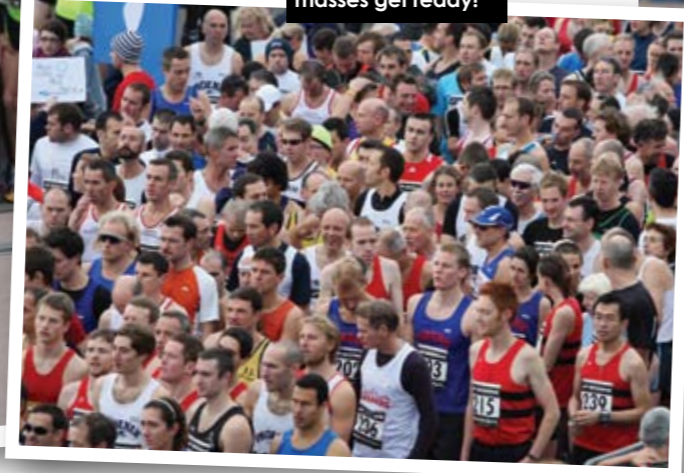




Brooks sponsored athletes and the masses get ready!



**THE RACE: BRIGHTON 10K**

# SEASIDE STORIES

The Brighton 10k has been held since 1984, and every year around 2,500 runners head to the coast to chase a PB on this super-fast course. Fiona Bugler talked to fellow runners about their race

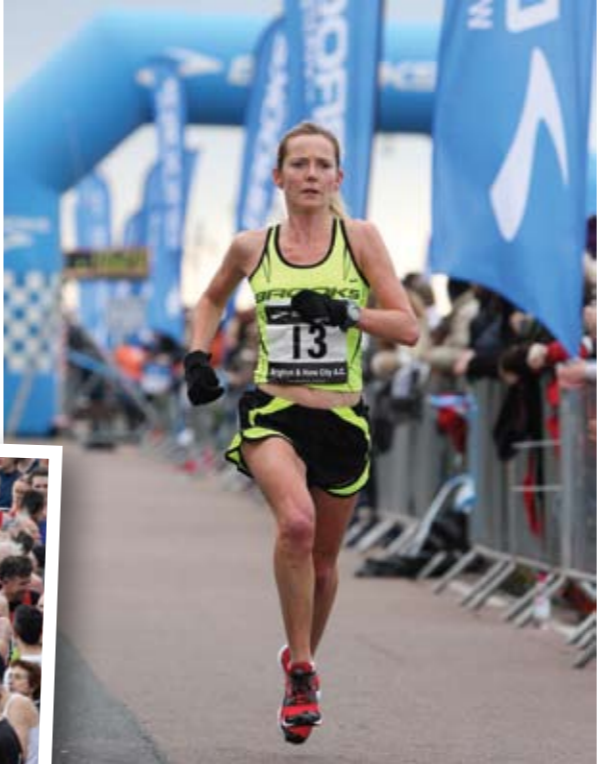


**Claire East's race**  
**"I just wanted to get round!"** Time: 44:20

Claire East, 40, is married to Mike East, a former 1500m international Olympian. They met at the Mountbatten centre, Portsmouth's local track. Claire has a history as a track runner and an 800m PB of 2:11. She decided to run Brighton as she was there for the weekend

"I run when I can – and as I have young kids I can only run once or twice a week. I wasn't planning to race but as we were there with Mike's work, I gave it a go!"  
 "Not being able to run too often is a blessing in disguise, as it meant I had a rare injury-free period. When the children get older, I hope I can run a bit more and build a more substantial base."  
 "When I race, I get very competitive with myself, push hard and get injured. But for this race I really did just want to get round and feel okay afterwards. I have only run 10k twice, including two years ago when I had to spend the afternoon in bed after the race!"  
 "I was feeling tired before the race."

We had been out with friends on the Friday and didn't get to bed until 12.30am (I'm normally in bed by 10pm)! We had a full family day on Saturday, and a second late night (our youngest had decided she wanted to sleep with me).  
 "The race was great but my lack of mental strength threatened to kick in at 7k. The longest run that I have done in the past year is five miles. To change my mind-set I thought about my friend who runs even more rarely than me! She was running the *Gosport Half* on the same day (she enters half marathons for fun), and her theory is, it's all mental so stay positive. I thought of her having to run 13.1 miles and me just six – it worked!"



**Sonia Samuel's race**  
**"Brighton was only my 3rd 10k"**

Time: 33:53, 5th woman

Sonia, 31, a Brooks sponsored athlete from Loughborough, started running at the age of 12 and was a successful junior cross country runner. Her goal was to run under 34 minutes

"I train hard and as a full-time teacher, my daily schedule is very hectic. I do my morning run at 6am and I'm out of the door for 7.20am as I have a 45 minute drive to school. I get home at 5pm and at evening training for 6.30pm.

"I used to only run on the track and in cross country but took up 10k earlier this spring. I came within three seconds of qualifying for the Commonwealth Games! I was so disappointed not to be selected! Brighton was my 3rd road 10k and my goal was to run under 34 minutes and stay as close to my husband Nick as possible. (He ran a new PB of 31:20.)

"It was exciting to be back racing after a long break since the summer due to a foot injury. I only had two weeks solid training leading up to the race. That means two hard speed sessions and running every day. I didn't taper or do any special preparation.

"Before the gun went off, I felt nervous but that's a good sign, I tend to be quiet, so I can focus on the job ahead. At the start, I felt a bit race-rusty, and struggled with the pace for the first 3k. But by the last 3k I was catching and overtaking other runners – and I love that feeling!"

**Fiona's Bugler's race**  
**"I decided not to worry about the outcome"**

Time: 39:37, 4th V35

Our editor, Fiona, 43, who did her first 10k just over eight years ago in 47 minutes, achieved PBs in all distances in 2010, but had yet to crack a sub-40 10k. After a string of races where things didn't go to plan, she'd almost given up hope...

"After I wrote about my near miss at a sub-40 at the *Loch Ness 10k* (October issue), I went on to race five weeks consecutively and each time I raced, I performed worse than the previous week! I wasn't feeling confident, and wondered whether to run at all.

"Like many runners I couldn't quite work out why I was having a bad patch, but when I analysed my training, I noticed that mileage had dropped off, and five weeks of racing was too much.

"I knew deep down that it was my last chance to go for a sub-40 for some time. I decided to not worry too much about the outcome (and accepted that I might run around 41:30). After all, running is meant to be for fun.

"The weekend was very relaxing, I slept and ate well, and hadn't raced the week before. But, on the morning of the race, I still wasn't sure how I'd feel when the gun went off.

"What a relief, when I started running, I felt good (and I hadn't felt like this for a long time in a race). I knew I'd gone off too fast (Garmin recorded a 5:59 first

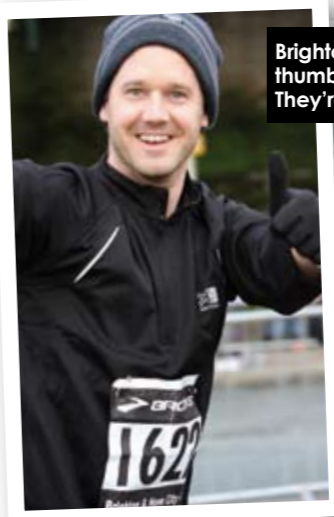


RACES

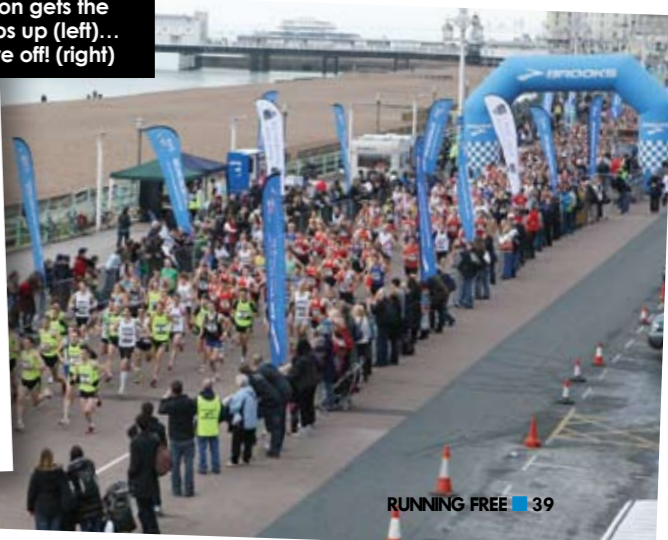
mile!) but that's not unusual for me. A couple of other local women went past and I decided that I wasn't going to worry about them. But I was also pleasantly surprised to find I was staying with them at 6k – and pleased to run 19:35 for 5k (a PB!).

"My race plan was to run every kilometre under four minutes. And when I got to 7k with plenty of time on the watch, I knew my sub 40 goal was close.

"But after my hare out of the trap start, I had slowed down and by 8k I realised that there wasn't as much room for manoeuvre as I'd thought. However, I hung on in there and was ecstatic (plus a little sick) when I crossed the line! Finally, finally I'd cracked 40 minutes!"



Brighton gets the thumbs up (left)... They're off! (right)





## Seán Connolly's race "My goal was to be competitive"

**Time: 29:19, 1st place!**

Seán Connolly, 28, from Tallaght in Dublin was delighted to win the race. He's coached by Dick Hooper (a three-time Olympian and 2:12 marathoner). He runs up to 115 miles per week and plans to move up to marathon later this year

"I have been running since I was 12 years old. I played Gaelic football, hurling and soccer as child but decided to solely concentrate on running when I was 16. I took up an athletics scholarship at Iona College, New York after secondary school and studied Finance. When I started work, I gave up the sport for almost two years (2006-2008) due to injuries (sciatic problems) and lack of motivation. But I got back into it in early 2009 and things have been going well since, with PBs in 2010 in 1500m, the mile, 3000m, 5000m and now 10k!

"My training had been going very well over the eight to 10 weeks before the race and my workouts suggested that I was in 29:30 shape, if not faster. My goal was to be competitive and let the time take care of itself so I was very happy to win against a strong field.

"I felt pretty good pre-race. I did an easy 10 minute shakeout jog at 6.30am to wake the body up, and my legs felt

pretty fresh. Having said that, I try not to read too much into how I feel before a race as I have run some of my best races feeling terrible or sluggish. I have a better idea how the body feels after a mile into the race!

"I began a taper midweek, as the week after the *Brooks Brighton 10k* I was taking part in the Irish inter-county cross country championships (and European Trials). Typically, I run 110 to 115 miles per week, so I'd dropped my miles down to 90 the week of the race.

"It was fantastic to cross the line in first place and improve my 10k road PB by 19 seconds. The race organisation and atmosphere were both excellent and we had great support from the Brighton locals along the promenade. Like most runners I always think I could have gone a little faster as the conditions were ideal for a sub 29 and course record – but unfortunately the pace slipped between 6k and 8k... There's always next year!"

## Tracy Duke's race "It really mattered to me!"

**Time: 55:20**

Tracy Duke, age 39, has only recently started to take running seriously. The Brighton 10k was her second race and first 10k

"I hadn't taken any running seriously before. I did the *Eastbourne Half Marathon* two years ago in a deal with my husband that if I could complete it, he would come to ballroom dancing. He hasn't kept his half of the bargain!"

"I'd been training with my personal trainer, Mike Ovens (RF's personal trainer), for three months. Mike had planned a schedule for me running five days each week at varying paces and distances. I could feel the increasing fitness and strength as the weeks progressed. What seemed impossible at the start ended up being okay.

"I didn't want to put pressure on myself but people were asking me what time I wanted to do. I said 53 minutes but was secretly hoping for sub 50.

"The week before the race I was a nervous wreck. I had trained hard for three months (although had only focused on the race for three weeks) and it really mattered to me. I had nightmares about taking three hours to finish.

"I was glad the day had finally come and was excited to get going. My race plan was to run the first 5k comfortably with my heart rate at 160 bpm and then go for it at 180 bpm for the second half.

"The start was amazing. I loved the atmosphere and excitement with all that adrenaline. And when we turned for the home straight and looked out across the beautiful calm sea I felt so privileged to be there at that moment. I had hoped to run faster but it was a great day and I'm now more determined than ever."

