

# PWR NEWSLETTER

SPRING MARATHON SPECIAL



Issue No. 1

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## As the days start to get longer, so do the training runs...

In addition to the famous London Marathon, Spring is a peak time for Marathons here in the UK and also abroad.

### PWR Marathon Runners

We have a vast list of people running a spring marathon this year.

**7<sup>th</sup> April:**        **Freiburg (Germany)**                      **Paris (France)**  
Richard Dunstan    Jonathan Hummerson

**14<sup>th</sup> April: Brighton (UK)**  
Sherry Bevan                      Mark Bentley                      Robert Blayze  
Dan Bugden                      Emma Graham                      Andy Stubbs

**15<sup>th</sup> April: Boston Marathon (USA)**  
Martin Cunningham

**21<sup>st</sup> April: London (UK)**  
Chris Barritt                      Karen Barritt                      Mark Burgess  
Donna Carroll                      Ben Clayson                      Richard Dunstan  
Peter Eves                      Matt Hossack                      Steve Jeffrey  
Rob Laing                      Jenny Leng                      Sigrid Robson  
Stephen Robson                      Liz Romano                      Andy Stubbs  
Angela Turvey                      Gary Vaughan

**26<sup>th</sup> May: Edinburgh (UK)\***  
Paula Dimond                      Ali McGowan                      Moy McGowan

\*Not sure this is spring, but when it comes to British weather, who knows when the seasons begin or end?

### Oh Reevesy we love you.

I am sure those sentiments are shared by all PWRs (as well as his wife and kids), so a big **Thank You** to Mike Reeves. Not only has he been running (pun intended) the beginner sessions, but he has also been helping the marathoners and non-marathoners alike with track sessions at Norman Park on a Thursday evening (ably assisted by Karen Barritt). He is regularly on hand to provide advice on training, stretching, provide the odd massage and even film us running to show how good/bad we look ☺

Did you know an anagram of Michael Reevesy is 'Every Mile Aches'



### VLM Club Places

Each year PWR is awarded 3 places at the London Marathon. A draw is held for anybody who is a paid up member and has received the dreaded rejection magazine. This year's winners were Liz Romano, Andy Stubbs & Angela Turvey. Will Andy run both the Brighton & London a week apart?

### New Club Record

Many Congratulations to James Wong who recently completed the Hong Kong marathon in 4:27:29 which smashed the PWR age record by 40 minutes. You can ask James, what age category that is in?

### Injury Woes

Unfortunately, both Ray Sievey and Eleanor Day have had to pull out of running this year's Brighton Marathon due to injury. Bizarrely they both picked up their injuries at the Tunbridge Wells Half Marathon?

## London Marathon PWR Cheering Squad

Even if you are not running a marathon this year, a good day out can be had by showing your support for the PWRs along with the more than 35,000 runners that are pounding the streets. Anne Dunstan is the ring leader for the London Marathon and sets up HQ at about 12 miles just before runners turn right to cross over Tower Bridge. We are just before the King's Arms pub in Tooley Street which is handy for drinks/toilets etc. Last year we found ourselves on the other side of the road to the supporters of the Beckenham Running club, much fun was had with who had the highest poles and who could cheer the loudest. So if joining us, come armed with long poles and PWR vests, banners etc. The squad is happy to take on the care of family members even if they are not PWRs. If you are running the VLM, we will be on the right hand side of the road!



Details of train times to be announced, but we usually meet on the bridge of Petts Wood station.

## How long should my longest training run be?

There are many opinions on this and what suits one person does not necessarily suit another. The general consensus seems to be a distance between 18-21 miles. However, during the recent flying coach visit by Nick Anderson, he suggested that the focus should be on time rather than distance, stating that you shouldn't be running for more than three to three and a half hours for a long marathon training run.



## Wear your medal with pride!

It is a PWR tradition after the London Marathon to have a few celebratory drinks where those who have run any spring marathon wear their medal with pride. This event is not exclusive to the marathon runners though. It is a good excuse to have a drink or two and toast those who have run, regale at the stories of determination and strife, and maybe be persuaded to run a marathon yourself?



This will take place at Heathcliff & Krook wine bar on Tuesday 23rd April after the group runs. Everybody Welcome!

## A Marathon? A walk in the park!

Jerry Smallwood, PWR's resident ultra runner, laughs in the face of marathons and has already completed a 45 mile event in February. He has a 30 mile event to complete at the end of March and then takes it easy by running the Hannover Marathon in May.



## Membership Renewals

Don't forget that your PWR membership is up for renewal. The membership year starts on 1<sup>st</sup> April. Membership is £20 (which includes £10 England Athletics membership) for the year. Further information is on the website and forum. If you have any questions, please e-mail: [emma@pettswoodrunners.co.uk](mailto:emma@pettswoodrunners.co.uk)

## It's good to talk (or e-mail)

- Do you like this newsletter?
  - Would you like to see a bi-monthly edition?
  - Have you any suggestions for articles to be included?
- So many questions! But, please get in touch with Ray Sievey, our Publicity & Communications officer [ray@pettswoodrunners.co.uk](mailto:ray@pettswoodrunners.co.uk) with your feedback and ideas. Thank You.

## Quote Corner

“Success isn't how far you got, but the distance you travelled from where you started”

*Steve Prefontaine*