

The Barnes Bugle: News from.....



Marathon Special - April 2010

MARATHON MARVELS



Pauline Armstrong



Sue Kumleben

Congratulations to the 14yes 14 Barnes Runners - who ran marathons in April.

Nine members took part in London – a club record. Three ran the first Brighton Marathon and two flew the BR flag in Jordan.

For the competitive among you, the Bugle can report a tumbling women's club record and a 2010 men's best.

Sue Kumleben ran 3.20:36 in her first ever marathon and finished in the top thirty for women aged between 40 and 49. **Judith Kennedy** ran the second fastest marathon by a Barnes Runners woman in 3:30:35.

New member **Simon Danciger** posted a good for age 3:11, closely followed by former chairman **Sam Allpass** in 3:12. Sam helped Bruce Milburn raise cash to save the rhinos – and, as if by magic, helped secure Bruce a place in next year's race.

Three BR members – Fredrik Johansson, Celeste Biever and Josh Ord-Hume made their marathon debuts in Brighton. Josh enjoyed it so much he's signed up for two more marathons – on the same day.

Judith Kennedy (below), **Emma Crawford**, **Anthony Culmer** and **Pauline Armstrong** were among the runners who raised a small fortune for good causes at London.

Said Pauline: “I must admit I was feeling very nervous on the morning so was very glad of Sam's calming influence on the way to Blackheath! The whole experience was just amazing, I can honestly say I had so much fun during my run; the crowds were fantastic, it was such a boost to see and hear friends, family and that great spot that Josh made of me on the way round cheering me on!

“Not so great was the man who stopped dead (not literally!) in his tracks right in front of me to projectile vomit on the road - luckily the old ballet training came in handy as I had to do a quick jete to the left to circumnavigate him! I also managed to raise nearly £2K for Clic Sargent for my efforts - so really delighted with that too.

“Well done to everyone - amazing times achieved by all. The prospect of Amsterdam looks very appealing . . . “

Pauline-I-promised-myself-I-would-only-ever-run-one-marathon-Armstrong.



Judith was not convinced by Sam's suggestion of a recovery run 48 hours later: “You must be joking! I went for a sports massage today which is an altogether more pleasurable way to aid recovery. Long soak in the bath booked for this evening. p.s. def up for next year. I've got my eye on Sue's record...!

Emma Crawford raised around £1,500 for the Kew-based children's charity, REACT. **This is Emma's report:** “I wish I could speak as favourably of my marathon experience - I have to say I didn't really enjoy mine! The first half went reasonably ok and I was careful not to set off too fast. Unfortunately though, in spite of the months and months of training and all the miles I had under my belt, I seemed to fall apart from about 13 or 14 miles. I thought you weren't supposed to hit 'the wall' until mile 20?!

“I got slower and slower over the second half and it was all I could do just to keep on going. That said, the crowd support was amazing and it was great having so many people yelling out my name! Anyway, I'm not feeling too disgruntled with my time, since it is still pretty impressive by most people's standards. It's just slightly disappointing that I was so far off the pace I'd been doing for all of my training runs.

“In a similar way to childbirth, your body and mind seem to have a very quick way of forgetting just how awful these experiences are and whilst on Sunday I swore blind I'd never run another marathon again I am all ready starting to think I might want another go. Just not for quite a while!”

Sam Allpass (right) also has recent experience of childbirth, (here with his daughter), although he says it was the humidity that slowed him down:

My name is Bruce Milburn, my name is Bruce Milburn. I constantly repeated to myself as I approached the start. I hadn't gone mad, nor changed my name by deed poll, but took on Bruce's entry on account of him being unable to run this year. With less than two months since I agreed to run, it's been a tall order to get enough mileage in.



"A slow jaunt to Chertsey along the river in early March was my longest and only run over 20 miles, which I realised wasn't enough when I was about 17 miles into Sunday's race. In spite of chickens, fairies and other distractions, I wasn't able to sustain my halfway pace of 90 minutes, and gradually dropped back. Six stops and stretches later, I had 3hrs 15 in my sight for a good-for-age place to secure a guaranteed place for next year. I crossed the line of my eighth marathon at 3:12:44.

"In my defence, with Ella producing our new daughter, Nell less than two weeks before the event, sleep perhaps was a little short of requirement. It showed me that you can have the pace (I broke my lifetime PB for 10km two weeks before the race), but you need the long runs too. There's no escaping from it.

"Overall, our small Club has had a great set of results - congrats to all." Sam.

Sam has pencilled in Nell Freya Truscott Allpass for the club handicap from 2028.



PC Gary Dalton (left) also benefited from another's injury. **Says Gary**... my prep consisted of buying a new vest (I know, I know) and not running for the rest of the week, loading up with pasta and potatoes and stockpiling a list of excuses just in case I didn't finish. So that was how I came to be in pen 3 at the blue start, bin liner clad and wondering if it was really such a good idea to be running with a stubborn chest cold. Oh well I'd soon find out.

People had told me to take it easy at the start and luckily that wasn't really a problem, it was so congested due to everyone piling into whatever pen they favoured it was mile two or three before I could get any rhythm going.

What did surprise me though was the level of support, the whole course was just a cacophony of noise from beginning to end and it really showed me a different side to the London I see every day. "People really got behind runners who were struggling, the water station volunteers never failed to smile at the thirtieth thousandth runner to snatch a bottle from their hand and ever the promised sun made an appearance half way through the course.

"Bad points? Getting stuck behind people who were intent on updating their Facebook page, runners who were unrealistic with their estimated finish time. Good points? Where to start, amazing experience, the crowds, the noise coming down to Mall, the sprint finish to avoid being in the same photo as a leprechaun and the knowledge that, despite all that could have gone wrong, I am now a marathoner.

"So for that thanks to Barnes Runners and all those that make up the club, I couldn't have done it without you." Gary.

Newcomer **Tony Culmer** raised £2000 for children's charity **getkidsgoing**. **Says Tony**, "I have to say it was one of the best days ever, the crowd were amazing and whenever I looked a bit tired they screamed out my name and urged me to push on. I spent a hour or so behind, in front and finally behind Richard Branson dressed as a butterfly and his posse, who tended to draw the crowd's attention and therefore they all ignored poor old me.

So at 23 miles I let him go and I really struggled to even keep him in view. I was more than happy to find out that he had a 17 minute start on me and even though behind I managed to beat the 60+ year old butterfly, even though I have to admit he looked very fit and never stopped grinning like a multimillionaire cat. They talk about "the wall" at about 17 miles, I can tell you that it is all true and for me it was a bit earlier.

The first half was all fun, chatting to other runners and just enjoying the crowd, but at about 15 my head dropped and I had to keep having little walks, by 20 I was starting to have little runs and found that my feet were full of lead. I wanted to sprint the last 200 metres and couldn't even do that. I went over the line with a more mature woman who looked a bit tired and I had to ask her how she was. She told me it was her worst but it was her 200th and that she was 66. I hope I look that good after my 200th.

Thanks again for all of your good wishes and cash, I had a ball, but I am still not sure if I am over my mid life crisis? Maybe next year.....come and join me? Tony.

See Tony's minute long video report which he shot whilst he was running ...wow!

<http://www.youtube.com/watch?v=E4ITjnUXG-0>



Simon Danciger :.....I decided to run today (had a Good for Age place but wasn't initially going to use it as hadn't put in the distance training). Went OK. Got through half-way in sub 3:00 pace but realised by 18 miles that I didn't have the strength to achieve a sub 3:00 finish and so eased off to ensure I got under 3:15 to get the Good For age place for next year and finished in 3:11.

I was scheduled to start on the Green Good For Age start. The queue for the toilets was huge. I popped back outside the start area to see if I could find any with a shorter queue and by luck came across the fleet of lorries used to transport the portaloos. Amongst the vehicles was one loo tucked away, presumably for the use of the drivers. I had exclusive use of it, no queue, luxury!

Was driven to distraction for several miles during the race by spectators constantly calling out my name. I didn't once spot anyone I knew. Turned out the guy running next to me had 'Simon' emblazoned on his vest.

Sue Kumleben smashed the Barnes Runners women's record with 3.20:36 in her first ever marathon....

Says Sue: "Incredible! Everyone should run a marathon if they are even slightly thinking about it. Where else will you be with 36,000 mates all doing the same thing, with 200,000 fans cheering you on? With Sponge Bob, Pamela Anderson and a flower pot (to name but three of the extraordinary costumes in this year's race)?

The camaraderie is enormous. The sense of achievement was gigantic. The bragging rights at the office, priceless. And, when you turn that corner and Tower Bridge looms in front of you (luckily not very steeply), you'll never ever forget it.

I loved the Greenwich pub with it's scores of punter pirates and bar maids, the drummers under the bridge, every cheer, finishing (definitely loved that), the ice bath that Josh recommends, and the fact that my kids (even the teenagers) are proud of me. A big thank you to every Barnes Runner and -- to Sam for propping up my pace when it hurt -- and more. That camaraderie is what made it all bearable.Sue K.



One week before London, in Brighton, three BR members – Fredrik Johansson, Celeste Biever and Josh Ord-Hume made their marathon debuts in Brighton. Josh enjoyed it so much he's signed up for two more marathons – on the same day (more details follow).

Sarah Pitcher and **Brent Davis** flew the Barnes Runners flag at the Jordan Marathon. Brent came 8th in 3:06, Sarah 49th in 4:04.

I did Google "Jordan" and "Marathon" to try to find out more but the only information I could find was about a glamour model failing to finish London.

Back home, Brent went for a celebratory bike ride in Richmond Park. Several broken ribs later, he is recuperating before planning his next adventure.

The rest should give him more time to spend on committee work – get well soon, Brent.



Brent and Sarah have entered the **Amsterdam Marathon** on October 17 – as have Rob Katschmaryk, Dylan Grimes, Paul Bell and Dave Kelly. There's still time to join them – and Josh who has entered both Amsterdam and Abingdon on the same day. If you ask nicely, he might offer you a lift in his Tardis.

More information on Amsterdam:

<http://www.amsterdammarathon.nl/home/index.php>

<http://www.marathonguide.com/races/racedetails.cfm?MIDD=65101017>

THE RESULTS

THE DEAD SEA MARATHON 2010						
Position	First Name	Surname	Finish time	Age group	Gender	Country
8	Brent	Davis	03:06:08	30-39	Male	Australia
49	Sarah	Pitcher	04:04:23	30-39	Female	Australia

THE BRIGHTON MARATHON 2010					
Name	Chip Time	Finish Time	Position	Category	Age Perf %
Celeste Biever	03:36:39	03:39:09	777	Senior Ladies	63.36
Josh Orde-Hume	03:51:19	03:53:49	1339	Senior Men	54.39
Fredrik Johansson	03:58:15	04:00:46	1764	Senior Men	52.82

CONTINUED BELOW

THE LONDON MARATHON 2010

	Simon Danciger	Sam Allpass	Sue Kumleben	Judith Kennedy	Gary Dalton	Emma Crawford	Pauline Armstrong	Simon Itkin	Anthony Culmer
finish time	03:11:03	03:12:42	03:20:36	03:30:35	03:36:51	03:51:25	03:59:20	04:25:07	04:49:44
place (overall)	1974	2126	3008	4482	n/a	8486	10780	17506	23930
place (gender)	1852	1987	279	532	n/a	1448	1942	13639	17739
group (age)	45-49	55-59	45-49	35-39	35-39	35-39	45-49	50-54	50-54
place (age)	252	28	38	328	n/a	880	252	1011	1341

Well run everyone!

The Barnes Bugle team.....David Cornock & Rob Katschmaryk

Grateful contributions from; Simon Danciger, Sam Allpass, Tony Culmer, Judith Kennedy, Pauline Armstrong, Emma Crawford, Gary Dalton, Brent Davis, Sarah Pitcher, Sue Kumleben.

April 2010

END