



Aber AC

Newsletter – May 2014

BLUE & GOLD

A note from the chair & editor

by Ian Evans

Welcome to the bumper May edition of the Aber AC newsletter.

This month is jam packed with race reports and hopefully they will inspire and entertain you, just they have with me. It's a busy race period with the summer looming and it's great to see so many club runners representing us at various different events.

I have recently finished the autobiography of Bill Adcocks, who was a runner from the 60s/70s. Back then, they were all amateur, so no pay checks and training was done around work. It amazes me how people from that area trained, worked and still produced amazing times. They also had a simpler approach and didn't worry about nutrition or what was the right kit. They just got out there, did the hard work and got it done. Bill was in the same category of Ron Hill and latterly Steve Jones, who worked their way up from the shorter distances to take on the marathon. I always have found it interesting to see how they trained back then and when I've heard interviews with those type of runners, they always say the same thing. Lots of miles and race hard. Maybe these days, we have a tendency of overcomplicating matters? Something to think about.

HAPPY RUNNING





What's new

Farah to inspire Britain's future generations over the mile & Westminster mile review:

<http://www.run247.com/articles/article-4983-farah-to-inspire-britain%27s-future-generations-over-the-mile.html>

Interview with Beer Mile World Record Holder:

<http://www.runnersworld.com/fun/interview-with-beer-mile-world-record-holder>

Boston Race Director completes his 42nd event:

<http://www.runnersworld.com/boston-marathon/mcgillivray-finishes-42nd-boston-marathon>

Club News:

My marathon time is good enough for this week's Marathon Talk podium (about 25 minutes into the podcast):

http://www.marathontalk.com/podcast/episode_225_steve_way_part_one.php

LEAGUE HANDICAPPING - All members are automatically entered into the league but if you are new to the club it would help enormously if you could send me any recent race results you might have. [Mail to Tony Wenlock.](#)

WELSH CASTLES RELAY - [Join the team](#)

EXTRA EXTRA

First Aid Course - 20th May Lampeter Rugby Club

6pm to 10pm. Most attendees bring refreshments!

Contact: anita.worthing@btinternet.com for more information

RACE REPORTS:

LONDON CALLING



London Marathon 2014

By Andrew Filmer

I'd been keen to run the London Marathon for a while, and had never succeeded in the public ballot, so was very excited to score one of the two club places in this year's race. With very little serious consideration of what form I was actually in, I decided to try for sub 3.10 (why not?) and set about building up some miles. For my last three marathons I've used one of Matt Fitzgerald's training schedules, but thought I'd try something different this time around. I knew I had to work on my tempo runs and be a bit more sensible about differentiating my pace between different sessions. On the Marathon Talk podcast Pete Pfitzinger's *Advanced Marathonning* was being plugged endlessly, so I bought the book and decided to try the schedule with the lowest mileage (up to 55 miles a week). The initial training through December and January went well and I started to get some miles in the bank and feel good. The Thursday evening club sessions with Ian, Ed and Keith were a great motivation, especially as they were also all training for spring marathons.

Then, in the first week of February I got hit with the flu (thanks to my daughter), closely followed by a bout of gastroenteritis (again, thanks to my daughter). Double whammy. It took a couple of weeks before I was back out training again, but I was feeling run down and tired, and then only another week later I got another bout of the flu, which dragged out over a further two weeks. This left me with five weeks to go till the race, and not enough long runs in the bank. The upshot was that I had to seriously revise my goal and so settled on sub 3.30 as a more realistic target.

Race day was warm and once the initial light breeze dropped the day seemed to warm up even more. I was set on taking the first half of the race at an easy pace. Although the course is largely flat, the first three miles through Woolwich to the Thames are downhill and the temptation is to freewheel with the crowd. So I held back, let everyone pass by, and tried to get used to running in such a mass of people without tripping anyone else (or myself) up. I was largely successful at this, except when I made a mad dash for the loos at mile six without indicating and nearly took out a few a few

other runners. At least I could easily vanish into the crowd.

I've never encountered anything like the crowd noise I did in London. It wasn't just loud, but it seemed to be continuous along the whole of the course. There were no quiet sections and the noisy sections – around the Cutty Sark and across Tower Bridge – were absolutely intense. During miles 6 to 12 through Deptford and Rotherhithe I kept a steady pace. I was feeling good at this point and was tempted to push on and bag some faster miles, but held back.

Approaching Tower Bridge the road seemed to narrow with the crowd pressing in on all sides. The noise was absolutely intense. Past Tower Bridge is a section where the course runs out and back from Canary Wharf. Here the lead pace car suddenly appeared and then the elite men's field began to pass by. This was the highlight of the day for me – getting an up close view (from within the same race) of Wilson Kipsang, Stanley Biwott, Tsegaye Kebede, Geoffrey Mutai, Emanuel Mutai and a grimacing Mo Farah. Inspirational stuff! I wiped away a little tear...

Climbing from mile 16 (the Isle of Dogs) up to mile 18 (Canary Wharf) the heat started to affect me a bit and I was glad for the occasional showers installed along the course. I'd taken two gels by now and by mile 18 as I entered Canary Wharf my stomach was feeling a bit rough. I also realized that my Garmin had lost accuracy in amongst the high-rise buildings and that my pace had begun to slip a bit.

Through miles 18 to 22 the crowd began to build and I started to feel fatigue set in around mile 21. I was slowing and suspecting that the sub 3.30 might just be drifting away from my grasp. Actually I could sense from the crowd noise that the 3.30 pacer wasn't far away – and then he passed me. Slight panic stations as I realized that the race had now begun! A brass band bashing out some Lady Gaga helped propel me into the Upper Thames Street tunnel where I tried to muster some pace. Heading along The Embankment I struggled to keep in touch with the pacer, while Big Ben appeared in the distance and I passed a runner in a full bridal outfit. The final section along Birdcage walk was bit of mild torture and then suddenly there was Buckingham Palace, the turn into the Mall and a dash to the finish line for a finish time of 3.29.31. This was my slowest marathon so far, but the best experience by a long, long way (hey, and my first negative split to boot). Thanks to the club for the opportunity!

London marathon

Sunday 13th April (time of 4:21:16)

By Mel Gaul

Having put my name down for the London marathon ballot and not getting a place. In December I started a challenge for PC Nicola Hughes run to remember running 250 miles, 2 miles a day for 125 days. I then found out I had one of the clubs places to run the London marathon. I was over the moon and really excited to start training. I found out that Clare Leather Day & Elaine Rowlands were also training for marathons so we

started training together. We did most of our long runs together. It was hard but we enjoyed running up hills in the wind and rain. I have made some really good friends which I am very grateful for.

Anyway race day was approaching for me but Clare was to go first in Paris. I felt really emotional as we had all made a connection.

Clare's chip did not work so she was unable to get an official time but she did amazing and she thinks her time was around the 4:15 mark.

Emotions were running high when Clare came back as it is now my and Elaine's turn.

Race day approached I was working up until Friday, I was really busy and did not get a chance to eat all day and did not finish on time. I eventually finished work at 7pm and we eventually left for London at about 7.45pm. We arrived in London at about midnight. Went straight to bed. Got up early to go and register. This went smoothly. I had to get dragged away from the expo or I would have spent a fortune.

Race day: getting to Blackheath was easy. My race number 24042 starting in pen 8 at the blue start. I was starting in exactly the same place as Elaine but could not find her. Eventually got over the start line after about 11 mins. What an amazing day the sun was shining and the people who have come to support were out in their thousands. The atmosphere was just awesome. People shouting your name and your club name. I was high fiving the kids as I was running.

I was aiming for a 4-4:15 marathon and I was on track to begin with. I felt great and full of energy. I passed half way at 2:02 and was thinking I could get a PB here and was just lapping it all up. At mile 20ish I had to stop to peel off a sticky sweet which had stuck to the bottom of my trainer. This hindered me somewhat and I lost my stride and slowed down a bit. I still felt good and was still loving the atmosphere.

I then hit the embankment and new the end was insight. People still shouting my name which helped me cross the line with a smile on my face. I strayed to, well up as I was running down the Mall and I finished with a PB of 4:21:16 very pleased. I learned that Elaine also had a good race and finished about a minute behind me.

What an amazing experience. I am now looking forward to competing in The Outlaw Triathlon in Nottingham on Sunday 27th July 2014. Which consists of 2.4 mile swim, 112mule cycle and to finish a marathon.

I would recommend setting yourself a goal. The feeling when you have reached that goal is just the most amazing feeling ever.

Thank you to Aber AC for giving me the opportunity I am looking forward to competing in other races and representing the club :)

Shakespeare Rotary Marathon (27/4/2014):

By Ian Evans

<http://ianevsrunningman.blogspot.co.uk/>

Manchester Marathon (06/04/2013)

By Edward Land

So.. I opened the last of my Christmas presents... A nice shiny new pair of Nike Flyknits.. what better time than now to start my Marathon Training in preparation for the Manchester Marathon which I foolishly entered one evening when far too much blood rushed to my head. So off I went for a run.

I will not bore you greatly with the ups and downs, trials and tribulations of the 14 weeks of marathon training, but in short, I have not had an injury/pain free run since a calf pull in the Elan Valley 10 mile race!

Calf strain, Pain behind the knee, and what I'm sure is a stress fracture of the shin (Going to the Docs this week). All niggling injury's, but not enough to stop me training.

Anyway, training started, then BAM, it is April, and 6 days until the race. My race number had been sat on the worktop as a constant reminder and now all of a sudden it's actually happening.

Myself, Liz and Lina travelled to Manchester on the Saturday so as to be as race ready as possible on the Sunday Morning.

Race Day.

The alarm went off at 5am for my usual pot of pre-race porridge and a banana. (Poor nutrition and hydration the day before meant I woke up pretty hungry)

6am time to visit my race day best mate.. and pop a couple of Imodium's.

7am, taxi arrives to deliver the three of us to Old Trafford where the race village was situated. And what a site, it was huge, and very well equipped.

There was an hour to burn before the race start, once bags were checked in at the baggage tent, gels were secured in place, nipples taped (me) and a few pre-race pics,



it was pretty much time to head to our starting areas.

I was in start area A with some pretty keen looking runners and a few who by the 'rabbit in the headlights' look on their face may have been a bit ambitious with their finish time projections!

I did my pre-race stretches and tried to remain as calm as possible, but in truth, it was going like a rabbits nose!

Everyone bunched up and moved forward to the line... 3..2..1 And we were off, I had a game plan and was sticking to it! My game plan was to stick with the Sub 3 hr. pacer and not leave his sight, and if I still felt good at 20 I'd open the taps.

The course seemed to involve a lot of out and back section on very straight roads, I'm not too sure what I think about that, but it was nice to see the other runners as we passed, including the race leader who looked like he was running a 5k in a meat suit being chased by an angry wolf. It was nice to not be having to look at the Garmin all the time and I put my faith in the pacer. I stayed pretty focused and missed the first few 5k splits and managed to keep my HR pretty low and steady, I took my first gel at 9 mile just before the next water station. There was a little incline at mile 11 which upset my rhythm, it was barely even a hill, but after so much straight and flat for so long, stepping up a curb feels like you need a safety rope.

I passed the ½ way split feeling really fresh and strong with a time of 1:30.04 Perfect, so far I had run the ideal race. I had however started to feel a bit thirsty, and drank almost 500ml of water at the 14 mile water station. This mean I dropped off the back of the pace group slightly, but quickly got back onto the back of the group. By mile 15 I started to struggle with my breathing, I could not seem to settle at the current 6:52 m/m pace. I decided to play smart and back it off a bit and recover my breathing and steady my run before slowly increasing the pace to catch the pace group. Well, the first part I executed perfectly, I slowed down.. but the second part

never happened, I continued to feel thirsty, which is very unusual for me as I am typically very well hydrated and rarely drink on even a long run.

I did my best to remain focused knowing it's not over until it's over. I now started to keep a closer eye on my Garmin, the pace was hovering around the 7:20 m/m mark, and it was not pretty. I struggled on and by the time I got to mile 19 I knew things were going to get pretty ugly...

I caught and passed quite a few guys from the sub 3 page group I remember seeing earlier, this gave me a bit of a push to keep working hard, they managed to hold on longer than me, but they crashed harder.

Mile 22, the end was almost within grasp, I knew I had the finish, and the DNF sitting on my shoulder got shook off, I even managed to pick up the pace a little. Something that took me by surprise, and actually helped me was the sheer amount of people I was passing as they were walking, it highlighted the importance to 'Just keep running' I felt I was making good ground. I took a little time to evaluate. Sure, I blew the sub 3, I felt like shit, I was upset and annoyed with myself for poor race prep, I felt I had let myself, the club and friends down. This race was an emotional rollercoaster for me.

I started doing some maths, and realised I was actually not doing as bad as I had thought, and could actually salvage a half decent result out of this as long as I just kept moving towards the finish. Next think I know I was passing the 24Mile marker! Less than a park run to go! I decided to make the best of a bad day and push for the finish, but as I pushed I could feel my calf and hamstring wanting to cramp as soon as I extended my stride, there were people stopped stretching every couple of hundred meters, I didn't want to join them, so I kept my pace and stride steady and just get across the line. The crowds were fantastic, "go on Edward" "Go Aberystwyth", I promise you; this kept my spirits up and kept me going! I see the 26 mile marker. I was in the longest most painful .2 of my life! Even at this point in the race, I was passing people walking and stretching out cramped muscles. I turned the last corner, there was about 200m to the line, the clock just turned 3:12, There would be no sprint, but a guy behind me went for it, I let him go, only to see him clutch his hamstring and come to a complete stop. I crossed the line.. I'd done it, I was finished! Literally.

After a good few minutes draped over the barriers I made my way through the finish area, collected my Goodie bag, Medal and Banana. The next 30 mins were a bit of a blur. I did not feel good.. I headed to the baggage tent a put on my trackies and went to get a sugary drink and another banana. I sat down where we'd all agreed to meet after the race and sorted out an epic blister on just one toe. (No other blisters to report).

What a fantastic experience, I would recommend this to anyone looking for a flat mast 26.2

I will certainly be going back for that 2:59:59 or better.

Finishing time 3:12:27

Teifi 10, Sunday 20th April

By Anita Worthing

This was a great day for an Aber AC road trip with 14 of us turning up. The flattish route makes it good for PBs, though a head wind made the outward leg a bit slow, and the mile splits were getting worse until the turning point at Llanfair Clydogau - once over the bridge and on the opposite bank of the Teifi, the wind was behind us and it felt like flying! As I hadn't battled too hard against the wind I still had some strength in my legs and started overtaking other runners. I cheekily overtook John Evans around half a mile from the finish but that spurred him into action and he came back past me in the final 100 yards! I had nothing left so had to give him best. However I was pleased to finish 3 seconds quicker than last year in 75.08, and even more pleased to have contributed to the Ladies Team Prize along with Louise, Elaine and Lina, and an individual silver medal for F55 10-mile Welsh Championships. Anyone contemplating a 10-miler should definitely put this race on their calendar!

Offa's 'Orror - 13 April Brockweir

By Christiane Kloos

While everybody was looking at the London Marathon, around 265 intrepid runners took on quite a different challenge: a 20km run with over 650m ascend around Brockweir, near Tintern, following parts of the Offa's Dyke path.

Race day brought blue sky and sunshine, almost perfect conditions for a race that promised to be muddy at the best of times. Following small lanes and footpaths, we set off uphill for a bit. The relief of then being able to run downhill towards the river was quickly replaced by disbelief as we hit the infamous Lemmings Leap - imagine running down Cefn Llan, but on soft and slippery ground, and possibly even a bit steeper. With my legs still in shock from this treatment, we then ran along the river on the flat for several miles and while it was exposed to the sun and hot (something we aren't exactly used to around here) it could have been much worse: by the looks of it a bit of rain easily turns this path into knee-deep mud.

Anyways, the legs weren't getting any rest here either, and once back in Brockweir we went uphill again to join Offa's dyke. Those who still had enough breath left were effing and blinding by the time they finally got to the top of this (I wasn't one of them). With legs like jelly I then got to enjoy the best part of the race: running along Offa's dyke through the woods, with the smell of wild garlic in the air. No time to enjoy any views though as we went back down again and far too soon reached a wide forestry track leading to another more or less flat couple of miles back to Brockweir.

Somehow I had missed the fact that the finish line was on top of a steep footpath, so when people asked me if I could not speed up a bit I had a rather rude remark on my tongue until I spotted the small-ish Finish flag. I ended the race with a 4 metre sprint finish!

The treat at the end included a cup of tea/coffee and some cake, very civilised! If anyone wants a laugh, look up the official race pictures - some joker had made sure that all photographers were located by the worst uphill sections!

Conclusion: a nice low key event, with more flat sections than expected - but definitely deserves its name!

Training Details:

The majority of our training sessions involve running on the roadside, even in built up areas it can be difficult for cars to see runners dressed in dark clothing – we must act responsibly! Be seen and not hit!

- Thursday 8th May – **Seniors ONLY**: meet 6.00pm outside Plascrug Leisure Centre.
- Friday 9th May – **Seniors ONLY**: meet at Plascrug Leisure centre at 6.30pm.
- Monday 12th May – **Ladies ONLY**: meet 6.00pm outside Plascrug Leisure Centre.
- Tuesday 13th May – Seniors and Juniors: meet 6.00pm outside Plascrug Leisure Centre.
- Thursday 15th May – **Seniors ONLY**: meet 6.00pm outside Plascrug Leisure Centre.
- Friday 16th May – **Seniors ONLY**: meet at Plascrug Leisure centre at 6.30pm.

**Please inform the coach of
any underlying health
problems that may cause an
issue in the training session**

FIXTURES!

(Please send any fixtures that are not covered in this list to: ianevs79@outlook.com)

<http://www.sarnhelen.org.uk/index.php/club-races-results>

<http://www.maldwynharriers.org.uk/fixtures.htm>

<http://www.run-meirionnydd.co.uk/ourraces.html>

<http://www.rhayaderac.org.uk/>

<http://www.onlineraceresults.org.uk/>

<http://www.redkite-barcudcoch.org.uk/>

May:

11th – Jan Younger Memorial 10k (Neyland)

14th – Rhayader 5k – race 1

18th – Sarn Helen 16.5 mile hill race

23rd – Talley 5k

24th – Preseli Beast 24m off road & Beast Bach 10.5m (Maenclochog, North Pembrokeshire)

25th – Cwmann 5 mile

25th – Aberaeron fun run

26th – Dinas Head 4.5m (Pwllgwaelod)

27th – Preseli Beast & Bach

28th – Rhayader 5k – race 2

June:

1st – TROT's Dam Busters 10k (Llys y Fran)

11th – Rhayader 5k – race 3

14th – Gregynog 4.5 mile trail race

14th – Man v Horse (Llanwrtyd Wells)

15th – Tenovous 5k (Aberyswtyth)

22nd – Caerphilly 10k

27th – Felinfach 6

29th – Silver Valley 10k (Hermon)

July:

Poppit Sands 5k race 1 & 2

Gwastedyn hill race (Rhayader)

4th – Newtown BBQ 5k

13th – Amman Valley 10k

19th – Snowdon International fell race

26th – Dolgellau 5 mile road race

27th – Tenby 10k

August:

Poppit Sands 5k race 3

Ras Glyndwr? (Machynlleth)

10th – Borth Beach 10k

15th – Neil Howells 4.5 mile Memorial Race (Montgomery)

18th – Tenovus 5k (Lampeter)

24th – Ras Beca fell race

25th – St Clears 10k

September:

7th – Source of the Severn 8.5 mile fell race

8th – Ras Dau Fryn fell race (Crymych)

22nd – Emlyn 10k

29th – Pembrokeshire half marathon & 10k

30th – Pen trail races (Penmaenpool) **NEW**

October:

Aberystwyth Twin Peaks

5th – Chester Marathon

13th – Llanwennog 10k

20th – Ron Skilton half marathon

25th – Snowdonia Marathon

November:

8th – Rhobell Fawr fell race

9th – Cardigan RC, a dam good race

16th – Sospan MT 10 mile

22nd – Elan Valley 10m

30th – Ras y Mast 6.5 miles

December:

7th - Aberystwyth 10k

21st – Corndon 3 peaks Christmas Cracker fell race

26th – Boxing Day 7 mile (Crymmych)

January:

Crymmych team pursuit

February:

Tregaron Cors Caron Half Marathon

Ras Tarn Hendre fell race

March:

Resources:



Aberystwyth Athletics Club: <http://www.aberystwythac.co.uk/>

Welsh Athletics: <http://www.welshathletics.org/>

UK Athletics: <http://www.uka.org.uk/>

Welsh Fell Runners Association: <http://www.wfra.org.uk/>

Fell Runners Association: <http://www.fellrunner.org.uk/>

Gwent League: <http://www.gwent-league.org.uk/>

West Glamorgan Cross Country: <http://www.westglamleague.co.uk/index.html>

Power of 10: <http://www.thepowerof10.info/>

Runners World: <http://www.runnersworld.co.uk/>

Alastair Tye's Fell Running Pictures: <http://www.fellrunningpictures.co.uk/sos2010.html>

Welsh Castles Relay: <http://wcr.squarespace.com/>

Marathon Talk: <http://www.marathontalk.com/>

Run 247 resource: <http://www.run247.com/index.html>

Kinetic Revolution: <http://www.kinetic-revolution.com/>

To include anything in future newsletters e.g. race reports, new fixtures, interesting websites or general running information, please e-mail me at:

ianevs79@outlook.com

HAPPY RUNNING