



Ridgeway Relay

Teresa has worked hard to organise this year's team for the Ridgeway Relay and the team is now in place and prepped on the course. The event will run the entire length of the Ridgeway of 89 miles, starting at Ivinghoe Beacon and ending at Marlborough Leisure Centre. It's a fantastic event organised by Marlborough running club so anyone who is free on Sunday 19th June to come and support at any point on the route please do so and as many people who can get to the finish to see in the final leg would be great.

Broadtown 5

Broadtown 5 is just weeks away now, and a final push from all members for publicity for the event would be appreciated, entry forms have been emailed, so please take any opportunity to pass some around at races, pin some up at work and in local haunts. If you are free to Marshal or help from 10am on Saturday 11th June in any way please contact Kate Hopkins and she will put you on the list to help.

Mayor's Race

This year's Mayor's Race will be held on Sunday 28th August from Ryland's Way after some negotiations with the WBSA and cricket club they have agreed to let us host it from the playing fields. There will be a Mayor's Charity and WBSA fundraiser as well as a local fete, with stalls from local businesses and a fun run for kids round the field. I will discuss further with the other clubs in the next WBSA meeting to find out how they're willing to contribute to the event. The Big Adventure Store is once more sponsoring the event and will also have a stand on the day. Entry forms will be ready to be distributed at the Broadtown 5, I am just waiting for final confirmation of details from the Mayor's Office.

London Marathon 2012

A reminder that all club members who have entered the ballot for next years' London Marathon are entitled to enter the drawer for the club place should they be unsuccessful in getting a place. The club are allotted one club place – this is calculated based on the number of members in the club. So if you don't get a slot, don't despair there's still a chance – this will be drawn later in the year but note, you must have entered the Ballot as a Wootton Bassett Hound.

New Kit

The New kit has finally arrived!

A massive thanks to Julie for her hard work in getting them organised and agreed. Feedback has been very positive and it's great to have a colourful presence at races once more.

Special Mention

We received the following email to the website:

“Please could you pass on our thanks to a male member of your running club who attended the Bluebell run on Sunday 15th May, although he had finished his run, he then spent his time helping other runners tackle the last hill and steps. He was very motivating, enthusiastic and encouraging and definitely helped myself and another of our club runners. You should be very proud to have such a thoughtful runner in your club. Many thanks again, from an appreciative runner Marion Morris (Maz) Slinn Allstars, Swindon.”

We have now confirmed this to be in reference to our very own Team Captain Brian Cooke. This sort of response is a fantastic credit to both Brian and the Hounds. Well done Goose!

Website

Alan Wood has also been hard at work, getting the website up to date and maintaining it to keep the Hounds as well as non club members up to date with the achievements and plans within the club. If you have any items which you would like to see on the site, please get in touch with Alan, and don't forget to take a look around: www.woottonbassetthounds.co.uk

Race Results

Park Run Personal Best List

A great turn out of hounds so far for the weekly park runs and here is the latest PB List

Simon Rawlins – 18:01

Brian Cooke – 18:32

Dave Page – 19:42

Hoang Van Tran – 19:53

Sam Kelly – 20:20

Dave Roper – 20:42

Paul Woodley – 21:01

Paul Watkins – 21:13

Michelle Leighton – 21:39

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Paul Salmon – 21:44
Maria Ellis – 21:51
Paul Borgman – 22:10
Martin Butler – 22:12
Teresa Andow – 23:23
Dawn McCafferty – 23:26
Andy Bent – 23:37
Mervyn Hobbs – 25:24
Carol Elliott – 25:30
Alan Wood – 25:58
Kate Warren – 26:22
Angela Woodley – 26:24
Steve Reay – 27:31
Kate Hopkins – 27:32
Vickie Reay – 27:34
Emma Butler – 29:15

Bath Half Marathon

Brian Cooke – 1:23:21
Simon Rawlins – 1:26:50
Sam Kelly – 1:30:25
Michelle Leighton – 1:38:16
Martin Butler – 1:39:05
Paul Woodley – 1:41:14
Nathan Woodley – 1:50:08
Dave Roper – 1:51:51
Dawn McCafferty – 1:52:16
Emma Butler – 2:13:43

Ballbuster Duathlon (8 Mile Run, 24mile Bike, 8 Mile Run)

Anna Buckingham – 1st place age group 3:58:25

“The Grizzly” – 20 Mile Multi Terrain

Michelle Leighton – 4:13.12
Paul Woodley – 4:34:05
Paul Salmon – 4:34:06

Gloucester 20 Mile

Anna Buckingham – 2:51:36

Fleet Half Marathon

Dave Johnson – 1:48:02

Highworth 5 Miler

Sam Kelly 33:04 (2nd Female/1st Female Vet)

Teresa Andow – 39:02

Dawn McCafferty – 40:09

Kate Warren – 43:54

London Marathon

Dave Page – 3:17:05

Dave Johnson – 4:46:52

12k Bluebell Run

Brian Cooke – 54:19

Hoang Van Tran – 55:46

Paul Woodley – 57:23

Maria Ellis – 1:01:50 (1st FV45 Category)

Paul Borgman – 1:01:51

Angela Woodley – 1:12:42

Michelle Leighton – 1:12:43

Chiseldon 5 Mile

Sam Kelly – 33:15 (1st Female)

Paul Woodley – 35:04

Dave Roper – 35:11

Teresa Andow – 38:45

Lorraine Ferris – 41:46

So far this year we've had some excellent results in both male and female categories, let's hope this trend continues throughout the year. Well done everyone!

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WBH Featuring....

WBH London Marathon Runners

This year we had 3 entries to the London Marathon, Dave Page, Dave Johnson and Myself.

I had carried my Good for Age place forward from last year unfortunately pulled out due to being slightly injured and not prepared enough, and I have some big events this summer so I didn't want to injure myself further. Dave Page achieved his place through the Ballot and Dave Johnson won his slot in the club drawer.

I asked the 2 Dave's to give a rundown of the event to share with the club, let's see what they have to say....

Virgin London Marathon – By Dave Johnson

"It was my 3rd London and 4th Marathon and they never seem to get any easier.

Having travelled to London on the Saturday morning and dumping our bags at the hotel, it was off to Excel at Docklands to register and mooch around the exhibition hall. Afterwards we travelled back to the finish area so Julie could see where to meet, we then shared a table at a local pub for lunch with a couple of elderly American tourists Bizarrely they didn't even know the marathon was taking place the following day and had intended to visit all the central sites expecting it to be quiet on a Sunday!

Then back to the hotel to relax and prepare for the following morning. Another hearty meal, then back to the room for an early night after setting the alarm for breakfast at 6am and the coach at 7am. It's always amazing getting to the start; the buzz of the crowd, the half hour toilet queues and even longer queues to hand your kit bag in (more about this later!)

The hooter goes and we're off! Well for nearly a minute anyway, before we come to a grinding halt due to the amount of runners and the rapid narrowing of the route. This happened again within a minute of running, and resulted in the first mile taking 11 minutes to complete. The weather was warm but overcast and I opted not to use sun cream or wear a cap - what a mistake to make. By mile 4 the t-shirt was ditched to leave me proudly displaying my Hounds vest and eventually sunburn.

The hard training through the cold lonely nights (aaaahh) and Michelle's massages (oooh) were starting to pay off, but then I started to get a sharp pain in my right knee on mile 10 and by mile 12 my right hip decided it was going to join in. Both of which I've never had trouble with before, and realising that you've only reached half way was an immediate reality check.

I've never done a run with so many people being treated on the side of the road. Even getting overtaken by Scooby Doo (my arch nemeses) whilst helping a chap walk for 5 minutes to get to the first aiders, didn't matter, as by that stage I needed to walk too! Arriving at the baggage lorry to find they'd given my kit to another runner mattered (finally got it back 3 weeks later). But paying £27 per official photo is just a pure rip-off!

The crowds just seem to keep growing each time I've run it, and hearing your name shouted repeatedly gets you around. Forget the sights and the other runners, the distance and the pain, London for me is all about the crowd and the atmosphere.

Never Again - Until The next Time!

Virgin London Marathon – By Dave Page

Not an easy one to describe. By far the best way to get a flavour of what it's like is to go and run it.

As the dark nights draw in and Christmas approaches you start to look at how many Sunday mornings there are between now & the middle of April. There are a number of training plans you can sign up for to get regular emails with that weeks training schedule. Fine if you are single & have taken unpaid leave for 4 months; but impossible to follow for anyone with a job or family. Perhaps the best part of the reminder is the motivational quote from someone famous that they put at the end, as motivation is what is needed the most for the long runs.

I managed to excuse myself from a lot of the training with an injury. The extra distance & frequency in training means that you find yourself running before you have fully recovered from the last run. Probably ok if you are a bit younger than us lot. Running a fast race was no longer the motivation to take part, more so the expensive, non-refundable hotel & travel arrangements. You have to collect your number on one of the few days before the race so you may as well stay up there on the Saturday night.

It's a bit of hassle going to the marathon exhibition to collect your number & you are still anxious that for some reason you are not on the list. Once this has been taken care of, we walked along the embankment & had a look at the finish area in The Mall & St James Park which starts the nerves off a little. Hard not to think about it too much the night before & get a good night's sleep.

Free travel on the day makes getting to the start a lot more hassle free, & from 7am all the tubes & trains start arriving at Greenwich & Blackheath with thousands of runners of all shapes & sizes. The atmosphere starts to build all around the start area. The organisation is fantastic with plenty of marshals around to point you in the right direction & a huge convoy of Lorries for the bags. Weather was good so a quick bag drop gave me an hour to chill out near the start, people watching. Some looking nervous, a few panicking but most really enjoying the occasion, taking photos of what is perhaps a once in a lifetime experience.

The whole event is very well supported with all the pubs en route holding BBQ's & live music. I think the best part of the race is Tower Bridge which has a massive crowd making a lot of noise. This is just about half way & you should be feeling good at this stage. If you're not then you are in for a very tough second half. I caught a glimpse of the leading men as I began the loop around canary wharf. They were on their way back to Tower Bridge about 8 miles in front. I had no chance of catching them. It seemed to take a while to get round canary wharf & back towards the embankment which is where you begin to see a few struggling. From about 21 miles there were people pulling over for a stretch or some maybe stopping for good, I started to see more & more pace bands on the floor

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where people had ripped them off of their wrists, abandoning an attempt at a certain time. 5 miles is a long way to run if your legs are gone. My legs felt ok & I was pleased that I had run at the right pace. A couple of miles later I was glad to see the London eye on my left & Big Ben on the corner. Weather was good so there was plenty of support in the last mile along bird cage walk & round the corner at Buckingham palace. Turned into The Mall with enough energy to wave to the kids at home & put in a bit of speed across the line. A quick call from them to say well done & that they saw me on telly made all the effort seem worthwhile.

There were one or two disappointed runners in the finish area, saying that this could be their last London marathon having just missed out on a good for age time but, like me, most of them were chuffed to bits. I met up with my travelling supporters & got stuck into the can of London pride that was in the goody bag. Wore the t-shirt & medal for the rest of the day which is compulsory. I hope to be there again in 2012 & at £28 (that's nearly only £1 per mile) it's the cheapest event on the calendar. Good luck to all that have entered next year, & for those who have not yet had a go, stick it at the top of your 'to do' list.

Thanks and congratulations guys 😊

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.

Finally, we join in offering Paul and Mo Watkins our sympathy and support after the sad loss of their Son, our thoughts are with you.

Keep on Running

Anna Buckingham
Secretary