



Pigs Swill July 2009

Apologies

Please receive my apologies for not having produced a swill in the last 6 months.

The Bicton Blister 10 miles Off Road Nov 30th 2008 by Doreen Foord

The morning was really freezing, but having pre-entered my daughter and I were determined to take part for our t-shirt!!

Having dressed the two girls of 3&4 yrs in many layers of warm clothes we set off to Bicton Park.

I was amazed to see so many runners on such a cold day. So many entering on the day, the start was delayed by 10 mins. A nice big marquee with food arrangements, tables and chairs etc... for the girls and their dad.

Karen and I took our places for the start, me wishing I had entered the 5 mile instead.

The course was lovely; woods, heath, tracks, trails, mud and water. The marshals were friendly, the youngsters of the cadet force very encouraging.

The lady I was running with then informed me it was 11 miles!! Ugh. I then had a mental block. Had to walk up the hills after that.

Coming back to the park it then meandered in a loop around the park before the finish. A real challenge being able to see the finish but having to do this loop first.

The lady and I finished together in 2:19:00 I was the oldest lady competitor with only 1 man older. Quite an achievement.

Rough 'n' Tumble 10 – 11th Jan

The long cold spell was just ending as four Trotters headed to Pewsey to take part in the Rough 'n' Tumble 10. This race is an off road race using the downs to the East of Pewsey and is famous for the cakes available at the village hall.

It has become more popular over the years and nearly 500 runners turned up. There were plenty of porta-loos as the start, a couple of baggage tents and the village hall was dispensing tea and cakes.

We assembled in the road to be told that Helen, a Blue Peter presenter was taking part and the event was being filmed by the BBC. After some banter from the organiser we set off on a tarmac road, which soon became a muddy and icy track. The (relatively) warm weather had caused a layer of mud to form over the hard frozen ground giving rise to slippery conditions with a rock-like layer underneath.

Within the first mile we started the first monster climb, where Helen was doing a piece to camera.



The first BIG Hill

Midway up the hill marked the end of the first mile, only nine more to go.

A mile or so after that we entered a narrow gully, which is also used on the Terminator. A manic descent followed with the slimy mud on top of uneven frozen ground. Yet another climb leads to a relatively flat section which was exposed on the top of the hill to a strong cold wind. Pity the poor marshals in these conditions.

A long descent down a very sippy path, where I saw a runner in front lose control, wave his arms and legs wildly before swerving suddenly to the right and fall over a bank. The event was living up to its name.

At the bottom of the descent you could see runners heading towards you, on the other side of a field. They had already done another mile and all seemed to have the look on their faces that indicated they knew something you didn't. And that they certainly did.

There was a relatively small but steep climb and descent that took you are at the bottom of THE hill.



The Small Climb!

About 400 foot of ascent that's so steep you are hanging onto the grass to pull you up.

I heard lots of bad language from competitors as we toiled up the slope. There were places to put your feet if you chose the right route but several times I saw somebody slide back down the hill past me.

Smiling marshals were waiting at the top. It seemed to be a new kind of sport for them, watching us poor suckers trying to get up the hill.



The BIG Climb

This was followed by another run on an exposed ridge before a descent that was as steep as the ascent. I slide some of the way on my bum, but the ridges in the hill side precluded proper tobogganing down the hill.

A flat but muddy section brought you to within 2 miles of the finish. The next mile was the only real stretch of tarmac and was the final energy sapping climb before a second descent of the gully, which by now had become very slippery.

A long and (guess what - muddy) track took the route to the finish.

I'd given Ian Holmes a lift to the event and he paid the price of being so fast because he had to wait in the cold for some time before I finished!

Our times were Ian Holmes 1:29:36, Dave Luxton 1:35:09, Julian Day 1:42:16, Chris Cussen 2:06:20

Acknowledgement: All Photos by Rich Kennington www.richk.co.uk

Paris Marathon by Nathalie from the AMSCAP (who some of you met last Summer on the Longleat run or on the Wessex Ridgeway)

This race was an amazing experience. I was a bit afraid before the departure time waiting for the first run but some other runners told me encouraging words. They were also running their first marathon with a very good friend of them, a marathonian. I came over the departure line 15 minutes after the first runners. Tears were going down my cheeks. Bruno was by my side as planned for the first half marathon. I saw many friends from Amscap down the Champs-Élysée avenue at Place de la Concorde. They had come to support me as I passed nearby. Was good to see them at the start.

The first part of the route went very well (even if not very fast: 2h35) and I felt good. I had a race of 42km in my mind and not 21km, that must be the reason. The km signs went very easily one after another. A girl from Asmcap, Cathy, met us in Bois de Vincennes and we ran all three together. Then at km 21 we met Corinne who had planned to run with me the second part in place of Bruno. But Bruno had a very good feeling and decided to run the second part of the race with us. So we run all together for 2 kilometers. Then Cathy left us to go back home and we kept running all three.

One kilometer after another we reached km30. I was still feeling good. Bruno and Corinne were very thoughtful to me. They carried some bottles of water and orange slices and many other things to help me in keeping my mind and body up! They were so kind to me. They often told me to keep running as they fetched some food or water or sponge supplies to me at each food and water points. Really great.

Around km36 we met another amscapian Jacques who decided to finish the race with us. At km37, we met two other Asmcapians who took some pictures of us all. And two other Amscapians joined us to run. Then Philippe and Janine at km 41. The last 5 or 6 kms were very tough and I kept looking at the blue line as a guide to follow for my mind. A few hundreds meters before we reached the finish line, I had some trouble when breathing. I was very tired, I was fed up with the race and started to cry. I couldn't breath properly and was looking for air. I could heard my throat craving for air. It was scary. Thankfully my friends were around me and told me reassuring and soothing words to calm me down so that I could breath again normally. Someone hold my hand in his cool and friendly hand and I started to breath again. I finally came over the finish line and got the medal. I wanted it so much. I had been looking at my watch for the last kilometers and was fearing that I couldn't get it because of the time limit to pass the finish line (5h40). But I made it over. Once the finish line behind me I went to the massage tent to sooth my legs. They were painful when I was still. It was hard to find an empty table to lie down over. It was so crowded. But I finally found one. I had been very cautious in protecting my feet and had no injury on them but my knees were painful and my legs painful but I felt good. I had been running for 5h40 and I didn't feel as bad as I had thought. Good point.

I could not have run such a long and difficult race without their help and without feeling them all by my side. I sent them all a long thanking email to let them know.

Fortunately I had taken the following week off to get some rest and had time to go for a swim last Monday. I felt so good after the swim.

All my best regards to Gillingham trotters from Paris.

Love, from Paris.

Grand Union Canal Race by Ian Holmes

As always before the start of a longer race I was keen to get underway and settle my nerves over the first couple of miles. This was probably true for most of the other runners milling round the edge of a canal in the centre of Birmingham at some hideously early hour on a Saturday morning. Like me they had all prepared well: putting in mile after mile of training; carefully planning hydration strategies; checking for the fifth time that they'd packed all their spare socks. But then this wasn't a race to be taken lightly. The Grand Union Canal Race – start in Birmingham, finish in London with 145 miles of canal towpath in between; with a 45 hour cut-off and no stopping for longer than 40 minutes at a time. (Q: Which is the odd one out: Stilton, Camembert, Birmingham or Cheddar? A: Cheddar, all the rest smell bad.)

To make the whole experience more palatable I had the distinct advantage of having a top notch support crew consisting of Inès, Chris, Kerry and my friends Andy and Maria. It would be their job to meet me every five or six miles to feed me, fill my water bottle, boot me up the arse as necessary, point me in the right direction and send me on my way; before leaping the car and hurtling off down country lanes to try and find the next meeting point. If that wasn't enough, from the halfway point onwards I was allowed a running buddy, so the team would share the dubious delight of taking turns at accompanying me in my canal side madness.

So back to the start. The first few miles were quite a surprise - Birmingham can be beautiful. Following the long neglected industrial artery led us past many striking sights. Intricate Victorian brickwork; lime encrusted bridge undersides; temple-like workings with arcane purposes related to the canal: all aspects of the city not normally revealed to the passing visitor were made more special by the golden light from an already bright early morning sun being reflected upwards from the canal.

You'll be glad to hear I don't intend to go into endless detail about the route. So a brief summary: The early stages are straight forward enough. Everyone holding themselves back for the distance ahead. I mixed running and walking, the plan being 20 minutes running, 10 minutes walking. I kept to this fairly well initially, but later got a little more ad hoc as fatigue set in. The first day was long and hot day. I found the night hard to deal with. I was mentally very tired and struggled to maintain focus. This was despite Inès' best attempts at keeping me entertained with a seemingly endless supply of banter to be met by my surly silence. Never have so many words been so freely offered with so little response. It's rare that I get to see a sunrise (normally more likely to be a very late night rather than an early morning). It was both a welcome and beautiful site in this instance. With daylight I started to perk up a little.

The next day was no cooler than the first. I felt sorry for the unsupported runners who had no team to replenish their supplies every few miles. They had to rely on organiser support every 25 miles or so. This made their run hugely more challenging than my own, and not surprisingly a few were dropping out, dehydration being the main culprit.

Prior to the GUCR I had assumed that I would just get progressively more tired. But in reality I found I went through phases of feeling absolutely exhausted and phases of feeling surprisingly ok. Evening drew in for the second time as I approached the final half dozen miles. From this point onwards time froze. I was desperate to finish and would trundle on for what seemed like several more minutes before looking at my watch, only to find it had actually only been a few seconds since I last looked. Finally through the darkness the finish came into view. The adrenaline kicked in and I managed a vague sprint finish. I had run through this moment many times in my head. I had fully expected to be quite emotional at this stage, but there was not the merest hint of a quivering bottom lip or tear filled eye (although I have to confess to having a 'moment' earlier in the day). It had taken 41½ hours to cover the 145 miles (average pace 3½ miles/hour – no chance of a speeding ticket then).

The greatest positive I will be taking from this event is a huge sense of human warmth. This was manifest in many ways from the three groups of people I encountered. Canal users: often bemused, but never anything other than supportive and encouraging in their comments, I didn't hear a single bit of sarcasm, not one 'run forest, run'. Other runners and their support crews: At various times other support crews donated a coke, half a plate of chips, ice bags and the use of a bowl of water to soak my complaining feet. These were all unsolicited and all very welcome. More importantly were their kind and generous words. My support crew: these five people each donated a significant chunk of their time to help a lone idiot accomplish a goal.

If asked whether I enjoyed the race I would struggle to answer. Whilst running there were many times when I thought to myself 'this is a nightmare, I'm never going to run anything more than a marathon again'. However, now that the blisters are healed and the craving for sleep sated, I can remember thinking the thoughts, but I can no longer remember what the thoughts felt like. Most of us that run have probably had similar experiences. We forget just how bad the discomfort was, which is lucky for race organisers hoping for repeat entries. Perhaps it's a testament to human optimism and resilience that we survive such experiences and present ourselves for more; perhaps it's an indication of human stupidity that we struggle to survive such experiences and still optimistically present ourselves for more. Well I'm stupid and proud.

Would I do it again? - well yes, I write this a few days before the 250 mile Thames Ring, but that'll be a different story.



Thames Ring – a lesson in humility. By Ian Holmes

I'd run the Grand Union Canal Race. The Thames Ring seemed the natural next step. 250 miles of waterway footpaths in 100 hours. How hard could that be? My support team had obscured the poster from me at the finish of the GUCR in case I should be tempted – they were clearly wiser than me. This was the first time the event, which was billed as the longest continuous UK race, was being run. How could anyone resist the chance to be a part of that?

The Thames Ring was unsupported which meant you were reliant on the organisers checkpoints that were about 25 miles apart. If the runners had it tough, imagine the logistics of organising a race on a 250 mile course.



The GUCR had been easier than I expected and I saw the Ring as being more of the same, with just a bit more patience being required. As it turned out 12 of the 34 starters were to finish and I wasn't going to be one of them.

The first couple of stages were enjoyable. I had an hours sleep at the end of stage 2. With well over 50 miles under my belt already I headed

off into the night. This is where I started struggling. I was still very tired and my feet were blistering. Despite having the company of a German ultra runner called Christian, who has reputedly run over one thousand marathons and ultras (!?), I made very heavy weather of this stage. By the time I reached checkpoint 3, a distance of 82 miles, I was beat. My feet were quite blistered and I was getting close to the cut-off time for the stage. Most significantly my mind had quit. I knew I had zero chance of going the distance and so that made the decision to quit all the more easy.

Looking back I wish I'd fought harder before quitting, but overall I see it as a positive experience where I learnt a lot more than I did at the more successful GUCR. I am in total awe of those who managed to finish. Races like this aren't really about fitness. They're about many small practical physical elements, like blister management and hydration. More importantly it's what happens in the head that will lead to success or failure. This time I lacked the mental strength, but the event is to be staged again in 2011 and circumstance permitting I'm aiming to take part. The next time I'll be approaching the event with a lot more respect and understanding, and I will finish. To be updated in two years time...

Dorset Road Race League 2009 – Remaining races

- 13/09/09: Littledown 5
- 24/10/09: Weymouth 10
- 15/11/09: Wimborne 10
- 22/11/09: Boscombe 10k

Summer Outing: Bampton weekend of the 29-31 August

This year we will again return to Bampton for our summer outing. We have reserved the scout facilities from the Friday night and we will be taking part in the Quarryman's trail.

So if you have a tent and fancy a weekend away with a bit of running why not come along. You can come for one night or the whole weekend, the choice is yours.

I have attached the quarryman's trail entry form at the end of the Swill. Please let me have your forms before the 14th of August and I will enter the club on mass

Web Site

Visit the Trotters web site at www.gillinghamtrotters.talktalk.net

Trotter News Archive

<http://groups.google.co.uk/group/trotter-news?hl=en>

Results and Articles

The Swill relies on you, the members, to provide me with articles to swell its pages, so I'm grateful to those who have contributed to this issue, but there must be many more budding literary geniuses out there waiting to get into print, so please write up any events you do!

Written input will be gratefully received on paper, or computer disk saved as .txt file, Microsoft word, or emailed to GillinghamTrotters@hotmail.com

You can also find some pictures from races/club runs at <http://GillinghamTrotters.gfoto.com>

Inès Braun Created 2009 © Gillingham Trotters

Forthcoming events

	Date	Race	Distance	Location	Type	Start	Late
	02/08/09	York 10k	10k	York	Road	09:00	No
 	03/08/09	Stur $\frac{1}{2}$ Marathon	$\frac{1}{2}$ Marathon	Sturminster Newton	Road	10:30	Yes
	05/08/09	Haselbury Trail	10 k	Haselbury Plucknett	MT	19:15	Yes
	08/08/09	Maiden New"ten" Madness	10k	Maiden Newton	MT	19:00	Yes
	09/08/09	Sidmouth Festival Run	10k	Sidmouth	MT	11:00	Yes
	09/08/09	Salisbury 5, 4, 3, 2, 1	10, 20, 30, 40k	Salisbury	Walk	09:30	Yes
	12/08/09	Yeovil Summer 5k	5 k	Yeovilton Air Station	Road	19:15	Yes
	23/08/09	Dorsets Duddle	31 miles	Weymouth to Swanage	Walk	09:00	Yes
	23/08/09	Torbay Royal Regatta	10k	Torbay	Road	19:00	Yes
	22/08/09	Jurassic Coast	10k	Budleigh Salterton	MT	11:00	Yes
	30/08/09	Vale of Pewsey	1/2 marathon	Pewsey	Road	10:30	Yes
	30/08/09	Battle of Sedgemoor	10 k	Langport	Road		Yes
	30/08/09	The Fox Trot 5	5 miles	Melksham	Road	11:00	Yes
	30/08/09	Oxley Sherborne Tri	400m/30k/8k	Sherborne	Tri	08:00	
	30/08/09	Studland 5k fun run	5km	Studland	MT	10:00	Yes
	31/08/09	Baltonsborough	5 miles	Baltonsborough	Road	11:00	Yes
	31/08/09	Quarryman's trail	10k	Bampton	MT	11:30	Yes
	31/08/09	Shillingstone Hill	5 miles	Shillingstone	MT	14:15	Yes
	31/08/09	Pathfinder Walk	42/32/23/13k	Cambridge	MT		
	06/09/09	Bristol $\frac{1}{2}$ Marathon	$\frac{1}{2}$ Marathon	Bristol	Road		No
	06/09/09	The Beast	13/14 miles	Corfe Castle	MT	10:30	Yes
	12/09/09	Somerset Levels Marathon	Marathon	Langport	MT	09:30	Yes
	12/09/09	Uphill to Wells Relay	30 miles Relay	Wells	MT		
	13/09/09	Paras' 10	10 miles	North Yorkshire	MT	10:00	No
	13/09/09	Ash 8	8 miles	Ash	MT	11:00	Yes
	13/09/09	Littledown 5	5 miles	Littledown Sports	Road	10:30	Yes
	19/09/09	Pumpkin 10	10k + 5k	Salisbury	MT	11:00	Yes
	20/09/09	Dorset Demon 16	16 miles	Swanage	MT	07:00	Yes
	20/09/09	Musbury Castle Challenge	7.5 miles	Musbury Castle	MT	10:30	Yes
	20/09/09	King Alfred Torment	7 miles	Stourhead	MT	11:00	Yes
	27/09/09	Mells Scenic 7	10k	Frome	MT	11:00	Yes
	04/10/09	Clarendon Way	Marathon + $\frac{1}{2}$	Winchester to Salisbury	MT	10:15	Yes
	04/10/09	Bincombe Bumps	8 miles	Weymouth	MT	11:00	Yes
	04/10/09	Cricklade 10k, $\frac{1}{2}$ Marathon	10k, $\frac{1}{2}$ Marathon	Cricklade	Road	10:30	Yes
	04/10/09	Hoburne Park	5 miles	Christchurch		11:00	Yes
	04/10/09	Loch Ness Marathon	Marathon, 10k, 5k	Inverness	Road	10:00	No
	11/10/09	Gold Hill 9.5k	9.5 k	Shaftesbury	Road	11:00	Yes
	11/10/09	Mendip Muddle	20k	Charterhouse	MT	11:00	Yes
	11/10/09	First Eden Project Marathon	Marathon	St Austell	MT	10:30	No
	18/10/09	Exmoor Stagger	15 miles	Minehead	MT	11:00	Yes
	18/10/09	Honi ten	10k	Honiton	Road	11:00	Yes
	18/10/09	Salisbury firestation 1/2	$\frac{1}{2}$ Marathon	Salisbury	Road	11:00	Yes
	24/10/09	Weymouth 10	10 miles	Weymouth	Road	10:30	Yes
	25/10/09	Stickler 10.1	10.1 miles	Shillingstone	MT	10:30	Yes
	01/11/09	Gillingham Hilly 7.5	7.5 miles	Wyke School	Road	11:00	Yes
	01/11/09	Ilminster Lions 10k	10k	Ilminster	Road	10:30	Yes
	01/11/09	Over the Hills	12km	Bradford on Avon	MT	10:00	

	Entry Form Available
	Dorset Road Race League
	Somerset Series
	Trotters MT Championship

www.thequarrymansrest.co.uk



QUARRYMANS TRAIL



HELD UNDER UKA RULES

**The Quarryman's Rest, Bampton
Monday 31st August 2009 - Start 11.30am**

Cost:£7.00 (affiliated), £9 (unaffiliated), Entry on the day plus £2.00 (if limit of 200 not reached)

Closing time for entries is 11.00am

ENTRIES AND RESULTS ON THE INTERNET AT www.bampton.org.uk

Race No. OFFICIAL USE ONLY	<h2 style="margin: 0;">ENTRY FORM</h2>	<u>Race entries posted after 17th Aug.will be collected on the day</u>
First name:	Surname:	Sex: MALE/FEMALE
Address:		
		Phone no.:
Date of Birth:	Age on race day:	Affiliated Club:

Please return forms to: Jessica Jones, 3 Mary Lane, Bampton, Devon, EX16 9LZ Cheques should be made payable to: 'Jessica Jones' SAE with application form please.

Signed:

"I declare that I am an amateur as defined by the UKA rules, am fit to compete, and will abide by the organisers' rules. I accept that the organiser shall not be liable for any accidents, injuries, loss, or damage as a consequence of my participation in this event."