

Proud to be a Pacer



Pudsey Pacers Newsletter

**November
2016**



Pudsey Pacers Christmas Party

Pudsey Bowling Club, 7:30pm Friday 2nd December

Tickets are on sale £9 each

Numbers needed by the 27th November so we can order food. please

Despite the air feeling a little cooler and many people looking ahead to next year's training plan and competition schedule there is still plenty of racing going ahead over the winter.

Stuck in the mud –First time Cross Country—Triathlon, Trail and Road Races

This month's edition is again packed full of diverse race reports. Want to know more about preventing injury see the sections on core conditioning and sports massage. Find out what an AED is and how to save a life!

Thanks for all contributions. Please offer a race report or tell the Club what you've been doing. Hopefully something here for everyone? Read, laugh and enjoy. And good running to all.

Email: pacersnews@hotmail.co.uk

CAKES needed please to sell on Sunday the 27th for the Pudsey Winter League (WYWL) X-Country 10am, raising money for Wheatfields hospice.



Thanks to everyone who turned up for the Halloween social run and night at the Royal. Bumper turn out of amazing costumes and pizza eaters.

Xtra Mile Leeds Sprint triathlon. 11th September. Andrew Brownell-Judd.



Like many people, I was inspired by the performances of the Brownlees at the UTI World Triathlon and on the spur of the moment took the plunge – quite literally, entering a local pool based triathlon. Having never done a triathlon before I had strong misgivings about entering - selecting this event because it was short (sprint distance) consisting of a 400m swim (16 lengths in a warm indoor pool), 20km Bike ride and 5km run. This was summarily cancelled, the kind organisers upgrading the entry to the Xtra Mile Leeds Sprint triathlon in Roundhay Park; home of the UTI World Triathlon 3 months earlier. Great, the 400m swim in a nice heated pool ‘upgraded’ to 750m (30 pool lengths) open water challenge in Roundhay Lake with the bike and run stages being similarly ‘upgraded’ to 24km and 6.4km respectively.

Not being a good swimmer, describing myself as average would be an overly optimistic, I was already nervous about the swim. Especially as it would now mean swimming in open water, having never swum in a wetsuit (except when falling off a windsurfer) practice would be required! A visit to the local pool and I began to realise that I desperately needed experience of open water swimming to even consider completing the 1st stage! Now where had I put my 15 year old windsurfing wetsuit?

I read through a copy of 220Triathlon and was relieved to read a response to a tweet asking if it was allowed to swim breaststroke? Not only is it okay, it’s very common to see swimmers (especially newbies breast-stroking the swim leg) so hopefully no one would laugh too much - well not enough to drown!. I read and re-read the editorial extolling people to ‘have a go!’ and began to think that maybe I could complete the event!

Looking for somewhere to practice the swim, I joined the FLOWS Facebook group. The Fabulous Leeds Open Water Swimming group is a closed group that has many useful

Xtra Mile Leeds Sprint triathlon. 11th September. Andrew Brownell-Judd.

resources including local places to take a dip, one of which is only a 10 minute drive from work. So after two 'training sessions' at a disused quarry near Swillington I was starting to think that the swim was achievable (despite having to be rescued by two helpful ladies from my wetsuit!)

Fast forward to the 11th September, the marshals at Registration helped calm my nerves as did the banter and words of encouragement from other 'proper' triathletes as I sorted my kit out for the transition zone.

As soon as I hit the water, the cold struck. Not just the water temperature but also the realisation that I was about to Tri something new and daunting. '3 – 2 – 1, go!' We were off, ready or not. I held back so as to not get caught in amongst the faster swimmers, soon getting into my stroke alongside a number of others at the back of the wave. I had a slow swim, but I wasn't the last out of the water. Through T1 and off on the bike and familiarity, burying myself in a big effort (by my standards) passing the other quicker swimmers on the road. T2 and again more familiar ground; just over a Parkrun to go! By the end of lap 1, my legs were numb and I was on auto pilot - crossing the line elated and high on endorphins. That was brilliant and I knew it wouldn't be my only event!

So what had I learned from my first triathlon? That you can do a triathlon even if you are a poor swimmer, setting up your transitions properly is important, you don't need any fancy equipment (use what you have) and don't try to put your wetsuit on the wrong way round! I also discovered what a great bunch of helpful and motivating people the marshals and triathletes of every standard are. That, if you put in the effort, despite any misgivings, you CAN complete a triathlon and even surprise yourself (fourth place out of nine finishers in your age category in your first event isn't too shabby?).

My advice is, if you have ever thought about doing a triathlon but the voices tell you 'you're not a good enough swimmer / fast cyclists / strong runner' then ignore the negative them. Enter a sprint event and give it a Tri!

Mablethorpe Marathon 2nd October and Beechy Head Trail Marathon 29th October - Paul Kaye

Mablethorpe 2 October 2016. -Time: 05:25: 58

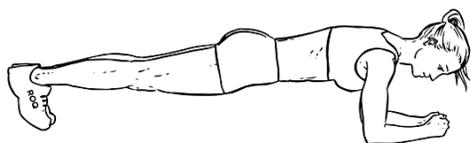
Really nice 2 lap course ran in brilliant sunshine save for the headwinds in a couple of places, in particular the last 1.5 miles along the sea wall where it pretty much blew you backwards! Good support and another techie T & medal at the end.



Beechy Head Trail Marathon, 29 October 2016 - Time: 06:11:53

1 lap course with circa 3500 ft of climbing and what seemed like more ups than downs, on a very mild day for this time of year. Fortunately it had stayed dry over the last few days so the trails were bone dry so no bogs to run through! Had some mist at one point so visibility wasn't too clever at one stage, but once this went there were fantastic views across the South Downs – both up & down! Didn't realise we ran down the same hill we ran up at the start, but managed to stay upright on the descent. Nice hot meal at the end (but won't mention the well stocked feeding stations in between). Thoroughly recommend it – but don't forget to pack a spare pair of legs!

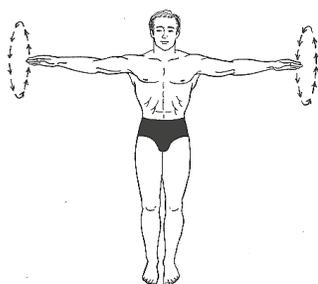
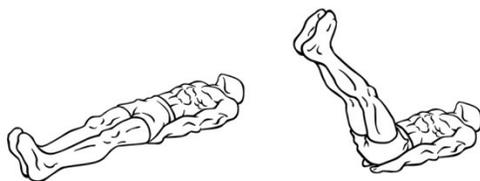
Core Conditioning from Mr Motivator - Neil Wallace



WorkoutLabs.com



WorkoutLabs.com



Picture 3a



Picture 3b



EVERYDAY 5 mins exercise routine

- easy to do first thing or when you get in from work

PLANK - Adopt position, on carpet or softer surface, where your forearms and toes contact the floor. Ensure hips are level with shoulders and not raised. There should be minimum head movement

Basic - maintain position for at least 30 seconds.

Advanced – search for a 30 day challenge (and also plank variations)

BIRD DOG -Start position on knees and palms. First extend horizontal right arm/ left leg and hold for approx 10 seconds. Alternate arm/ leg. Basic – repeat on each side x3

Advanced – increase hold length and also look up and ahead

LEG RAISES - Start position is lying on your back with arms by your side, or hands tucked just under upper hamstrings. Aim is to raise feet together up to selected heights and hold for approx 5 seconds.

Basic – point 1 approx 20cm and point 2 approx 40cm. 1-2-1 pyramid repeat x2

Advanced – elevate head and shoulders approx 10cm OR at end of 1-2-1 pyramid, perform a brief paddle with legs for approx 10 secs

WING ROTATIONS - Stand with feet together and arms extended horizontally. Aim is to perform forward/ reverse circles with arms (not hands).

Basic – perform 20 small, medium and large forward AND then reverse

Advanced – increase speed and/ or each rep duration

STAR TOUCH - Stand with feet together and extend arms vertically with hands touching then rise on to toes.

Basic – hold the extended position for 5 seconds and repeat x2

Advanced – extend the hold for up to 10 seconds or increase the number of reps

Rombalds Romp, 2nd October - Dveirel Kovalsky

I want to talk about a race I know a little about. The background was an injury on my 1st marathon training and I decided to work this year to prevent any injury again, so the approach to trail/off-road races were in my diary. I thought about them as a new experience and I thank the people from the club so much for encouraging and influencing me to start this adventure. I can't explain what I like so much about running, its complicated to explain to people: is it the competition? is it the mental training? is it the physical benefits? and so on.



Rombalds Romp is a short 6.7 mile trail vs fell race in Ilkley Moor with 1248ft elevation, 3 main climbs. It was a place where I found out my "INNER strength" and drive as a runner, I think we all have that "ONE special race" to remember. One hill after the other, one climb after climb, rabbit holes, deep damp black mud, all unimaginable obstacles while running. It was a constant choice between jumping from one side to the other, climbing and sliding. I even thought I'd made a mistake on the route, it was awful.

Moreover the strong flash lighting, tree roots and bogs made me learn a new vocabulary just by living it. Each mile was getting worse and worse... a lady behind fell over. OK just keep going. I thought at one point I couldn't continue running, this was too much for methen I started laughing, I laughed as never in my life before.

I thought if I can do this I can do anything I want!!! I AM FREE, I'm free of my fear of heights, dark woods, pain or falls in mud, free of mistakes, I found a very important part of me. I reached that top hill with my shiniest smile thinking (while swearing in Spanish) I F#%\$ING DID IT!! No one else did it for me, I pushed my own limits to do it.

The reward was the funniest downhill ever!! A mud slide, a giant tray of bogs; fell runners love this and I might probably be one because I started shouting at loud yehaaaa yehaaa cowboy; almost flying with my hands. I absolutely loved it!! And seeing people from the club supporting me made it even more special.

Rombalds Romp, 2nd October – Dveirel Kovalsky

The last 100 metres were excellent for a fast finish. Of course you get that energy for that grand finale pushing to just get the best water bottle and beer reward ever, from which I started to collect the labels. I think people who design this type of courses had lived this to let others live it too. Since then I've joined the new adventure of XC, trail, fell and off-road races.

I am a 41 year old mum of 2 little kids and I felt like a 10 year old child again. That therapy is all I need to be a happy runner. I would say to other ladies like me "just starting running: enjoy yourself while running; explore, it's not the PB, it's not the distance, it's not the pace". For me it has been "Enjoy running". Laugh from your draws, from your fears run it all out! When you embrace that hard challenge the rest will just follow, that heart's inner strength. There's a lot to learn from other more experienced runners but it's also important to find the joy and passion in our own natural surroundings.



Tissington Trail Half marathon. 8th October—Sue Ransome



“If you like the Yorkshireman Half (I do) then you will like the Tissington Trail”. I was told by another runner (not PP) a couple of years ago. So I entered it in October 2015 to race October 2016. Both races are half marathons but after that the similarities end, there is no comparison in the terrain etc.

I arrived at Ashbourne Leisure Centre at 08:30 am after almost 2 hours driving & duly paid the £5.50 car parking fee! At 9:15 we boarded the buses which were to take us to the start at Parsley Hay. Transport was included in the entry fee.

On arrival at the start, where there is limited parking, the majority of us joined the queue for the portaloos, then we were off.

Tissington Trail, site of a former railway line, opened in 1971. The traffic-free trail passes through the picturesque village of Tissington and the beautiful Derbyshire countryside. Fellow runners stated that the route was slightly downhill but the first few miles were definitely slightly uphill although not compared to anything in Pudsey.

After a great run, I kept Reena (formerly Eccleshill) and Loris (Saltaire Striders) in view throughout the entire race but never managed to catch them up, I received a medal. T-shirts were optional to purchase before the event at £8 but I decided against this. However, there was a table laden with jaffa cakes and flapjack to aid post-race nutrition which we had to sample of course.

We strolled the 5 minutes back to the leisure centre to retrieve our sweatshirts as although it was a lovely day we felt we needed them. No baggage was allowed on the buses.

The presentation took place in the leisure centre at 12:30 and I was surprised to receive the F55 trophy.

It had been a fantastic day, although suitable for experienced runners it is definitely a great introduction to the half marathon distance for beginners and is a rare opportunity to run one without hills!

The event is organised via ‘Nice Work’ and you have the choice of two dates Saturday 7th or Sunday 8th October, however, unfortunately entries for 2017 are now sold out although there is a waiting list, The organisers contacted me a few weeks before to confirm that I was still able to participate. I would definitely recommend this race.



Feel the Knead for a Sports Massage?

Katie Jones (Sports Massage Therapist)



A recent study, undertaken by cognitive scientist Kaufman, suggests that as many as 72% of people get their best ideas in the shower



...For me though, this was not the case.

My 'light bulb' moment happened on a cold February morning during a long run whilst marathon training. "I'm going to become a sports massage therapist and start my own business!" There, I'd said it. And during the next few long runs I said it again and again. I put those words into action and on September 18th 2016 I became a fully qualified sports massage therapist and opened my massage therapy business The Sports Massage Space. Use your phone to scan the QR code below to find out more.



For those of you who have not yet experienced a sports massage or simply just want to know more about the many benefits of sports massage, I have included some excerpts from 'A Guide to Sports Massage' taken from healthypages.co.uk.

What is Sports Massage?

Sports massage is a branch of massage focussed on athletes, to help them prepare for their events, reach peak performance and shorten the time needed to recover from an event or an injury. Although you don't have to be a sports enthusiast, or even injured to benefit from sports massage.

The purpose of sports massage is to manage, manipulate and if necessary rehabilitate the soft tissues, including the muscles, tendons and tissues etc. Linked with remedial therapy, sports massage is often styled as sports and remedial massage, because it seeks to address the whole spectrum of sports activity from preparation for an event or exercise, right through to the performance time and immediately afterwards. Sports massage can also be a useful technique to complement other methods such as physiotherapy, osteopathic and chiropractic treatments.

It can also be preventative, because a skilled practitioner can identify muscles which may be overworked and could be damaged by further strain, so the work of a sport massage therapist could also include information and advice on exercise and maintenance. Sports massage can help improve circulation and lymphatic flow, stimulate nerve endings, increase muscle tone and lengthen or shorten the length of muscles, as required for optimum efficiency. Sports massage is reputed to help break down scar tissue created by old injuries, which is prevalent in many athletes.

Massage is known to reduce heart rate, blood pressure and cortisol levels. Many people report that as a result they have a feeling of deep relaxation, and improved mood and well-being.

Feel the Knead for a Sports Massage?

Katie Jones (Sports Massage Therapist)

What to expect

Case-history taking and a discussion about what you would like to achieve from the treatment will form part of your first treatment. Wear loose clothes, shorts if you're going for leg treatment. You will be treated wearing your underwear with towels to cover and keep warm the parts not being treated. The treatment itself may consist of a number of techniques including general massage, assisted stretching and techniques amalgamated from Swedish massage, deep tissue massage and others:

- **Soft Tissue Release (STR)** is a technique used in stretching injured muscles.
- **Friction** – a technique which is used for specific areas of tightness in muscles, it involves breaking down built up scar tissue and separation of muscle fibres. It only lasts a short time, but it can be uncomfortable.
- **Effleurage and Pettrissage** are terms from basic Swedish massage techniques, used to remove adhesions in the muscles and help reduce inflammation
- **Muscle Energy Technique (MET)** stretching extremely tight muscles by this technique can help to avoid injury to muscles during performance.
- **Positional Release Technique (PRT)** – Placing the muscle into a position where there is minimal pain or none at all, encourages it to release its tension.
- **Joint Mobilisation** helps to reduce pain, re-establishes joint movement and enables a return to full function after an injury.

Some of the benefits:

- Decreased stress and tension in your whole system, which helps you to perform better
- Enhanced immune system
- Increased flexibility of the muscles and range of movement
- Helps to avoid future injury
- Reduction in the recovery time after activity, so you can train or participate again swiftly
- Increase in the speed and effectiveness of rehabilitation after injury.

You can read the full article online at:

<http://www.healthypages.com/therapy/sports-massage>.

RHYMES WITH ORANGE Hilary B. Price



Its Grim Up North Bramley 10k. 23rd October. Ralph McDermott

I decided to do Its Grim Up North Bramley 10k as it was local and ideal for me to go straight to work afterwards. I nearly had to pull out as I had an accident at work that affected my eyesight and knees, but doing stretches that physio taught me and rest, I was ok on race day.

It was cold when I got to Bramley Park, David Semmence was already there, and Debbie McDermott, Peter Enever and Sarah Demaine turned up not long after. It was good to see when runners turned up that they mingled and talked to people from other clubs/venues, this is what I like to see at events as it gives it a more sociable feeling.

The race started at the top of Bramley Park, down and through the gates by the war memorial, we turned right on upper town street and headed toward the Barley Mow pub, where me and Debbie caught up with Carol Parkinson and John Woodhead who was running at a good pace.

We turned right to run down Stanningley Road where we passed Sarah Turners running group and later Andrew Hardaker, Beth Bray and John Marshal running the route in reverse direction. When we got to lights by the fire station, we turned right on Swinnow Lane and up to the lights near Halfway House, where Martin Bullock was supporting. We turned right onto Broad Lane and went up the hill and onwards to the point where you turn right onto Upper Town Street. When you get to the point where we came out of the park is 5k, I was happy at this point as it was my fastest 5k, we then proceed forwards to do another lap.



On second lap my luck ran out when thought something wasn't right and realised my foot was bleeding so decided to slow down, the race went a lot better after I slowed down. When we got to park gates we turned left and then turned right after we passed the swings, then a dash (crawl) to finish line at top of the hill.

It was a nice surprise to get a medal and toblerone but we also got a bottle of beer. I went back to finish line to cheer on Carol Parkinson, Debbie McDermott and John Woodhead. The event in all was well organised and brilliantly marshalled (to say there was no road closures) and friendly atmosphere.

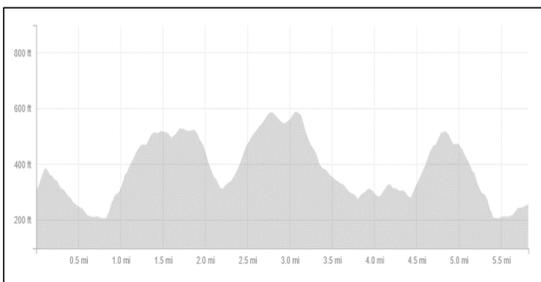
WYWL Dewsbury 23rd October – Amy Smith



The lovely crisp autumn morning of Sunday 23rd October saw me take part in my first ever cross country race for Pudsey Pacers as part of the West Yorkshire Winter League. The event took place in and around Lower Hopton Woods near Mirfield, and was hosted and organised by Dewsbury Road Runners – one of the 11 clubs that make up the League.

I have been a member of Pudsey Pacers since 2015; I've done plenty of road-running since then, but recently thought it was time to try my hand at something different and decided to put my name down for the WYWL. Upon arriving at the venue it was immediately evident how friendly the atmosphere was; given that the event is just open to registered local clubs (and paying guest runners), there was a real sense of affability as everyone mingled ahead of the start.

The ground was very soft and boggy underfoot, hence I chose to run in my trail shoes which have good tread and provided plenty of grip. Any form of spikes or fell shoes would have performed just as well however. These were immediately put to the test as the race commenced with a short steep climb across a field before a descent along a tarmac path gave a brief early reprieve. The race then took in a combination of woodland tracks, paths and fields as it meandered around the surrounding hills for 5.8 miles. Three evenly-spaced long, steep climbs were followed by equally steep and tricky descents in a challenging course which enjoyed pleasant views across the Calder Valley.



I found the course very demanding and struggled with some of the climbs, but overall I was happy with my performance and aim to improve in future cross country races. In preparation for the next WYWL cross country race – which we are hosting on 27th November - I am going to concentrate on hill climbing on Tuesday night training sessions with the aim of improving my technique and running more consistently.



Hello Pudsey Pacers,

Due to recent events, I have been asked to give some brief advice on what to do if you encounter someone who is having a cardiac arrest.

If you see someone running for instance, and they fall, it is instinctive for them to put out their hands, or in some way to try and prevent themselves from falling. One of the alarm bells is often that you see someone just drop without any reflex action.

TRY NOT TO PANIC!

Ensure it is safe to approach the victim.

1. Promptly assess the unresponsive victim to determine if they are breathing normally.
2. Be suspicious of cardiac arrest in any patient presenting with seizures and carefully assess whether the victim is breathing normally.
3. For the victim who is unresponsive and **not breathing normally**:
 - Dial 999 and ask for an ambulance. If possible stay with the victim and get someone else to make the emergency call. If you are alone, put your mobile phone on speaker, so you can converse with the operator whilst carrying out First Aid.
 - The operator (Dispatcher) will give you instructions on what to do, and reassure you, if you are not a trained First Aider. They will have a 3 way conversation with you and the Ambulance/ responders.
 - Start CPR and send for an Automated External Defibrillator (AED) as soon as possible.
 - If trained and able, combine chest compressions and rescue breaths, otherwise provide compression-only CPR, which the dispatcher will talk you through.
 - If an AED arrives, switch it on and follow the instructions. This device is self-diagnostic. You can't go wrong. It gives you audible and visual instructions on how to operate it. It will deliver a shock to the casualty only if required – you can't accidentally shock someone who doesn't need it.
 - Minimise interruptions to CPR when attaching the AED pads to the victim.
 - You are now this person's life support. Do not stop CPR unless you are certain the victim has recovered and is breathing normally, or a health professional tells you to stop.

The above is just some simple guidance which may hopefully give someone a little confidence in a potentially life threatening cardiac arrest situation. Many people are desperate to learn First aid after a traumatic event. If you get the opportunity to have formal, hands-on First aid training – do it. You never know who you might need your help.



Snowdonia Marathon 29th October. Judith Marshall



The entry for Snowdonia Marathon opens on 1st Jan at 1min past midnight & this years race sold out within 12 hours, plenty of time to train then, not me....I just treat it as another day, with all the races I had done this year I had enough mileage in the legs to get me through.

The race is said to be the toughest in the UK & one of the toughest in Europe, I knew it was going to be hilly boy were they right!! the 1st climb was early on heading up Pen Y Pass, followed by a lovely fast descent meant you could pick up some speed, plenty of water stations

every couple of miles, the marshals were great & support was amazing. Its not a PB course due to the terrain, but it is a must do race, as the T-shirt says, It's not for wimps!

The scenery in Wales speaks for its self beautiful, weather was fine to start with & not cold, fog & rain on the top of the 1st climb soon disappeared, cloud for most of the race but as the day progressed the skies started to clear & blue sky & the sun made an appearance :-)

At registration you received your race number & a technical t-shirt which is great as it shows the profile & names of places & quotes. there was a bit of an expo with High 5, there was some free energy bars from Clif. Race started at 10:30 late you might think for a marathon.

For this race i ran in my Hoka Clifton 2's road shoes as its 24miles of Tarmac & 2miles of track, wasn't too slippy underfoot until the last off section road on the way to the finish, Fell runners would love that bit, I didn't!!! All runners had road shoes on.

Nutrition wise, Porridge 1st thing, had water at the stations they were in small tubs brilliant as no waste, I carried some snacks, had 3 gels all race, had some haribo's, a mars bar & a couple of love heart sweets, felt great all race didn't hit the wall, Isotonic drinks were also available from mile 11 as well as water & gels.

When I was running I was just enjoying the scenery, hardly looked at my watch, there were mile markers so you knew exactly where you were, my only worry at the start was not making the 4hr cut off at mile 18 which was Snowdon Youth Hostel.



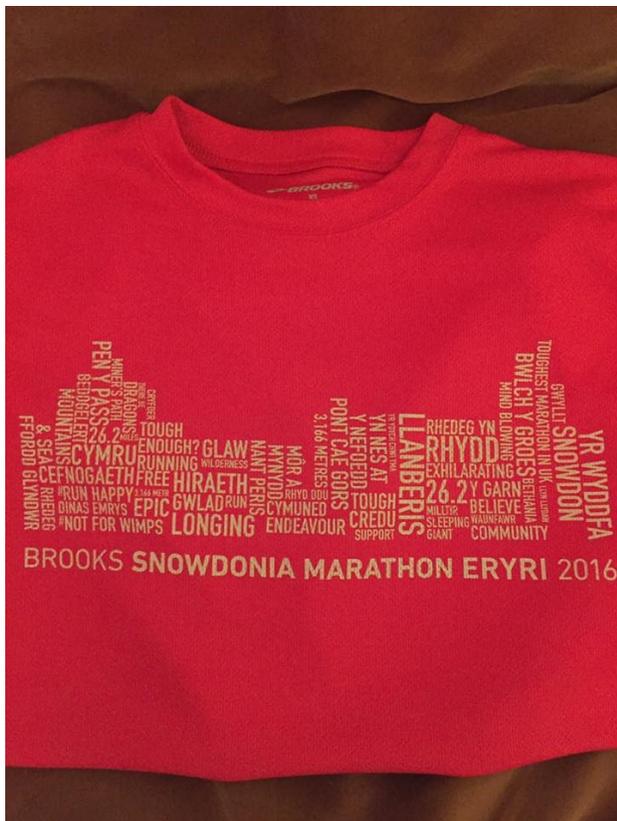
Snowdonia Marathon 29th October. Judith Marshall



There was 7 of us running the marathon, myself Stu & some other friends who do this race every year, we had a group photo at the start which made the highlights programme on TV which was nice to see. I stayed with Carole & we ran together up to halfway, we got there in 2:10:11 so I new I was well within the cut off time, by mile 16 I was running great & found myself moving ahead of a lot pf people. the miles flew by I was really enjoying the race, talking to other runners, the atmosphere was brilliant. then the sting in the tail mile 22-24 a very steep climb, I was power

walking at this point, in fact most people were walking, then we had a nice steady section before a 1.5mile descent back into Llanberis which really hurt the quads. Off road & tarmac at speed took some controlling, I don't think I have ever had a quicker sprint to a finish like Saturday, my finish time was 4:54:59, I was greeted with a foil blanket & the medal was a piece of welsh slate in the form of a coater, really nice memento, as i walked through the finish funnel I met up with Stu, he completed in 4:13, there was runners area in the warmth where tea & coffee was served. Cup of tea then headed back to the car to put on warm clothes. The rest of the group gathered & we then made our way back to Glossop to our friends for a celebration curry & a lot of beers.

Would I do it again? most definitely, lesson learned, learn to run off road downhill. well organised and excellent value for money.

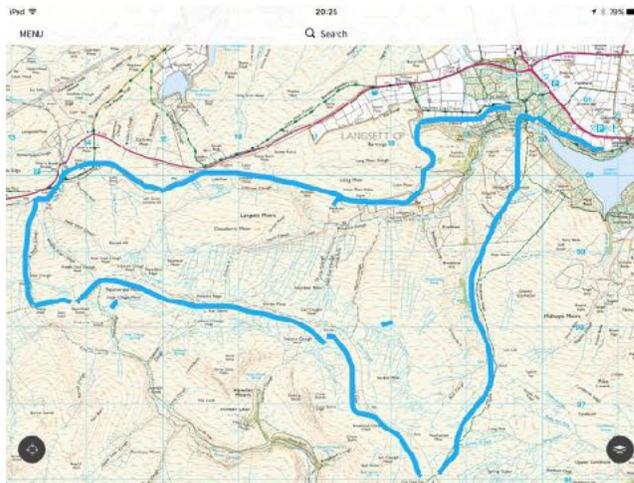


Grin and Bear It Fell Race 2016 – October 30th by William Overton

Anna Keys and myself decided that we wanted to investigate the Grin n Bear it Fell race route, in South Yorkshire, part of the “Dark Peak Area”. A 16 mile trek starting from the Langsett Barn area, near to Langsett reservoir and venturing out onto *treacherous* open moor. And believe me, for one of us it was truly Dark. Almost completely black! Oh! And very smelly! Or was that my deodorant?

So on Sunday 9th October we set off bright and early on our little adventure. We arrived at our destination, a car park by the reservoir. It was a crisp and sunny morning and was looking very promising. It was still early and there was only the odd dog walker venturing out on one of the many paths to be found in the area.

After looking at the various local information boards provided and consulting with our printed written instructions we identified our exit from the car park and headed out onto the route. At the



start we followed a path through some woods that ran parallel with the reservoir on our left. It was lovely, very picturesque. We then descended following a path around the reservoir before climbing and following an easily identifiable path up onto the moor. So far so good!

Passing another hardy soul running in the opposite direction we continued to follow our path whilst climbing steadily looking out for a small stone cairn. Before we reached the cairn there was a loud squeal. Anna had decided to donate one of her shoes to the Mud, fortunately it was still visible and was easily retrieved. Anna was not impressed though, as her beautiful pristine running shoes were now not so pristine.

We found the cairn and this is where things became difficult. While we had been climbing to this point, the weather had been taking a turn for the worse. It was now very claggy and visibility was almost zero. We seemed to be surrounded by low lying cloud and it was cold.

The route instructions advised us to turn right onto the Moor at the Cairn and head in a westerly direction eventually looking out for a trig point. The trig point was completely obscured and there were no reference points to be seen, we were running blind.

Apparently there was a path but it was not easily identifiable. And we had to be aware of some deep and dangerous bogs. The race instructions stated that they would be taped on the day.

Now we were good little soldiers and had brought with us body cover, hats, gloves, waterproofs, emergency food and drink. And me having learned from other wise Pacers on previous expeditions had also brought with him an OS map of the area with customary, compass and whistle. The only problem being was that I had only learnt the rudimentary basics of map use and compass bearings the night before online.



Grin and Bear It Fell Race 2016 – October 30th by William Overton

customary compass and whistle. The only problem being was that I had only learnt the rudimentary basics of map use and compass bearings the night before online.

So after having orientated us, we proceeded towards what we hoped would be the Trig point. It was here that things became very interesting. We were happily bowling along when suddenly the ground which looked just like the ground we had already covered tried to eat me! I disappeared to my hips and in a fraction of a second it was up to my chest.



Anna screamed, I screamed and I'm not sure who was more scared. I'm not sure how I looked, but the look on Anna's face was priceless. It was all rather surreal. I couldn't push with my feet as it felt there was nothing beneath them and I was far enough in that there was nothing to reach out for. Oh Dear!

Now normally Anna would never have missed the opportunity for a photo shoot or maybe a video for You've Been Framed, the thought of £250 must have been very tempting! Think of the new Trainers she could have bought. I think my shouting for help distracted her. She grabbed hold of my hand with me trying to swim with my other arm and with a superhuman effort (I always thought she was an Alien) managed to pull me to safety!

After gathering our selves following this traumatic experience I began to feel quite elated and began to see the funny side. So we brushed ourselves down and continued onwards and guess what we headed straight to the trig point albeit very cautiously. The weather had now started to improve and we continued onwards from the Trig in accordance with instructions and maybe because of complacency didn't rely on the map so much and managed to miss out 5 miles of the route. Still we ended up where we were supposed to and had an adventurous 11 mile run. It was Brilliant! And for all you walkers, runners and dog walkers I would recommend a visit. Just beware of those nasty Bogs!



PP Member Profile - Basher Barham



Been running since: June 2014 due to some sort of crisis when I turned 30.

Favourite race/ event/ training session: Any team relay event.

Best running advice received or to offer: The quicker you finish the quicker you can have a pint.

Other interests/hobbies: Music, beer, eating, holidays, the mighty Colchester United and trying my best to get into cycling.

Favourite music/ best gig: The Jam, The Kinks, The Who, Oasis, Blur, Arctic Monkeys, Jake Bugg, Stevie Wonder, Curtis Mayfield, Toots and Maytals, Paul Weller, Bruce Springsteen, The Cibs, Stone Roses, Elvis Costello.....

What film or book would you recommend as a MUST: Surely everyone has seen it but I still love Pulp Fiction

Best ever holiday destination (and why): Very hard choice but I think Cuba just edges it. Has it all wrapped in an old school package, go before it changes forever.

Your signature cooking dish... Beef Bourguignon.

Favourite word... Mate

Pudsey/ West Leeds secrets: best bit of local knowledge: Raynville Supermarket Armley massive stock of canned and bottle beers.

Friday evening, 200 quid in your 'sky rocket' what would you do for the weekend... Eat good food, drink plenty of beer, wine and coffee (not together).

Sink, wall, hip or pocket: what do you do with your 'other' hand while brushing your teeth... People of Pudsey do not need to know what I do with my other hand when brushing my teeth!

Tell two truths about yourself and also one lie.

- I accidentally swam with crocodiles in Zambia
- My mum is called Anne, my dad Bryan my sister Carly and I am only called Darren so we could be ABCD
- I still own my first car which I have had for 15 years.

Abbey Dash First-timer, 6th November.—Helen Hargrave



I write this with a big smile on my face. This time last year the thought of running a 10K race seemed impossible. I had done a few parkruns at Bramley but 4 times up the hill was a killer.

I joined the Run England course in January this year and learned a lot. At first even the warm up seemed hard. I enjoyed exploring the streets of Pudsey whilst slowly getting better.

After the Run England course completed I had about a months gap from running due to holidays and other commitments. I plucked up the courage to come to Pudsey Pacers on a night when there was a social event. Luckily the leader for the beginners was there so off we went. I had to walk quite a bit but each session I did less and less walking.

I had looked at doing a race but there seemed no point in paying for a 5K when the Parkruns are free. So I took the plunge and signed my husband and I up for the Abbey Dash 10K.

As the race got closer I was getting excited but also nervous. My aim was to finish the distance, and to be under 1 hour 30 minutes. My longest run in training was 8K.

On the day itself it was cold and drizzling as we waited for our starting pen to begin moving (people wearing bin bags had the right idea!) As we went through the start I high-fived my son and off I went. I didn't want to set off too fast as 10K would be the furthest I'd have ever done. As I settled into my rhythm it was great getting waves and shout outs from fellow Pudsey Pacers and supporters which really spurred me on.

After reaching the 5K mark I felt pleased and positive I could finish. I posed for a few cameras and received a hug of encouragement from Karen Fawcett, the Run England leader. As I was approaching the finish I decided to give it everything that was left in me, but miscalculated the distance remaining! I was very out of breath when I went over the finish, but I had done it – and six minutes faster than my target!

The great sense of achievement as I collected my T-shirt and Lion Bar is something I never thought I could do in January. I am now looking forward to another race now I have a baseline time to beat. Big thanks to Sarah Norman, the Run England team and everyone at the club who supported me on the run up to my first ever race, and see you at the next one!

From novice to being noticed - Neil Wallace

Only the few discover that running is quite easy. The rest of us have to work bloody hard to see any signs of improvement. I did my first proper fell race in 2012 a year after joining Pudsey Pacers. Then I made a concerted effort from January onwards in 2013 to do as many different ones as possible: these would include all distances and gradients from the short and sharp to the long and lumpy.

One selected race was the Shepherd Skyline (11th November) over the moor tops near the wondrously named villages of Lumbutts and Mankinholes. I recall arriving at registration and being bamboozled by the accepted, chaotic frenzy of on the day entries – the clamour for an ink pen would soon be rivalled on the hillside by the jostling for a fortuitous starting position. The wind howled under grey skies. It was bitterly cold. The one clear memory was battling for much of the way with Caroline Clarke, who was the only other Pacer to race that day.

My approach to training markedly changed three years ago. I purposely sought club training sessions that included hills and followed these with my own repeats: between lampposts in winter, by headtorch up to Tong and across moorland with a splat and while wearing a broad smile. But there is much more needed than just a smile.

I've bought more responsive gear but still own my first waist pack. The first pair of Inov8 300 Mudclaws (the yellow ones) remain a trusted training partner. I ignore the Strava reminder that alerts me to the fact that I've run more than 300 miles in these shoes; the tread isn't too worn, the cushioning is still suitable to cover medium distances and importantly the soles are still secure to the uppers! Maybe it's a bit like Toy Story and the relationship between Andy and Woody? Enter my Buzz Lightyear and the concept of 'Magic' shoes.

Back to last Saturday: I returned to the Shepherds Inn pub to find the event once again superbly organised by Todmorden Harriers. Nothing had seemingly changed. Ink pens were still being exchanged like a rare commodity, while beards and buffs covered faces and heads. I'd pre-completed an entry form like a smug you-know-what so walked straight up to the registration desk and obtained my race number.



All rights: Woodentops (L) and Stuart Wolstenholme (R)

From novice to being noticed - Neil Wallace

Even the weather seemed identical. A chilly Arctic blast quickly altered the colour of most runners' faces. There was little wish to hang around for a polite chat. Only the yellow vested Pacers appeared to be brave enough to NOT wear any under layers. Most others eyed us with something of stupidity as we neared the start line. Silently we all thought the same, especially when the start was temporarily delayed to enable an official runner count. The cold wasn't my immediate concern; I was more worried about foot blisters. Yet I needn't have been troubled as I was in 'Magic' shoes.

The route was as challenging as I remember: many sections with rock hazards hidden under a thick, dark brown slop of mud and peaty bog; demon descents; soft and spongy grass or moss; and the iconic view – almost like a mirage along the skyline – of Stoodley Pike. But I felt stronger than I'd done for many, many months. After the Three Peaks race in April I'd lost my mojo; not so much to run but definitely obstructing any desire to train. This only returned in the weeks leading to the Yorkshireman Full. And then, perhaps combined with a change in diet, during October the hills are again alive with the sound of tippy-tappy feet; now placed inside some 'Magic' shoes.

A few days prior to the race I was enjoying a domestic clear out: the usual clothes*, books and DVDs to charity shops, and disposing of reusable/ recyclable clutter such as empty shoe boxes - only one box wasn't empty. The box was obviously heavier than the others and when I opened to look inside: TADDAH! A pair of sparkingly new Inov8 300 Mudclaws - aka the 'Magic' shoes!** Without any discomfort these mystical moor-clogs guided me round the race route to an amazing 9-minute course best. Moreover, I received verbal support from Eileen Woodhead (Missus Woodentop) who hollered from behind her camera: "Great running Braveshorts" ***

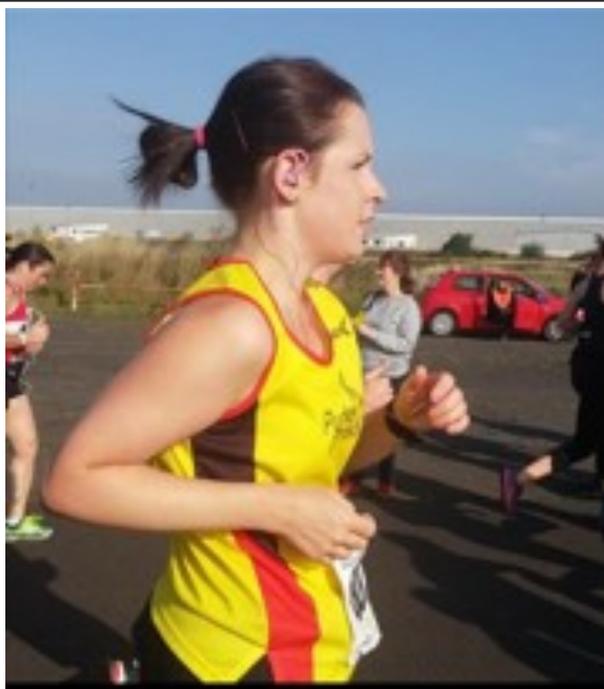
Of course I smiled. I was out on the moors with the sun on my face. Cold wind, what cold wind? An enjoyment of running up (and falling back down) hills had returned once again. Not just in races but in training too. Where had it gone? Nevermind that intrinsic feeling was back. The special bond between man and nature, or the puff versus the clough. Or maybe it was hiding all along, inside the box with the magic shoes?

*The much admired Facebook profile image of green shirt-shorts combo remains in the wardrobe section titled 'European Chic'

** An internet search confirmed that I'd purchased these shoes (on a massive discount, of course) some 18 months ago and recklessly stored for a later day...

** Braveshorts is my Twitter name – full naming rights go to John Pop (Eileen Woodhead's husband, Dave, refers to me as Mudpants...ahem)

PP Member Profile – Katie Dyson-Jones



Been running since: January 2013

Favourite race/ event/ training session:
Edinburgh Marathon

Best running advice received or to offer: Buy a foam roller and use it!

Other interests/hobbies:

Making pictures out of buttons, swimming and learning new skills.

Favourite music/ best gig:

Green Day, Wembley, 2010.

What film or book would you recommend as a MUST:

Billy Elliot, the end always makes me cry.

Best ever holiday destination (and why): Iceland for its natural beauty.

Your signature cooking dish: Well, there have been many kitchen disasters such as the vegan chickpea curry, the no sugar, gluten free, beetroot chocolate brownies and the sugar free pistachio flapjack, but despite that, I do have a signature dish...good old rocky road!

Favourite word: sternocleidomastoid

Pudsey/ West Leeds secrets: best bit of local knowledge:

I know an excellent place to get a sports massage in Wortley, The Sports Massage Space.

Friday evening, 200 quid in your 'sky rocket': what would you do for the weekend:

Hop on a ferry to Belgium and buy lots of Belgium chocolate!

Sink, wall, hip or pocket: what do you do with your 'other' hand while brushing your teeth:

Hip, then sink, then hip again.

Tell two truths about yourself and also one lie:

- I can play the flute, clarinet, saxophone and piano.
- I've been on a parabolic (zero gravity) flight.
- I have naturally curly hair. Been running since.... January 2013

Pendle Peaks and Pacers, 19th November.— Martin Bullock



It all started early in September when a certain Mr Wallace posted on the Pudsey Pacer forum. There was an event taking place on 19th November, which caught my eye as it's my birthday.

My heart sunk when I read, "This event is NOT for novices."

Then I saw – Recce – Well that was it, I was in. I made it clear from the start that I had no intention of entering the race but if possible would like to partake in said recce of Tour Of Pendle.

As the time approached I started to doubt myself as the new comer, outsider and boy did I feel out of my depth with words/phrases like 'Big End, Geronimo, Miss out CP2 to 4 and concentrate on CP5 to 11 (just how many CPs are there and what are they??). Gulp, it's a seventeen mile race, what have I done. I was wishing that others of similar ability to myself would come forward, but it wasn't to be.

I needed a plan and quick! So, I volunteered to drive, thinking they would have to make sure I made it back in one piece to the car or they wouldn't get home.

The day of the recce arrived and I was to pick up Chris and Caroline before heading off to Barley for a 9.30 rendezvous with Neil, Leigh and Tony. At this point I was trying my best not to think what was ahead. Neil had planned the route from the start to miss out check points 2, 3 and 4, picking up at 5 through to CP 11 and back to the finish. Get me, I'm sounding like a professional. This is approx. twelve miles and 3000ft climb.

Away we go and the first mile leads you out of the village of Barley along a narrow access road, slightly up hill. This was just a bit too quick for me but no way was I going to start moaning within the first mile. Head down and pretend I was fine.

After the reservoir, a turning to the right along a concrete path and over metal gate, and both feet landed on the soft stuff, what a relief. This was the start of the first climb and after 500 yards of slow running I found myself walking, setting the course for the rest of the day.

Pendle Peaks and Pacers, 19th November.— Martin Bullock

I can't say for sure how long it took to get to the cairn but it seemed like an age. Having looked back on Strava I can tell you it's around 2.5 mile from the start so I would guess 45 minutes (I was in a daze). On the way up the weather was overcast, no real view as such. As we approached the cairn, the murkiness dropped away and we had a few moments to appreciate the landscape. Everyone soon got busy checking maps and bearings while I took a few moments to get my breathing back to normality.

Soon after we were in a straight line to CP1, over a stile, can't go wrong but I imagine if the cloud was down, it could be very different. So, there I was thinking that was it, done the climb, run the flat, boggy top for a mile or two and then a trot back down to the pub. How wrong was I?

After approx. four miles of boggy gradual descent, avoiding CP 2,3 and 4, after crossing a stream I find myself at the bottom of the second climb but oh so steep. Think I managed to stay upright on this one with a few sneaky stops to take in the views aka 'getting a breather.'

Once at the top I was back to running for a short distance ahead of the next challenge – 800ft of sheer drop. Well, that was it, Leigh and Neil were off, closely followed by everyone else. I had a moment watching them disappear into the distance thinking "How the Hell do they do that?" How naïve was I? I tried to let my legs go but didn't have the confidence. I tip toed down like a fairy on ice, soon after i found myself in knee deep mud quickly followed by a stream.

I caught up with the others who were looking refreshed (perhaps they'd had a wait). I have to admit to lacking motivation at this point. Then it struck me – steep down means steep up, again. I would have gladly walked a further five miles to avoid that climb. You hear people say, "I was on all fours," this is no exaggeration. After what seemed like an eternity I was up trotting/stumbling along, looking for the way down to CP9, this I learnt was not on the agenda, it's not called big end for nothing. Leigh and Tony did it anyway. Time to put on the wind proof and have a bite to eat while we waited.

So the hard work was all done, just a steady three and a half mile down. This gave me chance to reflect on what I had just experienced. On the return to the car park we crossed a stream, very useful to wash off the mud and cool the muscles, perhaps a fell runners ritual?

Result:

| | |
|---------------------|--|
| Did I enjoy it? | Yes 100% |
| How far on the day | 11.9 mile |
| Ascent | 3000ft |
| Moving time | 2:41 |
| Overall time | Probably 4 hours (ish) |
| Race record | 2:11 for the full 16.8 mile course |
| Nearest pub | At the start |
| Would I do it again | You bet, so much so I did, 3 weeks later |
| Thanks to: | Neil, Tony, Caroline, Chris & Leigh |

Would you like to get more involved?

Ever thought about getting more involved with the activities of the club? Its not just about serving on the committee, there are so many other things going on.

Our Races.

We currently organize the 10k, Post Hill Challenge and usually host a vets GP and West Yorks cross country event. If you would like to be involved in some way either by helping organize or marshal on the day please let the committee know.

Social Nights.

Last Thursday of every month we run a social which usually involves a run where our club members can run together and is followed by a social in a local pub/club. In the summer we organise a couple of away runs. If you are interested and willing to organize a run or a quiz then please let our Social Secretary Sarah Norman know.

Watch FaceBook and the forum for adhoc social drinks especially after races.

Why not arrange a Friday night curry run?

Information. And Communication

Don't forget to visit our website for up to date news and training plans.

There is also the forum where discussion on a whole host of topics is available although Facebook is always a good place to look, you should get an email invitation to join the private FaceBook page.

Club documents and information regarding committee members is also included within the web pages. Check it out now at <https://www.pudseypacers.com/>

There's a "Weekly News" email and this newsletter. Both rely on your input, please send results and reports to pacersnews@hotmail.co.uk Volunteers are always welcome to put together the newsletter, please let us know if you'd like to give it ago, support, guidance and help is given.

CLUB DISCOUNT - Chia Charge

Tim from Chia Charge has offered us a discount on all Chia Charge products go to <https://chiacharge.co.uk/> and use code: **Pudsey15** which is valid until of **Nov 30th** No terms and conditions, it will work on everything on the website.

If you've not heard of it before we love this race nutrition, the Flapjacks, Trail Mix and Chia Charge drink have fuelled us through numerous long distance races. I love the nut butters too. It's all natural healthy stuff!

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Fixtures & Websites

NATIONAL

www.ukresults.net -Commonly referred to it's owner/ provider as John Schofield

www.northeasttraces.com -Also contains races just into North and East Yorkshire

www.runbritain.com/races -Broad platform for searching and entering races in the UK

www.fellrunner.org.uk/races -Usually named FRA (fell running association) and provides basic entry requirements and usually link to host club (most are entry on day)

www.bofra.co.uk - See fellrunner above

https://www.sientries.co.uk/ -UK wide races

https://www.ldwa.org.uk/challenge_events Long Distance Walkers Association -runners welcome

LOCAL/ REGIONAL

www.racebest.com

Excellent local race provider with growing reputation for new events and quick results

www.countrytrailraces.co.uk

Summer trail series around Leeds - navigation required, but easy and very informal

www.urbantrailrunner.co.uk

Similar to above

www.leedsathletics.net/Leeds_Race_Series.htm

Annual race series with good links to many local and popular races

www.yvaa.org

Both plus 35s (Grand Prix) and Open races across Yorkshire

Dates for the Diary

November

- 24th November's social evening. Run from Pudsey Leisure centre then at the St Lawrence cricket club.
- 26th Temple Newsam Park Run (In House).
- 27th Pudsey Winter League (WYWL) X-Country 10am

December

- 7th Committee Meeting—Pudsey Leisure Centre
- 11th Leeds Christmas 10k challenge.—JC Stadium Leeds.
- 18th Skipton Winter League (WYWL) X-Country 10:30am
- 22nd Santa's Sherry Stumble, Thursday social at the Royal afterwards
- 31st Pontefract Park Run (In House)

January

- 8th Stadium Runner Winter League (WYWL) X-Country 10am
- 22nd Queensbury Winter League (WYWL) X-Country 10am

February

- 4th Rombalds Stride
- 19th Winter League (WYWL) X-Country 10am

March

- 12th Peco relays 11am

Let us know if any more race entries are about to open...

If you want to find out more, or offer a scheduled race that you think other Pacers might be interested in, then why not search and contribute to the online, website calendar:

www.pudseypacers.com

See icon top-right on homepage. All suggestions and comments, please email:

calendar.pudseypacersrc@gmail.com

pacersnews@hotmail.co.uk