



## Bungay Black Dog Running Club

December 2009 Newsletter

### NOVEMBER CAPTION COMPETITION: Guess what Bobbie is thinking



"Glad I took my bright yellow beanie hat off before the photo shoot" (Hilary Harrison)

"No, it's my gloves" (Robin Farrar)

"Enough of this photography malarkey. If we don't get indoors soon all the cake will be gone"  
(Bobbie – surely this is cheating? – ed)

### October Races

#### **Venice Marathon**

On Sunday 25<sup>th</sup> October Bob Paul travelled to Italy to compete in the Venice Marathon. It's a big city race that attracts runners from all over the World. Starting approximately 24 miles from Venice the race passes along traffic free roads through elegant towns and pretty countryside before crossing over the causeway to Venice and the finishing on the waterfront close to St Marks Square. Bob maintained a steady pace and covered 20 miles in a little over 3 hours, but with Venice in sight and rising temperatures his pace slowed during the final few miles. However upon entering the impressive surroundings of the city, and crowds of cheering supporters, he was able to pick up his pace again and finish in a time of 4 hours 20 minutes, which was within his target time of 4 hour 30 minutes.

## Kalahari Augrabies Extreme Marathon

Bob Jack returned from South Africa after completing the 10<sup>th</sup> Kalahari Augrabies Extreme Marathon held in the beautiful and contrasting landscape of the Northern Cape's "Green Kalahari" on the Namibian border in early October.

The event was a self-sufficient run held over six legs in seven days with set distances for each day, ranging from 18 to 54 miles. Participants had to carry all their food, clothes and compulsory safety/survival equipment for the duration of the race. Overnight shelter in camps, and water, which was strictly controlled to 9 litres a day was supplied. The event went way beyond merely covering 156 miles in extreme conditions; it was a challenge to get past what normal people would regard as crazy, and achieve one's personal goals.

The landscapes were diverse; from fertile vineyards and mountainous terrain to vast stretches of the sandy and rocky Kalahari Desert, with temperatures varying from mid 40 degrees Celsius during the day to single figures in the evenings.

The largest ever number of 73 competitors from 14 countries started the event which after a rare thunderstorm, was initially plagued by endless swarms of midges that bit all revealed skin. As the temperatures rose during the week, so did the damage to the feet. Medical staff acknowledged that by Day 6, Bob had the 'worst feet in camp'. Therefore he was delighted to finish in 66<sup>th</sup> position. Three competitors had dropped out during the event due to fatigue and extreme blisters.

Bob has a full account of the event and photos on his web page at <http://www.angelfire.com/ak3/bobjack100/kalahari.html>



## November Races

### Framlingham X-Country

The horrendous wet weather on Sunday November 1st did not put off an impressive turn out of Black Dog Bungay Runners to the first Cross Country race of the season. Of the 164 runners competing in atrocious conditions, Robbie James, 25<sup>th</sup>, was the first of 18 Black Dogs home in a time of 31 mins 34 seconds. Lynn Emmett was 41<sup>st</sup> (33:21) and narrowly outside the top three women.

Chris Chorley was 53<sup>rd</sup> (34:16), Terry Mulcahy, 56<sup>th</sup> (34:29), Roland Shaw, 76<sup>th</sup> (36:13), John White, 89<sup>th</sup> (37:31), Darrell Oldman, 92<sup>nd</sup> (37:50), Helen Hornsey, 97<sup>th</sup> (38:19), David Waterman, 111<sup>th</sup> (39:23), Bobbie Sauerzapf, 121<sup>st</sup> (40:41), Colin Whale, 123<sup>rd</sup> (40:51), David Gilbert, 126<sup>th</sup> (41:21), Neil Thomas, 130<sup>th</sup> (41:59), Christine Muttitt, 138<sup>th</sup> (42:50), Judy Potter, 150<sup>th</sup> (45:25), Karen McMorran, 152<sup>nd</sup> (45:44), Paul Seary, 155<sup>th</sup> (47:33) and Jacques Groen, 160<sup>th</sup> (49:13).

In the Junior race of 62 runners, Kieran McMorran ran an outstanding race, coming 6<sup>th</sup> in 9:15. This was only 6 seconds behind the winner, William Oldman was 55<sup>th</sup> in 13:39 and Chris Rogers, 57<sup>th</sup> (14:51). The Senior Women's team are 6<sup>th</sup> out of the 12 teams, the Senior Men are 8<sup>th</sup> and overall the Black Dogs are 8<sup>th</sup>. The Juniors are 6<sup>th</sup> out of the 11<sup>th</sup> teams.

One the same day, Bob Jack completed the Stevenage Half marathon in 2hrs 43. The rain was so heavy, he said it was 'like running through a carwash'

## Denton Races

Position	Name	Mile	200m	Mile	200m	Mile	200m	Mile	200m	Total
		Race 1	Race 1	Race 2	Race 2	Race 3	Race 3	Race 4	Race 4	
	3	8	11	14	17	20	23	26	28	29
1	Stephen Cant	80	80	45	60	40	60	36	60	461
2	David Cook	36	70	34	80	50	80	28	26	404
3	Paul Seary	60	55	36	55	38	55	34	55	388
4	Robert Paul	50	60	70	50	18	50	26	50	374
5	Susan Potter	45	20	24	70	36	70	80	20	365
6	Joseph Hornsey	22	45	80	38	24	45	30	70	354
7	Tom Pullinger	70	50	32	40	34	40	45	40	351
8	Robert James	32	40	40	36	32	38	70	45	333
9	Nigel Gilham	40	38	38	32	60	32	38	28	306
10	Kieran McMorran	28	36	26	26	70	28	60	30	304
11	Helen Hornsey	34	30	50	22	45	36	50	32	299
12	Roland Shaw	24	34	30	34	28	34	55	36	275
13	Chris Rogers	38	22	60	16	55	20	16	24	251
14	Pollina Cant	16	26	22	28	80	30	18	22	242
15	Robin Farrar	20	16	18	18	26	22	40	80	240
16	Richard Dye	55	32	55	30	30	14	0	0	216
17	Karen Gedge	30	18	28	20	22	16	32	38	204
18	Bruce Rayner	18	24	16	45	16	26	22	34	201
19	Christine Muttitt	26	28	20	24	20	24	20	16	178
20	Karen Waters	14	14	14	14	14	18	24	18	130
21	Chris Harbord	12	12	12	12	0	0	0	0	48

Winner: Stephen Cant

2<sup>nd</sup> - David Cook

3<sup>rd</sup> - Paul Seary

4<sup>th</sup> - Robert Paul

5<sup>th</sup> - Joseph Hornsey (after 5/6<sup>th</sup> run off)

1<sup>st</sup> Junior - Kieran McMorran

2<sup>nd</sup> Junior – Chris Rogers

3<sup>rd</sup> Junior – Pollina Cant

## Poppy Half Marathon

Whilst his clubmates were competing in the Denton Short Races, Ian Taylor was partaking in the second Poppy Half Marathon held in the pleasant East Sussex town of Bexhill on Sea. The four lap course is run mostly along the seafront and lower promenade finishing in Polegrove Park. On his second lap Taylor already began to lap the back runners which set the scene for the rest of the race. He finished in 22<sup>nd</sup> place out of 353 in a time of 1-28:21 which was 2 minutes 14 seconds faster than 2008 when very strong winds had hampered all runners. After so many marathons of late, the distance seemed a bit "short" for Taylor but at least the post race cakes, which would not be out of place at the Suffolk League Cross Country, made the journey worthwhile!

## Stowmarket Scenic Seven

Two Black dogs ran the 'Scenic Seven' at Stowmarket on Sunday 8th November, Scenic Seven. The seven undulating miles are scenic by name and by nature through villages west of Stowmarket. Of the 275 finishers, Chris Chorley was 42<sup>nd</sup>. (47.35) and Bobbie Sauerzapf 121<sup>st</sup>. (54.34)

## Bungay X-Country

The second Cross Country race of the season took place in ideal conditions on Broome Heath on Sunday November 15<sup>th</sup>. Three Black Dog Runners were first their individual age groups: Lynn Emmett led them home coming 49<sup>th</sup> (32 mins 08), Terry Mulcahy was 60<sup>th</sup> (32:42), and Christine Muttitt, 161<sup>st</sup> (41:14). Judy Potter, 169<sup>th</sup> (43:30) was second in her age group.

Once again, there was a formidable turn out by the running club with 21 members competing on the undulating course with some very steep inclines. Of the 186 finishers: Chris Chorley was 53<sup>rd</sup> (32:22), Robbie James 57<sup>th</sup> (32:31), Roland Shaw, 80<sup>th</sup> (34:06), John White, 93<sup>rd</sup> (34:54), Darrell Oldman, 103<sup>rd</sup> (35:39), Bruce Rayner, 127<sup>th</sup> (37:32), David Gilbert, 134<sup>th</sup> (37:53), and Bob Paul, 140<sup>th</sup> (38:25). Bobbie Sauerzapf, 147<sup>th</sup> (39:14), Neil Thomas 148<sup>th</sup> (39:15) and Colin Whale, 150<sup>th</sup> (39:52) battled it out between themselves. Steve Cant was 153<sup>rd</sup> (40:35), Alison Morton, 158<sup>th</sup> (41:14), Karen Waters 174<sup>th</sup> (44:47), Sue Lowther, 176<sup>th</sup> (44:52), and Paul Seary, came 181<sup>th</sup> (48:08). Karen McMorran as "sweeper" came 186<sup>th</sup> (72:49).

In the Junior race of 71 runners, Kieran McMorran was 12<sup>th</sup> in 11:03. Three family members played their part - Ted Oldman was 37<sup>th</sup> (13:04), Ruby Oldman, 60<sup>th</sup> (15:44) and William Oldman was 64<sup>th</sup> (16:15). Chris Rogers, was 65<sup>th</sup> (16:18). The Senior Women's team are now 5<sup>th</sup> out of the 12 teams, the Senior Men are 9<sup>th</sup> and overall the Black Dogs are 9<sup>th</sup>. The Junior Boys team are 6<sup>th</sup> of 11 and the Junior Girls are 7<sup>th</sup> out of 11<sup>th</sup> teams.

## Hereward Relay

Three teams of Bungay Black Dog Runners competed in the multi-terrain Hereward Relay on Sunday November 22<sup>nd</sup>. The race starts from Peterborough Cathedral and follows the Hereward Way for 38.4 miles to Ely Cathedral, crossing over bridleways, fields, bridges and tracks. The cold, windy and occasional downpours did not deter 106 teams from finishing. There are four stages (in miles); 6.48, 11.75, 10.30 and 9.60.

The winning team completed the course in 3 hrs 47 mins. 'Bungay Dangerous To Know' Team (Sally Nicholls, Richard Dye, Robbie James, Andrew M Smith) finished 71<sup>st</sup> in 5 hrs 16. 'Bungay Mad' Team (Chris Chorley, Bobbie Sauerzapf, Philip Neave, Craig Anderson) were 82<sup>nd</sup> in 5:28 and Bungay Bad Team (David Cook, Bob Paul, Robin Farrar, Neil Thomas) were 97<sup>th</sup> in 5:44 (two of this team are over 65!)

Stage 1: 6.48 miles  
27<sup>th</sup> Chris Chorley (BM) 43 mins  
95<sup>th</sup> Sally Nichols (BD2K) 58 mins  
109<sup>th</sup> David Cook (BB) 1 hr 14 mins

Stage 2: 11.75 miles  
75<sup>th</sup> Robert James (BD2K) 1:27  
83<sup>rd</sup> Bobbie Sauerzapf (BM) 1:30  
93<sup>rd</sup> Bob Paul (BB) 1:36

Stage 3: 10:30 miles  
35<sup>th</sup> Richard Dye (BD2K) 1:20  
104<sup>th</sup> Phillip Neave (BM) 1:49  
108<sup>th</sup> Robin Farrar (BB) 1:57

Stage 4: 9:60 miles  
72<sup>nd</sup> Craig Anderson (BM) 1:25  
85<sup>th</sup> Andrew Smith (BD2K) 1:29  
90<sup>th</sup> Neil Thomas (BB) 1:33

Having run ten marathons in 2009, four of which were on consecutive weekends in October, Ian Taylor was fully prepared to run the Multi Terrain 38 mile Hereward Relay from Peterborough to Ely on November 22<sup>nd</sup>. Designed as a four stage club relay the event also attracted five Ultra Marathon runners and Ian was the second to finish in a time of 5 hours 44 minutes 31 seconds, and ahead of ten teams. When he competed in 2008 the region was in the grip of freezing temperatures and he ran the first ten miles in a blizzard. This year runners were at the mercy of strong winds especially as the flat topography of the Cambridgeshire Fens provided few buildings or hedgerows to cut down the wind speeds. At times it felt as if the head wind was slowing him to little more than walking pace, especially during Stage 4 east of Welney, by which time he had

already covered the marathon distance of 26.2 miles. He was cheered home by members of his Bungay Black Dog Running Club who also fielded three full teams.

## Southwold 10km

The first Southwold 10km race, sponsored by Adnams took place on Sunday November 22<sup>nd</sup>. Various members of the Bungay Black Dog Runners Club helped out with the marshalling and organisation while 8 club runners took advantage of the new local event. The windy 2 lap circuit was based around the harbour and common. Of the 346 finishers, Nigel Gilham was the first Black Dog home in 73<sup>rd</sup> (47:08) closely followed by Bruce Rayner in 79<sup>th</sup> (47:17). James Samkin was 110<sup>th</sup> (50:02), Karen Gedge 188<sup>th</sup> (54:54), Karen Waters 217<sup>th</sup> (57:32), Rob Donovan 302<sup>th</sup> (65:56), Bob Jack 317<sup>th</sup> (67:42) and Alison Rogers, running her first 10km race was 321<sup>st</sup> (68:42). Adnams have also just offered to sponsor the Great East Run, organised by the Black Dogs next February. The inaugural Southwold 10km proved very popular and it is hoped that the event is repeated next year.

## Latest Bleep Test

NAMES	PB	22/10/2009	26/11/2009
David Cook		5	5.8
David Hirst			6.8
Jacob Collins			7.1
Nathan Oldman			7.2
Ronan Hirst			7.5
Isacc Collins			8
Cambell Mc Morran			8.1
Sue Potter		7	9
William Oldman			9.8
Ian Ash		9.6	10
Paul Seary		10	11
Karen Mc Morran			11.3
Bobbie Sauerzapf		10.3	11.5
Bob Paul		11.2	12.1
Miles Kingston		13	13
David Waterman			13
Darrell Oldman			13.2
Roland Shaw		14.11	13.5
Paul Collins			14
John Wharton		13.2	14.2
Chris Chorley		13.11	14.9
Keiron Mc Morran			16.2 New Club Record
Alison Rogers		8.5	
Christine Muttit		9.5	
Sammy James		11	
Rhys		12	
Rory		12.4	

## Norwich Half Marathon

The popular and well organised 25<sup>th</sup> Norwich Half Marathon was run on Sunday November 29<sup>th</sup> with 2233 competitors taking part. The pre-race downpours subsided just in time for the start and it made a pleasant change to run this event in the sunshine. The course had also been modified to remove the dreaded hill up to the Norfolk Showground which helped runners improve their times. 17 Bungay Black Dog Runners took part.

Chris Chorley continued his excellent form coming 164<sup>th</sup> (1:31) followed by Mark Fawbert, 305<sup>th</sup> (1:36), Richard Dye, 451<sup>st</sup> (1:40), David Waterman, 606<sup>th</sup> (1:44) and Nigel Gilham, 694<sup>th</sup> (1:46). Bobbie Sauerz was a few seconds behind, 700<sup>th</sup>, coming 5<sup>th</sup> in her age group. James Samkin was 1031<sup>th</sup> (1:53), Bob Paul, 1244<sup>th</sup> (1:57), Karen Gedge 1310<sup>th</sup> (1:58), and Hazel Garrity, 1501<sup>th</sup> (2:03) was 9<sup>th</sup> in her age group.

Philip Neave came 1657<sup>th</sup> (2:07) while Bruce Rayner and Karen Waters, 1685<sup>th</sup> finished together in 1685<sup>th</sup>, 40 seconds later. Robin Farrar recovering from injury was 1731<sup>st</sup> (2:09) and 14<sup>th</sup> in his age group. Kate Grimble was 1942<sup>th</sup> (2:17) while Alison Rogers completed her first half marathon in 2173<sup>th</sup> (2:35). Bob Jack was 2184<sup>th</sup> (2:37).

## Woodbridge X-Country

The third Cross Country race of the season took place on Sunday 6<sup>th</sup> December at Woodbridge over a tough 5 mile course that was both muddy and sandy and had some testing inclines. Once again, three Bungay Black Dog Runners were first in their individual age groups: Lynn Emmett having a great season was 41<sup>st</sup> (36 mins 34), Bobbie Sauerzapf, the Ladies captain was 120<sup>th</sup> (43:33) and Christine Muttitt, was 144<sup>th</sup> (47:30). Judy Potter, 153<sup>th</sup> (49:55) was second in her age group.

13 Black Dogs competed against 167 runners. As usual, Chris Chorley led the men home in 54<sup>th</sup> (37:24) closely followed by John White 60<sup>th</sup>, half a minute behind. Roland Shaw was 84<sup>th</sup> (40:07), Bruce Rayner, 100<sup>th</sup> (41:55), David Gilbert, 112<sup>th</sup> (42:53), and David Waterman, 116<sup>th</sup> (43:06). Karen Waters was 159<sup>th</sup> (53:05), Paul Seary, 165<sup>th</sup> (60:05) and Alison Rogers, 166<sup>th</sup> (60:14). In the Junior race of 50 runners, the only Black Dog representative was Ted Oldman who finished well in 23<sup>rd</sup> (16:32). Both Male and Female Senior Teams are now 9<sup>th</sup> out of 12 teams while the Junior boys are 5<sup>th</sup> of 11<sup>th</sup> teams.

## Luton Marathon

Having run eleven marathons in 2009, Ian Taylor just could not resist making it a dozen on 6<sup>th</sup> December when he ran the Luton Marathon, which was also his twentieth overall (in two years). The three lap course is run mostly on estate roads and footpaths in the far north of the town. A mile long section alongside the busy A6 road is a stark contrast to the quiet lanes through the villages of Streatley and Sundon. Coming just two weeks after his gruelling 38 mile Ultra across the Cambridgeshire Fens, Taylor was content just to "jog" around the course enjoying the views, despite winds which seemed to grow stronger on each lap. He finished in 3 hours 41 minutes 20 seconds in 199<sup>th</sup> place out of 493. There were also 106 teams competing in the three stage relay which included numerous clubs from Norfolk and Suffolk. How about a pack of Black Dogs in next year's relay?

## **GROGGY DOGGY BOXING DAY CROSS COUNTRY RUN BUNGAY COMMON**

Bungay Black Dog Running Club would like to invite runners of all abilities to their annual Boxing Day Cross Country Run at Outney Common, Bungay.

The race starts at 10.30am and is open to children aged 12 and over through to adults. This is a fun event for all abilities run over common land, uneven grazing land and wet ground so please wear appropriate footwear and clothing expect to get muddy! It's a great way to rid the excesses of Christmas Day and burn off a few calories.

There are trophies for category winners and 2nd and 3rd placings, and also for the dog and handler winner. Dogs need to be on a lead.

Just turn up on the day in good time to register for the race you have a choice of running 1 lap (approx 2 ½ miles for juniors and adults and dog and handlers) or 2 laps (approx 5 miles for runners who must be over 16 years) charges are Juniors £1, Seniors £5 (affiliated runners £3).

**Please publicise this event if you can.**

### **County Cross Country Championships**

These will be held on Sunday 10th January 2010. If you were born in Norfolk or have lived there for the last 9 months at least, your race is at UEA, Colney Lane, Norwich (near the new hospital). Races are for those aged 9 years and above. First race 1pm. Enter by 5th January.

If you were born in Suffolk, or have lived there for at least the last 9 months, your race is at Warren Hill, Newmarket. Minimum age for these is 11 years. First race is midday. NB CLOSING DATE for entries is December 18th.

If you would like an entry form (try a Google search!) or contact Bobbie (01603 438862).

### **Luxembourg Night Run**

With winter on its way I doubt you are even thinking of May 2010! If anyone would like to participate in a weekend trip to the Luxembourg Night Run could they please email [ian\\_taylor1965@talk21.com](mailto:ian_taylor1965@talk21.com) to receive full details and booking form by means of a Word document attachment. The trip is organised by Nice Work [www.nice-work.org.uk](http://www.nice-work.org.uk) a Sussex based travel agency who specialise in holidays "for runners by runners". Ian has participated in four trips to European marathons with them in 2008/9 and they come with his highest recommendation.

The Night Run can be either a full or Half Marathon starting at 6pm. If you complete by 9.30pm you will just finish in daylight. The 6 hour limit is rigidly enforced. Those doing the Full can opt at 10 miles to finish as a Half without penalty and still receive a time and a medal etc. So if you've never run a marathon before and feel a bit uncertain why not give it a go? In 2010 you may need to submit a medical certificate signed by your GP to participate but this is awaiting confirmation.

The cost of the trip is £299 which may sound expensive but remember that this is inclusive of all hotel accommodation, meals (excluding those on cross Channel ferries) and travel. Nice Work have guaranteed race places and will enter you - no need to fiddle about entering on line! Please note the pick up times can be as early as 6am at Ashford (Kent) so you will need to travel there in the wee small hours from Suffolk. Car parking arrangements will be confirmed by Nice Work.

Please note this is additional to the events listed on the Club calendar, it is not the official spring outing and does not replace anything which Captain John is planning. Check the Nice Work website for details

of other running holidays in 2010.

A Spanish company has been in touch about their new training camp:

My name is Marc Majerczik and I am contacting you on behalf of Sol Sports. We are a sports travel agency and organise athletics training camps in Southern Spain. Attached you will find a selection of different training camp packages which we have on offer at the moment. Southern Spain has been a popular destination for athletes from all over the world as modern sports grounds paired with 320 sunshine days a year facilitate an ideal preparation for upcoming competitions. Our Sol Sports team is based in Southern Spain all year round, so we know the local market inside-out and like no other agency, we can offer you a tailor-made service. Should you wish to receive more information or get a first quote for your club, feel free to contact us! We are looking forward to hearing from you.

Kind regards,  
Marc Majerczik Sol-Sports S.L.

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### **Are Expensive Running Shoes A Waste of Money?**

Captain John has provided a link to an interesting article on running shoes: Are they a waste of money?

<http://www.dailymail.co.uk/home/moslive/article-1170253/The-painful-truth-trainers-Are-expensive-running-shoes-waste-money.html>

### **Extra Photo Caption:**

Suggestion: "Ian realised that to stand any chance of winning a Wet T Shirt Competition it was a



good idea to wear one!"

### **DECEMBER CAPTION COMPETITION: What is anyone thinking?**



### **Useless information:**

Check out [www.mapmyrun.com](http://www.mapmyrun.com) Once you have registered, you can plan your own local running routes – and it will work out mileage etc. This was recommended in December's 'Runners World' (I haven't tried it so don't blame me – ed)

## **XMAS PARTY**

The Running Club Christmas Party will be held next Thursday 17 December at The Maltings 7.30 for 8.00pm. There will be a Buffet which will be free, but the bar is NOT!!! Partners and Spouses are also invited.

**JUNIORS** are also invited but you must bring one parent/guardian with you. (This is a maximum & a minimum requirement, unless the adults are club members)

All contributions to the newsletter gratefully received.

Please email them to [bojack100@hotmail.com](mailto:bojack100@hotmail.com) or post them to:

Bob Jack, 140 Yarmouth Road, Broome, Bungay, Suffolk NR35 2PA

Happy New Year etc...