



SAC Update No 59 April 2013

The Tragedy and futility of Boston.

It was a shocking and horrific event. Our heartfelt sympathy goes to the families and friends of those who were killed or injured.

I remember entering the New York Marathon in 2001 – just a few short weeks after 9/11. I was part of a Unilever team of 30 from Europe raising money for charity. After the terrorist attack our American colleagues assumed that we would all back out. And then the emails started flying. “If the race is on, we’re coming”. “More now than ever before we want to be there.” “You won’t keep us away”

The race went ahead as planned. It was a highly emotional experience. I witnessed the silent grief of the mourners at Ground Zero, the determination and solidarity of the runners, and the exuberant gratitude of the crowds.

And London - with great respect for those who suffered in Boston, the race went ahead exactly as planned.

It just shows that whoever the perpetrators of these cowardly atrocities are, we are stronger than they.

London Marathon

Thanks to Peter Dillon and the team of SAC marshals – more important now than ever before.

Congratulations to our runners. Here is a brief paragraph from each of them before and after the race. Hopefully this will appear in the Sevenoaks Chronicle this week.

Maryanne Aitken



This is Maryanne's 14th marathon and 4th start in London.

Maryanne will be raising money for Dementia UK who were incredibly helpful when her mother recently developed dementia.

Her mum died on March 9th, and Maryanne will be running in her memory wearing a pink tutu and pink pigtails!

Maryanne says " My PB is 4:50 but I don't expect to get close to that on Sunday as my training took a bit of a hit when mum died".

After:

"My mum died 6 weeks ago, just as I should have been getting those long runs done for London. For obvious reasons my training took a back seat and I knew it would be a tough run. My aim was to finish regardless of my time, for Mum and to repay all those who sponsored me. I finished my fancy dress marathon in just over 5 hours 30 minutes, not my slowest time, but 40 minutes slower than my best. It was a great day out and I know Mum would have been proud of me."

Suzy Claridge



Suzy has completed 5 marathons before, but this will be the first since her boys were born (aged 9 and 7) Her personal best is a highly respectable 3:31 but she is expecting/hoping to run it in around 4 hours on Sunday.

She is raising money for 2 brain cancer charities, because this disease has affected 2 work colleagues, and she is running as part of a work fund-raising event.

This will be her first marathon since having leg surgery to remove a malignant melanoma 4.5 years ago... for which she walked an overnight marathon in September 2012 and raised over a thousand pounds for Cancer Research UK.

Suzy says, " I blame a mid-life crisis at turning 40 last year for making me enter the marathon again!!"

After:

"Suzy's Marathon didn't quite go according to plan;

Suzy was on target for a sub 4 hour finish until she collapsed from heat exhaustion after 24.5 miles, and had to be wheeled to the medical tent on a trolley, where the staff were fantastic. She did somehow recover enough to complete the Marathon, rather unsteadily and tearfully, in 5:10 for a very hard-earned medal. Never again!"

Nichola Popping



Nichola has chosen the NSPCC as her charity because she has children herself and would like to help others and has raised just over £2500 for the charity.

She ran in the jersey marathon in October as a practice run - in 4 hours 5 mins.

Nichola used to be a professional ice skating coach before changing her exercise to running.

After:

After watching a friend run the London Marathon last year it inspired me to go back to running and train for this years. I was so pleased to achieve what I had set out to do which was to finish in under 4 hours my time was 3 hours 54 minutes and to raise £2645 for The NSPCC. It was lovely to have the support of my family and friends who came to watch me, I would like to say a big thank you to the fantastic St John's ambulance team who gave me the medical attention that I needed after the marathon and to Amy Hawes the physiotherapist who stayed with me for hours.

Richard Pitcairn Knowles



Richard, who is now just over 80 started running in his 50's and has achieved some outstanding performances. He is currently ranked No.1 in the UK at 5000 metres in the over 80 category. He has run over 30 marathons, his fastest an impressive 2 hrs 51 in London at the age of 51. This year he will be supporting three charities - Venkatramen Memorial Trust, Shelter Box, and Hospice in the Weald.

After:

"Great to be back in the fantastic organisation of this event in glorious weather. My first half went slowly in 2:44 and the second half was even slower, to finish in 6:32. Of course, I should not have run but the well over £5,000 raised for my three charities by contributions from so many people, made it compulsory, even though injured, untrained and 80! I was surprised at how the mind works - having walked for twelve miles from halfway, on reaching the 25 mile mark my pain eased and energy returned and I shuffled to the finish in one of the fastest miles of the run."

Erik Folkesson

This will be Erik's 25th marathon and 5th start in London. Erik's PB is 3.20 but he is expecting to be significantly slower this year. Erik is Secretary of SAC and a member of the Club Committee.

After:
Erik ran a highly creditable 3 hrs 56.

Richard Thomas

For ultra-runner Richard, this would have been his 11th London Marathon, but unfortunately he has had to pull out on medical grounds. He is gutted.

Other Results – full details and pictures on the website.

Congratulations to Chris Desmond and Cath Linney who led thirteen SAC runners home in the Darent Valley 10k.

Chris also set a new club best for M50 in the Paddock Wood Half on April 7th with a time of 1.22.16. James Beeston was our fastest runner here in 1.21.

Sevenoaks 7 – Sunday Sept 1st.

“A scenic multi-terrain event through the beautiful but challenging Knole Park.”
Special 20th anniversary mementos for all finishers.

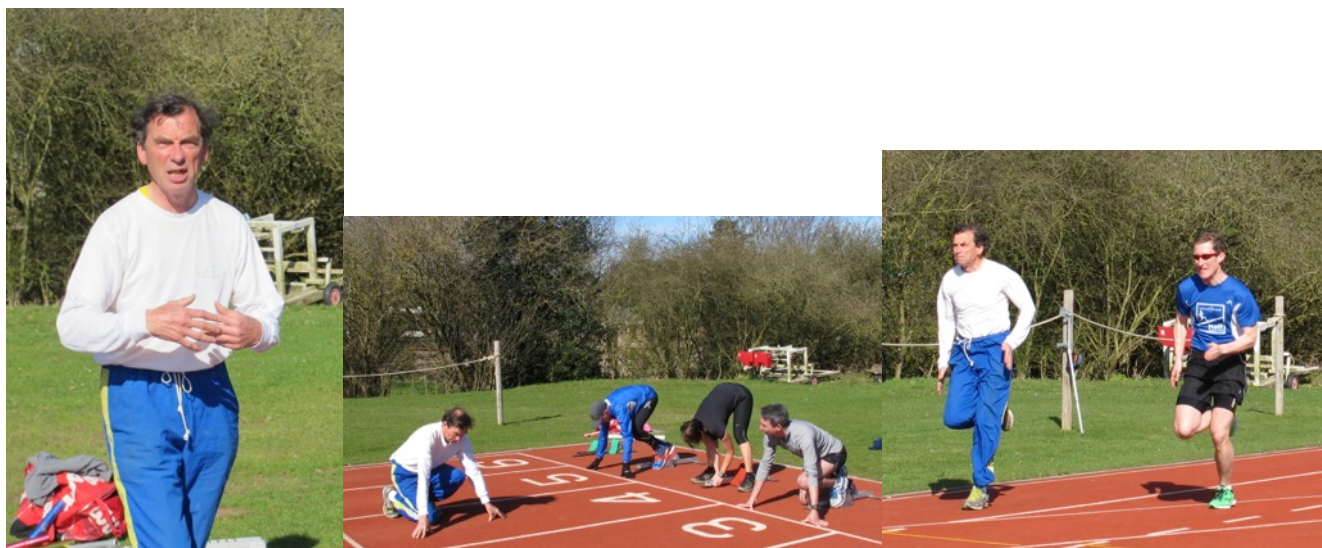
If you're not helping on the day, please enter.

Tell all your friends to enter. Tell them to tell their friends.

We really need 500 entries. Entry details on the website.

Training

Thanks to Geoff Kitchener for an interesting and inspiring sprinting master-class on Sunday.



Weekend training sessions - details of long runs, Hills, fartlek sessions on website.

Next trail run May 26th – a delightful 5 mile circuit from Knockholt. Please let me know if you would like to come.

Handicap

Gabe Morris won the March race and leads the series.
Next race is on Sunday Apr 28th. 9 am at school track.

Other News

Susan Simpson

It is with great sadness that I report the death of Susan Simpson – wife of club stalwart David.

Their daughter Charlotte said, "I'm not sure how many of you knew my mum directly but if you did, you will know what a bright, bubbly, loving warm person she was and she will be truly truly missed."

If you would like to make a donation in her memory, please make it payable to "Save the Children" and send to the funeral directors, E. R Hickmott & Son, 41 Grove Hill Road, Tunbridge Wells, TN1 1SD.

AGM

Don't forget the AGM. This Friday – April 26th - 8 pm at the Rugby Club. Your chance to have a say in the running of the club -and free drinks. Don't miss it.

Social

Don't forget the next social. Tuesday April 30th. 8.30 pm. Sennockian, High St.

Enjoy your running.

Jim

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