



Fleet & Crookham *Athletic Club*

Monthly Update – January 2015

Hi All,

So here we are in January again. I hope that all members were able to enjoy a great Christmas and New Year. No doubt we all ate and drank too much and have a few pounds to shed over the next few weeks.

It has been a busy time since the last Club Comms. We have had several cross country events, the Xmas handicap and the Memorial Run for Mike and Steve last Thursday. Ged from HRR sent the photo below through – it was a good turn out from both clubs. The youngsters were out training when the photo was taken.



Sadly I wasn't able to join everyone at the Memorial Run last Thursday due to a family funeral but from what I have heard it was a successful evening. It gave us an opportunity to remember two very important club members who had both been great runners but also great volunteers within their sport.

This month we see the start of the formal half marathon training on Sunday mornings, the second half of the cross country season and we all begin to focus on what events we want to run in the spring.

I have been given the go-ahead by my physio to start a bit of running again so I hope to see you all very soon on club nights.

Remember this is your club comms so if you want to make a contribution to next month's edition, do please send it to me.

Penny

Fleet Half Marathon 2015

Although we have seen a slightly slower uptake on places due to a number of other local and new races taking place on the same day, places are filling up. When you take into account the number of places we reserve for the military we have now have less than 400 places left. So if you know anyone who hasn't entered the half marathon yet and who wants to run, encourage them to enter now or they may be disappointed.

When I look at the entries there are some interesting statistics that can already be seen:

- 98 different running or triathlon clubs will be represented on race day
- From entries to date 62 different charities will be represented on race day
- Only 25% of the entries received so far are from runners who are attached to a running or triathlon club - that is an awful lot of runners who are out there running and not benefitting from being a club member or running with others
- Many of the runners at the Fleet Half Marathon are people who return to Fleet year on year.....we are obviously doing something right

The organising team are now in their busiest period. We are always looking at new ways to improve the event but also sticking to the things we know that work.

New for 2015:

- Slightly revised finish line - the race will end about 2/3rd along the tennis courts - just as you approach the scout hut. This gives a nice straight finish run - you will be able to see the finish line when you re-enter the park from Reading Road North.
- In addition to the medal for each finisher there will also be a gift
- For a well-earned drink after the event, in addition to cold drinks provided to all finishers, you can also celebrate your success with a beer from the mobile bar
- On the route we will have an additional water station, giving you 5 on the route and 1 at the finish
- On 2 of the water stations we are trialling the new water sachets instead of cups. These sachets are easy to open and easy to carry so you can hold onto them for longer. They hold

more water than a cup and you will not spill as much. They are less of a hazard than discarded bottles. Let us know what you think of them

- A new medal design - very different to anything we have done before

We want to get a team photo before the race starts and more details of where will be sent out before the race. We have over 40 members of the club running which is great news especially when you realise how many club runners give up their opportunity to run because they are committed to help organise or marshal the event.

If you have any family members or friends who are willing to volunteer as a marshal we are now recruiting the 120+ we need. Please email details to volunteers@fleethalfmarathon.com - we can never have too many.

Are you a social media guru? Are you willing to get involved with the half marathon? We dabble with Twitter and Facebook but it would be great if we had a new addition to the team who could focus just on this element for us. If you can help, please let Penny know.

Congratulations to our races

The Fleet 10km has just been voted into Runners World Top UK 50 races - what an achievement for Rich as his first year as Race Director.

The Fleet Half has also been voted into the Women's Running Top UK 100 races.

As a club we should be very proud of the 2 events we put on.

Club Training sessions

Bob has updated the calendar on the club website with details of the training sessions for Tuesdays, Thursdays and Sunday mornings. Remember to check out where and what we will be doing before you come up the club.

Going snowboarding this winter?

New club member Darren owns The Snowboard Shop (www.thesnowboardshop.co.uk) Reading Road South and he is offering all club members 10% discount on non-sale items.

The store also stocks clothing, skateboards, luggage, gloves, hats, goggles and many other accessories for adults and youngsters so why not pop in and see Darren.



Fleet Half Marathon Training



In recent years our club has organised a series of training runs in the ten weeks leading up to the Fleet Half-marathon and invited non-affiliated runners from Fleet area to join us. The objective of inviting non-affiliated runners was to recruit new members for our club. Last year we only had one person join us out of over 40 trainees in spite of handing out membership forms at the final session and verbal requests to join us.

This year we had intended to make a charge of £10 temporary membership to non-affiliated trainees. As an incentive the £10 would be discounted from their full membership fee if they joined us. Unfortunately this year, due to injuries and other commitments, we are unable to provide sufficient leaders to cover the 10 weeks at up to 3 levels of ability so have decided to focus the sessions just for existing club members so that the numbers are manageable. We are still keen to encourage our members to follow a schedule that will give them a sound preparation for the race.

To this end a schedule has been prepared and this will be posted on our club website and a hard copy pinned in a prominent place in the club hut. Attendance on a Sunday will be organised on an ad hoc basis i.e. Groups of similar ability will form naturally and it is requested that regulars will help to lead each session. On-road and off-road routes from previous years are available covering the scheduled distances. Remember the key is to run with people who are a similar pace to you - talk about what time you want to do in the race and then work together to achieve it.



Personally I will be attending most sessions and leading some off-road routes at an intermediate pace and distance.

To supplement the Sunday runs, which are the long-run element of HM training, Penny will tailor the track sessions on alternate Wednesdays to provide relevant Interval Training. Additionally the club has regular interval sessions on Tuesday evenings, most of which have a gradient element, and intermediate distance running on Thursday evenings. To achieve your best in the half-marathon, a minimum of 3 running sessions per week is recommended supplemented with cross-training, weight training and core strength exercises to reduce the risk of injury.

Should we get any non-affiliated runners turn up on Sunday mornings, please make them welcome and invite them to try one session but if they are already a member of another club, politely tell them that this year is club members only. To take part in future half marathon training, they need to come along to a couple of evening training sessions and if they like the club they must join to become a full member.

We've got an encouraging number of club members registered for this year's race. Please take advantage of the Sunday morning long runs.

Bob Cornwell

Cross Country Update

Well it has been a great season so far in many respects. At the Southern League on Sundays the club has put in some great performances and currently lays joint 5th in the league out of 22 clubs. For the Hampshire league, results haven't been quite so good due to lower numbers taking part but some good individual performances have been seen and overall we are doing well in both the men's and ladies vet's leagues. The numbers entered into the Hampshire County Champs was disappointing this year and we hope to focus on a bigger team for this event next season. The timing of the event doesn't help though - the first weekend after New Year means there are always members still away and tied up with celebrations.

Southern League - The Bourne Woods, Farnham - 7th December - Penny

With a great men's team out the ladies struggled a bit because of holidays. Luckily we had four ladies out which was just as well as I decided to test out the emergency procedures for this event and ended up being taken by ambulance to A&E with a suspected broken ankle.

The organising team from Farnham Runners were superb. My thanks goes to Nick Holmes who stopped when I turned my ankle and effectively gave up his race to stay with me until help (and my hubby!) arrived. You don't often see me crying, but I did cry on this occasion.

After a piggy back to the road side and an ambulance to Frimley Park, luckily x-rays revealed no break but significant ligament damage. My thanks goes to all the club members who were at the event for your concern and messages.



But the team didn't need me anyway.....

Our results from this third fixture were as follows:

Men - 267 finishers - 9th team

Ben Raggett - 11th

Mark Skennerton - 42nd

Simon Thompson - 47th

Tom Barton - 63rd

Mickael Hegesippe - 66th

Nigel Duke - 75th

Dom Lobo - 99th

Douglas Smith - 129th

Ben O-Conner - 138th

Adam Holmes - 177th

Nick Holmes - 191st

Bob Cornwell - 227th

Ladies - 142 finishers - 9th team

Sarah Todd - 41st

Kate Raggett - 46th

Holly Cartlidge - 50th

Southern League - Lord Wandsworth College - 28th December

And then came the mud.....and what a muddy course Lord Wandsworth was. Sadly I couldn't run but I did walk round the course and could see what the conditions were like. Well done to everyone who did this race - it is probably the hardest course of the series.

Men - 245 finishers - 7th team

Ben Raggett - 19th

Tom Barton - 30th

Mark Skennerton - 31st

Nigel Duke - 64th

Douglas Smith - 69th

Dom Lobo - 87th

Rich Jackson - 91st

Ben O-Connor - 108th

Rob Kidd - 121st

Nic Holmes - 160th

Kevin Abbott - 177th

Bob Cornwell - 197th



Ladies - 149 finishers - 7th team

Philippa May - 16th

Lisa Hale - 18th

Sarah Todd - 51st

Kate Raggett - 52nd

Tracey Duke - 67th

The next Southern League is on Sunday 25th January at Manor Farm Country Park near Eastleigh. This is a really nice course running close to the River Hamble. A mixture of grass, woodland trails and some mud through the farm. Car sharing is recommended for this one as parking is tight.

Hampshire League - Popham Airfield - 6th December

A small team out for this event but all ran well.

Men

Michael Hegesippe - 142nd (50th vet)

Dom Lobo - 147th (54th vet)

Douglas Smith - 176th

Rich Jackson - 177th

Roger Hill - 221st (108th vet)

Dave Laxton - 242nd (125th vet)

Currently lying 5th in the vet's league after 3 events.

Ladies

Lisa Hale - 45th (17th vet)

Evelyn Farrell - 86th (46th vet)

Joanne O'Conner - 103rd (61st vet)

Currently lying joint 6th overall in the vet's league after 3 events.

Christmas celebrations

A big thank you goes to Gita and Elaine for arranging the excellent Christmas meal and raffle at The Tweseldown. The venue certainly put on a spread and I would recommend it. The proceeds of the raffle were donated to the British Heart Foundation in Steve's memory.

We had a great turn out for the Christmas handicap on 21st December. This year the weather was kind to us.



With plenty of runners a good time was had by all. Drinks and nibbles were provided for the runners when they returned to the Club HQ. The mulled wine went down well until we blew the electricity supply - apologies to those (including me!) who didn't get a mulled wine.

The Santa Hat run - although numbers were low as it was the 23rd, we had a good time and brought a bit of Christmas cheer to the roads around Fleet.

A few honks of the horn and comments from walkers showed we were noticed. We did a slightly different route this year and stopped off at Ben's for Kate to take a photo of us.



Aldershot Track Sessions

If you are looking to add some pace to your running or just some variety to your training runs in 2015, then the bi-weekly track sessions are a great way to do both. For me, the best thing about a track session is the opportunity for an uninterrupted interval session - no roads to cross or cars to avoid, no trees to jump out at you, no dogs just being 'friendly' and a smooth, flood lit surface.

The track session usually consists of a gentle warm up jog around the track, and after some high knees, bum kicks and a few grape vines to get some heat into your muscles we embark on around 40



minutes of interval training. Depending on what Penny has planned, this can be a pyramid type session, a set distance repeat or a set time repeat session.

The pace of the interval training is set by you. It is as fast or as measured as you want it to be. There is no having to keep up to stay with a group as you are never at the front or at the back at a track session, because on the track there are always people in front of you and behind you. But if you are mildly competitive (like me) there is always someone in front of you to chase down and that can help to motivate you when the legs are tired and the lungs are gasping.

I joined the club in 2013 to try and do better at running. I had taken part in the Fleet 10k and half marathon for a couple of years but felt that I had more in me than I was achieving - and it has been these track sessions that I think have been key to improving my performance. So if you already come along to these sessions, you'll relate to some of what I have written. But if you haven't tried it yet, then give it a go this year.

And remember, if getting faster isn't your thing, then think of these speed sessions as training that will just make your everyday running easier.

There is one last thing that I find makes a track session special. It is the theatre of running. Stepping out onto the track - that purpose built arena where I watched on TV our Coe and Cram, Radcliffe and Pavey turn on the magic that cannot fail to inspire others. And whilst we may never become an Elliot or a Farah, it's great to dream and steam around those bends ... roll on Wednesdays, I hope to see you there.

Ben Raggett

The Laufclub Auensee Leipzig 10k

I thought our readers may be interested to hear about Fleet and Crookham AC's presence at the premiere European New Year's Eve 10k race held by the Laufclub Auensee Leipzig, Germany.

The race is held around a small lake (the Auensee), along the canal and through the woods on the outskirts of this beautiful and fascinating city. The race was made all the more exciting for 3 reasons: my brother and his family live there and it was my sister in law (Lindsay) who entered Kate and I for the race as a Christmas present; we had had a 4am start to catch the 6:20 flight over that morning; there was a thick blanket of snow covering the whole course (and as far as the eye could see). Never have Yak-Trax come in so handy (Google them and put them on your Christmas list for next year).

With meticulous ex-East German organisation, the race started at 12:00pm on the dot. 400 people had turned out for the race in a variety of attire ranging from the keen (in shorts and vest - me), to the ridiculous (a wise man complete with crown). Most people had gone sensible and had a number of layers on to protect from the snow and freezing temperatures.





With some minor bunching near the front just after the start, the run took us away from the main running track, over the canal and into the woods. Family support was on hand around the 2km mark in the form of my brother and 2 of his children shouting words of encouragement in both English and German. The field spread out through the woods as conditions underfoot remained slippery and soft. Crossing back over the canal and completing a lap of the Auensee on hard packed snow signalled half way and it was best foot forward through the woods and back across the canal for a finish in front of the clubhouse.

A great race was had by all and the endless Gluwein supplied for free at the end helped to kick start our journey into the New Year. It was a real treat for Kate and I to run a race (in our club tops) on Lindsay's home turf and to take part in such a friendly and enchanting race around the snow covered woods and canals of Leipzig.

Results:

Ben 21st out of 299 in 39:28

Lindsay 15th out of 125 in 49:29

Kate 23rd out of 125 in 51:34

P.S. Neither Ben or Kate is in the photo but it does show the conditions! Ben Raggett

Meal Plans for Runners

If you're taking on a challenge this year, be it a 5k or a marathon, getting your training diet spot on will help you go that extra mile. Sports nutritionist James Collins works with elite athletes from



Team GB and the Arsenal football team to hone their diets for sporting excellence. Here he shares an example training plan, which you can tweak and build on to help you reach your goals...

Visit www.bbcgoodfood.com - Meal Plans for Runners

Contributions to the next comms

The next comms will come out in February. Any contributions should be sent to pka_abbott@yahoo.co.uk

