

Podcast #1

Presenters: Dave Peacock & Alan Marshall

March 2009

Length: 55:53

Introduction:

In the inaugural podcast Dave and Alan provide an unexpectedly professional first podcast, which receives largely favourable feedback from a surprised and sceptical ER membership.

Content:

- Club News includes in-depth analysis of the summer 'Runs' programme, including the price of chips and the prospect of a summer Parlauf;
- Monday Night training where, when and why we do it;
- Fell Champs review including the Anthony Labram Blog;
- Road Race Champs review includes Stanley Park 10km report;
- Runner profile on our very own Alan Marshall, learn about his early days as a runner to him joining ER to training for the forthcoming NYC Marathon;
- Coaches Corner looks at Hill Reps.

Podcast #2

Presenters: Dave Peacock & Alan Marshall

April 2009

Length: 25:03

Introduction:

To the surprise of many and to themselves the dynamic duo were back and in what proved to be an enduring feature they completely ignored the criticism of the previous podcast.

Content:

- Podcast #1 feedback;
- Fell Champs review including the Anniversary Waltz and Latrigg races;
- Road Race Champs review includes the Redcar ½ and the Round the Houses race in which the ladies won the team prize and Alex Davies produces an excellent performance;
- Coaches Corner how to avoid stomach cramps.

Podcast #3

Presenters: Dave Peacock & Alan Marshall

Guests: Karen Heaviside, Julia King and John Bridge

April 2009

Length: 37:22

Introduction:

With the pressure to perform (competently) increasing Dave & Alan turn to guests for the first time in a post London Marathon special.

Content:

Guest interview includes:

- What inspired them;
- When they started training;
- Their marathon history and plans for the future;
- Longest training runs & tapering;
- Pre-race preparation;
- Race experience;
- Post-race results.

Podcast #4

Presenters: Dave Peacock & Alan Marshall

Guests: Andy Sharples

May 2009

Length: 61:34

Introduction:

Andy Sharples guests and introduces our podcasters to 'refreshments'! Following this experimentation Andy talks about throwing donkey's off church towers and the Torremolinos 10k, a race from his apartment to Burger King and back.

Content:

- Club News includes Junior Club donation, Penrith Triathlon reviewed, ER Olympics and Anthony Labram retires from Triathlon, rubber suit for sale?
- Road Race Champs reviewed, Karen H leads but its tight, Alan M leads Men's event, all quiet on the Fell front;
- Problems with Road Race entries closing early and the on-line VLM ballot causes problems;
- Race reviews include Raby Castle 10k, Grassmere Gallop, Garburn Trail Race and Hawkshead 10k;
- Coaches Corner, make sure your training does not let you down in a race the mysteries of VO2 Max, Cytochrome C and Mitochondria are revealed;

Eden Runners Podcast Notes

- Races: most and least favourite races, hardest, most scenic, best atmosphere and best memento discussed;
- Andy Sharples interview (the journey).

Podcast #5

Presenters: Dave Peacock, Alan Marshall & Andy Sharples

Guests: Rhiannon George

July 2009

Length: 55:46

Introduction:

Andy takes his place as a presenter and the pod team investigate the mysteries of Fell Running and Triathlon with Rhiannon George and the Rants/Gripes section is born.

Content:

- Following the completion of the Northumberland Coastal Run the results of the Road Race Champs are announced following dramatic scenes as Karen Heaviside fails to attend and Julia King storms to victory. Alan Marshall takes the men's title amid emotional scenes!
- Eden Juniors gain promotion to the Premier League of English Athletics;
- Penrith Triathlon explained;
- Monday night training moves to the QEGS Pavilion;
- Gripes section includes GNR, On-line race entries, VFL and spitting!
- Rhiannon George interview includes eating cake and meeting Joss Naylor.

Podcast #6

Presenters: Dave Peacock, Alan Marshall & Andy Sharples

Guests: Karen Cummins & Tony Lowery

Sep 2009

Length: 54:02

Introduction:

The strange beeping in the background is Andy placing reminders in his mobile and Karen clashes with Tony over the wearing of I-pods during races and decides to change her hair colour!

Content:

- Winter training programme and Time Trials explained;
- XC fixtures discussed;
- Tony talks about his idea for a C2C bike ride; that will never happen!
- Knee operations;
- Rants section includes Shale paths, Strictly Come Dancing, Fluorescent Tops, People who run with dogs & people who blame Brendan Foster for the demise of British distance running.;
- Tony & Karen interview includes how to survive the Penrith Triathlon and their race experiences.

Author: Dave Peacock

Last Updated: 23 August 2010

Podcast #7

Presenters: Dave Peacock, Alan Marshall

Guests: Julia King

Nov 2009

Length: 42:18

Introduction:

Due to extreme flooding Kevin, John & Karen are unable to reach the podcast studios, fortunately Julia King and Alan are closer to hand and the New York City Marathon special goes ahead.

Content:

- Club News includes the Club's successful presentation night and Eden Juniors 10th anniversary celebrations;

NYCM interview includes:

- How to get a place;
- Travelling and accommodation;
- Pre-race preparations and getting to the start-line;
- Race highlights & experiences;
- Post-race celebrations & reflections.

Podcast #8

Presenters: On-location Gianni's Penrith & New York, U.S.A.

Guests: Numerous

Nov 2009

Length: 8:46

Introduction:

The pod team's first outdoor recordings span the Atlantic.

Content:

- On-location interviews at the prestigious ER Presentation Night;
- Stateside musings by Alan Marshall pre-race, post-race and the morning after.

Podcast #9

Presenters: Dave Peacock, Alan Marshall, Andy Sharples

Jan 2010

Length: 57:50

Introduction:

In sub-zero temperatures ER ends 2009 and enters 2010 in triumphant form as they take County Champs titles and the team prizes in the 9 Standards Race.

Content:

- Autumn Race Series is completed Andy Walker and Julia King (again!) triumph;
- ER take several titles at the County XC Champs;
- ER takes both team prizes in the 9 Standards Race;
- 2010 Road Race Champs reviewed including where to get 'free' beer and sandwiches;
- 2010 Fell Race Champs reviewed;
- Worst and best pieces of kit ever bought discussed.

Podcast #10

Presenters: Dave Peacock, Alan Marshall, Andy Sharples

Mar 2010

Guests: Alex Davies

Length: 64:27

Introduction:

Find out about the 'Man' behind the beard as Alex Davies is grilled by the team.

Content:

- Feedback from the Club's physiotherapy sessions;
- The Lady with the 'big' balls;
- VLM reviewed;
- Alex Davies In

Podcast #11

Presenters: Dave Peacock, Alan Marshall, Andy Sharples

June 2010

Guests: Gill Dean-Sharples-Dean, Sally Spence

Length: 23:11

Introduction:

Technical difficulties and a poor performance by the England football team combine to produce a short but hilarious podcast as Gill coins a new marketing slogan for the North East of England Tourist Board.

Content:

- C2C bike ride discussed and applauded 'it's not all bad in the North East!
- Gill & Sally interview covering the trials and tribulations of the uncompetitive runner.

Podcast #12

Presenters: Dave Peacock, Alan Marshall, Andy Sharples

August 2010

Guests: Andy Walker, Joanne Briggs, Tony Lowery, Ian Horne, Alex Davies, Julia King.

Length: 56:39

Introduction:

Mayhem reigns as the ER committee gather to let you know what they do and what they gripe about.

Content:

- Road and Fell Race champs final results announced;
- Skipton Cup publicised;
- Junior crisis averted?
- Andy S will announces he will now be showering at home rather than on the roadside; relief all round!
- Julia talks about her most recent injuries;
- Ian Hodgson Relay news;
- Xmas party advertised;

Committee explain their roles:

- Andy S explains the importance of being a Chair rather than a Chairman;
- Andy W explains why being a party animal is an important part of being a Social Secretary;
- Tony L admits that he has shortcomings as a XC secretary but is applauded for his magnificent work in organising the C2C;
- Alan M guardian of the Club database and more;
- Joanne B has no portfolio but she introduced the Club to the Lady with the big balls;

Eden Runners Podcast Notes

- Ian H believes the hills are alive;
- Alex D no portfolio but is he about to be the next Robert Maxwell?
- Dave P Junior co-ordinator.

Gripes of Wrath includes skips, England footballers, white van drivers, women drivers, road re-surfacing, being overtaken on the finish-line, family holidays, European Athletics Champs and race timing!