

ANGELS R.C. GLOUCESTER

NEWSLETTER

DECEMBER 2010

County champions

Don't forget to get your glad rags on and join the **Angels Christmas party** on Friday **10th December**. The venue has changed and will now be held at Deborah Wallace's house, GL3 4SL at 7.30pm

Congratulations to Eileen Dodwell, Deborah Southgate, Jackie Hobday and Liz Spiers who all finished the year on a high, being crowned Gloucestershire Amateur Athletics Association county road race champions of 2010.

Eileen stormed through the season by winning outright the Vet 60 category by a convincing 39 points from her nearest rival. Deborah Southgate finishing her season with an injury, picked up a further gold by finishing the Vet 50 category in joint first place.

Meanwhile, Jackie Hobday and Liz Spiers added to the clubs impressive collection of medals by finishing 3rd and collecting bronze in the Vet 50 and Vet 35 categories.



The four will be collecting their medals at the AAA awards evening in the New Year.

The Series is really easy to take part in. It consists of 12 races with a variety of distances ranging from 1 mile to 20 miles.

Points are awarded according to your position among fellow County runners. The best 8 scores achieved count, and at least 5 events must have been completed to qualify.

Next year's series has not yet been confirmed, but usually runs through January to November. Further information can be found on the AAA's website www.glosaaa.org.uk and we'll also keep you updated with details at our Wednesday club runs.

Stroud half marathon 2010

The day could not have got any better. The sun was shining, the spectators were cheering and everyone was smiling. It was the 24th October 2010, the day of the ever popular Stroud half marathon.

Eight intrepid Angels set off to conquer the half marathon and eight came back gleaming with joy.

The headliner of the day was undoubtedly Nicky Wong by recording a PB at the distance with an enviable time of 1:39.48. Nicky's time proves that hard work and commitment really do pay off. Deborah Southgate

and Jackie Hobday both ran well and recorded great times of 1:43.49 and 1:51.12 respectively. Ever smiling Carol Horsfield and Sharon Harris finished within the two hour mark by completing the course in 1:55.23 and 1:58.04.

Finishing within 1 minute of each other, Claire Waters (2:07.04) marginally sneaking ahead of Joanne Brown (2:07.05) who narrowly piped Sharon Nash (2:07.45). Jenny Vallely rounded up the team by completing the course in 2:29.40.



Carol Horsfield running Stroud



Angels guide to running safely

Running is one of the simplest sports as far as equipment is concerned. That said, it's also easy to get things wrong if you're not wearing the right clothing. We've put together a quick guide to help you to run safely and, also save you money along the way.

Trainers The most important piece of running gear is the trainer because they absorb the impact of every stride.

The first step in selecting a proper shoe is to figure out what kind of stride you have. Any specialist running shop will be able to help you with this by ensuring you are kitted out with the correctly fitting running shoe.

Sports bra A good sports bra is also a must. This is crucial as a sports bra specifically made for

running not only gives protection to the chest area, it also protects your back and prevents *sagging!*

Reflective clothing Not only is this a club rule, fluorescent clothing, LED reflectors and reflective clothing can help keep you safe, especially when you're running during the dark winter months.

There are various items on the market from subtle reflectors to day-glow or high viz jackets.

Don't forget as a member of Angels RC, you can receive **10% discount** off your sports-wear by visiting Up & Running (Cheltenham); Gloucester Sports (Gloucester) or Sports Shoe (Gloucester). Just show your Angels membership card.



PAST TIMES

Do you ever find yourself wondering how fast you are in comparison to other club members or, how fast they used to be! Well, I did so it got me thinking.

To satisfy my curiosity, I borrowed the assortment of Angels well used and slightly battered results books to find out a little bit more.

Whilst idly flicking through pages upon pages of race dates, names and times, I noticed that several names that I recognise as club members of today, continued to appear year after year. The more I looked, the more impressed I became.



Can you see how many faces you recognize!

I've picked out a small sample (as below) of well known races and names that you'll recognise from our Wednesday night runs, socials or race meetings, to give you a taster of their impressive achievements.

I'm sure you will agree that we have some very fast ladies with impressive times that anyone would be proud of!

Liz Spiers

	Edwina DD	Val Meechan	Deborah Southgate	Jo Carter	Jackie Hobday	Sharon Nash
London Marathon		4:15.00	3:09.00		3:56.44	4:59.00
Globe 5k	0:21.32		0:19.38	0:20.32	0:23.43	
Stroud half Marathon			1:34.30	1:41.50	1:49.45	
Weston Xmas Cracker	0:47.14	0:51.03	0:44.38			0:58.27

Angels members 'personal bests' recorded during the years 1997 to 2007

WELCOME NEW MEMBERS

A warm welcome to all new members who have joined over the last few months.

Anna Vale	Becky Withers
Zoe Hurrell	Carol Knotts
Jennifer Cheshire	Sarah Dryden

Cheltenham Cross Country - 20 November 2010



Carol Horsfield, Liz Spiers, Deborah Southgate & Debbie Wallace



Results

Guy Fawkes 5 7 November 2010

Nicola Wong 00:37:19
Liz Spiers 00:37:32
Mary Meadows 00:39:58
Jackie Hobday 00:39:59
Carol Horsfield 00:41:26
Sharon Nash LV45 00:43:16
Eileen Dodwell 00:47:36
Chris Ellis 00:49:05
Dawn Hyde 00:49:50
Fiona Pulley 00:53:07
Deborah Southgate 01:06:04

WHAT'S COMING UP?

Mud, mud glorious mud!



Liz Spiers enjoying the mud at the Cirencester MTB Duathlon at Cirencester Park on 14th November 2010

December

19th - Christmas Tree Forest 5 miles, Coleford, Glos
www.fodac.org.uk

27th - Christmas 4 mile road race, Pilot Inn, Hardwicke
www.severnac.co.uk

January

1st - Annual New Year 5 Mile road race, Pilot Inn, Hardwicke
www.severnac.co.uk

9th - Gloucester New Year 10 mile road race, Severn vale Sports Centre, Quedgeley. www.gloucesterac.co.uk

23rd - Gloucester Marathon, Severn vale Sports Centre, Quedgeley. www.beyondthelimitations.co.uk

23rd - Linda Franks 4 mile road race, Reddings Comm Centre, Hatherley, Chelt. www.almostathletes.org.uk (possibly in AAA Road Race Series)

Have you got something to add? If you would like to add anything to the next edition of this newsletter, please forward your stories, pictures or articles to lizzspiers@yahoo.co.uk

ANGELS R.C.
GLOUCESTER

Training sessions— every Tuesday 6.15pm

Club run—every Wednesday 6pm

Plock Court, Gloucester. E— angelsrunningclub@hotmail.co.uk W— www.angelsrunningclub.co.uk

Angels R.C. Pin ups

AngelsRunningClub.co.uk



Please send your photos to: lizzspiers@yahoo.co.uk