

ANGELS R.C. GLOUCESTER

NEWSLETTER

MAY 2011

Angels AGM

It was another great turnout for the Angels AGM which took place on 16th March 2011.



Thanks were given to all those members who kindly gave up their spare time to help run the club. Without their support and assistance, it would not be possible for the club to continue to grow and flourish.

Helen Bown was pleased to announce a change to the clubs race series planned for 2011/2012. This year, points will be awarded according to where Angels finish on a selection of 13 local races.

The races have been picked to cover a vast array of distances to suit all abilities. Instead of the 3 members per any race rule, all you have to do is enter a minimum of 3 races from the series to qualify for points.

A running total of points will be maintained and published on the website throughout the year, so you can keep an eye on where you feature and of course, what others have been up to. Full details of this seasons races are shown opposite.

Thanks were also given to our club Secretary, Sue Kelly who stepped down from her duties this year. Mary Meadows has now taken over the responsibilities as club Secretary. We all welcome Mary into her new role. A full list of committee members and their respective roles can be found at the back of this newsletter.

Full details of the nights events can be found in the AGM minutes. Copies of these minutes can be forwarded to you on request. If you would like to receive a copy please contact Mary Meadows.

Angels award winners

Well done to Eileen Dodwell who was awarded the title of 'Angel of the Road' and of course, the prestigious 'yellow' T-shirt (you lucky girl).

Here's a few of the reasons why Eileen was voted Angel of the Road by her fellow club members;

'For being an inspiration to us all'
'For her hard work and determination'

Also, well done to Liz Spiers for amassing enough Angels race points over the last year to win the much sought after Angel's 'Eagle'. This award is sitting in pride of place at her home.

It's a lovely (and very heavy) award owned by many great Angels in the past and definitely something to aim for this season.

Angels race series 2011/12

No.	Race	Month	Distance
1	Linda Franks	January	5 miles
2	Tredworth	April	4 miles
3	Berkeley	May	10k
4	Pilot Summer Fitness Race (1 of 5)	May	4 miles
5	Pilot Summer Fitness Race (2 of 5)	June	4 miles
6	Bourton Mile	July	1 mile
7	Pilot Summer Fitness Race (3 of 5)	July	4 miles
8	Pilot Summer Fitness Race (4 of 5)	August	4 miles
9	Circencester 10k	September	10k
10	Pilot Summer Fitness Race (5 of 5)	September	4 miles
11	Stroud Half Marathon	October	Half
12	Guy Fawkes	November	5 miles
13	Weston Christmas Cracker	December	10k



Top tips for Angels

Have you ever wondered what top athletes have for breakfast before a race?

Well now I know, from a friend who stayed at the same hostel as the three Kenyan stars who came first, second and third at the Bath Half on 6th March 2011.

Heard of carbohydrate loading? This is how to do it!

Eat several bowls of cornflakes laden with sugar, followed by four slices of white bread and jam. Drink several cups of tea with five, seven or ten teaspoonfuls of sugar according to taste—Yuk

Eileen Dodwell

Have you got the right support?



If you're not sure or think you could do with some more, Gilly Baker is a lady that may be able to help. Not sure what I'm on about, then read more!

Gilly specialises in bras - all sorts of them. She's able to size you up by look, without the hassle of undressing and all that palaver. We're in the process of arranging a night for Gilly to visit the club and bring along some samples.

We're aiming to book her after a Wednesday night run so once it's confirmed, we're let you know which night this will be.

No one to run with?

Having someone to run alongside you definitely helps but solitary runs are a way to take time out of the hum-drum pressures and stresses of everyday life.

If you are running alone, make sure you make them as pleasant as you can by picking scenic routes or picking somewhere new.

It's always best to take a mobile phone along with you in case of an emergency and always tell someone where you are going in case you are needed.

Runs can be pleasurable even on your own!

Race for Life marshals needed

Race for Life is back in Gloucester on Sunday, 19th June

Angels will once again be supporting the event by providing pre-race coaching and marshals to keep everyone safe on the day.

This annual event is a fantastic way to raise money for Cancer Research and support the charity.

Please keep this date free in your diary so you can help out and play a part in raising money for charity.

Race results

MAY HILL

Well done to Liz Spiers and Nicky Wong for braving the 9 mile masochistic hill on 6th February.

Liz Spiers	1:25.21
Nicky Wong	1:28.06

27th February Bourton 10k Well done to Fiona Pulley for running her very first 10k in 1.04.34. Deborah Southgate finished the course in 49.28.

3 mile relay team - 12th March
Congratulations to our relay girls who flew the Angels flag and winning **bronze medals** for the LV45 cross country team
Lorna Dunn— 24.21
Sarah Leaver— 28.54
Eileen Dodwell—30.14

And more results....

CROSS COUNTRY SEASON FINALE—5TH FEB

Eileen goes for it in Bath!

Congratulations to our very own Eileen Dodwell for running her very first half marathon at the age of 65.

Eileen was amongst the 12,000 runners to pound the city's pavements to completed the Bath half marathon on 6th March 2011. Despite her pre-race nerves, Eileen completed the distance in a staggering time of 2hr 33mins, just shy of her 2hr 30min target.

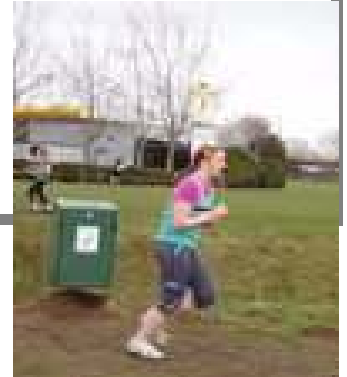
This was a tremendous achievement, particularly when you consider that this was the furthest Eileen had ever run - and she ran every step of the 13.2 miles - good on her!

Could this be the start of many more to come? We'll have to wait and see.

Plock Court was muddy as usual. Battling through the cold and windy conditions, Lorna Dunn finished first for the club having not raced for the club for many years. Teresa Bennett came in second followed by Sarah Leaver, running her first ever race at the distance as a recent newcomer to running. Naomi brought home the team, with her first race since completing the London Marathon (her first ever race) last year.

Lorna Dunn	32.01
Teresa Bennett	34.30
Sarah Leaver	38.05
Naomi Smith	40.01

Teresa chasing down Lorna



DURSLEY DOZEN

The toughest race in Gloucester ... perhaps? 12 miles of mud, hills, more mud and more hills. That pretty much sums up the Dursley Dozen up. It was fun though!



Can you see where Nicky, Deborah or Liz have gone?

Liz Spiers	2:01.38
Nicky Wong	2:06.50
Deborah Southgate	2:13.52

13th February

Gloucester 20 - 13th March

AAA road race series event

It was a great result for Laura Swankie who ran the 20 mile distance for the first time as part of her marathon training by recording a 3.14.23 time. Despite not feeling on best form, Nicky Wong ran a personal best for the distance by over 5 minutes to record 2.44.24. A fantastic set of results and some great AAA points too!



Chedworth Roman Trail Race

Well done Sharon who was the sole Angel to run the demanding 10 mile multi-terrain, river crossing (and a bit of everything else thrown in) race on 3rd April.

Sharon Nash - 1:38:28

London Marathon Girls

Despite having problems very early in the marathon both Laura Swankie and Helen Lewis both vowed they would run it again. Laura battled through the agony of IT band problems to record a 4:52 time and Helen followed at 4:31. Lets see if they beat their times next year!

4 MILE ROAD RACE (1 OF 5)

Starting the series of with a bang, we had a great presence for the 1st race of the series on 5th May. Five Angels shone recording some great times and personal bests.

Teresa Bennett	32.51 (pb)
Carol Horsfield	33.13
Dawn Hyde	35.20
Mandy Newman	36.18
Naomi Smith	37.04

Nicky shines again at the Stroud beer race on 4 May. Nicky Wong ran an excellent time of just 55:52 over the 7.2 mile, tough 3 lap course. She ran this race shortly after running the stunning scenic Tintern 20k, in just over 2 hours.

Tredworth annual road race

Four Angels ran on Easter Bank holiday Monday to record some fantastic times.

Nicky Wong	- 31.30 (2nd lady)
Jo Carter	- 35.34
Deborah Southgate	- 36.51
Carol Horsfield	- 37.10

Blaisdon



Enjoying the bluebell's Deborah Southgate ran the 10k course coming back from injuries in a time of 55 mins on 2nd May



YOUR COMMITTEE MEMBERS

Edwina Dickerson	Chairperson
Joanne Carter	Treasurer
Mary Meadows	Secretary
Deborah Southgate	Press Secretary
Dawn Hyde	Membership Secretary
Helen Bown	Team Captain
Libby Anthony	Website Editor
Eileen Dodwell	Race Secretary
Liz Spiers	Newsletter Editor
Val Meechan	Committee Member

WELCOME NEW MEMBERS

A warm welcome to all new members who have joined since February.

Lauren Gray
Mandy Neufeld
Louise Schmitz

Clare Molyneux
Caroline Saunders

Race for Life members — Helen Megenis,
Emma Steel and Pamela Joseph

Do you want to improve?

If so, why not join Dave Spackman's coaching sessions on Tuesday nights at 6.15pm at Plock Court. These sessions are open to anyone who wants to improve their running. It's a great way to get those extra miles in and also get some helpful training tips and advice.

WHAT'S COMING UP?

- 15 May FOREST OF DEAN ULTRA TRAIL HALF MARATHON - Distance: Half Marathon Fees: £19.00/21.00
Venue: SPEECH HOUSE NEAR COLEFORD, FOD
- 16 May **BERKELEY 10K ROAD RACE - Distance: 10k Fees: £6.00/8.00 Venue: HAMFIELD LEISURE CENTRE, BERKLEY, GLOS. *****Glos AAA Road Race Series event & Angels race series*******
- 22 May TEWKESBURY HALF MARATHON - Distance: Half marathon Fees: £19 / £21 Venue: TEWKESBURY, GLOS
Notes : THERE IS AN ASSOCIATED 5 MILE RUN ENTRY £6/£8
- 23 May HOGWEED TROT 10K - Distance: 10k Fees: £6 Venue: Yate Town Football Club, Lodge Road, Yate, Bristol
Time: 7pm
- 29 May DYMOCK HALF MARATHON - Distance: Half marathon Fees: £10.00/12.0 Venue: HQ - CRICKET CLUB, GL18 2AD
- 30 May WHITSUN BEER RACE - Distance: 5m Fees: £4/£6 Venue: White Horse, Sandhurst, Glos
- 1 Jun CLEEVE CLOUD CUCKOO - Distance: 5m (multi-terrain) Fees: £5/£7 Venue: Cleeve Golf Club, Cleeve Hill, Cheltenham.
- 2 Jun SEVERN AC FITNESS SERIES (2 of 5) - Distance: 4m Fees: £4/£6 Venue: Pilot Inn, Hardwicke, Glos
- 6 Jun WESTONBIRT TRAILS 10k - Distance: 10k Fees: (now full) Venue: Westonbirt Arboretium
- 16 Jun WHITE HORSE 5K SERIES (2 of 4) - Distance: 5k Fees: £4/£6 Venue: White Horse, Sandhurst, Glos
- 18 Jun THE HUMPH'S HILLY HALF - Distance: half Fees: £9/£11 Venue: Victoria Hall, Bourton on Water, Glos
- 22 Jun MALLARDS PIKE - Distance: 5m Fees: £6£8 Venue: Mallards Pike Lake, Forest of Dean, Glos

Don't forget if you have anything to add please contact Liz Spiers or forward your stories or articles to lizzspiery@yahoo.co.uk.



Training sessions— every Tuesday 6.15pm

Club run—every Wednesday 6pm

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