



21 Bellas finish Southside Six

“PROUD” RUN FOR SCOTLAND

Graeme Paterson and Russell Whittington were the pride of Bellas swapping the famous purple for the blue vests of Scotland.

Russell said, he “was proud to run for the Scottish Veterans for a fourth time, against the best in the UK. This race was in Glasgow and we appreciated the familiar shouting faces even if my pained expression didn’t show it.

The course wasn’t too muddy which just meant they set off at a blistering pace with Ireland leading the way. I held back and settled into my running.

I had to dig deep to get round four laps and gave one last push to try to catch a Welsh runner on the final bend, but he sprinted past me in the home straight despite my best efforts. But I was happy. Cross country is challenging and I am looking forward to trying to get into the team again next year for an away trip to Derry. It would be great to get more Bellas in the team, it’s a highly rewarding experience.”



Graeme said “This was the first time my parents had come to watch me run. Being part of the Scotland team is such an honour. It took a lot of hard training, the competition is fierce.

The race itself was a massive blur. I could hear lots of Bella voices and ‘Mon Scotland!’ but my main focus was just to keep running as fast as I could until someone told me to stop.

I remember thinking I had to do the business in a race jam packed with incredibly talented athletes. But I was calm. I had been training for this since March. I was pleased to achieve my race goal of a counter place - if only just! The icing was a Team Bronze medal. Thanks for all your support and to my wife Chi for being so patient!”



the Bletha

newsheet from Bellahouston Roadrunners

December 2016 issue 2

CHAMPION ANN ROBIN WINS THE JIMMY

Ann Robin finished an incredible year, winning the Jimmy Irvine 10k with a PB 38:41. Club president Richard Leyton called it ‘another fantastic result for what’s been a superb year for Ann.’

Ann’s win capped a season in which she has won podium finishes in towns and cities across the west of Scotland from Dumfries to Paisley to Glasgow either as an individual or part of the Bella team. Ann is Bellahouston Women’s Champion 2016.

Katie Mathieson and Claire Wharton joined Ann to secure the team prize for Bellas showing, once again, the depth of talent in the Bella lady’s team. Claire also won the Female V45 race.

Over 500 runners took part in the annual Jimmy Irvine 10k - Bella’s own event. The route takes in two laps of Bellahouston Park. A fast downhill start sets up a flat race with a couple of hair pin turns. This event is an undoubted success.



Ann Robin winning the Jimmy Irvine 10K

that our marshals and finish line crew provided brilliant support and encouragement - from registration, to catering, to marshals, to PA, to course setup/dismantling, to handing out goody bags and much more besides. It was a huge team effort.

Congratulations have flooded in for Greig Glendinning who was first Bella male across the line in 10th place in a season best of 34:49. James Montgomery and Iain Burns were 2nd and 3rd Bella males

There were also positive results across the club. Chi My Ta ran a PB and Julia McDonald ran a SB - showing they are back to form, Kevin Queenan bagged a PB as did Katie Mathieson, Tomoyo Fujiwara and Christopher Logue.

The pick of the bunch was Kelly Ludwig who knocked six minutes off her 10k PB, she says ‘I am elated. I still can’t quite believe it to be honest’



A big thank you to Henry as Race Director

Richard said ‘I want to thank everybody who helped make the Jimmy Irvine such an amazing success. So many members chipped in to help in all sorts of ways, but a particular big thank you to Henry as Race Director who organised a great Jimmy Irvine 10k. We got lots of positive feedback



Crimbo parkrun

Bellas are planning a fancy dress festive crimbo parkrun on Saturday 17 December. Rumours are rife as to what costumes are planned. This is the first time that the festive antics will join with one of UK biggest parkruns in Pollok Park.

Bellas love bella love, says report

BLETHA EXCLUSIVE
Coaches are a big positive and members appreciate the clubs supportive atmosphere. Those are the findings of a report leaked exclusively to the Bletha.

The Bella club committee has been carrying out survey of members and are delighted by the level of response.

Maz, club secretary is still analysing the results. She said “we are delighted so many replied. And that feedback is so positive. Especially about the support and encouragement members receive from each other whether on training nights or at races or socially. Its heart warming. Coaching is another big positive. Bellas are grateful for all their hard work. Bellas clearly recognise the effort coaches put into it.

We are also pleased people submitted good ideas and



Maree ‘Mad Maz’ Shezzardo club sec. & marshall of the day at SS6.

suggestions for improvement. We will start working on these as soon as we can - how subs work, how we communicate, more detail about sessions we run, and what sort of events are on offer throughout the year.

The survey shows members are what makes Bella so special. It came through loud and clear from the vast majority of respondents.”



What Bellas say about their club

“encourages all members to be the best they can and provides the structure for all this to happen”

“well thought out training sessions. Thank you coaches for all the time & effort you put into the club”

“it offers a great range of sessions and is open and friendly, inclusive and encouraging”

Bellas put them behind bars

Smashing awards night

Maz lost her award in MSloans; Keith left his award in the Casino; Danny went home with Roz’s money and house keys; Kev collected but dropped and smashed Keiths award; Maz’s award was found behind the bar 2 weeks later.

Photos of late night she-nanigans are still circulating on social media

Awards include Jane W & Jane G for all night dancing. Terry for dance of the night. Maz and Kelly for disco diva dancing. Men danced too... but jeez... guys...

Kevin, social convener said “Thanks to all for helping make it happen special thanks to Richard, Maz, Roz, Norman for photography and Danny ‘I used to be a roadie for the Nolans’ Phillips” (Bletha understands this last bit is true)



Tomoyo Fujiwara, V Champion



Bruce Carse Mens Champion



Late night Bellas losing trophies



Brian O'Donnell, Member of the year

(Awards Photos by Norman Boyle)



Going Donuts

A donut calorie count controversy has broken out. Bellas have even taken to social media to debate the dietary merits of this popular deep fried bun.



Rose McRobert, Bella athlete loves donuts

Shock reverberated when it was revealed jam donuts have less calories than plain scones. Bella athlete, **Rose McRobert** said 'I seriously love donuts. I'm going to have to eat twice as many. 350 calories in a scone 190 in a jam donut. Who knew?'

Unlike most Scots, Bellas are trying to eat more calories. **Chi said**, 'this revelation has turned my world upside down'

£700 for Hospice

Andrew Hardman thanked everyone for bellasupport after the death of his father.

Days after his father passed away, Andrew ran the Dublin Marathon with **John McGeehan**. He raised over £700.

The donations will be shared between Wigan and Leigh Hospice that cared for Andrew's dad, and Marie Curie. Bellahouston Road Runners also made a donation.

'SPIKES ON NUT DOWN' SAY X-COUNTRY CHAMPS

Cross country champs, Lynne Goldie and Graeme Paterson tell Bellas to get on your spikes.

Lynne Goldie, Bella XC champ 2015/16 said, "There is nothing not to like. You don't need to look at your watch, worry about pace, even if you have ran the course before, because the conditions will be different."

The Mud is trying to suck your shoes off - Lynne

If it's wet and muddy your feet sink into the ground. It gives you a super hard workout over a short period of time. If you are thinking that doesn't sound fun at all, I would say try it. I didn't think I would like it till I did my first one.



Bella, cross country team

The only thing you have to achieve is getting yourself in front of the person in front

of you and then keeping them behind you till the finish. It's not low tech it's no tech and the mud rinses clean off afterwards!"



Lynne Golide, cross country champ 2015/16

Graeme Paterson, Bella and Scotland XC international said "I won't lie, I am constantly thinking why the hell am I doing this, falling flat on my face (twice) or trying to jump gates in a cow field, or running through thick knee high mud in freezing rain so cold you can't feel your face."

It's an excellent way to build endurance & strength in your legs - running up big hills, on uneven surfaces builds the muscles resulting in greater strength & power, but it makes you mentally stronger too.

I can't recommend cross country enough. It's an excellent way to get to know club mem-

bers when you're all huddled together trying to shelter from wind, rain, sleet & snow.

Get your spikes on and get your nut down! - Graeme



And cross country is cheap. The only thing it's likely to cost you is a couple of toe nails.

There are not many sports where you can turn up & take part in the same race as athletes who run for Great Britain or have taken part in the Olympics.

Cross country will improve your road running. So get your spikes on and get you nut down!" And sign up for - **National XC Championships - Callendar Park, Faillkirk, 25 February 2017**

Bletha with David...



So David... why do you run? to keep fit, & kept it up thanks to parkrun. I can't thank parkrun, and all it stands for, enough.

Best run ever? Boston, along the Charles river, around Harvard, the Public Garden. It was horrific weather and yet, bliss.

A sport you'd like to be good at? Swimming, always lets me down in triathlons.

What do you do when not running? Breakfast at the Hyndland Fox! Go there!

Your mantra on a tough run? "the faster you run, the sooner it's over"

Best advice from a Bella? Graeme Paterson to stop worrying about my hair and focus on running quicker.

What don't we know about you? I find being by water uplifting. I couldn't live any closer to the Clyde without requiring a mooring. I travel a lot for work. You'll find me running along rivers and waterfronts everywhere I go.

Bucket list event? Great Scottish Run 2017 its the first time its doesn't clash with the Chester Marathon which my parents organise.

What do you eat to fuel a long run? Lots of shot blocks and caffeine gels, it's the longest I go without a coffee.

Any recovery techniques? Compression socks for the rest of the day and a glass of red & no cold baths! English people are cold enough up here!

.....Thanks David :)

RUNNING AFTER CHILDREN

Returning to running after having a baby is tough but you feel strong, say Bella women.

Chi is back to flying form. She returned when Joseph was 9 months old.

She says "I kept fit during my pregnancy. And since having Joseph I value my time."

"Lucy encouraged and ran with me during my first session - Lucy, you're a star! Getting back was so tough but it felt great. I'm really surprised at how fast my fitness has returned. I'm running stronger than ever. I come to training more prepared but don't put any pressure on myself as its a treat simply being there."



Chi, 2 PBs and in flying form

Julia, almost back to her best said, "I started running when Harry was 8 weeks. That first run was far harder than I thought. I felt so unfit. It took months to brave returning to club. I'm still not back to form but I'm pleased with where I am."

The best thing about running is you can just do



Julia is getting back to best

it and getting out makes me feel better. I go a few times a week, but struggle to fit in long runs."

"I ran the Jimmy Irvine 10k after being up most of the night, it seemed to enhance my performance. I got my best time this year!"

Helen with, Lily is 6 months old, she said



Helen, parkrun after 13wks

"Getting back to running has been great. I am starting all over again with PBPBs! (post-baby PB). It's important for my brain to get a break from all things baby and fresh air. I always feel energised after a run. It feels like a bit of time, to do something that I enjoy, just for myself."

Balance Improves Performance

Balanced training improves your running, says Bella fitness guru.

Oscar Wild runs £5 Bella workouts at The Performance Lab, Kinning Park, Tuesdays 5, 6 & 7pm. First class free!

Oscar, a Bella coach, says, "Any core fitness class will benefit you. Mine are runner specific, to improve core strength & flexibility. Sessions are hard but will improve your running technique."

Runners suffer from RSI and weakness in glutes, adductors and abductors & tight hamstrings, calf and quads. Strengthening weaker muscles and improving flexibility can really help"

Performance Lab is for all-round training. Oscar does not get paid, but has a close relationship

After 100 squats you beleive you can do anything - Kenny McDonald

with the gym, so Bellas get discounted rates for sessions and packages.

Coach **Gerry Scullion** has trained at Performance Lab for 4 years with no injury problems. he says, "It strengthens your upper body which supports your legs as you run. It also trains your mind to accept pain"

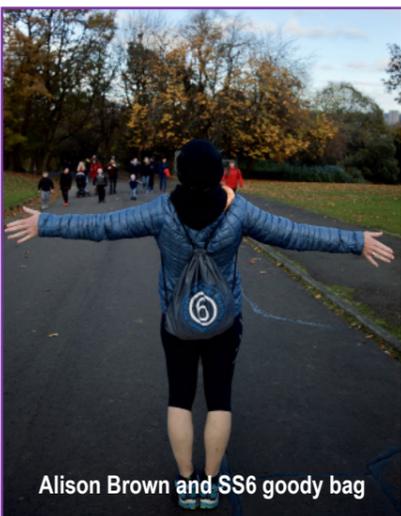
Bella, Kenny McDonald says "Oscar's reaches

muscles others fail to reach. The O-word is a crucial part of my fitness regime. Its hard but has mental & physical benefits."



Marathon runner, **Alison Brown** "I totally recommend, absolutely love it! Not easy but supportive like club, and great advice from Oscar"

SIXTEEN MILES, SIX PARKS, HILLS, STEPS & SOUP Risky Business



Alison Brown and SS6 goody bag

Southside Six is a treat on the running calendar.

Kings Park, Linn Park, Rouken Glen, Pollokpark, Bellahouston, finishing at Queens Park Rocky-steps and home made soup.

Kevin Queenan was first Bella home for some soup, in 1:47:42. "I love the relaxed atmosphere. The first mile is downhill. I got carried away. Then I kept a steady pace, trying not to expend energy in the hilly first half."

You collect stickers in each park to prove you've been there - like Sonic the Hedgehog collecting rings without the somersaults. I



George, Hamish, Brendan, Kevin

had three attempts at grabbing a sticker in Kings Park but failed, I just carried on hoping no one would notice the missing sticker at the finish. Other park marshals just slapped the sticker onto my number although it did come close to a punch in the guts.

There are also steps in



Bellas supping south side soup

Linn and Bella Parks and a ridiculously hilly finish in Queens Park which is constantly on your mind as you have to save energy to climb up to the finish line. Thanks to organisers, and Team Bella for support and marshalling, and special mention to marshal of the day, Mad Maz."

Coaches are risk assessing training routes.

Jill Herbert explained to the Bletha, "The coaching team carry out risk assessments for each training session to help keep participants safe."

"It's a team effort we run or cycle the route prior to a session to help identify any safety issues and submit a report."

"Coaches, on the night, always read the assessments as part of

their preparation and will make you aware at the start of each session what to pay particular attention to before you start to run."

A source close to the president said that yellow bibs are also being made available at Bella nights - after it was suggested on the club survey.

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