



CUMBERLAND ATHLETIC CLUB NEWSLETTER

May 2023

Hello everyone,

Sorry that the May newsletter is being sent out in June. May was quite a whirlwind of a month, what with the Leeds Marathon, turning 40 and all that entailed, a holiday and a VAT return thrown in for good measure. I think I am starting to get back to normality now, and almost know what day of the week it is.

We have had a number of really interesting contributions this month and I hope you enjoy reading them as much as I have. We haven't however had a 'Cumberland ACe' nomination, so get your thinking caps on and let me know who you think deserves a pat on the back in next month's newsletter....well, this month's....it is June now isn't it? Goodness me, it's nearly Christmas already.

Best wishes, Bev.

Running joke

Why did no one think Cinderella was a serious athlete?

Because everybody knew her coach was a pumpkin.

New members

We would like to wish a warm welcome to our new members Bev Marrs and Mark Percival.

We hope you enjoy training, racing, and socialising with Cumberland AC.

If you are new to Cumberland AC and would like to introduce yourself in the Newsletter, please send a few words and a photo to beverley104@hotmail.com

Championship races coming up

June

7th – **Blencathra** – 8.1 miles (Multi-terrain)

21st – **Workington (previously Barepot)** – 5k (Short)

24th – **Buttermere Horseshoe - Darren Holloway Memorial Race (short)** – 13 miles (Multi-terrain)

July

2nd – **Millom Sea Wall** – 7 miles (Open)

2nd – **Festival of Running, Kirkbride** – 10k (Short)

4th – **Lambfoot Loop** – 10k (Open)

18th – **Whitehaven Harbourside** – 5k (Short)

Running Tracks

Malcolm Wood has shared with us the songs he played on repeat in the Distington Underpass during this month's Lowca 10k Race. I'm sure those of you who ran will agree they generated a welcome boost in your legs.

Queen - Don't stop me now

Fleetwood Mac - Go your own way

Pink Floyd - Run Like Hell

ACDC - Highway to Hell

ELO - Mr Blue Sky

The Jam - Town Called Malice

The Kooks - She moves her own way

The Style Council - Shout to the top.

Do you enjoy listening to music when you run? Send me five songs you run with and help other runners decide what to put on their playlists.

Running totals

Total number of miles it is recommended you should do in one pair of running shoes – **300 to 500**

Percentage of Nike's revenue derived from footwear – **29.14%**

Spotlight on....Dan Wilson

When did you join Cumberland AC?

In 2017, shortly after hitching a ride on the club bus to Dumfries Half Marathon. My first race with CAC was Brampton to Carlisle.

Why did you choose CAC?

Vic was already a member and it was the natural progression after getting to know everyone through Workington Parkrun. Tony Briscoe was especially persuasive.

Why did you start running?

Persistent injuries meant I had to quit playing football and my muscle problems had started to spiral quite badly. I tried running and it helped. I gradually built things up and learned how to manage the muscle issues. Parkrun was absolutely instrumental which is why it remains so important to me.



Favourite distance?

10 miles. Shorter and faster than a Half Marathon, but less painful on the lungs than 10K or 5K.

Least favourite distance?

I'm starting to feel that my attempts at a road marathon are cursed.

What race would you like to do?

Some parkrun courses in other countries. Japan and Singapore are probably top of the current long distance list along with some European ones.

What is your favourite post-race food/drink?

A Dr Pepper, followed by pizza and a pint (ideally at the Pocket in Keswick).

What is your favourite session?

Hill reps in winter and 1k intervals in summer

Middle of race, you feel like giving up – what keeps you going?

I'm incredibly stubborn.

Favourite route?

It's a tough choice, there are so many forest and fell routes that I love. I'd probably go for a loop around the North Western Fells (near Buttermere). Heading up Whiteside, along to Hopegill Head (maybe by-pass Grasmoor) and head down Whiteless Pike.

Best running memory?

My first sub 20min 5k at the CAC Lockdown Timetrials. I'd worked really hard for months building up to it. My watch decided to misbehave on the day so I had to completely rely on Zac Anderson to pace me round. After so much time without any racing it was great to experience that surrounded by club mates.

What do you see in your running future?

I've got a few long distance challenges lined up this year and I definitely want to try a triathlon in the next year or two.

Who is your hero or heroine?

I don't have anyone specific from the sporting world or otherwise. History has been full of so many incredible people I guess it's difficult to pick out a single person above everyone else.

Tell us something we don't know about you.

I've been learning Spanish for a few years. It's slow going but I want to keep going until I'm fluent.

England Masters at Chester, by Susan Cain

It all started in December when I entered the North Lakes half marathon because it was one of our 2023 championship races. After entering, I found out that this was a qualifying race to represent England in the England Masters Championship at Chester half marathon. All I had to do was to declare, before the race, that I wanted to be considered; finish in the top three in my age category; and, finish in a time under 2:10. In 2019 I had tried to qualify at the Manchester marathon and, although I was within the qualifying time by 20 minutes, I was outside of the top 3.

It is now January and it is really, really cold, not good conditions for running fast but good conditions to pull a muscle if I was going to try running hard. The first 4 miles were really icy and in places I was running on the grass verge to try and get some grip. There were other random patches of ice throughout the run and, because the sun had come out, these were hard to spot until you were on them as the road just looked shiny wet. I managed to get to the end of the race without injury; within the qualifying time with 2:02:44; and, was second in my age category.

Yippee, I had qualified. Two weeks later I received the confirmation email and started looking for accommodation for the Saturday night and managed to get a hotel just outside the Chester Racecourse entrance gates. I entered the race and paid a fortune (£41.00 I think the most I have paid for a half), also bought the England vest (£30) but decided not to buy the England shorts (another £30).

My long run training was 15 miles every Sunday. I did the Blackpool half marathon (whilst David did the full marathon) and was aiming for sub 1:50, dependant on the wind conditions of course. I was very happy with my finishing time of 1:49:41; the wind was favourable for my lap of the race but picked up to quite strong for David's second half of the marathon.

It is now May. We travelled down to Chester after parkrun duties. The hotel was great, it was a 5 minute walk to the England race headquarters where I had to pick up my 'back bib' also known as a 'target', this is, for me F65 and anyone behind me of the same age category could 'pick me off'. When picking up my 'target', there was a chap ahead of me picking his up, he was wearing a track suit and a baseball cap. The registration man, ticked his name off the list, gave him his number and something else and said "well done on your cap". I tried to see what he had on his baseball cap but he had turned around. It was now my turn. I gave my name, he ticked me off the list, gave me my number and a little EA badge, shook my hand and said "well done on your cap", ahh, England cap!



In the evening we went out for something to eat and it was so hot it was like being in Tenerife and everyone was dressed accordingly – summer clothes!

Race day. We were going back to England HQ for the England team photo (see if you can spot me). On the way there a chap asked where the HQ was as he was picking his 'target' up. He said he was in the same age category as me. David asked what the qualifying time was for M65 and said he



didn't think there was one, he had done 1:28 to qualify (qualifying time was 1:43). At the race HQ I met Fiona Todd from Border who said "I think you are from my neck of the woods". After the team photo we went back to our hotel. David had decided to watch the start from our bedroom window. I then went off to the start and joined the elite and the other England and Wales Masters competitors. I was so nervous. I turned around to look across the gap between us and the 'masses' and there was Lee Smith from Derwent who waved at me. The Mayor said a few words and then the tape ahead of the masses was removed, they moved forward and we were set off. It was so intimidating, the fast fellas were coming from all angles to get past us old people, there were F75+ in the race and I think it was quite a traumatic start, I saw one lady step to one side out of the way. I think we should have been set off perhaps 1 minute ahead of everyone else just to let us have a bit of clear space to run, especially as the race is chipped and the chip time was being used for prizes.

As I was leaving the racecourse, I gave David a wave. The first mile was around the town. The second mile was downhill and the third mile was uphill; after that, through to about 12 mile there were slight undulations. At about 8 mile there was an 'out and back' stretch where I saw both Lee Smith and Fiona Todd. I didn't see Paul Graham at all – he was probably nearing the finish by this time. Mile 12 had a nice downhill but mile 13 had a horrible hill, with speed bumps; and then on to the finish. A couple of miles were on what seemed like a rough track and other roads had a really bad camber on them.

The finish was really well organised. Bottled water was handed to the finishers; medals were given out; t-shirt tables had huge size signs above them, which didn't stop people asking for a large t-shirt at the x-small table! I spotted David behind the people giving out the x-small t-shirts. Following through, there was a goody bag with all sorts in it.

When I got out of the finish area I met up with David at our pre-arranged location and then went off to see the prize giving at Race HQ. The prize giving started at 10:45 and went through to 11:30, giving the fast finishers a chance to get away and time for the not-so-fast to finish. The winning times were amazing; the first F65 did 1:35:00; I was 50 when I did a time which was better than this!



Here are my excuses: I was far too nervous and feeling sick at the start; it was 27 degrees (didn't need my gloves); there were too many people whizzing past me at the start; and, I couldn't get into a 'race mode'. My time was 1:55:49 (which was 7 minutes faster than my qualifying time but 6 minutes slower than my Blackpool time). I finished 8th in the English Masters but 2 Welsh Masters beat me, making me 10/24 in my age category.

Would I do it again if I qualified – yes, I've bought the vest!

Review of Dolgellau Parkrun, by Lorna Gold

In a previous life, my husband Leon was an Outward Bound instructor and Mountain Rescue Team member based in Aberdovey, and when a reunion was arranged for the beginning of April we decided to go and stay in the area for a week, other attractions being Cadair Idris, Dolgoch Falls and Dyfi Bike Park. However, like many parts of Wales it isn't richly provided with parkruns and the closest was Dolgellau, 45 minutes away by car.

It was a sunny morning and the drive from Aberdovey to Dolgellau was beautiful. We parked in the car park at the start (free until 10am, coins or a parking app otherwise). There's a public toilet in the car park. I'd noticed from the website that it doesn't usually have a large attendance - 48 on average - but we expected more today with it being Easter weekend, and so it proved, with 135 finishers. It's a pleasant course, out and back twice on a good well surfaced trail path (fine for ordinary road shoes) with a couple of tight bends and a bridge but generally wide enough to cope with runners in both directions. There were plenty of marshals and everyone was very friendly.

Unusually, Leon ran too, and he kept making sure I was close behind him when he jinked through gaps so I ran harder than I might otherwise have done. Before the end of the second lap he set his sights on someone he "needed" to race, took off, and finished several places ahead of me. I had someone race me right at the end too. She managed to come from behind to put three seconds between us in the last 10 metres, which made me feel quite at home.

On the parkrun web page it mentioned that T H Roberts was the preferred venue for breakfast afterwards, so that's where we went after feeding the parking meter. It's a super café with a huge menu of cakes, savouries and sandwiches as well as a range of cooked breakfasts. We both had coffee and, since we were on holiday, cheesecake for breakfast.

Review of Beckton Parkrun, by Lorna Gold

I had a place in the TCS London Marathon and was uninjured and intending to run, but had hit a patch of poor running form and had revised my expectations downwards. This meant that I had nothing to lose by doing a parkrun on the Saturday. Leon and I were staying close to ExCel and the second nearest parkrun was one I'd heard of, Victoria Dock. But the nearest was Beckton, a low profile event (average attendance 48) in a small park less than half a mile away on foot.

We walked there along nice wide tree-lined footpaths and had a wander around while we waited, finding a little wildlife area with a duck pond. The start area and briefing were outside the pavilion. As expected on the day before the marathon, the numbers were higher than normal with lots of tourists. The RD thanked us for choosing Beckton and told us that the course was less complicated to run than it was to describe.

I only had road shoes and part of the course is on grass round the playing fields. The grass wasn't rough although it was still slippery from the early morning dew. Apparently it becomes a mudfest in wet weather. Most of the course is on tarmac, uneven in places. It's two laps, round one field, up the footpath, turn around and back down the footpath, round another field, past the pavilion, repeat. There were lots of marshals, all cheerful and encouraging.

There were 118 finishers. Victoria Dock had 699. I think we made a good choice.

Post-run refreshments were instant coffee, tea and biscuits outside the pavilion, and there were toilets inside. There's a large supermarket car park less than a mile away. The regulars were friendly and happy to chat. It was just like finding a little piece of West Cumbria in East London.

My marathon went even less well than I'd anticipated, but it didn't matter. I'd already had a good run in London.

Diabetes – a runner's viewpoint, by Karen Bowler

I wanted to share my story about diabetes and my personal challenge with being diagnosed. It may help someone else, especially as diabetes diagnosis seems to be increasing; I know of five people who have been diagnosed recently who are a lot younger than me.

Diabetes:

Who is at risk?

Why does it happen?

What is the cure?

Ok, I am not a doctor, but I am a runner. Because of the latter, I thought I was never going to get diabetes, but I have. I got two HbA1c readings that were 48 and over, which confirms diabetes (not prediabetes). So how did I get it?

Check points for me:

1. Not overweight.
2. Don't smoke.
3. Don't drink alcohol.
4. Cook from scratch.
5. Healthy diet.
6. Occasional sweet stuff, running aids like Gu and the odd sports drink.

I have been running for 43 years! So, what are my factors:

1. My age of 73 years – as you get older you are more likely to develop diabetes.
2. Genes – my parents diabetic? Not a clue!

Moving on:

What to do now?

1. Cut out sugar and fat and for me that means giving up chocolate, cakes and biscuits. That's about all.
2. KEEP ON RUNNING AND KEEP FIT
3. Get tested regularly by the diabetic nurse.
4. Go on a diabetic course – done.
5. Have eyes tested yearly by NHS for bleeds- done.
6. Check blood pressure regularly.

Symptoms for me were not that obvious. I did not feel thirsty. I had some headaches, but that was about all.

So, the lesson learnt is, I should have taken heed when I was told I was prediabetic although the doctor never explained what this meant. Due to COVID and lack of NHS funding there was no follow through at the time.

Diabetes 1 and 2 are not reversible. You have it for life and can, at best, be in remission. Sadly, no more Easter eggs or chocolate Santas for me.

The Rob Burrow Leeds Marathon, by Beverley Smith



Katherine Switzer, the first woman to ever run the Boston Marathon as an officially registered competitor, once said *"If you're ever losing faith in human nature, go out and watch a marathon."* It does not have to be a marathon. You have to look no further than your local Saturday morning parkrun to see all that is best about human nature. And at the Millom 10K in October last year, when one of the best teams of marshals I have ever known stood for hours in the pouring rain to ensure that every twist and turn of the most convoluted race route imaginable was covered, I was reminded how grateful I am that there are people willing to do this, with a smile on their faces. Yet, Katherine Switzer's quote sums up so perfectly how I feel about my experience of the Rob Burrow Leeds Marathon, as well as the months beforehand and the weeks since. It was my first marathon and I hope it will not be my last. And what a way to begin.

Incidentally, this was not the first marathon I had signed up for. Back in January 2020 I began training for the Manchester marathon, but my training was short-lived as I discovered in February I was pregnant. Two and a half years later, still with a marathon itch to scratch, I had started to wonder whether 2023 would be the year, when the perfect opportunity arose. The Rob Burrow Leeds Marathon was announced. I lived in Leeds for three years while I was at university there, and the route passed very close to both my old houses, as well as other favourite haunts and along familiar streets. The date was four days before my 40th birthday – what better way to celebrate? All this whilst supporting such a worthy cause as the MND Association, as well as the marathon's namesake, and the efforts of his best friend Kevin Sinfield. I signed up – that part was very easy.

My training in 2022 was somewhat sporadic and I always seemed to find an excuse not to run. So, I welcomed the structure my marathon training plan gave me, even if I did not welcome the thought of running to Workington and back every Tuesday evening. I pretty much followed the plan Susan and David Cain gave me in 2020, which involved 10 miles on a Tuesday at my target marathon pace, speed training on a Thursday night and a long run on Sunday. I added one mile each week to my long run, reaching 22 miles three weeks before marathon day. A turning point in my training was when, after speaking to Susan, I finally got my plan for nutrition during long runs sorted. Susan explained to me (at least five times, but without even a hint of impatience) about how and when she uses gels, hydration tablets and water. She also told me what David does, and I developed a strategy for myself that was somewhere between the two. I bought the belt, the gels, the hydration tablets and followed the plan on my next long run. Now I felt like a marathon runner – or I felt like I looked like one anyway.

The support I received during my training was invaluable. From the advice, the feedback on Strava, the conversations about how it all was going, to the sacrifices made by my partner Mark and son Joseph, who watched me head out on all those training runs with encouragement, a smile and a wave, never once saying "are you running again?" The training plan, the support, and a certain amount of good luck, got me to the start line injury free and feeling prepared. I am also confident my training would have got me round the course in my target time of three and a half hours, had it not been for the hill.





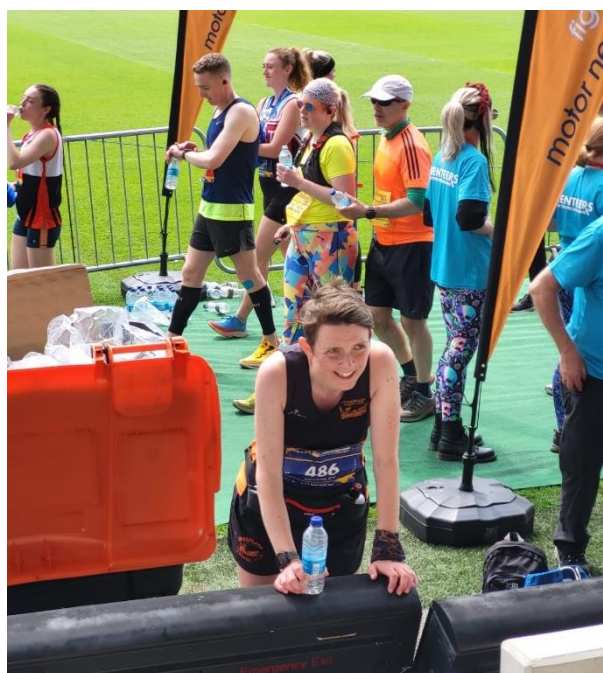
On the day, myself, Andrea Challenger, Susan Holliday and Peter Telford headed towards the stadium and made a classic mistake when faced with 11,996 other runners who don't know where to go – we followed the group. This, inexplicably led us into the stadium and we soon realised that no one in the throng of people around us knew why they were there either. Some people thought they were dropping bags off, some people, like us, thought they were heading to the start line, but none of us were moving anywhere. Someone told us there was a short-cut to the start line if we headed out onto the pitch and it was at this point that Andrea realised we weren't even in the rugby stadium, but the cricket one next door. Anyway, after years of considering doing a marathon, months of training, and minutes that felt like hours of waiting in a queue in the wrong stadium, I finally made it to the start line. While we were there, Kevin Sinfield made a speech, reminding us that the event was about running for a mate with a mate. I was very happy to have my Cumberland AC friends Susan Holliday, Ryan Stoddart and Stuart Pyne with me at that moment, as well as knowing there were others somewhere in the crowd. Kevin said "if someone's doing it tough

next to you, and struggling, get your arm around them, give them a smile, help them through, because that's what we're here for". At one point during the run, a man running beside me asked, "Are you OK?". It was about 7 miles in and actually I was absolutely fine. I do tend to breathe noisily when running, or maybe it was my strange, shuffling gait that gave him cause for concern. It struck me though, that this was a gesture Kevin had been talking about, and I was very grateful for it.

The first five miles were very exciting. Sam Fender's 'Getting Started' was playing as I crossed the start line. The streets were packed with people, including my Mum, Dad, Mark and Joseph outside a pub I used to frequent as a student. We passed the church where my university brass band used to practice, my favourite curry house which was once a public toilet and almost the house where I used to live. It was a lovely surprise to receive an enthusiastic cheer from Stephanie Gribbin near the city centre, before the route brought us back through Headingley and past some equally enthusiastic support from Ian Challenger and Lorraine Telford. We then headed out into what felt more like unknown territory, but the crowds were there all the way, and there was just something different about these crowds to any I have known before. There was a different atmosphere. People were using names printed on bibs to personalise their encouragement. People were making eye contact and there just seemed something more personal and earnest when they said "come on, you've got this", like they really believed you had.

My Mum and Dad had been staying just outside of Leeds in Otley. When I saw them before the race my Dad said, "I hope you're not going to be running up that hill out of Otley. I didn't like driving up it, never mind running up it". I thanked my Dad for that insight. Indeed, we did run up the hill out of Otley and I also got stitch and walked up some of it. It was one of those very hilly hills, and it went on for about two miles. After that, the last six miles were a struggle and I didn't manage to get back to the 8 minute mile pace I was aiming for, despite much of it being downhill. I've considered the question in the Spotlight Questionnaire – "Middle of a race, you feel like giving up – what keeps you going"? I think the main thing, was that I knew if I stopped to walk, it would just take me longer to get back. There is also a Bruce Springsteen lyric, "no retreat baby, no surrender," which is a good mantra to repeat. I knew throughout my training that the marathon was not going to be easy, and this line helped to remind me that just because it was feeling hard, it was not OK to give up.

In the spirit of friendship that Kevin intended for the event, friends and family certainly kept me going. I knew some of my best friends Jane and Paul were somewhere along the route with their children. I never saw them, but they saw me. Just knowing they were there somewhere spurred me along. To know that my parents, Mark and Joseph would be in the stadium when I got there to see me finish was very special. Every time I ran over a timing mat, I knew that my friends at home who were tracking me would know how I was getting on. The thought of those two great friends Kevin and Rob being somewhere on the route was also inspirational. And of course, as well as 'running with mates' I was running 'for a mate' – in my case, my cousin Julie. On one of my early training runs, as my mind was wandering, I decided that for the first time ever, I would ask for sponsorship for my run in the form of donations towards Cancer Research UK. Julie died shortly after her own 40th birthday 14 years ago following a long and courageous battle with cancer. I have thought about her a lot as I've been approaching 40, knowing that I'm very lucky to be fit and healthy enough to train for a marathon. As much as I'm sure Julie would have been encouraging me up that hill and in those tough six miles after it, I was mainly imagining her laughing thinking what a fine mess she'd got me into!



I crossed the finish line in a time of 3 hours, 37 minutes and 32 seconds. Out of a total of 12,000 runners, I was 586 overall and 49th female. I won't deny that my time and position were important to me. I am very competitive and having set myself a target, on this occasion I was competitive simply with myself. I did not meet this target, but am not as disappointed as I thought I would be as I know I had nothing more to give. In the end though, the experience proved to be more important than I had ever anticipated. The support I'd received during my training, the camaraderie between my fellow Cumberland AC mates in Leeds, the incredible crowds, the kind fellow runners, the sight of other runners struggling, but carrying on, waving to my family when I crossed the finish line and being in the stadium to witness Kevin Sinfield carry his friend Rob Burrow over that same finish line shortly afterwards. We are lucky in the running community to often find ourselves surrounded by people who want each other to do well, and our faith in human nature is regularly restored. If you want to experience this on a huge scale, go out and watch a marathon.

Workington Cricket Club is a non-profit club. They open each Saturday for tea and coffee after ParkRun. They have also been the venue for our summer BBQ, Boxing Day run, Christmas handicap, summer effort training sessions and the Learn2Run. A great venue to consider if you have an event coming up.



Workington Cricket Club

Function Room Ground and Facilities Available to hire

Great venue for family celebrations, birthdays, weddings parties, retirements, also funeral wakes, Presentation nights, Charity nights etc.
Centrally located with full kitchen facilities if required.

**Telephone our Facility Manager
07732 741296**