

# THE Run

Newsletter of the

Datchet  
DASHERS

Welcome to the first Issue of The Run, the all-new Datchet Dashers Newsletter.

If you wish to contact the editorial team with comments, submissions or feedback, please e-mail [newsletter@datchet-dashers.com](mailto:newsletter@datchet-dashers.com)

## Dashers Run the Marathon!

### The Dorney Dash

The club's flagship event, the Dorney Dash, is only a week away. It's a huge job, organising a race for a thousand runners, so please give something back to the club by signing up to help out on the day or on the evening before.

*We swing ungirded hips,  
And lightened are our eyes.*

*The rain is on our lips,  
We do not run for prize.*

*We know not whom we trust  
Nor witherward we fare,  
But we run because we must  
Through the great, wide air.*

— The Song of the Ungirt Runners, Charles Hamilton Sorley

On Sunday 13th April, several intrepid Dashers braved hail and overdosing on Lucozade to run the 26.2 miles that make up the London Marathon

Conditions for this year's London Marathon were better than they had been for several years and many of the Datchet Dashers had a great run, and exceeded their personal goals.

The first Dasher to finish the 26.2 miles was James Street in 3 hours, 8 minutes and 3 seconds, beating his 3:10 target and taking almost 7 minutes off of his previous London marathon time.

After running the Comrades Marathon (a 56 mile race in South Africa) for the last two years, Chris Hunt was hoping to finish in under 3:15 to be considered "good for age" and receive automatic entry for next year's London Marathon. This he did by more than four minutes in 3:10:54 (261<sup>st</sup> in his age group).

Will McAree, running his fourth marathon was hoping to be quicker than three and a half hours, so will be delighted with his time of 3:20:47.

Also aiming for 3:30 was David Priddy, who finally got to run his first marathon, after injury had prevented him running this event for the last two years.

Neil Potter was running his first London Marathon, and raising money for Heart UK – The Cholesterol Charity, who are passionate about preventing premature deaths caused by high cholesterol and cardiovascular disease. Inherited High Cholesterol (IHC) affects about 1 person in every 100 and can cause early cardiovascular disease and shorten lives. IHC can kill fit young people, without warning, in their 30's and 40's and even in their 20's! The reason Neil chose to run for Heart UK is because he suffers from IHC. Lucky it was detected at an early age and by combining a healthy lifestyle and using medication; his cholesterol is now at an acceptable level. If you would like to support this great charity, you can visit his webpage at [www.justgiving.com/neilpotter](http://www.justgiving.com/neilpotter). Neil's time of 3:33:14 was fantastic.

Andy Cooney was taking it easy with 3:39:33, in preparation for the Edinburgh Marathon, which he completed in a swift 2:46.

Mandy Ramsey was the first Lady Dasher to finish in 3:43:04 and 158<sup>th</sup> in her Age Group. Mandy's great "good for age" time means that she has a guaranteed place again next year.

Four hours is a major milestone for a lot of marathon runners and five more Dashers now have a prized marathon time "starting with a 3": Ian Bradfield (3:47:20), Julie Lebourg (3:47:55), Colin Adams (3:48:53), who missed the 4 hours target by just 12 seconds last time!, Alan Gray (3:50:13) and Yvonne Olney (3:57:48), who took a staggering 37 minutes of her previous best, giving Yvonne a guaranteed "good for age" place next year, and a new Datchet Dashers club record!

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Mike May (4:20:39) missed out on his 4 hour nemesis, but was seen to be enjoying himself and raised more money for Ben, the charity of the motor industry.

Jon Elliott (4:50:56) and Melissa Dowsett (5:21:09) completed their first marathons; although Jon was not able to train fully because of injuries he was seen to be enjoying himself, with arms aloft, waving and cheering.

As well as the runners, 30 Dashers handed out drinks at the 23.5 mile drinks station, working from 7:30am to 4:30pm to give runners the energy to complete the last couple of miles.

## The Charley's Horse Post Marathon Dinner Plant award ceremony



Neil Potter	<b>Chilli Pepper</b> award - awarded to the Dasher who was "on fire"	This is awarded to Neil Potter - who was certainly on fire - particularly during the first half. His half way time of 1:38 would have given him an amazing finish time of 3:16 had he kept up the pace. He did slow a bit, but still managed to burn the rubber on his trainers to finish in a brilliant 3:33 - about the time he was aiming for.
Julie Lebourg	<b>French Runner Beans</b>	for a great French runner
Dave Priddy	<b>Rocket</b> awarded to the Dasher who went like one !	Awarded to Dave Priddy, who was certainly going like a rocket all through his training - breaking PB after PB in all distances. Dave was aiming to finish with a sub 3:30 time, and true to his rocket style finished in 3:26
Mandy Ramsay	<b>Sage</b> - for a wise run (for good steady, even running)	Awarded to Mandy Ramsay. Her 5K split times were very even, and the slowest 5K was less than a minute slower than her quickest 5K. It's not a PB, but with a time of 3:44, gives her a guaranteed place next time !
Mike May	<b>Thyme</b> for patience and perseverance	is awarded to Mike May. Mike has done the London Marathon, time after time after time - desperately trying to go under 4 hours each time. But whilst it <i>is</i> all about the time, it's also about having a good time - as he came through the Drinks station kisses were planted on several Dashers.
James Street	<b>GreyHound Cabbage</b> Awarded to the Dasher with the fastest time	Awarded to James Street- who had a great run taking about 7 minutes off his previous best and setting a new PB of 3:08
Colin Adams	<b>Allegro</b> - for a "quick, lively" performance	This is awarded to Colin Adams, as he certainly had a "quick" race - taking over 11 minutes off his previous best to finish in 3:48. He was also definitely lively (at least bounding through the drinks station) - he was so desperate to be seen by as many Dashers as possible - he weaved in and out of the other runners on his way through yelling at waving at everyone !
Will McAree	<b>Pegasus</b> - awarded to the Dasher who ran "as if they had wings"	This is awarded to Will McAree- who in his 3rd marathon was aiming to be under 3:30. Will had an amazing race, and ran much quicker than he was expecting to finish in a fantastic 3:20.
Mel Dowsett	<b>Runner Beans</b> for a 1st marathon, and to welcome a relatively new Dasher to the Runners World	Melissa Dowsett completed her 1st marathon in a very good time of 5:21, and so is now a fully fledged runner. So I will expect to see her at the Dashers and in a Dashers vest at Club Championships !
Jon Elliott	<b>The Zig Zag</b> is	Awarded to Jon Elliott who zig zagged his way down the station - from one side to the other - attracting a lot of attention for his first marathon. Although Jon was not able to train fully because of injuries - he finished in a very creditable 4:50.
Yvonne Olney	<b>Tumbling Toms</b> award - for the most tumbled PB	There were a lot of PBs yesterday, but the biggest one was Yvonne - who took a staggering 37 minutes of her previous best to finish in 3:57. This time gives Yvonne a guaranteed place next time !

# Marathon Special

## View from the Drinks Station

**At the sticky end of the marathon, our intrepid Editor, Laura gives us the drinks station perspective...**

### **'We've been tangoed'**

If I can set the scene, we are covered in a sticky orange mess, it is cold, our fingers have newly formed blisters, most of us have been up since around 5 am. The odds are against this being a good day yet somehow, as always, it is.

One *almost* feels guilty for asserting that working the drinks station for 'Team Lucozade' is hard work - it pales into comparison of actually running the 26 mile route. This year nearly 80 dashers (including our friends in other Thames Valley Clubs) put the effort in to help out. So why do it?

### **Running inspiration**

The runners are inspirational and who doesn't want

to spend a day *feeling* and *being* inspired? Young people pushing the boundaries of their blossoming potential, wheelchair athletes powered my arms of iron and a will of steel, the elegant gazelle like elites who whiz past. And then there are the thousands running to make a difference for charities that matter to them personally. It all adds to the magic of FLM and is why it is such a special event.

### **The running Dashers**

Helping out at the station requires you to encourage **all** the runners with a cheer a whistle and a whoop. It is particularly special though when you spot a Datchet Dasher who you know has worked so hard towards this goal. The atmosphere in the station raises a notch, and it is amazing how fresh our runners often look at the 23 mile mark.



### **Team spirit**

*"If you want to run, run a mile. If you want to experience a different life, run a marathon"*

— Emil Zatopek

Participating in Team Lucozade is a great opportunity to get to know fellow Dashers, while not dressed in Lycra for once. Split into teams of 6, one person takes on an essential leadership role,

this helps to ensure that teams are more than just a sum of parts.

### **Celebrity spotting**

You never know who you might spot at FLM and you are in pole position for a good view. As luck would have it the colourful Chef Ramsey took a well timed break at table 10. 'Come on Gordon we yell'. His response.... a characteristic 'I'm F@cked'!

Laura Noctor  
'Table 10 team  
Lucozade' 13 April 2008

# Marathon Special

## DREAMS CAN COME TRUE:

### The Runners View

In 1995 I was recovering from a knee operation. I was down as it looked as though they could find what was wrong with it. I needed a challenge. Something to look forward to that would get me through my recovery.

"I want to run the London Marathon!" was the proclamation. As a child I had loved watching this spectacle on TV. I always remember one of the commentators say it was one of the only events where you get the opportunity to line up in the same field with world class athletes. You'd never get that in Formula One or Premier League football.

Three further knee operations over the next 7 years scuppered my marathon plans. It wasn't until I moved to Windsor that the plans started looking like reality. I got a place through the ballot to run in 2007. However, my Achilles decided it didn't want to run silly distances and that left me out in the cold.

So to 2008 and after deferring my entry..... I was there! Standing on Blackheath Common with a number pinned to my chest. After years of watching the race on TV, and in more recent years standing at Mile 17 watching the runners go past it was my turn. What made it more amazing was that my wife to be Melissa had also got in through the ballot.

The big moment came and we were off. We decided to run the first mile together, thereafter for me to leave her to get on with her own run. Due to the crowding we ended up running the first 2 miles together. The day wasn't about racing for me. The day was about getting round and enjoying the occasion.

The weather forecast was for sunshine and showers, and they weren't wrong! 7 miles in we were subjected to our first deluge.

I had split up the race in my mind into portions. The first portion was to get to Tower Bridge. The first half of the event had been pretty uneventful, so when I arrived at the Bridge that the skyline of London with all the familiar sights came into view. That gave me a great boost.

Next into Docklands where I knew my charity's cheering post would be. Again another poignant marker for me as it's where I have stood over the past 6 or so years watching the race. To go past that point I almost looked to see if I was there. My Dad was at the cheering post. Boost number 2.

Coming out of Docklands, I was still feeling good. The crowds were amazing. Having my name on my shirt was



**The Happy Couple**

essential I felt. They were all cheering for me; well that's how it felt. A big thumbs up every time I hear my name.

Boost number 3 was at Mile 23 where the Dashers were manning the Lucozade station. I knew that if I could get there, it was in the bag. 2 miles out the hail storm hit. It stung against the flesh, but I just shut it out and pressed on. Hail turned to unrelenting rain as the signs for the Drinks station came into view. There was a spring in my step now. I think I scared the first group of Dashers as I yelled "Come on you Dashers!" at them. Boy was it good to see some happy smiley faces despite them being frozen, wet through, and their skin turning a funny shade of orange.

Through the tunnel and out the other side I could see the Houses of Parliament within touching distance. I knew that when I reached that it was nearly over. It seemed to take an age to get there, but I vividly remember turning the corner and heading towards Birdcage Walk. The countdown signs started appearing. 1k to go... 800 metres to go.... Right here comes the spring finish... 600 metres to go... hamstring... ah cramp... Still there's nothing going to stop me from running now. I turned the corner into the Mall. There was the finish, and there was a proud father in the stand telling me not to stop and say hello but to get this adventure over and done with.

Going over the line, I just can't describe. It was surreal. I looked back to try and contemplate what I had done. No time for that; I was ushered over to get my timing chip cut off. Then came the medal. That's when I truly realised that I had achieved my ambition.

Mel came in a few minutes later. For a girl who just a year before could not run 400 metres without stopping I was so proud of her.

While Mel feels she has retired from marathon running ("Just too far!") I have already decided I will run again in a few years and training at the Dashers to get me prepared.

For any of you who aren't sure about running the marathon, all I can say is just put your entry in, get on and enjoy it. If I can do it, anyone can.

## Happy running!

Jon Elliott & Mel Dowsett (soon to be Mr & Mrs Elliott)

# The British Airways Speedbird 5k, Harmondsworth Moor, 23<sup>rd</sup> April 2008 Mel Golding reports...

Five lady dashers put in a fantastic effort at the recent Speedbird 5k. Jo Logie, Lucy Buckby, Melanie Golding (me), Kathryn



Black and Barbara Mason celebrated St. George's Day at the 5K race – with fantastic performances all round.

I'm extremely proud to captain such talented and enthusiastic runners and thoroughly lovely ladies!!

## The course

Although this is a small event - only 38 ladies ran this year— it's certainly big on character! The course is lovely, only slightly undulating, along cinder and grass tracks. It is very well supported (special thanks to Colin Adams who came down to cheer us on) and normally has more marshals than runners! It's also accurately marked, and there's a big clock at the end to encourage a sprint finish.

## Successful performances

Jo Logie won the event in an amazing time of 18:39, over 40 seconds ahead of the 2<sup>nd</sup> placed lady -the organiser described Jo as 'unbeatable!. Lucy Buckby was 3<sup>rd</sup> senior lady in a fantastic 20:33, and I placed 12<sup>th</sup> in 23:16 – the fastest I've run in a long time. Kathryn also ran well to finish in 24:34, which is over 30 seconds quicker than last year, as did Barbara who set a new Personal Best finishing in 25:25.

## Consistently good

There is no doubt that lady dashers represented the club in exemplary fashion -marked by us being awarded the **team prize**, for the 2<sup>nd</sup> year in a row. We are becoming the team that other clubs want to beat – as before the start someone was overheard saying "I don't care how we do as long as we beat those Dashers" .

'Too bad! We were too quick' -Well that and the fact that some of the Runnymede Runners forgot to enter as a club.

## Defending our title as Speedbirds

We all really thoroughly enjoyed the evening, and will definitely be back next year to defend our titles. Hopefully even more ladies will run in this delightful event next time.

So, for another year Lady Dashers are officially Speedbirds ! These great times are a preview to a stunning 5K series – hope to see you there.

# OUCH!...

If you have an injury and no-one else can help.. maybe you should hire... **Sharon Helsby!!!**

I am chartered physiotherapist with 8 years experience and I specialise in musculoskeletal rehabilitation and sports injuries. I have treated many of the Datchet Dashers and feel that most runners prefer to be treated by someone who understands the addiction of running themselves. If you are a wounded soldier and would like to make an appointment please contact me for a speedy recovery.

My practice details are

Sharon Helsby MCSP SRP  
Chartered Physiotherapist  
One Health Physiotherapy  
Essex Lodge  
69 Osborne Road  
Windsor  
Berkshire  
SL4 3EQ  
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# SLOUCH...

We're all got them – pictures from the end of a run where our shoulders are around our ears, we're bent almost double, and our arm motion is more D.P. Gumby than K. Bekele. Our posture has gone completely, and we're wasting lot of energy just fighting to run in a straight line.

Improving your core strength and awareness can help your running form at all speeds and distances, and especially towards the end of a race when you get tired.

Dash Barbara Mason runs a functional core strength class aimed specifically at runners. The class uses elements of Pilates and other postural and strengthening exercises to help you build your core strength and make use of it.

The class is at **Windsor Leisure Centre** on **Monday** evenings at **2030**. It's a private class for Dashers and their friends only, and no prior experience is necessary. Each class costs £5.

Please email Barbara if you have any questions

[beetoned@aol.com](mailto:beetoned@aol.com)

Barbara will also be starting a new class on Thursday mornings at 0630 – please email if you are interested in attending.

# COUCH...

## When should I rest?

To answer this question properly, consider these questions...

## What is fitness?

Your fitness is your aptitude and ability to perform a task. As a runner, that task mainly consists of putting one foot in front of another over a variety of surfaces, generally for a long time and distance. As you get fitter, you can do this faster, or for a longer distance.

## How do I get fitter?

Expressed in the simplest terms, training is *stimulus* and *response*: you *stimulate* your body by putting it under stress [training], your body *responds*, and you gradually get fitter.

## So when I train, I'm immediately fitter—right?

No. In fact, you are *less* fit immediately after training hard or racing.

## Eh? Why?

After a hard training session or any race, your body needs time to respond – to *recover and repair*. For example, if you raced a 10k and tried to race another one the next day, it's likely that you will be slower. Why? Because you're less fit i.e. you're less able to perform at your chosen task.

Those sore muscles and heavy legs are a sign that you've damaged muscle fibres, drained your body's glycogen reserves, and generally knackered yourself! If you have a heart-rate monitor, you'll notice that your heart rate is much higher for the same speed

If you allow your body to recover by resting or only placing it under a small load for a time after a race or hard training, then your body will over-adapt to the high load and you will become fitter.

For a time after a hard training session or a race, resting completely, or exercising at a very low intensity for a short time, will allow your body to recover so that you can perform again.

## So... when should I rest?

The more load under which you place your body – crudely, the harder/more intensely that you run or the longer that you run for – the more time your body needs to recover and respond i.e. the longer the time for which you should rest.

- An old rule of thumb is to rest a day for every 5 miles that you race, followed by an equal period of reduced training e.g. after a 10k race rest for a day, then take the next day very easy. For a marathon, this means a week without running followed by an equal period of just jogging/running easy.
- Listen to your body. If you've been unwell or injured, your body takes longer to recover as it has more recovery to do.
- If you have a heart rate monitor, keep your HR below 70% of your maximum during an easy/recovery run.
- After a race or hard run, get some carbohydrate and protein in to you as soon as possible to kick-start your recovery. Use a sports drink if you don't feel like eating. 200-300 calories consumed within 20 minutes of finishing boosts your rate of recovery.

# Cross Training

Each month we will be bringing you a different sport or exercise that will complement your running .

First up, co-editor Laura gives us the lowdown on : **Bikram Yoga**

## So what is Bikram 'Hot' Yoga?

Bikram yoga involves practicing a series of 26 classical hatha postures in a room heated to 40-42 degrees Celsius- depending on where you practice. All classes are 90 minutes long and improve strength and flexibility and concentration.

## What are the benefits?

The theory behind Bikram is that the heat eases muscles and joints, prevents injury and aids the healing of existing injuries, as well as promoting detoxification through sweating. This is why athletes such as Andy Murray have recently made it part of their training:

*'It has helped me a lot with my fitness and my mental strength because it's tough being in that kind of heat for that length of time. Being tennis players, we get very stiff, especially changing surfaces a lot. In the off-season, when you're doing a lot of training, it's a great way of getting used to the heat and also improving your flexibility. When you are just stretching after matches, you are just maintaining your flexibility, but this improves it a lot' (Times online January 2008).*



## Where can I practise and how much does it cost? What do I need?

Birkam Yoga studios can be hard to find as it is highly specialised and qualifying to teach is a long and tough process. Bikram Choudhury himself controls the 'brand' by dictating where studios can open. Luckily for dashers, Barbara Daniels, a fully qualified Bikram tutor, lives in Windsor and can take groups for private lessons in the Yoga for Harmony studios just off Arthur road. The Windsor

classes are not ***“brace yourself for a really hot and sweaty experience!”***

as stifling as the London studios and provide a great introduction to the very hot classes available which can be tough for beginners. Many people feel more comfortable with the 'warm' temperature of Barbara's classes and this still provides an effective enough work-out. Details of prices and classes are outlined below.

### Windsor

'Yoga for Harmony studio- Arthur Road Windsor' 07921 313 770 or [bsdanielsuk@hotmail.com](mailto:bsdanielsuk@hotmail.com). <http://www.yogaforharmony.co.uk/?&sitemap> (£8 per class)

### Chiswick

<http://www.bikramyogachiswick.co.uk/index.html> (take advantage of the Chiswick £10 for 10 days offer- this really is good value) £14 each class thereafter.

### Richmond

Your first class will be £10 including a free class that must be used within a week <http://www.bikramrichmond.co.uk/index.html> Classes are normally £14 and they DON'T provide mats!

### London Studios (<http://www.bikramyoga.co.uk/home.html>)

Classes in central London can get very packed so brace yourself for a really hot and sweaty experience!

### Practicalities:

Women wear tight shorts, crop tops. Men wear shorts and vests or be brave and wear just shorts for the hot London studios.

### Health warning:

Make sure you eat properly a couple of hours before a class and hydrate both before and after, drinking lots during the 90 minutes is not recommended. Don't

forget to seek advice from your doctor if you have low/high blood pressure before practising.



# THE SECRET DASHER: Time is of the essence

## Our resident Reclusive Runner shares tips for shaving off those vital seconds in a race

I wanted to find the lazy way to take minutes off my 10k time and needed to think of the best and quickest way to improve as quickly as possible. I figured there were a few things I could do and in the interests of helping fellow club members I am sharing these with you. These are not proven claims, but estimates and you will see my progress this season rocket on the back of this.

With every gadget/new thing that you buy, it automatically takes time off your 10k best. The more gadgets I buy, the quicker I must get, and with that in mind I've set out on a mission to spend lots and get quicker. Let me explain what I mean.

It is obvious to me that new trainers have more spring in them, therefore bounce you along at a much quicker pace. How did I not realise this before, so my new ploy is to buy more trainers. For the men Amongst you, your shoe rack will end up looking like you wife/partners. For the ladies amongst you, buy a new wardrobe, or better still get a whole new room dedicated to your new shoes.

### Time saving – 1 minute per 10k

I just hate running when I'm too hot and sweaty, so advances in new moisture wicking tops have encouraged me to purchase these and running is a lot easier as my body does not feel it is having a shower during the race. So good is it that I am tempted to wear two to improve my times even further.

### Time saving – 30 seconds per 10k

Purchasing the Garmin 305/ Polar heart rate monitor means I know how quickly I'm running, my pace per mile, my position on the map, the boiling point of hydrogen and the exact time it takes the sun to travel around the earth to ten decimal places. This gadget not only makes you look cool, but people envy your watch and assume you must be good at running as you own the greatest gadget since the toaster was invented.

### Time saving – 1 minute per 10k

With my new cushioned trainers, I have decided that I can wear thinner socks which must be a saving in the weight I am carrying. I reckon my new socks weigh 50g less than the old ones which makes all the difference, so more time saved here.

### Time saving – 15 seconds per 10k

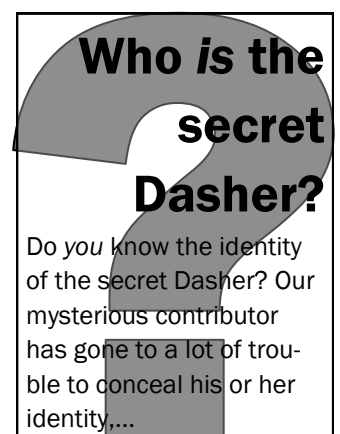
Now this is a tricky one as it's not a great concept, but I reckon that going commando (you need men's shorts with lining to do this) is the way forwards. Based upon the saving of 200g, it's a sure fire winner in the time saving stakes and also allows air to circulate around the body. Avoid the obvious pitfalls and this is one of the cheapest and best ways to reduce your 10k time

### Time saving – 1 minute per 10k

Tricky area this as it's not really a suitable topic of conversation, but scientific thinking says that we should not carry about excess weight, and to me, that means that the toilet stop before a race should be the full monty. A suggestion is to meet at someone else's house to avoid contaminating your own bathroom, but that's just given my plan away.

### Time saving – 2 minutes per 10k (I don't know how much they weigh, but this is an estimate)

I am certain that going to be at the right time instead of 3am on the night before a race must pay dividends. My assumption is that 9 hours sleep is better than 4, so I will feel refreshed the next



day

### **Time saving – 15 seconds per 10k**

Painful to explain, but I've always understood that nine pints of beer the night before a race does me no good, but Saturday nights were made for drinking weren't they? Surely not drinking will help. (Only the night before a race, not giving up totally) There is the theory that you should always continue in your same routine, but I am certain that being dehydrated cannot help. Typically the drinking leads to a kebab which also hinders running ability, so I reckon this must be worth a good deal

### **Time saving – 1 ½ minutes per 10k**

Sweatbands were all the rage in the 70's, and still can be. How grim is it when water is running down your face? Well the sweatband does a much better job than the back of your wrist, so this is worth a bit

### **Time saving – 15 seconds per 10k**

Sports bra – (Women only) – An additional one for any women out there who are not wearing properly fitting sports bra's. They do make a difference, so please get one. For the males amongst you, it is unlikely that this will do anything other than run against your skin, so probably not worth bothering

### **Women only - Time saving – 30 seconds per 10k**

The pain of rubbing skin also means a substantial saving, and whilst we mock Vaseline users as being very old school, the product has to work, otherwise why do so many people use it?

### **Time saving – 15 seconds per 10k**

The last resort of course is training, but this is likely not to make the significant gains that shedding clothing and sleeping properly can do. I would suggest only trying this if all else fails, but I'm sure our club coach will have a different point of view.

Time saving – 5 seconds per 10k

If you add up the total for these simple but effective ideas, you get a total saving of **8 minutes and 35 seconds** which is by far the easiest way to improve your time and gain those vital championship points. Of course if your name is Bradfield and you bothered to actually use this advice you would break the odd world record, but some people just won't listen. Of course for the rest of us, that sub 50minute 10k is within reach and we can lie back and enjoy the winter.

## ***The Secret Dasher***

# **The Committee**

**In the first of a regular column, we introduce you to the exclusive bunch that make up the Dasher Committee. Where better to start than “Le Grand Fromage” himself: Chairman Dave Glazier**

### **How long have you been a member at the Dashers, and why did you join?**

I joined the Dashers in 2000 after running the London Marathon for the first time (after agreeing to run it after having a few to many drinks in a pub a few years earlier and not having run for some 30 years). I hitched a lift on the coach, had

an absolute disaster of a run (4hrs 50min),vowed never to run again, and a month or so later joined.

### **How long have you held the post of Chairman?**

I have been Chairman for the last year and a half but have been on the committee since 2001,I seem to be one of those

persons who gets easily talked into these posts.

### Why did you decide to take up the post?

I wasn't at the meeting and got voted in! Seriously though, it was a case of Ian Spencer retiring from Chairman whom I had worked with closely over the preceding years (especially in the relocation of the Dash to Dorney) and it just seemed a natural progression. No one else on the committee seemed to object!



### What are the main duties you perform?

The main duty of the Chairman is to try and maintain a happy balance at the club, with so many different and diverse members things can get a bit fraught at times, my job is to try and smooth things over, most of this is done in the background. Its a bit like being a Politician at election time, trying to be nice to everyone and listening to them, even if you don't agree with them they have a right to their opinion (even if they are wrong and I am right)

The Dash also takes up a lot of time with the organising starting at least six months before hand, it is a big relief when it is all over without incident. Luckily I have a good team around me who have also been involved in the Dash for a few years and get on with what needs doing without having to ask me all the time.

### What is the best thing about being Chairman?

Being able to turn the light on and off at the club and being bought drinks by members! It is a satisfying position to be able to give something back to a club that you feel passionate about, without the Club I doubt that my running career (if that's what you call it) would have continued beyond London 2000 and there are also the members who have used the club and running to get through personal problems. It is great to see them coming through the end of the tunnel

### For any future potential people who would want to take up the post, what's the best advice you could give them?

Go for it, if you feel for the club and think you can help it move on then please get on the committee. I have no intention of staying Chairman for ever and would happily retire to the running ranks leaving someone else in charge.

### Finally, I suppose we should ask what drink we should buy the Chairman!?

London Pride with a whisky chaser always goes down well.



## June 7th sees our annual 10k take place at Dorney Lake. Publicity Secretary Rich Golding takes the uninitiated through the day



question 'where's the start?'

### The race:

We will hopefully start on time, with Tony will leading the way on his bike, and the crowds cheering. Feedback from the runners has always included excellent comments about the enthusiastic, encouraging support from the marshals and helpers, so lets keep up the great work!

This year we have two pacing groups (60 minutes and 50 minutes) who will be running the Dash with balloons to help runners get inside these times.

### Before the race:

Preparations will start the evening before, packing our great goody bags with all the great goodies we've got (mars bar, powerade, sweets, foot cream, photo leaflets, etc.).

On the day, let's hope for good conditions (for a change) - the car parkers need to be on site early as there are keen runners that like to get to events 2 hours or so before the start! It's quite an easy course for marshals, so they need to meet for their briefing and make sure that communications are clear, in case of emergencies (mobile, walkie talkie, etc.). There are two drinks stations: the lucky ones are at the 5km mark, by the boathouse and the others are at the other end of the lake. We have the usual race facilities, Information, Baggage, Toilets, Start - please make sure you know what's where, so you can help the runners if asked. We're hoping 4 metre high flags will reduce the most asked

*...the Dorney Dash is the reason the club can be so generous with social events like the Jim Banks Handicap and Divided Dash...*

We'd love a new course record, so hopefully the runners will start to finish in under 32:12. Then we can expect a trickle of finishers, the masses and then the tail - all deserving your support. The runners will get their medal, goody bag and drink, and hopefully be happy!

## After the race:

Hopefully by ~11:30 all the runners should have finished, then the prize giving will take place. Naturally, there is lots of packing up and tidying up to do, so the more that can help, the better. When all the hard work is over, some of us may pop into the Pineapple for a sandwich and a well-earned pint!

We'll ask the runners for feedback again, and hope for comments as positive as we got last year:

*'Well organised, and a great setting. It was my first 10K race as such, and I really enjoyed the atmosphere.'* [K. L.]

*'Really fast course, a fun and friendly feeling, slick organisation, wonderful medal & bag, great facilities and lovely location.'* [I. B.]

*'Well organised, well marked, flat course, chip timing, good goody bag etc. All in all excellent value for money.'* [L. W.]

*'I got a PB, it started on time, was well marked out and got a decent goody bag at the end. Chip timing is also a real benefit.'* [M.M.]



## Please help:

Please make sure we know if you can help by adding your name to the list on the club notice board, or letting Dave Glazier or Rich Golding know (email [Dash2008@Datchet-Dashers.com](mailto:Dash2008@Datchet-Dashers.com)). If you fancy running the course with the pacing groups, please let Rich know as it would be good to have 3 in each group and a reserve or two.

Saturday 7th June is approaching fast, and we're quite a bit down on entrants compared to previous years. So please let people know the Dorney Dash is early this year, and a great event for first-timers or a PB! The money made from the Dorney Dash is the reason the club can be so generous with social events like the Jim Banks Handicap and Divided Dash so **the more** runners that enter, **the merrier** we will be!

## Richard Golding

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# Meet the Dasher

## This month: Jo Griffiths

### Favourite run

The coffee run at about 4pm

### Most embarrassing racing/training moment

Fart leg...tee hee

### Claim to fame/ shame

Handed Gordon Ramsey a drink at the London Marathon

### Desert island disc

Anything by Shakademas and Plyers - love that name

### Worst habit

Too many to list!

### Top running tip

Wear trainers

### Marmite - love or hate?

Lots - I can eat it from the jar

### Ant/ Dec? Chocolate/ Chips?

Why is everything so black and white with you?

### What do you do when you are not dressed in lycra?

Think of more ways I can get lycra into my life

### My favourite local restaurant is?

One where the strict policy is discounts for the lycra wearers

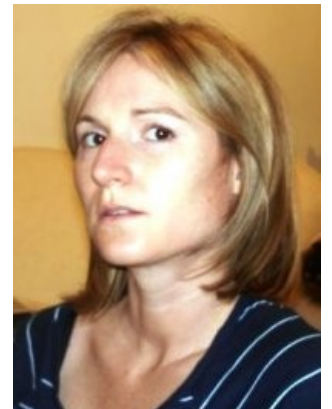
### How did you get into running and why?

Natural progression from walking fast - which I'm always doing.

### Fantasy dinner party guests

My fantasies are private thank you very much.

### It really annoys me when....



I get spots

### My running goal is....

...a long way off from achieving....slowly, slowly catchy monkey...

# Meet the editors

**H**ola, I'm Laura Noctor, co- editor of the newsletter. I have been a Dasher for over 2 years now. I originally joined the club when I moved to Windsor from my hometown of Raynes Park, South London. I really wanted to meet new people in the area and had just run Windsor Half Marathon so joining seemed like a good idea- and I haven't been disappointed. What I love about the club is that there is something for everyone. I'm never going to be the fastest runner but I get out of it what I want personally and have some fun along the way.

When I am not running I enjoy creative writing, yoga, shopping and general socialising, usually involving too much wine.

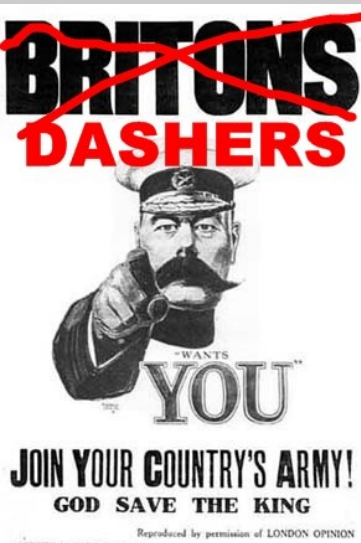


**When going through hell – keep going!**  
Winston Churchill

**H**i there. I'm Jon Elliott the other co-editor of the newsletter. I've been a member since the summer of 2006. I joined soon after moving to Windsor initially to meet like minded people in the area. I wouldn't have expected when leaving London that I would join a running club having spent the majority of my 20s with long term injury. However, I found it addictive and with the support and encouragement of the club, I managed to complete the London Marathon this year with my wife to be, Melissa.

When I'm not running, I'm an avid sports fan, even going as far as supporting a (sadly now) League 2 football team Gillingham in Kent. I also follow rugby and cricket going to as many live matches as possible. I also play guitar (badly), and sing (terribly) when no-one is in earshot.

# How you can help



*As anyone who has ever put together a newsletter for a club will tell you, it's the members who write the good ones! The editor's role is just to drink tea, shuffle bits of paper, and eat too many jaffa cakes.*

*So, whether you've just run your first race or your five-hundredth, or you've just had a magical experience with deer in the park and want to tell the world about it, or if you simply like typing—please help the editors and the club by speaking to Jon or Laura at the club, or emailing newsletter@datchet-dashers.com*

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**M**y name is Chris Bradfield. I'm not really an editor, more a helpful geek and the website editor, but thought I'd be sneaky and put in a personal ad while I prepare the final copy.

I'm 6' 2", with blond hair, blue eyes, GSOH, and the recipient of 2 Nobel prizes. I am also a rotten liar.

I have been a Dasher for 13 or so years, after signing up in order to burn off some of the alcohol that I gained at university. I love running off-road, in the muckiest, most dreadful conditions I can find; this is balanced by a Douglas Adams-like love of warm baths and strong tea. Co-incidentally, I write poetry of Vogon-like awfulness.