

# Castle Point Joggers Newsletter

## Warning to all runners!

April 08

### This edition

- Trail Running
- Brighton 10k
- Fell Running
- And much more

Warning these two were spotted at the CPJ AGM They are imposters and did not win any trophies. If you see them do not approach, as they may be dangerous. May also be known as Glory seekers or pot hunters.



Jones & Battle caught red

## Letters

Another great newsletter and well put together. Seeing the pics of us on the White Peaks Marathon reminded me of the hell that was the last 13 miles, the pain, my hips the pain, the blissful end, the discomfort, the pain, my knees.

Ian Bartram

## Marathon Madness Strikes Again



Congratulations to Kate who finished her first marathon in London in 4.34 Not sure about the odd support crew?



## From the Ed

Thanks once again to all who have contributed to this latest newsletter. I couldn't do it without you.

Don't forget you can keep up with all the very latest news and results via our website.

If you do not have access to the web just let me know and I'll print off any info you may require.

I try and update the site as often as I can, but sometimes other commitments do get in the way, so thanks for your patience and understanding.

In this issue you can read all about the Brighton 10k, Fell running and an introduction into trail running which

will hopefully inspire you all to go out and try something a little different, or travel further afield for your next run.

Who knows?

Anyway—Happy running to all

Ed (AKA Mike Hayward)

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## Leg it round Lathkill

*“By Eck I ate running  
down t'hills It's the  
climbing I like”*



The River Lathkill, Derbyshire

The Castle Point fell running division were out in force once again (well most of them anyway) Chris & Kate, Val & Nick and Mike & Jayne. This time we made the trip to the beautiful Peak District area of Derbyshire.

After the perfect pre race preparation of a 6 mile hike up a mountain in a gale, and then several pints of ale and copious amounts of pie, peas and chips in the local followed by a late night we were all ready and primed for a fell race.

'Well it works for the hardy northerners, so why not for the Southern softies?

Last year Jayne and I were staying in Youlgave, Derbyshire with friends when we happened to see a fell race coming the other way. I foolishly said “That looks like fun, lets come back and do it next year” Well these things always look fun when someone else is running them don't they?

The start was a typical fell running affair. Freezing cold and starting to rain with the locals dressed like it was the middle of summer (And that was just the kid's race!) The CPJ Southern softies were hiding in the warmth of the hotel bar trying to decide how many Helly Hansens to wear and what shoes would be best suited to Sheep's poo, limestone, roads, rivers and grass.

As we made our way back to the cars to dis-robe, a voice from behind enquired “Does that say Castle Point ?” He said whilst staring at Jayne's legs. “Oh I don't mean to be rude” he exclaimed. It transpired that this gent and his wife had been members of Castle Point twenty years ago and had moved north.” Is John Virgo still running?” They said and we chatted for some time. It certainly is a small world, especially in the running world, as there were also four members of Pitsea running club present, the Bent family.

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So in a little village in the middle of nowhere in Derbyshire we now had six CPJs, two ex CPJs and four Pitsea runners out of a field of 140 starters.

We set off down a steep road making sure not to go off too fast, as we knew we had a further 7 miles to negotiate and also the fact that everyone knows what goes down must go up! Especially in a fell race. The lady in front remarked "By eck I ate running down t'hills it's the climbing I like"  
Yes they defiantly bring e'm oop tougher oop North.

The next couple of miles were a pleasant run along the banks of the Lathkil River. Normally you can take in the sights and spot numerous forms of wildlife, but no time for that today. This is a good opportunity to try and make your way through the field – if you can, whilst looking out for the slippery limestone rocks at the same time.

We turn left and cross the river via a stone bridge. We then start to climb, nothing too serious but a climb never the less. Another left turn over a stile then – wow! We face the huge climb up to moor lane via the Steps of Doom (I don't think they really are called that, but I thought it sounded sort of appropriate) you can tell it's serious because by now everyone is walking, even the hardy Northerners and all conversation has ceased. The only sound that can be heard is that of heavy breathing, panting, and gasping. It is at this point I realise I am overdressed and a thermal top was not such a good idea.

We reach the top, but its not over yet as there are two muddy uphill fields to cross plus numerous stiles and dry stone walls. The old legs are beginning to scream for mercy and roar their disapproval, as Chris overtakes along with a few of the locals. I glance around to see quite a crowd of runners still at the bottom of valley. This gives me a psychological boost.

We finally reach Moor Lane, the halfway point and have a slight respite in the form of a short downhill section, as we turn to cross another sheep poo infested field there is a marshal with her small daughter. The little girl calls out "Happy Halloween" I know I must look rough, but Halloween was two weeks ago. The creature from the Black lagoon, Night of the living dead, Zombies? Who knows, well I felt like a zombie. Never mind push on.

A mile or so later and the imposing site of the whitewashed Lathkil hotel comes into view – excellent, only trouble is we have now changed direction again and its getting further away – doh !  
A steep descent later and we are back to the river, can't be far now surely. My legs are fading. Suddenly a Black and White vest flashes past (well it felt like it was flashing past to me) Its Chris Bent from Pitsea, so I feel compelled to up the pace and manage to re pass him as we cross yet another stile. At this point we take a sharp left and are faced with the last evil climb, about 400m to go and all hopes of trying to look good and sprint to the line are now gone. I don't care though I've made it and Chris Cammidge is still in sight (just) and I've managed to fend off any late Pitsea challenge. Honours to CPJ. I'm delighted.

We are soon joined by Nick and Kate. A few minutes later Jayne and Val appear over the horizon. All the CPJs are now in and we can all now claim to be fell runners and have been made honorary Northerners – well almost.

Right I'm off for a cup of coffee and a lay down.

**Mike Hayward**

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## Brook's Brighton 10K, 18th November, 2007

I'd been looking forward to this 10k for some time, particularly as I managed a good time on what was my first 1/2 marathon in Brighton back in February. That event had been well organised, there was a great buzz and despite nearly 3000 people running, had been busy but never felt impeded by other runners.

I was meeting my good friend Tony, another new castle point runner. Tony is my ex neighbour and also a big bloke like myself. We had separately made our own way down to Brighton the day before and arranged to meet at the end of the pier an hour before the race for a strong coffee. We both ran to the meeting point on the morning. It was overcast, cold and windy. Rain was forecast. Other friends who were running had got it completely wrong, and brought no cold weather gear. We've all done it, realised we've got the wrong clothes on for the conditions, but this meant they had to run down from their nearby Hotel much nearer the start time rather than meet for the pre race coffee shot.

We joined the start line buzzing with coffee and expectation. Hundreds of runners were huddled under the arches of Madeira Drive in the wait, few people prepared to take off their warm gear any earlier than was strictly necessary.

The route was to be similar to the 1/2 marathon, but missing out the dash through the narrow lanes of the town. We were starting away from Brighton on the lower Maidaera Drive facing the marina. The start was speedy and noisy with the sound of nearly 3000 runners passing over the chip timing matt.

The wind was in front of us, with little shelter from the sea on our right. After a kilometre or so came the sound of cyclists calling out on the other side of the path heralding the front runners coming back on us. For the next 1/2 k, those going out and those heading back to Brighton ran incredibly close on the same path with nothing to separate them. The wind was now behind us as we headed back past the pier towards Hove and all the way up to the Alfred Sport centre on the front where we would make the second the turn back towards Brighton and the finish line on Maidaera Drive. This was when a banana went past me at a brisk pace and someone next to me said aloud what we were all thinking. Yes, great sight and all that, But I've just been overtaken by a flippin' banana!

A drink station passed by on the right. I wasn't expecting it, and was in the wrong position. Plenty of people tell me I shouldn't need a drink on a 10k race, but I tend to grab a cup on races instinctually, However, I wasn't inclined to stop now.



I know its not Brighton, but the Ed was short of pictures for this issue.

Anyway here is a nice shot of some of the gang looking pleased with themselves at South Weald Cross Country

There is no truth in the rumour that Jack has been moonlighting as a milkman

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## Brighton 10k, Cont

I was holding my position well, slowly overtaking others with only the odd runner passing by. Other runners also commented on having been overtaken by that pesky banana, which, after three kilometres was barely visible. I didn't feel I was slowing down, but had to admit I was not going to get any closer to the banana. The turn back towards the town at the sports centre was a relief but brought the cold wind. Tony wasn't too far behind me as I passed him on the path. The traffic was building up on the road, and there were increasing pedestrians and onlookers as we neared the end. The pier was coming up and I could see the banners flapping at the end some 400 meters past the pier. A few runners were overtaking me as they found those final reserves for the dash back onto a packed Madeira Drive and the end. My heart monitor had been bleeping but I hadn't paid too much attention to it, only occasionally checking my heart rate. I was aware right at the end that I would just miss a sub 42 min time I'd hoped for.

As I came out of the funnel, there was a buzz of activity at ground level as the chips were taken off shoes, and shiny medals were handed out. They would be worn for the next half hour or so before being consigned to a drawer at home. I took a freebee banana from a box, but the running banana was nowhere in sight. I also took some chewy bar which I opened and ate without thinking about it too much.

I joined my friends and there was some hanging around as we waited for others, Tony not too far behind, and then headed into the town for lunch in Food for Friends, and mulling over the race as the rain arrived. There were many other people about who, by their clothing appeared to have competed also. This had been a memorable race, with many local running groups I'd never heard of before, including Team Sausage, and it was also one of my best times at 43:34.

**Ian Bartram**

## Jokes

Last year I entered the London Marathon.

The race started and immediately I was the last of the runners it was embarrassing. The bloke, who was in front of me, second to last, was making fun of me. He said, "*Hey mate, how does it feel to be last?*" I replied: "*Do you want to know?*" and I dropped out.



Some CPJ members looking worse for wear at the Christmas Hollywood party

## Jokes

Morris was out jogging one Sunday afternoon when he saw a new-looking tennis ball in the road. He stopped to pick it up and as he had no pockets, he put it down the front of his running shorts. He then continued with his run.

He soon came up to Sadie, who was also out jogging. Sadie looked at him and pointed to the bulge in his shorts.

"What's that?" Sadie asked, smiling.

"Tennis ball," replied Morris.

"I know how you must feel," Sadie said, "I had tennis elbow once and that was bloody painful"

## Trail Running

Following on from the AGM where Kate raised the possibility of the club attending some trail races next summer I thought I would take this opportunity to tell people who are not sure about what a Trail race entails to enlighten them a little.

I have included here an example of the written instructions and the format they normally take to give you an idea. After a while you will become familiar with them and won't need to keep referring back to them.

Once you have registered and paid your £3-£4 you will receive your instructions and normally a drinks voucher for money off in the local! (Funny how most of them seem to start and finish at pubs!)

Cont on next page

### Guest Runner

If you are ever on your travels, holidays or business, etc I would strongly recommend that you check out the local running club in the region where you are travelling to, assuming you will get a little spare time.

It really is a great experience, and now with the wonders of the world wide web it easy to track down a club wherever you are going. Just Google it.

I recently had the opportunity to train with the Perth Marathon Running club while visiting Steve & Jude Smith who emigrated from Castle Point a couple of years ago. It certainly was different trying to run in 37 degree heat!

If you can't find a club nearby see if there are any races going on. I'm sure you will enjoy the experience, and it will be another T shirt for the collection. You can also use guides such as Lonely Planet, as these often list running clubs.

There you go another handy tip for all you out in running land.



The Ed having a bad downhill moment at Cardington Cracker Fell race

## Trail Running (Cont)

The instructions will look something like this,

### Key

**R** right **TR** turn right **RHFE** right hand field edge **ST** stile  
**L** left **TL** turn left **LHFE** left hand field edge **MP** marker post  
**X** cross **FB** footbridge **FPSP** foot path sign post **SA** straight ahead

(1) Leave pub car park, **X** road, **TR** on verge, at crossroads **TL**, **X** bridge, **TR** on **R** pavement, at end of hedge bear **R**, **X** grass verge, through **SST**, **TR** on track, **SA** under bridge. **X FB**

(2) Pass seat, at **MP TL**, through **SST** onto tarmac path, at road **TL**, at **MP TL**, pass house, **TR** on **LHFE** pass **MP** onto narrow path. **X FB**

(3) Etc, etc

So now you've got the idea here are some useful facts to consider before sprinting off !

To run in a trail race you need a sense of humour – true

Try and forget your competitive instincts – remember the tale of the Tortoise and the Hare! The tortoise often wins !

Don't get mad if you take a wrong turn !

If you are not sure run with a partner then you can blame them if you go slightly astray. Or for even more fun run with your husband, wife, girlfriend or boyfriend. No swearing though it's a family event !

Don't forget you are more than welcome to walk if you don't feel up to running, as plenty of people do. Its not like a road race, just a fun event.

And lastly although it sounds obvious – read the instructions !!

I guarantee you will enjoy the experience. If not the drinks are on me. Now that's a good deal.

**Mike Hayward**

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## New Trophy Series

### **Best All Rounder**

Castle Point Joggers are pleased to announce the introduction of a new trophy series. The format will be as follows,

Five different race distances have been selected, all of which should be manageable by all. These will be 5k, 5 mile, 10k, 10mile, and half marathon.

There will be two races of each distance. This will give everyone a chance in case they are unable to attend one of the races. For example if you miss the Baddow 10 in May you can enter the Tiptree 10 in October. If both races are run the fastest time will count towards the championship.

Points will be awarded for finishing positions then added up for the winners. Men's and ladies trophies will be presented at the AGM in November.

The chosen events for 2008 will be

Great Bentley	Half Marathon	Feb 10 <sup>th</sup>
Brentwood	Half Marathon	Mar 9 <sup>th</sup>
Nicola 5	5 Mile	Apr 20 <sup>th</sup>
Bluebell	5 Mile	May 11 <sup>th</sup>
Great Baddow	10 Mile	May 18 <sup>th</sup>
Hatfield Broad Oak	10k	May 25 <sup>th</sup>
Seafront	5k	Jun 4 <sup>th</sup>
Dark Lane	5k	Jul 6 <sup>th</sup>
Herrington	10k	Jul 20 <sup>th</sup>
Tiptree	10 Mile	Oct 13 <sup>th</sup>