



## A Happy 2017 to all runners

This edition packed with race news, results, articles and interviews

Freethorpe 10 Mile (below)



## Contents

- Page 1** Gazelles Awards  
Phil Whiting
- Page 3** Club Vest –  
Imogen Lees
- Page 4** Valentines 10 K  
Race, Gazelle of the  
Month, Parkrun
- Page 5** Filch Way Trail  
Nigel Bullem  
  
Questions and  
Answers –  
Sam Barwick
- Page 6** Questions and  
Answers –  
Sam Barwick
- Page 7** Marathon Training  
Jude Durrant

‘A great night and a fitting celebration of all things Gazelle.’

By Phil Whiting

## Gazelles Awards Evening 2016

Much like the Oscars or even SPOTY, the Norfolk Gazelles awards evening is the culmination of the year just gone. Unusually, for a Monday night we weren't wearing our worn out Lycra and high viz attire, but the glam rags had been given an airing as we met to celebrate our years achievements, in the equally glamorous setting of the York Tavern.

Club President: Brian Bromley presided over the occasion as awards were given out. Jason Brunt won male runner of the year for racing (very well!) at almost every conceivable distance on at least once every weekend. Anne Ellen was given female runner of the year, for numerous age category wins and a great performance in London.

more on **2**



Left to right:  
 Hannah Monteverde,  
 Sam Barwick, Jason  
 Brunt, Anne Ellen,  
 Michael Eccles,  
 Rowena Leary, Jason  
 Kelf, Kate Head,  
 Andrew Hammond,  
 Brian Bromley,  
 (front) Julie London,  
 Jenny Burfoot

## Gazelles 'Event of the Year' at The York Tavern (cont)

Hannah Monteverde won most improved runner of the year for her pbs in lots of distances and several great marathons. Andrew Hammond, won most improved male, again for great performances in his age category.

The (ahem) most important awards of the evening: the captains awards went to Rowena Leary and myself, for just being great - and both of us knocking out races at all distances from 5km to ultra marathons!

Jason Kelf has flown the flag for gazelles at more park run locations than anyone else, and so picked up the most travelled park runner award.

Jenny Burfoot was presented with the well earned trophy for winning the Brian Bromley 5k handicap series in the summer.

Kate Head picked up the trophy for closest predicted time for the Roy Burfoot mile guessing to within 1 second of her time over a mile.

Michael Eccles won Outstanding Runner of the Year for some blistering results throughout the year including 2:31 at London, representing England and winning the Lowestoft Scores race amongst others.

Julie London was Gazelle of

the Year, as voted for by her club mates for, not only her running prowess but her support and commitment to . She was a worthy winner, epitomising the club values and all that being a gazelle is about.

Club Standards were also given out to everyone who had logged a result in the book. It was a great reminder of all the great racing Gazelles had done throughout the year, and a testament to the high standards we have achieved as a club.

Once the awards were completed, the serious business of drinking and swapping stories of the year or ambitions for 2017 could begin. A great night and a fitting celebration of all things Gazelle.



# Club Vest

By Imogen Lees

Rome, September 2016. Saturday morning. While my Danish mate photographs the landmarks drenched in waking sunlight, I'm belting along the side of the Tiber at what for me is a cracking pace. Arguably I should have gone to bed before 1.30am but I've got my club vest on and I'm loving the running. I'm not racing; I'm just proud to have Norfolk Gazelles written across my front.

I only joined Gazelles in May 2016 but since then, if I've travelled, my club vest has come with me. I wore my Gazelles vest up and down the insane climbs in the hills of the Aveyron, running through the sunrise following another of my ex-pat father-in-law's "If you're going for a run, why not follow this road? I'm sure it's only 5km" routes. (Ten miles, since you're asking. Ten flipping miles.)

I wore it on the 10km run in Limousin during which my fabulous friend (and now a Gazelle too) Ali and I got thoroughly lost and ended up sitting in a bus shelter having a surreal conversation about TV's John Nettles while we worked out how we were going to how we were going to get back. I wore it on the French 10-miler when Ali and I turned the corner and saw a chateau of Disney proportions emerging from the morning mist.

You see, joining a club is a really big deal for me. Having spent my school career filed in the drawer marked "crap at sport", the idea of being in a club – where my rubbishness might let down others – filled me with fear

It wasn't until the 2014 Freethorpe 10 when, crazy breathless excited from a still-unbeaten PB (1h22m39s, fact fans), I got talking to some friendly Gazelle women. As an unaffiliated bod doing a race without any running mates, actual conversation was a big deal. Other tribes of matching vests hadn't returned my grin, let alone started to chat. I realised I could get to Gazelles' Monday-night training session, conveniently close to my house, and I started building up the courage to go along. But – and you probably guessed there'd be a "but" – my elder daughter (then six and a half) was asked by her learn-to-swim club to join its "academy", extra lessons for those swimmers identified as having potential. You've guessed it – training was on Monday nights. There was no way I was going to stop her; she was getting the kind of encouragement I only dreamed of at that age. At any age.

So I languished, clubless, for a couple of years. I ran the London Marathon twice but my speed plateaued and my motivation plummeted. People I knew through the kids said things like: "You like running! I can't run with you – you're really fast!" I wanted to reply:

"No I'm bloody not! I don't love running any more!" but I just smiled a watery smile.

Meanwhile, aforementioned elder daughter (at this point aged 8 and having binned competitive swimming because of the win at all costs mentality)

ended up in a junior-school class taught by boss Gazelle Sam Barwick. Runners sniff each other out. We began with a rushed conversation at the classroom door about races. Before long I'd been persuaded to give Gazelles a proper go.

Yes, there are club nights when I feel like the worst runner ever, battling another 400m effort around the football field or overtaken on an out-and-back by the fast blokes who don't even appear to be breaking a sweat as they rocket down the road. But there are also nights where I can't believe my legs worked that hard, where I can physically feel I'm getting stronger and where I've laughed and laughed with my new running mates.

The vest's now raced properly a few times, including a stage of the RNR, a spot of cross-country and the inaugural Bure Valley 10-miler. But for me there's more to the club vest than 10km and a medal: it means I'm part of something – part of a group that encourages, advises but most of all makes me feel I'm not hopeless at sport - Thanks



# Valentines 10 K Race 2017 19<sup>th</sup> February 2017

With the Valentine race fast approaching I am very excited and proud of our race. Watching each year as the race gets bigger and bigger. With another sell out of 600 runners. With a month to go before the race. This means the race has now doubled in three years!!! We are also lucky



to host the County Championship and a Leathes Prior Grand Prix event.

I'm am also delighted to have Pilch Sports sponsorship this year. Not only supplying our bib numbers but adding 12 spot prizes which will include two new pairs of running shoes. They will also be brining along a stall to promote all running gear.

I would just like to thank everybody in our club for putting your name down as marshals and I'm sure we can achieve a fantastic race on the day. Making the Norfolk Gazelles Running Club proud.



## Gazelle of the Month

New for 2017, a monthly award for the Gazelle who has done something a little out of the ordinary

It could be:

- Helping fellow Gazelles to achieve a goal
- Acting as an ambassador for the club
- Organising an event
- Running a notable PB
- Running a notable distance or race
- Or, just generally being a reliable, helpful and supportive club member

And January's winner is...

### Mark Thorpe

As a new(ish) member he's raced, encouraged and been enthusiastic through the grey winter months.

All nominations to Nigel Bullen via the website 4

## ParkRuns – Karen Rix

Norfolk Gazelles take part in many ParkRuns across the county, being such a friendly club we also target ParkRuns so that we can meet up and enjoy a post run coffee and cake. In some cases there is an option for a bike ride or an open water swim, all are welcome.

January 21st – Lowestoft

February 18th – Catton

March 18th - Blickling with a bike ride

April- Gorleston

May 20th - Mulbarton with a bike ride

June 24th - Fritton with an open water swim

July 15th - Brandon with a bike ride

August 19th - Brundall with a bike ride

September 23rd - Holkham with a bike ride

October 14th - Kings Lynn

November 18th - Sheringham

December usually Saturday before Christmas decided nearer the time

Dates are subject to change, changes will be notified in advance.



## **Flich Way Trail Marathon 01.01.17 Nigel Bullen**

I still find it hard to believe I allowed myself to be persuaded to start the New Year with a marathon, but think I'm easily led! And it's good to take on new challenges.

The big plus to planning a marathon on Jan 1st is it makes you avoid overdoing the Christmas revelries.

The instigator of this was Sam Barwick, plus I did need to burn the calories from the lovely cake she made me!

I never sleep well the night before a race-I wonder who does? But intended sleep wasn't aided by a party next door that didn't run out of steam till just before 4am.

After my pre-race porridge and several mugs of tea Phil Whiting and Jason Brunt picked me up then travelled to Sams and we were on our way to the Flich Way Trail Marathon, situated near Braintree, which is similar to Marriott's Way in that it follows an old railway line.

Although it was a bit misty with intermittent showers on the way there we started the race in dry conditions and once into our running we soon warmed up. Sam and I ran together, and we kept chatting about when we might see Jason and Phil coming towards us, as it is an out and back course. I said it would be good if we could

we could avoid seeing them till about 11/12 miles as that would put them about 4 miles ahead of us, and as it happens that is exactly when we passed, with Jason marginally ahead of Phil and looking very strong. The vegan diet obviously affecting Phil!

We had to reach half way in under 3 hours or would be forced to stop as there is a 6 hour cut off for the full distance, and we were comfortably inside that at halfway, and both feeling ok.

There were a couple of short stretches that were a bit muddy/tricky to negotiate, but thankfully neither of us fell over, which for me is quite a feat -ask Sam!

Our luck with the weather changed in the 2nd half of the race and we had some rain and it got noticeably colder and I remarked to Sam that anyone taking 6 hours would struggle to complete the race in daylight.

I was getting increasingly worried about the finish as it's up approx. a 50 metre grassy hill which I had visions of not being able to ascend, or sliding back down it. I did tell the Race Director I thought he was a sadist. Anyway, conquer the hill we did, and I was so pleased for Sam as she completely smashed her Trail Marathon pb by about an hour. We managed to come in in just under 5 hours. Jason who came 2<sup>nd</sup> and Phil both had great runs.

And I think a special mention should be made of the organisers, and volunteers, some of whom helped at the previous day's race as well as the one we took part in and the weather certainly wasn't pleasant by the time we finished, and they were standing still.

## **Questions and Answers... Sam Barwick**

### **What sports did you do when you were at school?**

I played hockey at school and of course, cross country. I went to school in Reepham and was in the same teams as Jude Durrant!

### **Favourite place for a walk/run in Norfolk**

My favourite run in Norfolk is definitely Sheringham Park Run as I love off road. Reepham cross country was also fantastic, the more mud and water the better.

### **Most memorable race (good or bad)**

Most memorable race has to be the London marathon last year. Having always wanted to take part I was rather overwhelmed to actually be there and standing at the start that I'd seen on TV. Found the race amazing although running over Tower Bridge with a clear blue sky will be something I will always remember. Miles 18/19 are always my nemesis in a marathon and in London they were particularly hard as I'd gone off far too fast! I'd like to say lesson learnt!

### **Favourite place for a local drink**

I live just off Unthank Rd so favourite place to eat and drink is The Georgian Townhouse although being a vegetarian I love the vege restaurant in Trowse.

**Most inspiring sportsperson**

My inspirational athlete is Jo Pavey. Middle-aged mums can run!

**When running I'm currently listening to...**

I'm currently listen to Mimi whilst running. I'm not a big music listener although if I do do a long run on my own it will be the radio, probably Radio 2. I tend to plan my school lessons in my head if I'm running alone, particularly maths!

**The thing that's got me fitter/ faster is...**

I find that following a training plan and working towards races make me focus. I like to have a race calendar booked a few months in advance. Nigel (Bullen) and I do go from adventure to adventure, normally trail marathons, our next is the Stour Valley Marathon, although my training at present is focussing on Brighton first.

**My last supper would be...**

My last supper would be a vegetarian curry, the hotter the better!



## Forthcoming Races

19 Feb	Valentines 10K CC LPGP , Easton
12 Mar	Broadland Half Marathon , South Walsham
19 Mar	Mad March Hare 10K , RAF Coltishall
26 Mar	Wymondham 20 LPGP
2 Apr	Diss Duathlon
9 Apr	City of Norwich Half Marathon , Norfolk Showground
... <a href="#">MORE</a>	
26 Apr	Great Yarmouth 5m Series - race 1
30 Apr	Grand East Anglia Run , King's Lynn ... <a href="#">MORE</a>

CC = County Championship, LPGP = Leathes Prior Grand Prix,

T = Club target race

*If you're aware of any significant races not mentioned here that are coming up soon in Norfolk, Suffolk and easily accessible areas of Cambridgeshire, please email*

*[manager@norfolkgazelles.co.uk](mailto:manager@norfolkgazelles.co.uk), preferably with a URL for more info.*

## Trade Section

Any Gazelles who maybe a tinker, tailor, plumber, carpenter, etc, who would like to advertise in the Newsletter (no charge) please contact the editor via:

[manager@norfolkgazelles.co.uk](mailto:manager@norfolkgazelles.co.uk)



# Marathon Training

Jude Durrant 07788918965

Totally 4 You Sports Therapy.

So marathon fever is in full swing for the spring season. It may be your first marathon it maybe your tenth. All the same principals apply for a good marathon. It's not a distance that many people can just rock up a do with no training.

A few pointers to help your journey;

1. Decide whether you want to aim for a finishing time or just get round. It's also good to choose three finishing times if you are not a seasoned marathon runner or you are a little unconfident. A = your dream time, B = what you would be happy with, C = a time you tell your friends to reduce the pressure.
2. Choose a training schedule to help you achieve your goal. Be honest with yourself on how many days you can commit too. If you choose days you can definitely commit to, it builds your confidence as you cross your sessions off. Then if you feel good you can add a cross training session too. If you over commit and start to miss run's it's easy to give up on your programme.
3. If you can commit to more than 2 sessions a week it's important to do a long slow run building your distance at an easy pace. The other ideally needs to be an effort session to build your aerobic capabilities. 3 sessions is ideal where you can add a tempo run. This should be continual run of mid distance with a section in the middle at just above your marathon pace. This will make your easy runs feel easy.
4. Try and keep a strong core. This will help your posture and ultimately your running.
5. Rest. This is under estimated in the process. This is when your body adapts to the work you are putting it through. The easiest way to implement this is by having an easy week every 4 or 5 weeks where you cut everything in half.
6. 10% rule. In any training you do this is good to remember and reduces your risk of injury. Do not increase your time, intensity or duration of training by more than 10% per week
7. Enjoy your training. If you aren't re-evaluate. There are lots of seasoned marathon runners within the club at all levels who can help you keep on track. Don't bottle it up and slog it out
8. Fuel. Both in training and on the day. Eat quality food groups and maximise what it can help you achieve your training minimising fatigue. I can give you some more info on this if it helps as it can be a mine field. Not everyone uses or reacts to the same food so you need to try variations to maximise efficiency. This includes hydration. Try various pre runs meals and see how you perform the next day. As you build the miles over an hour start to introduce ways of hydration and fuel through water, sport drinks, gels, bars, sweets etc . If you don't want to carry anything on the day find out what the race provides and their frequency to see it this suits your race day strategy. Google Glycogen. It's important to keep your levels as high and topped up on the day as possible to avoid hitting the wall. This is achieved through carbohydrates.

9. **Clothing.** Plan out what to wear including your footwear and try it all. Avoid wearing new untested things on the day but also avoid wearing worn out shoes. You'll be surprised how many miles you do in training so you may want to try having two pairs of shoes that you can alternate to avoid this but have enough life left in them to be comfortable.
10. **DOMS.** Delayed onset muscle soreness. When you start getting tired and going into unknown territory, consider a cold bath for ten minutes after training. This minimises muscle ache although it's not pleasant. A sports massage can also help reduce leg soreness and help your body eliminate toxins. It can also help to identify and areas of concern before they manifest into an unwanted injury.
11. **Injury.** Something no-one wants. Do not run through it. You might be able to cross train with a 'niggle' for a week and get back on track by being patient. Seek professional advice, if in any doubt. Do not panic. Do not try and make up for any runs you may miss, seek advice on how to tweak your programme to get back on track.
12. **So your training is done the day is on the doorstep.** Do not blow it by trawling around a new town or city on your feet the day before. Relax.
13. **Have your breakfast and kit sorted the night before.** Know how you get to the start and how long it will take. Don't end up rushing about it makes you nervous and wastes energy.
14. **Keep warm at the start if possible.** The old black wheelie bin liner is a favourite and allows you to keep your clothes you came to the start with, dry and ready for you at the end. Put a hat in your bag too, keeping your head warm at the end helps you maintain your body heat.
15. **Have a plan if you struggle to help keep you motivated and get you to the end.**

If you need any help or advice please don't hesitate to contact me. Enjoy your training and most importantly enjoy your marathon. You've put in the hard work and commitment.

## Gazelles News Issue 3 Spring 2017

We hope to be able to produce a newsletter at least every quarter and possibly every two months – **but** we do need articles, race reports and general news.

Please forward all contributions to:

[manager@norfolkgazelles.co.uk](mailto:manager@norfolkgazelles.co.uk)

## Editorial team

Richard Gilham

Ian Edwards – Pictures

John Moore - Distribution

