



CUMBERLAND ATHLETIC CLUB NEWSLETTER

April 2023

Hello everyone,

Congratulations to all our members who have been taking part in the many races this month, as well as the first handicap run. It has been great to see the black and orange vests out in force, to read about personal achievements and PBs on Strava, and to see all the race photos being shared on social media.

I am missing out on lots of these events as I stick religiously to my training plan ahead of the Leeds Marathon this month. However, I perhaps feel more grateful to be a member of CAC than ever. The advice from seasoned marathon runners has informed my training and Thursday nights have become my favourite session of the week, because I am not running alone. Kudos and comments on Strava really do spur me on. I have also been glad to have the brains of my fellow Leeds entrants to pick when I have been panicking about how far I should be running in the final stages. I am glad to be on the verge of tapering now, and nervous but excited to finally find out what it is like to run two half marathons in one go.

Best wishes, Bev.

Running joke

Why was the marathon runner seized by police and put in jail?

For resisting a rest.

New members

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

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

May

17th – **Workington (previously Barepot)** – 5k (Short)

20th – **Two Tops Dash** – 6 miles (Multi-terrain)

23rd – **Hay O' Trail** – 3.7 miles (Multi-terrain)

31st – **Castle Series, Carlisle** – 5k (Short)

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)

Running Tracks

According to a recent article in GQ magazine, these are “the best running songs to help you get a new pb,” if you’re running ‘middle distance’ that is. For an explanation of the science behind the choices, and to see what you should be listening to for sprint and ultra-marathon distances, visit <https://www.gq-magazine.co.uk/fitness/article/best-running-songs-marathon>

Kendrick Lamar – DNA

Blondie - Call Me

The White Stripes – Seven Nation Army

Shawn Mendes – In My Blood

Nirvana – In Bloom

**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

How long it took London Marathon winner Kelvin Kiptum to run the first 5k of the marathon – 14:30

How long it took London Marathon winner Kelvin Kiptum to run the 35-40k split – 14:01

Cumberland ACe of the month – Tony Holliday

Tony was nominated this month by Gary Pala and Tracey Kennett. Tony is recovering from a serious accident, and by all accounts doing so in an inspirational way. Gary said;

“Not all heroes wear capes. Some wear the skin from the top of their leg on the bottom! Tony should be proud of his actions and it just goes to show what a top guy he is. I want to wish Tony a speedy recovery and for him to know that his CAC family is here for him. He’ll be back soon doing his TikToks with the kids, and running the ParkRun before you know it!”

Gary, Tracey, and all of Tony’s friends in Cumberland Athletic Club want him to know that we are thinking of him, we are very proud of him, and wish him well on his path towards a full recovery. For those of you who maybe have not met Tony, here are some stories sent by Tracey and Shaun Cavanagh to give you an idea of the ‘character’ he is.



An ode to Tony Holliday – Tracey Kennett

Roll back to August 2018. I had slowly been creeping closer to my Parkrun PB which had stood since 2015. I nearly got there but just missed it and was heading off on holiday. Tony knew, and gave me a speed session to do whilst I was away. So, every day I got up and went to do the session in the hot sunshine. I told Tony, if I manage a PB I expect a handstand as I cross the finish line. On my return from holiday, he asked me what was the hardest part for me on the ParkRun. I told him it’s after the turnaround point, after I’ve climbed up the hill onto the bridge and I see the long stretch in front of me. He said, “Right, that’s the business section.” He said in every race you have a part of the race where you dig deep, push hard and zone out. That’s the business section. On that day, I did exactly that and got the Parkrun PB that had stood for 3 years. I was rewarded with exactly what he had promised and Tony Holliday and Tony Briscoe did a dual handstand after I crossed the finish line.

Tony, you have always been and always will be an inspiration and support to every runner in this club and now my friend it’s the business section for you. Surrounded by your family and friends you will shine. I’m hearing on the grapevine that a wheelchair ParkRun PB at Workington is on the cards and I know there will be a long line of people waiting to get you round. I’m not leaving you with Shane Stobbart or Gary Pala though, as you may end up off Navvies Bridge!!



Sunday long run gang: a short tale – Shaun Cavanagh

“Memories, at the corners of my mind;”or so Gladys Knight would have it. Me? On every April Fool’s Day morning, it’s more a case of: *at the corners; at the back; and, right at the front!*

On one such morning, several of the crew had gathered at our usual meeting place, ironically, on the corner of McColl’s store. Shivering as we were in the morning chill, conversation veered from the latest training shoe purchases and the previous night’s alcohol escapades, to the more challenging: “Where should we go?” Never an easy question for our bleary-eyed status, the relative merits of the Clifton loop, Brickworks run and the cycleway to

Camerton were assessed. Preferred terrain, necessary distance, and who could be bothered with what, were all vital elements of the study process; and a contributory part in the extent of the shock we were about to experience.

Without warning Tony Holliday burst upon us, we were expecting him; but not like this! He was covered in grime and blood and he gasped that 'some druggies had beaten him up and stolen his mobile phone!'

The effect was instant. Filled with revulsion and rage, myself and Tony Briscoe set off at a sprint along Harrington Road. Our intent in those first seconds was not wholesome; no words were required, our friend had been abused, and so retribution and retrieval of the mobile was our all-consuming intent. 5 metres, 10 metres, 15 metres and the pedestrian crossing drew close; even on a *druggie* hunt, rules are rules, and we would cross at this point in the general direction from whence Tony Holliday had staggered.

Mind blindness is a phenomenon. Rage is one reason, mind altering chemicals are another. Yet, penetrating the thick drift of red mist, a sensory experience set alight just one or two neurons; and then a few more: 16 metres, 17 metres; 18metres; "Aw, it's tomato sauce!!" We slowed to a stop and turned. Gary Pala and Tony Holiday were 20 metres distance, but red mist as thick as tomato soup wouldn't have hidden their grinning faces.

A story for the ages about Sensei Tony Holliday – 7th Dan prankster.

Postscript: If anyone ever hears Tony Briscoe and I discussing our 'Chimps,' it refers to a metaphor that is close to both our hearts. Subsequent reading led us to the work of Professor Steve Peters, and his classic mind management programme: 'The Chimpanzee Paradox.' Mostly, our chimps are kept tightly caged; but under certain conditions, a couple of chumps go *druggie* hunting.

Cumberland ACe of the month – Gary Palmer

Marathon season is upon us, and it was great to have so many Cumberland AC members completing marathons this month, including a healthy number taking part in the London Marathon. Some fantastic times were recorded, and it seems the hard work in training has paid off for so many.

One London Marathon finisher in particular has been nominated as the Cumberland ACe of the month, and that is Gary Palmer. Gary has entered the London Marathon ballot a few times over the years, but has never been successful so was happy to accept the club's place when his name was drawn out of the hat back in December.

Karen Cowperthwaite, who nominated Gary, said that since he knew he had the place, many fellow runners have noticed Gary's commitment to his training and this has paid off in achieving a fabulous time of 4:38:34. Well done Gary. We hope you are very proud of your achievement - your friends in Cumberland AC are very proud of you.



If you would like to nominate a Cumberland ACe, send me a name and why you would like to nominate them. It could be for effort over a period of time, or for an impressive performance in one race or training session. Whatever you feel is worthy of praise, let me know – beverley104@hotmail.com

Review of the 3 Villages race, by Susan Cain

How easy to find: Following the satnav on the way there, it seemed to take us along a lot of B roads off the A595. On the way home, we followed the satnav again and missed out a huge chunk of the B roads because you can access the A595 through a left turn (you cannot do a right turn off the A595 on the way there at this point).

Parking: There is a small car park but most people were parking on the grass verge or around the village.

Facilities (toilets, etc.): There were two toilets (for the ladies) not really enough.

Pre-run briefing: The briefing was done in a big hall and was quite thorough.

PB potential: This is not really a PB course. (See Hills below).

Beforehand, I was hoping for under 1:25, as this was what I had done at Netherhall 10m. I ended up with (chip time) 1:24:58 and I actually found it harder than Netherhall 10m.

Hills: The first mile is quite fast as there is some downhill at the start but, after that, there seems to be long drags uphill after uphill with no corresponding downhill to go with it.

Laps: It is a two-lap course, which I don't mind at all, having done marathons with 5 and 18 laps!

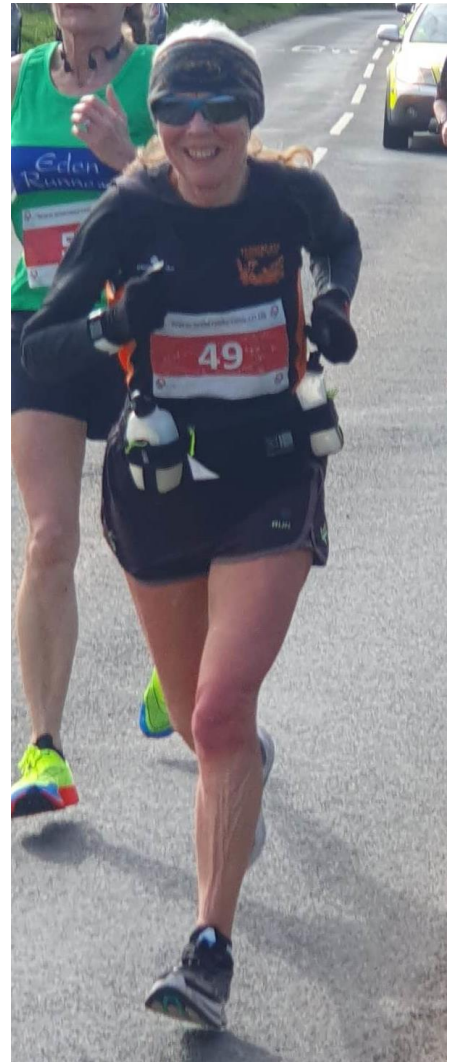
Scenic: I can't remember the scenery, as I had my head down looking where I was running, as some of the roads had quite a bit of camber on them. The three villages that we went through were quite nice.

Hazards: The roads were country road with very little traffic on. There was one point where the road narrowed down at a corner to 'one car wide' and there were two marshals there with red flags to stop the traffic and to tell you if it was safe to go through.

Marshals: The marshals were very friendly and encouraging and they were placed at all the required turnings. I had a good chat to a lady from DH Runners who was giving the numbers out; she asked me if I was the "lovely lady who had given her tea and cake at the parkrun yesterday".

Finish area: It was a right turn off the route and maybe about 10 yards or so to the finishing gantry. Just after the gantry they were giving out bottled water and a very nice medal; I had walked right past the table and a young lad came running over to me with my medal and water.

Post-run tea, coffee, cake: Inside the Community Hall they were serving tea and coffee (free to the runners and 50p to non-runners). There was also a table with biscuits and traybakes on.



I have never done this race before but David did it in 2017 when I was injured; it has always clashed with either Manchester marathon or the training for Blackpool marathon. It cost £21.58 to enter but it was chip timed and you got a really good medal. There was one really annoying thing, there was a man behind me making the noise of a swan every time he breathed out and he seemed to be keeping the same sort of pace as me; it wasn't until about 6 miles that I realised the noise had stopped and wondered if he had pulled out or was being seen by the medics!

Hall Park Spring Heaven Handicap Run, by Shaun Cavanagh



Few spring evenings prove to be as pleasant as the one that greeted us on Tuesday 18th April, for the first of the 2023 handicap run series. Lovely, calm conditions shone down on Hall Park as the partly relaxed, partly trepidatious assemblage of club runners gathered to register their participation in the run.

In all, 24 runners collected in Horse Close car park to grasp the proverbial nettle. Whilst names were taken, respective marshal positions were agreed with Brenda, Paul and Paula. These being the only points of direction needed on a straightforward 2 lap route; the completed double circuit amounting to a shade over 2miles.

It's a lovely park to play in, but there's no getting away from the fact that the 'Curwen Crippler' Strava segment, is aptly named. It was to the great amusement of only the sedentary few, that the word 'steps' was invariably inserted into a variety of exclamations and expletives when each runner emerged from their first lap!

As usual, Susan pulled her handicapping magic out of the hat, and a warm up was hastily rejigged to accommodate Tony's uncomfortably sore lower back; a condition made more

uncomfortable, coming as it did so close to his intended completion of the London Marathon. Instead, an easy group run was initiated to and from a gleeful Brenda, whilst, never one to waste an opportunity, Tony cashed in his saved calories and energised his debating practice with Keith.

Sheila and Craig presided over a reasonably orderly event, where chaos was desperate to take control. But, in all seriousness, there was some excellent running witnessed. The fun run ethos of such things was of course abandoned immediately and, in the final analysis, it was fantastic to see collective efforts reveal Steve Smith returning to club running with an outright win. He was closely followed in by second winner, Carina Taylor and, at the rear of the field, Ryan Stoddart took up a gentlemanly final position. All received prizes and, as an added bonus, David had discovered some old (but new) race vests to be randomly handed out as spot prizes.

Handicapping a run with such aplomb tends to equate to a rather frantic recording process. However, we just about got everyone in order to the effect that Susan and Keith turned the formal results around in super quick time. The full results are listed below; but as cliches go – every runner was a winner on the night.

Happy Running All and very well done – Shaun

Marshals, Timing and Registration

Registration:	Susan Cain (Chief handicapper) and Shaun Cavanagh (i.e, not my fault)
Warm Up:	Tony Briscoe (Multi-tasking by returning to annoy Keith)
Timing:	Keith McVeigh (Chief Timer) and Tony Briscoe (See above)
Recorders:	Susan Cain, Sheila McVeigh and Shaun Cavanagh (Yes! We do need 3)
Marshals:	Brenda Elliott (Turn for Cuckoo Arch) Paul Thomas (Turn for the gate after Cuckoo Arch) Paula Jackson (Gate at the bottom of Hall Park Steps)

Results

		Handicap Time	Actual Time	Predicted Time	Handicap
Steve	Smith	19.48	21.02	19.48	Scratch
Carreana	Taylor	19.51	18.16	17.21	2.30
Ben	Welsh	20.06	17.10	16.36	3.30
Gareth	Cavanagh	20.30	13.06	13.00	7.30
Karen	Cowperthwaite	20.30	17.58	17.30	3.00
Stella	Atherton	20.32	16.00	16.02	4.30
Aaron	Duncan	20.37	12.02	12.07	8.30
Helen	Sparks	20.42	17.16	17.12	3.30
Elisa	Trainor	20.56	17.30	17.26	3.30
Mark	Duncan	20.59	14.50	14.59	6.00
Jeff	Dandy	21.07	15.40	15.00	5.00
Scott	Liddell	21.09	14.44	15.09	6.00
Ian	Wilson	21.09	12.46	12.09	8.00
Nick	Downes	21.18	17.18	17.48	3.30
Hannah	Cole	21.26	14.24	14.56	6.30
Andrew	Kelly	21.32	15.52	16.32	5.00
Martyn	Michella	21.37	14.26	15.07	6.30
Siobhan	Gascoigne	21.42	20.52	21.42	Scratch
Gillian	Fletcher	21.46	17.00	17.46	4.00
Peter	Telford	22.01	14.16	15.31	6.30
Martyn	Wilson	22.05	13.48	15.05	7.00
Emma	Bzik	22.34	20.32	22.34	Scratch
Sarah	Michella	22.42	15.44	17.42	5.00
Ryan	Stoddart	22.42	12.24	14.12	8.30



Photo of the month

This may become a new feature, or it may not, but I simply could not let this month's newsletter go by without including this superb shot captured by Cumberland AC's illustrious photographer, Brian Cowan. The race is Brigham 10k, not as Phil Hawley suggested on Facebook 'Man vs Horse' and Brian pointed out that neither was it the Grand National. The athlete is Graham Hetherington, who found the route hilly. Despite the long face, his new running buddy enjoyed the inclines and finished the race in a stable condition.



"Quote Runquote"

Here are the answers to the quiz in last month's issue.



Usain Bolt

There are better starters than me, but I'm a strong finisher.



Sir Mo Farrah

Athletics is not so much about the legs. It is about the heart and mind.

Don't dream of winning, train for it.



Eliud Kipchoge

Believe me, the reward is not so great without the struggle.
(Quoting Wilma Rudolph)



Dame Kelly Holmes

For an athlete, the biggest pressure comes from within. You know what you want to do and what you are capable of.



Paula Radcliffe

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