

Wootton Bassett Hounds Newsletter: February 2011



Club AGM

The club AGM was held on Feb 2nd and minutes have been circulated. Plans for a more proactive year in the hounds are afoot.

Goose as new committee member, has set all members a task of registering for our local Park Run which is held at Lydiard Park every Saturday – however, despite a good turnout for the first one of the month, it was cancelled due to a fallen tree.

WBSA and Mayor's Race

I attended the Wootton Bassett Sports Association meeting at the beginning of February; the club is due to be refurbished this month due to a damaged roof.

The WBSA are keen to host the Mayor's race from Ryland's Way to help boost the revenue for the club and bar, I suggested the option of having a WBSA day which is hoped to include each of the Sports clubs contributing something from their groups – i.e. penalty shootout, "try a game of tennis" table top sales/stalls (which I am thinking of inviting local businesses to attend) and a shorter fun run for kids round the field perhaps. I've since discussed this with Pete Yeardeley (WBSA Chairman) who is fully supportive of the idea and have also discussed it briefly with the Mayor's Office who also seems keen to make a bigger event of it. I have a meeting scheduled next week's finalise details, so am aiming to have entry forms out early March and will communicate further details when Dave page and I know more. If anyone has any other ideas please let Dave and myself know.

Broadtown 5

The countdown is on for the Broadtown 5 miler, it will soon be up on us, so please if you attend any races take some entry forms with you. If you haven't got the form, let one of the committee members know and someone will send you one. This is our biggest revenue generator of the year so please do all you can to help. Paul Watkins has taken on director of this race with a team of willing volunteers but as always it will be all hands on deck.

Race Results

Highworth Half Marathon

Unfortunately due to injuries and people pulling out, we didn't achieve the full team but excellent results for those who made it out on a wet, windy and hill race!

Simon Green – 9th Place – 1:20:27

Brian Cooke – 20th Place – 1:26:41

Michelle Leighton – 68th Place – 1:42:22

Teresa Andow – 94th Place – 1:54:44

Smart Smasher 10k

Excellent turnout from the ladies and some great times!

Sam Kelly 43:25

Carol Elliott 56:31

Kate Hopkins 56:56

Vickie Reay 56:57

Wiltshire 10 miler

Simon Rawlins 69:15

Tough Ten

Paul Salmon – 1hr 25

Teresa Andow – 1hr 33

Tri Ferris Off Road Duathlon

Angela Woodley - TBC

WBH Featuring....

Each issue I'm going to feature different club members, with different themes to get to know each other's backgrounds, and running interests. We're all members of WBH for different reasons, and all bring different qualities to the club and here's a chance to find out more.

This month's feature is.....

Ones to watch in 2011

Sam Kelly and Brian Cooke are this month's feature, due to some great race performances last season. Sam in particular has strengthened the ladies team and been placed at several events, so we can see if us girls can use her tips to improve our times. The men's leader board is always a close run race, often with literally seconds separating them. With Goose being newly appointed as Club Captain – let's hope he can motivate us to achieve even more this year.

15 Minutes with Sam Kelly

How long have you been Running for?

Before 2010 I had been running for about 3 years on and off on my own round Bassett and doing the Race for Life. In 2010 I joined WHB thanks to Tony - Glad he did though, would never have joined otherwise.

Why did you take up running?

I felt the need to get some circulation and fresh air after being in an office all day. Decided to do little runs around Bassett and found I liked it.

What do you enjoy about running?

The fresh air, the freedom and the feel good factor after a race

Does running with a club help motivate you? If so – in what ways?

Yes it is the best move for any first time runner. The friendliness, team support and the words "Come on Sam" from a certain fellow runner is a great motivation!

How often do you train? Is this purely running, or do you take part in other sports/activities?

I train every Wednesday with WBH. Other than that, I don't seem to get much time for training runs. I also go to gym to do mostly classes rather than on my own as I like the extra "push" from the instructor. Then there is the housework which can be classified as a fitness activity, although compulsory, shall we say.

What is your top training tip?

Go with a group. Do a variety of activities, not just running

How often do you enter races?

It varies between summer and winter. Being my first year of entering races, I found I was entering between 1 & 2 per month in summer and about 1 every 6 weeks in winter.

How do you prepare for a big event?

Build up the miles gradually a few weeks before the event even if it is at a slower pace. A big bowl of porridge on the morning of the race and a banana before the race

What is your preferred distance/terrain?

Seems to be anything up to half marathon from what I can judge from my first year.

WBH¹ Committee: Paul Watkins – Chairman, Julie White – Treasurer, Anna Buckingham – Secretary, Club Captains – Brian Cooke/Kate Warren, Social Secretaries – Lorraine Ferris/Kate Hopkins, Club Series Director – Teresa Andow, Website Executive – Alan Wood.

What is your top race tip?

Enjoy it, don't stress, it's only a run. Drink lots the day before, not wine though!

What is your biggest running related achievement?

Helping a friend at work to be confident and get out there and have a go at running.

What was your highlight of 2010?

Swindon Half, first lady in age group - I got a flower vase for it as a trophy.

What are your goals for 2011?

Lots of runs, staying fit and attending monthly chilli nights

What is your biggest Race day blunder?

Don't think I have had one yet, but then I am still new to it all. I am sure there will be before much longer.

What is your favourite event in the race calendar?

Being my first year of running, I did enjoy the Chippenham Half Marathon.

15 Minutes with Brian Cooke**How long have you been Running for?**

I've been running since 2006.

Why did you take up running?

A Bet!! Seriously. Andy B and I entered Cricklade 10k on a whim.... It went really well and I joined the hounds off the back of it.

What do you enjoy about running?

Taking part in races. It gives me a buzz!!

Does running with a club help motivate you? If so – in what ways?

Absolutely, running as a group and at regular set times conditions the way you run. You will always push yourself more and encourage others around you!

How often do you train? Is this purely running, or do you take part in other sports/activities?

I probably run three times a week and also go to the gym twice a week.

What is your top training tip?

Be a regular on a Wednesday night!!

How often do you enter races?

Once a month –ish .

How do you prepare for a big event?

No John Smith's! Heavy on the pasta the day before.

What is your preferred distance/terrain?

Half Marathon currently

What is your top race tip?

Accelerate on the downhill sections – Try it!!!

What is your biggest running related achievement?

Completing Reading half in 1hr 24.

What was your highlight of 2010?

The Hounds Christmas Party – smashing time Anna!!

What are your goals for 2011?

PB's and winning the LYDIARD 5K PARK RUN!!! By the way – have you all registered yet!!!?

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What is your biggest Race day blunder?

Safety pins, race number, Nipples come to mind!

What is your favourite event in the race calendar?

Swindon Half and the Ridgeway Relay

Thanks guys 😊

Lydiard 5K Park Run

Team Captain, Brian Cooke has set all club members a task of registering the local park run which takes place every Saturday at Lydiard park, it's a free, fun, sociable way of recording your progress over 5k. Even if you're marathon training, this can be incorporated into your long run – run there, 5k tempo, run home. Log on to www.parkrun.org.uk/swindon - register today and aim to turn up to at least one a month.

Good luck anyone running any races in the coming weeks and don't forget to get in touch with any news, pictures, results and events for the next issue.

Keep on Running

Anna Buckingham
Secretary