

Fleet & Crookham Athletic Club



Monthly Update – June 2013

Hi All,

Well it was the longest day of the year on Friday which means we should be enjoying long sunny summer days! Sadly this doesn't seem to be the case - I am writing this comms on a cloudy, windy day whilst wearing a fleece!

We have had some nice warm evening runs and it is on the nice warm evenings when we are off-road that you realise how lucky we are to have the various of-road routes around Fleet. The water catchment and Army training areas, the canal, Fleet Pond and Elvetham Heath wildlife area all provide fantastic opportunities to do almost all of your summer training off road.

There have been lots of local races across the past few weeks which provide opportunities for you to take part in local runs representing your club. Remember to wear your club vest or t-shirt and also stay around after you have finished your own run to cheer on your club mates. Details of more local races are included in this comms.

Any contributions for next month's comms should be sent to me via email pka_abbott@yahoo.co.uk. Remember it is YOUR club comms, so contributions from lots of different members of the club make it far more interesting to read than if it all comes from one or two. Also please respond when we ask for your thoughts - you can always chat to me or the other committee members at the club.

See you at the club!

Penny

Welcome to new members

A big welcome to the following new over 18 members who have recently joined F&C AC:

Selina Goulden
Sue Tappern
Fiona Winstanley
Suzanne Reng
Rachel Boow
David Taylor
Richard Sutcliffe

We hope you enjoy your training and racing opportunities with the club and it is great to have you on board.

The ladies above have all moved over from the Run England Group and have made fantastic progress since they took the step to join the group last November.

From Run England group to joining the club

I started running about a year ago, mainly jogging a few kilometres a couple of times a week. When I saw Nikki's advert setting up a new running group (as part of Run England) I was excited to join in, to improve my "plod"! I remember those dark November evenings struggling to do even 2 laps of the football pitch, but I made some good friends, which helped to encourage me to leave my house when the temperatures were sub-zero!

With Nikki and the group's enthusiasm we gradually increased our distance and pace and soon reached the dizzy heights of 5k, then 6 then 7. I remember the first time we managed 5 miles - a massive milestone.

Then we met Penny and were encouraged to join the "intermediate group". We were all very nervous - were we good enough? Would we slow the others up? However, Penny, Bob, Elaine, Gillian and Gita couldn't have been more friendly and welcoming. Our distance was increasing and we were getting faster. We were turning into runners!

Once the summer months arrived, the final intermediate sessions finished and Penny invited us to join Fleet and Crookham AC. Again, we were an abundance of nerves and apprehension.

But we did it!

Having been a fully-fledged member for over a month now, I can honestly say it was a great decision to make. Everyone has been very friendly and encouraging and we even manage to have a laugh whilst running up hills! I love the variety of the training sessions and feel I am really making progress with my running.

Watch out - Fleet Half Marathon here I come (and I NEVER thought I would be saying that a year ago!)

Fiona Winstanley

We will be running another Intermediate Group later in the year to help other Run England runners make the move across - if you would like to help out with this group do let Penny, Bob, Gillian, Elaine or Gita know.

Summer Handicap Run

We had a good turnout for the 2nd club handicap of the summer season.

The 3rd event is on Thursday July 11th and it would be great to see even more club members down for it. Make sure you are at the club on time to ensure you get your handicap (based on your 10km time).



Success stories

There have been a lot of local races recently - remember if you want to share your stories with your club mates, do send me all the details.

South Downs Way 100 miles

Doug Murray took part in this event last weekend. 100 miles of running - off road!

Doug had an amazing race finishing in 18 hours and 12 minutes which meant he finished in 11th place overall - a fantastic achievement.

Doug said - "Overall it was an amazing experience which I think is almost impossible to describe. Inexperience did account for some mistakes including spending 20 minutes trying to find the aid station in Jevington but overall more things went right than went wrong."

Doug Murray



A Tale of 2 Marathons

I never thought I would do two marathons in six days, and am still wondering if I took leave of my senses.

My first marathon was in Milton Keynes on Bank holiday Monday - the hottest day of the year which was great for the general public, but not good for the runner. I did have a great degree of trepidation, as I like running in the rain, and seem to be missing a safety valve for releasing heat.

Anyway, I started the race and kept race pace until 12 miles when I overheated and started going backwards. The crowds were great, but I felt totally washed out and just wanted to give up. I trudged around, then met up with a marathon 'virgin' who was similarly despondent. We encouraged each other to keep going and I regained some of my mojo, but wanted to stick with Sharon as she

had encouraged me to keep going and not give up. We finished together in 4.44, but I was sorry to not achieve my race aim. To rub salt in the wounds I inherited two black toenails!

I got home and whilst happy I had finished, I felt cross with myself that after all those months of training, I had not done as well as I had wanted. I was working at home on the Monday but couldn't get my marathon disappointment out of my head. Before I knew it I had looked at the remaining 2013 UK marathons and the only one that I could enter (because of prior commitments or because they were already full) was Halstead and Essex on the following Sunday. I read all the advice about resting for 3 weeks etc, but still pressed the enter button. To top it all, Halstead is undulating and for anyone who has run with me, they will know that is not my forte.

Before I elaborate on the race, two fantastic features were sponge stations and personal drinks bottles en route. When you arrived you could give your own numbered bottles to the organisers and as you approached the water station where you wanted them the marshals would shout your number ahead and they would give them to you - just like the elite athletes!

Anyway, off I went with my toes strapped up and rather achy legs from the previous Monday. The course started off with a couple of big hills, but then got into more undulating mode. The course was through country lanes and villages and was very pretty. It was well supported and if I had eaten all the sweets on offer I would have rolled home. All I wanted to achieve was a better time than in Milton Keynes, and surprisingly I kept a reasonable pace till 18 miles when two things happened: the sun came out and my quads started playing up. I ran/walked the last eight miles and eventually came in at 4.08 on the nose - a new PB (albeit by three seconds, but they all count).

I wouldn't recommend doing one after the other if you are a casual runner like me, and have another couple of black toe nails to make a set, but it was satisfying to lay my ghosts to rest so quickly. I would definitely recommend Halstead as a friendly course (max 700 runners), with the additional benefits of changing rooms and showers as well.

Christine Port

Bracknell Forest 5 (well 4.5m in the end!)

On the hottest day of the year so far, 4 runners from the club (Penny, Kevin, Bob and Rich) completed the Bracknell Forest 5m. We were warned at the start of the event that the temperature was still 24 degrees and this was at 7.30pm in the evening. This was the last race I did in 2011 before several months off running before my knee surgery. So returning back to the race 2 years on was a real achievement and was one of the goals I had set myself for the summer.

This is a great little evening event. Run through The Look Out at Bracknell, it is a mixture of stony tracks, soft pine needles, a bit of sand and some soil tracks. There are some undulations and a cracker of a hill but the long downhill run into the finish makes up for the big up hill.

Unfortunately a misplaced marshal meant that the course was short this year which was a shame but it is definitely a recommended race for a fine summer evening - make sure you put it in your diary for next year.

Penny

Yateley 10km (Race 1 of 3)

The first of the 3 Yateley 10km races took place on the first Wednesday in June. Several club members were out:

Mickael Hegesippe 39:21 (11th M40)
Jon Capel 41:15 (17th M40)
Neil Petrie 41:33 (51st Sen Men)
Tracey Davidson 45:45 (10th F35)
Bob Cornwell 47:47 (9th M60)
Annabel Davidson 51:39 (26th Sen Female)
Kevin Abbott 54:01 (119th Sen Men)
Sue Capel 58:29 (27th F45)

The 2nd Yateley event is next Wednesday - 3rd July and the final one is the 7th of August. Get your entries in now.

South Downs Half Marathon

One of the toughest off-road races in the area saw 4 club members taking on the half marathon distance. Congratulations to Philippa May who came 3rd in the ladies race (out of 180 ladies) in a time of 1:47:09.

The route took in Butser Hill - up and down it - this is the long, steep hill you see on the right hand side of the A3 as you drive towards Portsmouth.....so strong legs are needed.

Others in the 1/2M were:

Dominic Lobo 1:51:31 (71/266 men)
Bob Cornwell 2:09:34 (164/266 men)
Guy Hornsby 2:14:52 (189/266 men)

In the marathon distance relay, we had 2 ladies teams. Our team finished 3rd and 14th which are great results so well done to all the ladies involved.

Club Kit

If you are representing the club in any team events or have entered a race under the club name (and claimed your £2 entry reduction from being affiliated to a club), you should really be wearing your club vest or t-shirt.

If you don't have one and would like to order one, the prices are detailed below:

"Ron Hill" Club Vest - £20
Technical Club t-shirt - £13.50 (ladies), £14.50 (mens)



Order forms can be downloaded from the club website (or picked up from the club HQ). Please give your completed order form and cheque (made payable to Fleet & Crookham Athletic Club) to Sue Capel.

Are there any other kit items you think we should/could have as a club item? Give us your suggestions and we will cost them and then see what demand is before making an order. We have had the following suggested - long-sleeve technical t-shirts, wet jackets and woolly hats for the winter.

Sunday Morning Runs

We joined the club on the strength of the benefits from the Sunday Morning Half-marathon Training Runs, which resulted in much improved half-marathon times. These runs build endurance for longer distances and you get the enjoyment of the company of others, making the distances less tedious. The Sunday runs also offer the opportunity for those people who cannot easily make the midweek sessions to at least have one good run a week.

Three or four of us ran every Sunday last year as an informal morning run when we were not running in organised races and we kept this going all year. It gave us the chance to explore new routes and keep a good level of fitness throughout the year which was useful for the autumn and the cross country season.

Favourite routes include Farnham Park, Caesar's Camp on Tweseldown, Fleet Pond and Tundry Pond. On a clear day the view from Caesar's Camp is magnificent - you can see the London skyline including Canary Wharf and the sun catches the Shard on a good day.

We meet at 08:30 in the Peter Driver car park. Runs are typically 9 to 12 miles, off-road and generally hilly - but routes and distance are by consensus on the day. Definite runs are posted on the club website calendar as are the organised races. We are usually finished by 10:30 which means the rest of the day is free for the other usual Sunday activities.

If you are up early and fancy a bit of a run please feel free to join us!

Bob & Dominic

Our Event News

Fleet 10km

Entries are now open for the annual Fleet 10km. You need to enter via www.runbritain.com. The race is taking place on Sunday October 27th. There will also be a 5km option and entries for this are on the day only.

As per normal, if you are not planning to run, please volunteer your services as a marshal or other helper. We are reliant upon volunteers to allow the event to happen.



Fleet 1/2M

We are still in need on an Arena Co-ordinator to take over from Merv. **The event is at risk if this role is not filled soon.** You will need to be someone who is not planning to run as you play an important role on the whole of the race weekend. **Please offer your services and speak to Merv or Penny NOW!**

Subject to the above role being filled, the early planning of the half marathon has started. As part of improving the communication to participants, we want to look at Twitter as part of communication plan and something which Brooks, our primary partner use. Are you a Twitter expert? Can you help out? Please speak to Penny if you can.

Local Races

There are a number of recommended local races coming up. Why not enter as an individual or get a couple of your club mates to go along to and make up a team!

Pilgrims Half and Marathon: Starting from the Sands Village, near Farnham Surrey, the measured routes are mainly off-road, making use of the extensive pathways and lanes east of Farnham. You can expect a variety of scenery, running surfaces and inclines, as you follow the steps of pilgrims. The Full and Half Marathon routes are challenging for experienced runners as well as being within the scope of those doing these distances for the first time. It is well marshalled and there are plenty of water stations along the way.

Further details are on the website www.farnhampilgrim.org.uk. Here you can also download a postal application form, or you can apply online via Runners World www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&en=72663&ms= or Running Diary www.runningdiary.co.uk/race/farnham-pilgrim

Woodland 5 miles and a bit!:

Organised by Finch Coasters, there are 2 out of the 3 races left - Wednesday 26th June and 31st July.

A great evening off-road race in the woods behind Broadmoor Hospital in Crowthorne - see www.finchcoasters.org.uk

Yateley 10km:

Organised by Sandhurst Joggers, there are 2 out of the 3 races left - Wednesday 3rd July and 7th August. See www.yateley10kmsseries.info

Relays Teams Wanted

Bracknell Forest Runners are organising "The Bounders Relays" on Tuesday 16th July. Starting at 7pm, the relays take place in Crowthorne Woods behind Broadmoor Hospital.

The club would like to enter several teams - it is only £10 per team (£2.50 for each runner). Teams are of 4 runners and each leg of the relay is only between 2 and 2.5 miles long so everyone can manage this distance. This is the chance to get out and run with your club mates in a fun, team challenge.

Each team must contain a vet (35+ female or 40+ male). Teams can be single sexed or mixed with prizes for the first male, female and mixed team. All runners get a goody bag.

Let Penny or Bob know NOW if you want to be part of one of the teams. Would be great to see some of our new runners too - say yes and be part of your first event for the club.

New Race

We have been advised about a new local race.

THE PUNCH BOWL 10K

Sunday 15th September 2013 at 10.00am
The Devil's Punchbowl, Hindhead, GU26 6AB

Join us in our inaugural race along quiet roads, tracks and paths through beautiful countryside by kind permission of the National Trust - Under UK Athletics rules - Licence 2013-9209

Ample Car Parking, Changing Facilities, Refreshments Available. Medals to all finishers
Prizes: first three male and first three female finishers. Prizes also in male and female veteran classes.

To enter the race please send a completed entry form with an **A5 self-addressed envelope Inc. correct postage** to: Race Organiser, 8 Whitmore Hill Cottages, Whitmore Vale Road, Grayshott, Hants, GU26 6LU
or enter online at: www.runbritain.com

Hospice to Hospice Run - Saturday 12th October, 10am

Hart Road Runners would like to invite us to join their 'Hospice to Hospice' run on Saturday 12th October. It's the weekend after the Basingstoke Half Marathon and is a great social run across the North Downs. We will also be raising some money for Phyliss Tuckwell and Chase Children's Hospice in Guildford

The run starts at 10am from Phyliss Tuckwell Hospice (GU9 8BL) in Farnham on Saturday 12th October - World Hospice Day. A scenic 10.5 mile route across the north downs will take us to Chase Children's Hospice at Artington in Guildford (GU3 1LP)

There will be a water station at about 6 miles and fantastic cakes at the finish. Runners are asked for a donation of £10 on the day and all money will go to the two hospices. More details on car share and transport closer to the time.

Contributions to the next comms

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