

Eden Runners

Road Running Newsletter #2

'Why should we bother to race? If you're asking that, I might say why bother to run at all?'

Editors Note:

Welcome to the 2nd ER newsletter in which we have a lot to talk about including the Carlisle & Penrith Park Runs, Resolution 10k and the forthcoming Wellcome Tavern 10k a.k.a. Chernobyl 10k.

Carlisle Park Run Saturday 18th Jan 2014:

A special mention for the Carlisle Park Run, at Chances Park, which celebrated its 1st birthday with cakes and a prize draw. This friendly race has provided a many an early and fast start on a Saturday morning on this testing up and down loop over 5 laps (winter course only). Saturday saw Park Run stalwarts Kevin Whitemore, John Andrewartha and me tackling the course in spite of more racing to be had at the Resolution 10k and Inskip ½. Some may say this was madness, some may say heroic, I would say disappointing as Kevin cruised past me on lap 4 to take 2nd ER placing behind John A. To cap it all Kevin won a bottle of White Wine in the draw. Thanks to Alan for the vocal support as always during his hopefully short recuperation from knee surgery.

In the future we will no doubt attend this race with less frequency with the advent of the Penrith Park Run, but the cakes, coffee and friendly atmosphere (also it is handy for trips to Rainbow Music and Chivers Sports) will bring us back from time to time.

Penrith Park Run Saturday 1st February 2014 – Demo/Trial

EDC are operating a DEMO/Trial event on Saturday and they need runners (no more than 25 and helpers about 8). If you are interested then please email Ian Parker direct @ Ian.Parker@eden.gov.uk .

The first official Penrith Park Run is the following Saturday (8th) at 09:00 a.m. This is the biggest opportunity ER has had to reach new runners probably since its inception so even if you can't run please come to help with the distribution of goody bags to runners (supplied by ER).

Resolution 10k Sunday 19th January 2014

Magnificent turnout of 24 ER's at the first Champs race of the season, rewarded with PBs and good times galore.



All results can be found @ <http://times.mytriclub.co.uk/view-race/sportinaction10km>

Race Report (courtesy of Alan Marshall)

Overcast, no breeze, about 6 or 7 degrees, roads as dry as you could hope at 11am on a January morning. I would say – perfect racing conditions.

And so 24 Eden Runners started, and 24 finished. Being on two wheels (good), we watched the start - always an odd feeling watching a race start when you're so used to being in there. The event disappears from view really quickly....and all goes quiet. We chased the race along with a dozen or so cars until the crossroads was reached, where we turned right and sped off to meet the runners coming back in. Just past the 4m mark we pulled in to take some photos just at the moment the race leaders came by. It's instructive as a runner to watch how many different styles there are, and to realise how we can sometimes instantly recognise someone from afar just by their 'style'. Great to see so many Eden Runners spread through the length of the field. And back at the finish, again you can 'feel' that buzz that we have all experienced on completing a hard job well done. An energising experience, Eden Runners well done!

And next is!

Welcome Tavern 10k

Better known to most of us as the Chernobyl 10k <http://www.runningdiary.co.uk/race/welcome-tavern-10k> . This race has a good turnout and has an interesting route through woodland and along the River Ribble, before entering the town and crossing to the other side of the river. The outward route is slightly downhill and the return route is: you've guessed it! Not quite as fast as the Resolution 10k but it is still possible to record a good time and potentially a PB; let's get some lift sharing going for this one.

The full list of Club Champs races are:

Race Championship 2014		
Date	Event	Location
Sun 19 Jan	Resolution 10k	Carlisle- Link
Sun 26 Jan	Welcome Tavern 10k	Preston (formerly Chernobyl 10k)- Link
Sun 09 Feb	Winter Warmer 10k	Blackburn
Sat 22 Feb	Penrith Park Run 5k	
Sat 8 Mar	Dentdale 14m	Link
Sat 15 Mar	Penrith Park run 5k	
Sun 6 Apr	Blackpool HM	Link
Wed 16 Apr	Keswick RTH 10k	provis date
Tue 13 May	Moorclose 10k	provis date
Sat 17 May	Penrith Park Run 5k	
Sat 7 Jun	Penrith Park Run 5k	
Wed 18 Jun	Hawkshead 10k	provis date
Sun 22 Jun	Freckleton HM	Link
Sun 29 Jun	Hadrian's Wall HM	Link
Wed 9th Jul	Endmoor 10k	provis date
Wed 16 Jul	Lancaster 10k	Web link Entryform - Link
Sun 20 July	Northumberland Coastal Run 14m	Alnmouth- Link -RACE FULL

Race Results

Try this website it should have all or most of your road races in including Park Runs together with PBs!

<http://www.thepowerof10.info/athletes/profile.aspx?athleteid=194204>

Good running

Dave P