



CUMBERLAND ATHLETIC CLUB NEWSLETTER

February 2023

Hello everyone,

After a few months break, the Cumberland AC Newsletter is back. It took me some time to decide I was able to commit to taking on the newsletter. Susan has done such a great job over the years, and I know what I send out may not be as informative or comprehensive, but it will at least be something. I've always enjoyed reading the newsletter and am keen for it to continue as somewhere people can share their thoughts, reviews, insights and advice about running.

The newsletter will of course be considerably more informative and comprehensive if you are able to contribute something. Please just email me (beverley104@hotmail.com) if you have anything to include. I am not going to compile the results section as Susan used to. If anyone would like to help by putting this together, please let me know.

Best wishes, Bev.

Running joke

Why did the DJ get disqualified from the 400m sprint?

He kept changing tracks.

Cumberland ACe of the month

This is a new feature suggested by Paul Thomas. Each month we would like to feature someone whose running, for whatever reason, deserves celebration. Do you know someone who has achieved a notable PB? Is someone putting extra effort into Thursday night training sessions? Have you noticed someone whose Tuesday night runs are worthy praise? Do you have a training partner whose distance is steadily increasing? Would you like to highlight someone who is making a strong comeback from injury?

Whatever the reason, send me a name and why you would like to nominate this person and we will choose a Cumberland ACe each month.

Championship races coming up

March

11th - **Lorton** - 10k (Main)

25th - **Coniston 14** - 14 miles (Main)

25th - **Jarret's Jaunt** - 5.9 miles (Multi-terrain)

TBC - **Barepot** - 5k (Short)

April

2nd - **3 Village 10** - 10 miles (Main)

TBC - **Round the Houses** - 4.5 miles (Short)

TBC - **Isel Cross** - 5.5 miles (Multi-terrain)

Running Tracks

I love music and would describe my taste in music as "spectacular". Others might say "eclectic" or "terrible" but I rely on the right tracks to get me through my solo runs. Five songs on my current running playlist are:-

- 1) In Between Days – The Cure
- 2) Big Area – Then Jericho
- 3) The Story of the Blues – The Mighty Wah!
- 4) Say Goodbye to Hollywood – Ronnie Spector and the E Street Band
- 5) Walking on the Milky Way - OMD

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

Running totals

Total number of regular UK runners – 6.8 million

Total number of marathons completed by Budhia Singh before his fifth birthday – 48

Worth a read

Here's how slowly Eliud Kipchoge runs 85% of the time

Follow the link to find out how the world's greatest marathon runner gets better at running fast, by running slower.

<https://www.runnersworld.com/uk/training/marathon/a42722004/eliud-kipchoge-training/>

As many of us are embarking on marathon training, I thought this was an interesting read. I am certainly guilty of wanting to run as fast as I can all the time. I regularly find myself aiming to run 8 minute miles, only to find if the first mile is faster, I get unnecessarily competitive with myself and feel I need to maintain this pace instead.

I am a marathon training novice and respect the advice from Susan and David about not doing the long runs too fast. And yet I still feel I am in danger of heading out on Sunday and running faster, because it feels possible.

Maybe knowing that Eliud Kipchoge is also being coached by Susan and David will help.

New member biography

One of our new members, Will Cox, has written a biography for the newsletter to introduce himself. It is great to know you have joined us Will, and we welcome you and all our new members to the club. We hope you enjoy running and socialising with us.

My name is Will. After running a few runs for charity in my early 20s, followed by a 15 year or so absence from running I picked up the courage to put on a pair of trainers and give it a go again.

Unfit, consuming far too much bad food and alcohol - things had to change.

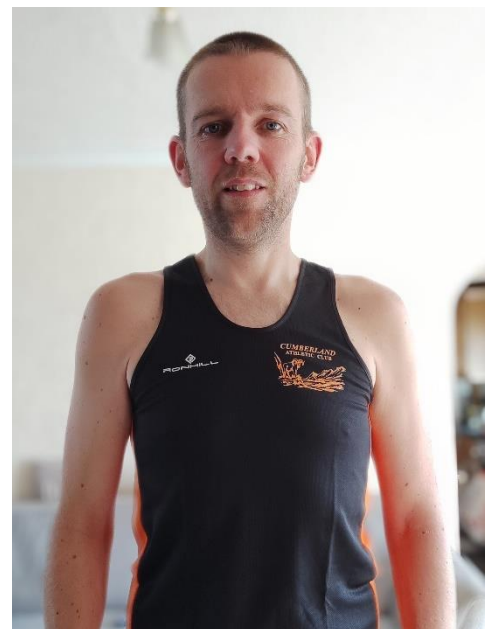
I joined a running club at the ripe old age of 36! I got into the rhythm, all was going well and then the pandemic hit!

Decision time; do what would be expected, go back to the old ways or, I started to go out most days, first for the allocated hour, then a little longer, then twice a day - I caught the running bug!

Training plan after training plan, one virtual race after another, 18kg of weight loss and the rest they say is history.

I now find myself after three years of running, joining Cumberland AC. I have been welcomed by every member I know or have met in my short period here.

I'm looking forward to the training when I do make it, the CAC events and mostly the racing. To see 30+ black and orange vests at races really puts a smile on my face! 😊



Are you new to Cumberland AC? If you would like to introduce yourself in the Newsletter, please send a bit about yourself and a photo to beverley104@hotmail.com

Spotlight on....Paul Thomas

Why did you choose CAC?

Moved to the area in March 2020, looking for a club to run with. Everyone was friendly and chatty on the first few training evenings I came along to and here we are, fully signed up.

Why did you start running?

Keep active, social and originally to supplement playing football.

Favourite distance?

10km.

Least favourite distance?

Marathon, up until I get going.

What race would you like to do?

Chester marathon and a few abroad.

What is your favourite post-race food and drink?

Pizza and a beer if a longer distance, especially if there is a place to eat nearby.

What is your favourite session?

Any kind of sprint effort in blocks.

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

Recently it is Keith telling me to keep pushing 🏃 or the fact I've put the effort in and every step is closer to the finish line.

Favourite route?

There is along the Liverpool to Leeds canal which has some wonderful spots along the route and goes a good distance. Northwich offers Marbury Park and recently the Bluebell Run has been added to my list.

Best running memory?

Completing my first marathon, Barcelona in 2016.

What do you see in your running future?

Maybe one more marathon, possibly two. Shorter distance and getting more races in Europe, would be my ideal calendar in the coming years.

Who is your hero or heroine?

It has to be Tom Hanks for his performance playing Forrest Gump and also playing the piano in Big.

Tell us something we do not know about you?

I believe I nearly got a chance to appear on Top Gear back in the summer of 2006.... How close is up for debate, but the letter from the BBC is good enough for me 😊



If you would like to have the spotlight shone on you, let me know and I will email you the questionnaire.

Review of my journey to the Dumfries half marathon by Susan Cain

I had been injured for most of the year since the end of March; with short stretches of running, only to be side-lined again by some injury. At the beginning of the year, I had done the Resolution and DH River Run 10ks, followed by Netherhall 10 mile in February – my last race. If I was going to complete the Main Championship, I needed another 10 mile race and the two remaining half marathon races.

I completed the Lancaster 10 mile race and then had to have two weeks off after the race because of a 'sore knee' and had to start building back up again. I managed to get up to 6 miles and was starting to feel good and then, having had another relapse on the 'sore knee' I had to have another 10 days off, taking me to the day of the Dumfries half.

The journey. Tracey had organised the coach; there were only 17 of us on a 33 seater; loads of room to spread out. The driver, following his satnav, decided to take a 'left' off the main 'A' road and onto a 'B' road. Luckily this bus was smaller than our usual ones as the 'B' road seemed to get narrower and narrower, there were also a couple of low bridges which seemed to get lower. I thought, at one point, we were going into a farmyard but, after some time, we were on the race route and approached the race venue at the University from the opposite direction to usual.

Once we were parked up and off the bus, we went to get our race numbers and have a cup of tea. Whilst in the café area we were putting the race numbers on our vests. Sarah asked which shoe I was putting my chip on and I replied "one of the ones I am racing in"; unfortunately, Bev wasn't around for this conversation and, when she arrived, she put her chip on her shoe and then realised she hadn't changed into her racing shoes and had to go off to get a further cable tie to fit it to the correct shoe.

When Stu tried to pick up his number, he was told he was not on the list, so there was no number for him. When he came over to tell us, it turned out he thought TK had put in a block entry for us (which is what usually happens). I had to tell him that the block entry was for Lancaster 10m; he went off to apologise to the registration team for his error and pay for his entry.

Now, on to the race. I had decided, I just needed to get around without putting in too much effort, as I did not have the endurance to race it. I have done this race loads of times and knew the route well. The first 4 miles are mostly a decline; then it's uphill for over a mile and a downhill to the River Nith; it is then flat for 1.5 miles and, at about 8 miles, it's a right and it goes up and up and up, with a very short downhill to the main road. At about 9.5 miles you take a left towards the finish. The nice decline that you had on the way out is now (it seemed to me in my unfit state) a long, long, long uphill. In the last 3 miles I had to stop

and walk a few times as cramp was starting to niggle in my foot; people would overtake me and, once I started running again, I would overtake them. It is a left turn into a really good finishing straight where there is a blow-up finishing arch. Once I crossed the line, someone cut the timing chip off my shoe and I went to collect my medal, a yoghurt and a banana. Finishing time: 2:07:46 obviously not happy with the time but very happy to finish and get 99 points, only two of us from the Ladies' first division taking part!

The presentation. Our ladies were 1st team and got two £20 vouchers between the three of them and our men were 2nd team and got one £10 and one £20 voucher between the three of them; very strange.



Let's Get Lyrical – Running songs

Some of you may remember my 'Let's Get Lyrical' quiz from CAC TV during the lockdown. Here is a 'songs related to running' version. See how many songs you can work out from a line of their lyrics. Answers will be revealed in next month's newsletter.

- 1) White man came across the sea, he brought us pain and misery, he killed our tribes, he killed our creed, he took our game for his own need.
- 2) I've seen all the frowns on the faces of the clowns, and the downs that they take just to be free.
- 3) And if I only could, I'd make a deal with God and I'd get him to swap our places.
- 4) Everybody's out on the run tonight, but there's no place left to hide.
- 5) I'm walkin' in the rain, tears are fallin' and I feel the pain, wishin' you were here by me, to end this misery.
- 6) Everyone is talking about me, it makes me feel so sad. Hey, hey, hey.
- 7) Run fast for your mother run fast for your father, run for your children for your sisters and brothers.
- 8) Ain't runnin' from myself no more, together we'll win it all.
- 9) Caught like a wildfire out of control, 'til there was nothing left to burn and nothing left to prove
- 10) In sixty-five I was seventeen and running up 101, I don't know where I'm running now, I'm just running on.

Netherhall 10 - a message from Keith and Sheila McVeigh

Congratulations to all CAC runners for their performances on Sunday. It was great to see so many of you taking part and running so well.

A massive thank you to everyone who helped and marshalled around the course. You all did a fantastic job and without your support the race would not be possible. We honestly can never have enough marshals and we have the best!

Besides from lots of our runners picking up prizes yesterday we pulled 2 marshals names out of a hat (literally) to receive a small thank you gift to show the club's appreciation of all our marshals and how much their support means to the club. The names selected were Tony Briscoe and Tina Hewer. Well done both.

The first CAC runner home, who received the Malcolm McDougal trophy was Paul Graham, who also finished 3rd overall. Paul has just recently joined the club and we wish him continued success. We had 4 runners in the top 9 and as someone said CAC would have picked up the team prize if there had been one!



Will Cox's review of the X Border 10K

Another winter morning, another icy start to the day and another chance to get the club vest on and give it a go!

If you've never been to Kingmoor Park before (I had but still struggled) it's easy to drive round for a few minutes to work out where the start of this race is, when running from Carlisle to Gretna as it alternates each year.

I pulled up having got there early for a decent car park and headed to the registration building due to being a late entry. I asked about receiving a medal at the end, was given some brief instructions, then was asked "what time do you expect to run the race in?". When I replied with around 40 minutes, thinking this would help my case, the woman said "you'll be waiting around for a while to find out if there is a medal for you or not!".

Time for a warm up, went ok, la'al photo bomb with a group of CAC runners, to the start line.

Cameras, drones, music and over 700 runners, great atmosphere!

Quick chat on the line and 3,2,1 we're away! Stuck behind the bunched up front runners, it was time to take to the pavement and crack on!

The sun was now out, warming up nicely, the field spread out, some good running/racing going on all the way, over the river not long left, had it pictured in my mind. Then 'oh yeah they've changed the finish', it'll be alright, it can't be that different or any more difficult. Well, the last 600m - 1km was now uphill, turning into Caledonia Park, couldn't see the finish, nearly being sick, struggling, three blind turns later, there's the finish, other runners going past me, finally over the line....10 seconds short of the target! Roughly the amount of time lost in the final 1km! Still over the moon though.

Watching the other CAC runners crossing the line, being denied a finishing medal (twice!), on to the shuttle bus, great conversation with a Scottish athlete who'd travelled a fair distance to run the race, back to Carlisle, quick craic with Shaun C, back in the car on the way home with a smile on my face.

Job done!



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