



Christmas Newsletter 2013



Welcome to the Christmas Derbyshire Dynamamos Newsletter

As 2013 draws to an end we reckon you're probably looking ahead to the 2014 season and planning your next event. It's been a great year for the club and our members, with many of you entering events for the first time and others smashing their previous race times and earning themselves new personal bests!

North East Derbyshire District Council kindly donated £116 to our growing running club which we are planning on using for further marketing. So a big thank you to them for their support.

It's been a great year for the club. We continue to grow in numbers with ideas for the future and with your help we can only continue to entice more runners to our club and once again new joiners can benefit from 3 months for free next year if they join in January. So tell all your friends!

The 5k Santa Run at Elvaston Castle took place this month making it the last club outing of the year. A great time was had by all involved, running the course dressed as Santa. The famous TangoTent will be back next year at various events throughout Derbyshire so come and say hello.

Marie Williamson (pictured below) was the lucky winner pulled from the hat for the clubs guaranteed place in the Virgin London Marathon next year. Congratulations to her and best of luck from everyone!



We also now have an unofficial Physiotherapist supporting our members. Stefan of Seven Hills Physiotherapy has been offering us great deals on treatments and assessments so keep a beady eye on our Facebook page to see what he's up to. See below for further info on his services.

Our AGM will be coming up early in the new year and we would love to see you all there to hear your ideas and thoughts for the development of your club. As soon as we have a date arranged we'll let you know.

For now all that's left for us to say is we hope that you have a fantastic Christmas and New Year.

EAT WELL, DRINK WELL AND RUN MORE!

A day in the life of the runner.....

REDBULL STEEPLECHASE RACE REPORT

By Derbyshire Dynamos Bev Cossey

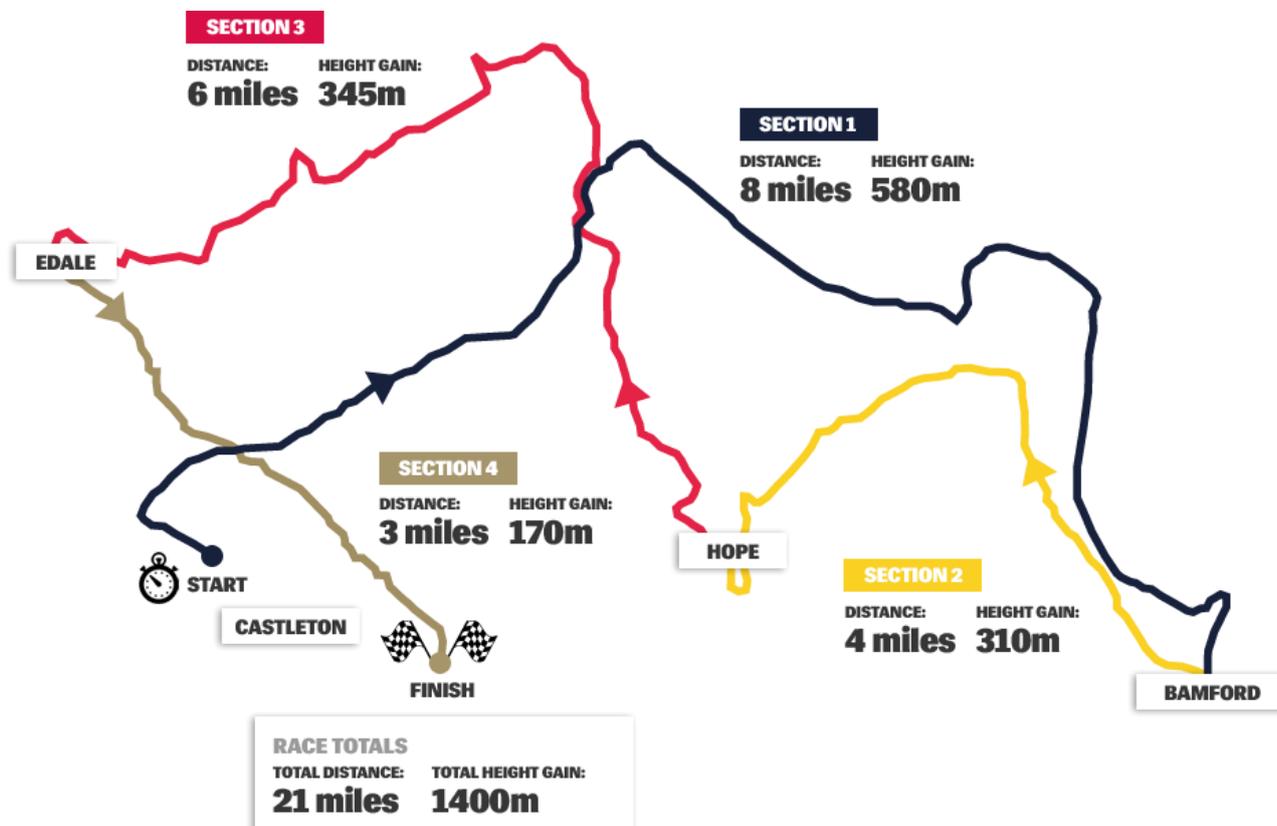
'I found me!' the first words after spending time looking for the official race pictures for what seemed like ages; once I had found me it all came back like a dream (queue fuzzy lines on screen).

Back in 2012 I entered what was a 'ballot' for a place in the first Redbull Steeplechase; I say a ballot but there was more chance in getting in the Redbull steeplechase than ever getting into the London marathon. I was successful but I think this was due to the fact not many women entered mostly like because they were either sane, not bothered, or something to that effect.

I had managed to get to the first stage which in itself was 8 miles up and down the hills around Castleton; so for those who know what Mam Tor is like to walk up, try running/ crawling or a combination of the two... so when the email came through to say this year's entry was open I jumped and entered straight away. Also I convinced Rachel Birks another Dynamo to enter, she agreed but that was because of the free food and drink at the end not so much the fell running.

So on a very warm and sunny October morning we found ourselves staring up at Mam Tor and working out how we were going to manage the first climb let alone the next 7 ¼ miles after that! I will point out we had previously ran around Castleton in a fashion on a number of occasions, however they always ended with an ice cream and very sore legs.

I had decided to wear my Hell on the Humber T-shirt as the motto from that race was 'Man up cupcake!' I thought by wearing the tee shirt it might make me run faster or further. So it was with great excitement we made our way to the start to face the next 8 miles of torture which always reminds me of Stockholm syndrome as afterwards you want to keep coming back no matter how much you hurt yourself before.



Once the gun went off I knew what was coming so I hung back a bit; ¼ mile of straight up the side of Mam Tor does make for an interesting start to any race! It was at this point I was glad I didn't have a heart rate monitor on as I'm sure the spikes would be more than the Garmin website could take. So after the hardest warm up anyone could ever do we were running along the top towards Hollins Cross and Lose hill.

After arriving at Back Tor I thought my mind was playing tricks already; until glancing up to see a lone trumpet player belting out the Rocky theme tune, so luckily my mind hadn't decided to leave me just yet. So in true Redbull fashion what goes up must come down, so after a straight up yes you have guessed it, there was a straight down.

After a mile of thigh burning down we were off again up the steepest hill next in line, about half way up and only just being able to breathe I found out (again in the most random way) by two ladies standing next to a timing board in the middle of nowhere that I was the 55th lady in so I had to be overtaken by 5 to lose out at the next steeple.

By knowing this you would have thought it would have made me run faster to make sure I got there to make it through to the next steeple; you would be wrong. I may have only ran 3 ½ miles at this point but, to think I had to run some more after the initial 8 miles is never good when your legs say stop. And I'm sure by this point Rachel most likely hated me but, on the plus side I'm sure it got her up the hills.

The next few miles were the normal fell runners dream; mud, water, rocks and the odd sheep (one dead on the path). By the time we were a mile outside of Bamford it was actually flat! I wasn't sure how to run on the flat and it felt slightly like we had been away from civilisation for longer than 1 or 2 hours!

After running to the first steeple a pat on the back and a 'well done keep running, you're through!' I was off to face yet another 2 miles straight up, legs and lungs at this point I think had given up, when I thought I couldn't get any higher I was rewarded by a 100 yards of flat at the top of Win Hill. Then it really was down hill all the way; I knew by this point at another strangely located timing board, I was too far back to get through to the next steeple. After crossing the finish line for me at Hope we were given our goody bags (which has a brilliant medal and hoodie!) and transported to Castleton where we could eat and drink as much as we could curtesy of Redbull.

So I hope there is a few of you that could be tempted; I will be doing it again and I will get further, legs hurt, you have trouble moving but the smug satisfaction when you tell people what you have done is priceless. Incidentally the race is a reasonable price considering the goody bag and the stupid amount of food and drink including alcohol.



Want to keep more up to date with what's happening with your club?

Why not join us on Facebook for regular updates including upcoming events, interesting and funny stories, photos and useful tips to further enjoy your running experience.

Just click here

www.facebook.com/DerbyshireDynamos

We're also on Twitter @Jog_D_Dynamos

Race Results

Wilne 10k

Wayne Evison 00:36:29

Ian Chalkley 00:44:13

Phil Bentley 00:46:47

Darren Ward 00:51:47

Alison Mulnier 00:58:23

Debbie Gant 00:59:02

Susan Greensmith 01:06:12

Great North Run

Esther Plant 2:26

Percy Pud 5k

Balinda Bal 52.35

Ray King 57.30

Bolsover 10k

Mark Walton 47:19

Darren Ward 50:50

Susan Rogers 55:41

Karen Unger 59:23

Graham Stringer 1:04:36

Were you in an event? Want a shout out? Let us know and we'll post it up for you.



Seven Hills
PHYSIOTHERAPY

Stefan at Seven Hills Physiotherapy has kindly given all Derbyshire Dynamos a 30% discount on assessment and subsequent treatment until March 2014.

Do parts of your body cause you pain, feel stiff, or seem weak or unstable?

Do parts of your body cause you pins and needles or tingling, or feel numb?

Do any of these problems prevent your body from moving or working how it should?

Do any of these problems or loss of movement in your body mean there are things in your life that you struggle to do or can't do at present?

Do you feel your life would be more comfortable and enjoyable if somebody could help you with these problems?

If you answered YES to any, or all, of these questions then the Seven Hills Physiotherapy team are here to help. We will take great interest in listening to YOUR problems so we can find out how YOU would like us to help YOU lead a more comfortable and enjoyable life.

Please feel free to contact us for advice at sevenhillsphysiotherapy@gmail.com. You can find out more about us by visiting www.sevenhillsphysiotherapy.co.uk. Please follow us on **Twitter @7HillsPhysio** or like our page on Facebook at www.facebook.com/SevenHillsPhysio to hear about our further discounts and future promotions.



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