



Welcome to Aldridge Running Club's first newsletter

This issue sees us getting to know our fellow running club members better and with the London Marathon approaching what better way to get to know some of our fellow club members than to find out about those who are running the London Marathon

London Marathon which is officially called Virgin Money London Marathon is on Sunday 13th April and this year sees a large number of our running club members running

Some of our members have got in through the London Marathon ballot, others have gained a place through the club ballot and others are running for charity and one person has won a place in a competition

It's a long read so sit back and enjoy reading and hopefully you will join ARC to wish them well on the big day

We will look forward to celebrating with them on the Tuesday 15th after the marathon where traditionally we hold a buffet evening and encourage everyone who has taken part in a marathon to come along wearing their marathon T Shirts along with those who have run the London Marathon in 2014

ARC London runners

Laura and Chris Sprules



Laura Sprules – RUNNING NUMBER 33405

1. When did you start running and why?

I started running in 2007 because I felt that I wanted to do some form of exercise apart from walking which I quite enjoy

2. When did u join ARC? I joined ARC in 2007

3. Have you run a marathon before and if so how many and which ones?

I have only ever done one marathon which was London 2008

4. When did you start training for London Marathon? In Oct/Nov last year

5. What is the longest training run you have done? At present time of asking I have done 14miles

6. What is your estimated finishing time? Around 7 hours

7. How many times a week do you run? I aim to run about 3-4 times a week

8. Have you got anyone coming down to support you? Yes I've got my parents coming down to support me

9. If you are running for a charity which one is it? I'm running for Action Heart and have to raise £1000

www.virginmoneygiving.com/team/sprules

10. Have you been given any useful tips that you have found helpful so far? Yes - if you have an allergy to food (or found out that your body doesn't tolerate it) then try and find food that you can have

12. So far in your training have you had any blisters or lost any toenails? No

13. Have you got a favourite race that you have done since you started running? I have enjoyed participating in many races and thoroughly enjoyed it

1. When did you start running and why?

I used to run when I was at school, probably because it was the only thing I was ever any good at! I left school in 1978 and although the marathon boom started in the 80's, I didn't get back into running until the start of the 90's.

2. When did you join ARC? *I joined ARC in 1995, while training for my first marathon (London).*

3. Have you run a marathon before and if so how many or is this your first marathon? (if you have run a marathon before please share how many and which ones)

To date I have ran 30 full marathons. I have no idea how many half marathons or 10K's I have run, but I always try to remember the marathons! This will be my tenth London marathon.

4. When did you start your training for London marathon? *Training for this year's London started 2nd January.*

5. What is the longest training run you have done? *My longest training run to date (as of end of January) is 15 miles.*

6. What is your estimated finishing time? *My aim in any run is always to get to the finish of any race I start, regardless of how long it takes, this one will be no different although I will be happy to complete it in under 4 hours.*

7. How many times a week do you run? *As often as I can, although various commitments mean that this is usually only 3 times a week.*

8. Have you got any family and friends coming down to support you (who are they?)

Over the last twenty odd years, apart from when she has ran the same race, Tracey has been at the finish line to cheer me home; quite often Laura is alongside her, but this year Laura is also running the marathon.

9. If you are running for charity, which one is it and how much have you got to raise? *Laura got her charity place with Action Heart, so this year we are both raising funds for this very worthy local charity. Our fundraising page can be found at: www.virginmoneygiving.com/team/sprules*

10. Have you been given any useful tips that you have found helpful so far? *I've read numerous articles and been given sound advice on marathon running over many years; the best advice I would give to anyone who hasn't run a marathon is to know your pace and stick to that, not get caught up in the moment/atmosphere and run faster than your training has prepared you for.*

11. What make is your running shoe that you plan to run in? *Asics DS Trainer: I have had numerous pairs of these over the years, although I have a pair of 2170's at the moment as they didn't have my size in the DS Trainer in stock last time I went for shoes!*

12. So far in your training have you had any blisters or lost any toe nails? *Not yet (probably because my feet are like old leather!)*

13. Have you got a favorite race that you have done since you started running? *I have taken part in some fantastic races; the 2001 New York marathon was emotional and truly memorable, but the run I think I most enjoyed, and got my favorite medal from, was the Disney World marathon in 2007.*



1. When did you start running and why? Started in 2008 properly and the reason was because me and a friend at work both wanted to run the London marathon so we started running together after work, didn't get in for the marathon and he decided to join a running club, he joined Lichfield and is still there a very fast runner, and I joined Aldridge as it was closer and my sister who used to be a member and said it was a friendly club which it was and still is!

2. When did you join ARC? I think it was 2008 sometime that's all I can remember.

3. Have you run a marathon before? I have run 3 marathons, Blackpool Leicester and Nottingham, I also entered Stratford twice failed at 17 miles the first time and the second time it got cancelled and turned into a half marathon due to bad weather.

4. When did you start training for London marathon? I started training on December 23rd on a 16 week training plan.

5. What is your longest training run? At the time of writing this 15 miles so far.

6. What is your estimated finishing time? Hoping to get under 4 hours but I just want to complete it.

7. How many times a week do you run? At the moment I am running 5 times a week whilst training, but before that usually at least 3.

8. Have you got anybody coming down to support you? My wife and my sister are coming.

9. If you are running for a charity which charity is it? I am running for Acorns Children's Hospice in Birmingham I have raised £160 so far the link for sponsorship is <http://www.justgiving.com/owner-email/pleasesponsor/Jason-Lee5>

10. Have you being given any useful tips that you have found helpful so far? No nothing I don't already know from previous training runs.

11. What make of running shoe are you planning to run in? I always run in New Balance since I got measured up at Sutton Runner so I plan to run in that make.

12. So far in your training have you had any blisters or lost any toenails yet? No - I have not lost toe nails or had blisters, my feet have been pretty good so far just a slight niggle which I think might be my groin but its nothing to stop me from running just making sure I rest properly.

13. Have you got a favourite race that you have done since you started running? A few spring to mind - Torbay Half marathon mainly because I used to go there when I was a child for Holidays and also its a great coastal run plus the dip in the sea and a close second is Ashby 20 because of the hoody after!

Gill Hastings RUNNING NUMBER 35154

Terry Hastings RUNNING NUMBER 18965



1. When did you start running? 2005. Entered 2006 London marathon with a friend and ran for Kidney research charity in memory of my brother in law who passed away in 2005

2. When did you join ARC? Joined ARC November 2005

3. Have you ran a marathon before and if so which ones?

4.

Terry - London Marathon 2006, 2007, 2008
2006 Kidney Research charity
2007 AICR charity for cancer in memory of Brother passed away Sept 2006
2008 Acorn Children's Hospice

Jill ran 2011 London Marathon. Samantha Dixon Brain Tumour Trust

4. When did you start training for London Marathon? Real training started beginning January 2014

5. What is your longest training run at present? 16 miles at the moment Aim to complete 20/22 mile run

6. Whats your estimated finishing time? 6hrs running with Jill

7. How many times a week do you run? 3 times a week

8. Have you got anyone coming down to London to support you? Friends Chris Ryan & Mark Butler. Chris Ryan lost her husband to Brain Tumour.

9. If you are running for charity which is it? Running for Brain Tumour charity with Jill hope to raise £2500

www.virginmoneygiving.com/gillianhastings

10. Have you been given any useful tips that you have found helpful so far? Any slight injuries don't run rest. To help stop blisters rub a little petroleum jelly on feet especially between toes prior to long runs

11. What make of running shoe are you planning to run in?.

Asics GT2000 – Terry Saucony - Jill

12. So far in your training have you lost any toenails or got any blisters? Two Black toe nails
Terry

13. What is your favourite race that you have run since you started running? Got to be London Marathon



1. I started running as part of my gym sessions to get a bit fitter and really enjoyed it (never thought that would happen) then a friend suggested we did a Race for Life and that was when it all started.
2. I joined ARC in October 2012. I looked at various clubs but some of their "requirements" about how far you had to be able to run and in what time were really scary and that's why I picked ARC - a very good decision
3. I have never run a marathon before and never thought I would. However when a friend at work offered me the chance I thought well I'll probably never get the chance again, if I don't do it I'll probably regret it and what's the worst that can happen..... I have done three half marathons and loads of 10k.
4. Training - well as I only got my place a couple of weeks ago the training has really only just started and is a bit haphazard, hopefully by next week I will be a bit more organised. I am trying to follow the Asics plan but I must admit I am panicking a bit especially because I haven't done any long runs yet.
5. The longest run I have done at the moment this year is Not the Roman IX which was about 7.5 miles. I have got a half marathon at the end of Feb which I had already booked before I found out about the Marathon so hopefully that will be a good test of where I am.
6. Estimated finishing time - sometime on Sunday 13/04/14!!!!. I have no idea I would be very, very happy with something under 5 hours but at the moment I have no idea whether this is likely or possible. I have no idea why I have set five hours as a time but I guess it's based on my half marathon times plus a bit
7. I am trying to run four times a week but I at the moment I have two jobs - one full and one part time as well as trying to sell my house and move and I am finding it hard to fit runs in, especially any longer distances.
8. Don't know yet who will come to support as it has all happened really recently. I am running with a friend from work so if nothing else we will have each other and hopefully my Mum and brother and his family will come for the day. Everyone who I have told has been really supportive and even if they can't be there on the day, its good to know that people will be thinking of me on the day.
9. I am running for a very small charity called Saltmine (www.saltminetrust.org.uk) if you go on the site and look under London Marathon you can donate under my name
10. Any useful tips - apart from my Mum saying "it's a long way" every time I speak to her and someone at work saying "haven't people died doing that" I have been given advice on energy drinks and tablets some of which I will try before the day to see what suits me best. I have also been advised not to over train and told that rest days are as important as training days which I think is really good advice. It is so tempting to try and run as much as possible just so you feel like you are actually doing something towards it. I have also been advised to do some core exercises and even if I can't manage a long distance a short sharp run is better than nothing and that if I feel like doing something on a rest day - swim. But any other advice from those that have done one before is always useful.
11. Planning to run in Saucony Jazz which is what I always use, I already have a nice new shiny pair ready to start using a few weeks before the big day.
12. Not had any blisters yet, but that's probably because I haven't run any long distances yet - something to look forward to.
13. My favourite race since I started running is the Great Midland Fun Run just because it's really well supported, a nice route, local and a fantastic atmosphere - will definitely be doing it again this year.



I first started running to keep fit and joined ARC in 2013

I have never run a marathon before but have always wanted to run London.

I started training just before Christmas but already had holidays booked so it's fitting in around work and holidays

My longest training run was 19miles with some runners from the club (a very hilly off road 19miles)

I am hoping to finish in under 6 ½ hours but will be happy just to finish and get that medal!!

I am running in memory of my mom and my online justgiving page is

<http://www.justgiving.com/kevin-broome1>

At the moment I haven't lost any toenails or got any blisters

One of my favourite races is Silverstone as its very well supported and is a good warm up to what to expect at London

Abby Wright RUNNING NUMBER 9812



1. When did you start running and why? Think I started running in 2008, to keep fit.
2. When did you join ARC? Think I joined ARC in 2009.
3. Have you run a marathon before? I have ran one marathon before which was London in 2012.
4. When did you start training for London? Started training for London on Christmas Day!
5. What is your longest training run so far? Stafford 20 is my longest run.
6. What's your estimated finishing time? Approx 4 hrs 30 mins.
7. How many times a week do you run? 3/4 times a week.
8. Have you got anyone coming down to support you ? Mom, Dad and brother coming to London.
9. Are you running for charity? Raising money for The Brain Tumour Charity. Hoping to raise about £500.

www.virginmoneygiving.com/AbigailWright

10. Have you been given any useful tips Enjoy!!
11. What make is your running shoe you plan to run in? Asics.
12. Have you suffered any blisters or lost toenails yet? 2 blisters on end of toes.
13. Have you got a favourite race you have run since you started running? Stafford Half Marathon got a PB!

Jo Yarnall RUNNING NUMBER 52597



- 1. When did you start running and why?** I started running in 2011 to get fit
- 2. When did you join ARC?** I joined ARC in April 2012
- 3. Have you ran a marathon before?** Yes I've run about 30 marathons including, York, Bournemouth, Chester, Manchester, Windermere Brighton and this will be my 2nd London Marathon
- 4. when did you start training for the London Marathon** December 2013
- 5. At time of asking what is the longest training run you have done?** 26 miles
- 6. What is your estimated finishing time?** I would like to beat my time of 5.49 which was my last London marathon time but just to get round and enjoy it really
- 7. How many times a week do you run?** 3 times a week
- 8. Have you got anyone coming down to support you?** My mom and some runner friends
- 9. Are you running for a charity?** No not running for a charity this time
- 10. Have you been given any useful tips that you have found helpful so far?** Use plenty of Vaseline and make sure you have some Imodium instants to hand!!
- 11. What running shoes are you planning to run in?** Nike Pegasus
- 12. Have you had any blisters or lost any toenails yet in training?** Not yet I'm hoping the tip of using plenty of Vaseline is paying off
- 13. Have you got a favourite race that you have done since you started running?**
Aldridge 10k was one of my favourite races as it was my first ever proper race. I also enjoyed Yorkshire marathon



- 1. When did you start running and why?** I started running in April 2012 to get a bit fitter
- 2. When did you join ARC?** I joined ARC in April 2012
- 3. Have you ran a marathon before?** London 2014 is my first marathon
- 4. when did you start training for the London Marathon** December 2013 when I got a club place
- 5. At time of asking what is the longest training run you have done?** 17 miles, today!!
- 6. What is your estimated finishing time?** Sunday 13th April is my answer but would like to achieve 6 hours
- 7. How many times a week do you run?** Generally 3 times a week
- 8. Have you got anyone coming down to support you?** Hopefully a few friends but no commitments at the moment
- 9. Are you running for a charity?** Running for St Giles Walsall. No commitments but expect to raise £200-300. No online giving page at present.
- 10. Have you been given any useful tips that you have found helpful so far?** 'Never quit' and 'Never quit' Oh and nutrition is very important. The other bit of advice is enjoy it - I will try to achieve this one!
- 11. What running shoes are you planning to run in?** Brooks
- 12. Have you had any blisters or lost any toenails yet in training?** Neither blisters or nail loss so far but feet are a bit sore after 15 miles or so!
- 13. Have you got a favourite race that you have done since you started running?**

Birmingham and Malvern half's will always be up there as favourites, but hope to add London marathon 2014 to that list.



1. When did you start running and why?

I started running in January 2012, signing up to my local race for life to keep me motivated. I couldn't run for 30 seconds at first but found the couch to 5K plan really helpful

2. When did you join ARC I joined ARC in March 2013

3. Have you run a marathon before? Nope this is my first one!

4. When did you start your training for London marathon? January 1st!

5. What is the longest training run you have done? I'm up to 13 miles at the moment.

6. What is your estimated finishing time? Hard to tell. I have the added weight of a giant boob costume on my back so I'm finding that this is affecting my breathing quite a lot when I run. Officially I would be happy with under 5 hours

7. How many times a week do you run? Three at the moment.

8. Have you got any family and friends coming down to support you (who are they?)

My brothers and a few friends, not exactly sure on numbers yet!

9. If you are running for charity, which one is it and how much have you got to raise?

I have a ballot place but I have decided to raise money for the breast cancer charity 'Coppafeel!' in memory of my mom who I lost to breast cancer 20 years ago this year. I don't have a minimum amount I need to raise but want to raise as much as I can. My link is www.justgiving.com/lizichambers

10. Have you been given any useful tips that you have found helpful so far? The nice thing about ARC is that there is always someone who has been there to give you advice. The best advice I have been given is not to try to do too much too soon, and to enjoy my short fast runs which I am naturally better at than long and slow! Anne Kelsall told me to whisk a raw egg into milk after my next long run so I'm going to give that a try....

11. What make is your running shoe that you plan to run in? Asics Gel - Nimbus 15

12. So far in your training have you had any blisters or lost any toe nails? None so far...

13. Have you got a favourite race that you have done since you started running?

I loved the Great Midlands Fun Run in Sutton Park (8.5 miles). I love cross country too - despite the fact I do nothing but moan before the races!