117.39
60-64	Susan Green 117.39		
65-69	Barbara Brown 81.28	Liz Woods 100.53	
70-74			

**If I have missed you** from the above results please let me know. It has taken some time to compile this and lots of changes so would like it to be right. Hope this is of interest to you and inspiration to be one of top 3 or near. Although the challenge is to just get round ....The first year (2015) I really believed the hour could not be broken which I said to Gary. With amazing fitness and sheer determination he proved me wrong and achieved way under to 58.57. (44 years) It was broken again last year (2019) by two Caistor RC competitors Nick Martin (27) and Rob Payne (29). Tom Harper is fastest teenager (18 yrs) 68.14.

I do think the going is tougher on route this year in a few places .... More rutted and stoney which has slowed me but maybe that's an age thing.....LOL Also no marshals opening gates. Enjoy your run round no matter what time. It's a challenge in itself. GOOD LUCK ....Remember its for Lincs and Notts Air Ambulance a very important emergency service to us. Go to [www.justgiving.com/fundraising/BarbaraBrown21](http://www.justgiving.com/fundraising/BarbaraBrown21)

**The August code for Sportsshoes is RPN5 – valid until 3rd September 2020. 10% off and free delivery over £30.00 <https://www.sportsshoes.com/>**

