

Fleet & Crookham Athletic Club



Monthly Update – May 2013

Hi All,

Last weekend gave us glimpse of hope that the warmer weather was finally arriving but sadly it only lasted a few days. However a warm Bank Holiday is always a surprise and something which doesn't happen very often.

This last month has seen me returning to a few races after my very long lay-off. I have to say, the support I had from everyone at the Clandon Park 10km the other week was fantastic. We were there for another reason - see Janet's report below, but it really made me realise how much I have missed taking part in races. The event also highlighted how many friends you can gain through your running and also that these friendships last through the years, through long spells away with injury and even through moving out of the area.

This month sees the start of our annual summer handicap runs. We have 4 of them through the summer so why not come along on Thursday and get your starting time for the year and see how you improve across the next few months.

Any contributions for next month's comms should be sent to me via email pka_abbott@yahoo.co.uk

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:

Brian Mushonga
Dajana Dopatka
Ian Philip
Simon Burnell

Brian has already made his first appearance for the club at the recent Southern Men's track and field meeting - doing very well in the Shot - an event he had never done before.

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

London Marathon 2013 - Bob's first one!

Having braved my first marathon in 2011, which was the Farnham Pilgrim's marathon taking the route along the North Downs Way and proving to myself that I could endure the 26.2 miles I decided that I would give the London a try. I failed in the main ballot but struck really lucky in the club ballot and won a place.

London was going to be very different to the Pilgrim's, which is largely off-road and very hilly. The beauty of hills is that once you are at the summit there is the respite of running down again with the bonus of a soft terrain to run on. If I was to be successful in completing London in a respectable time I was going to have to maintain a steady pace for the whole largely flat course. This meant sticking to a strict training programme for the 16 weeks from Christmas to the race. According to the magic formula using my half-marathon time, my predicted time was to be 3hr 50m. I wondered whether this was too optimistic as the crowded race conditions could prevent me from running at an optimum pace.



Having run a 2nd Pilgrim's marathon in September 2012 in 4hr 19m, I stayed with the optimism and followed a Runners World schedule that matched my road race target time: This concentrated on three runs per week with rest and cross-training in between run days, which meant I could continue with my routine Step, BodyPump and BodyBalance classes. The run days fitted in well with club activities - long runs on Sundays with extra miles added to the club half-marathon training, intervals on Tuesdays and tempo/fartlek/handicap runs on Thursdays.

Sixteen weeks went by very quickly and with most of the training at temperatures touching on freezing my fear was that the day of the marathon would be hot. As it turned out the conditions were ideal with just enough cool breeze to offset the heat of the sun.

After a very early frosty start on the day of the marathon, the coach left Fleet at 6 am with time to relax before arriving at the starting area. Then another two hours to kill and avoid getting too tired or stressed. I arranged to meet Gita at 8:45 so we could have each other's company for the start and as luck would have it we both started in the same pen on the blue start. Once in the pen the sun was starting to make its presence felt and was quite warm. The whistle blew just before the 10 am start and we had 30s silence in memory of that hideous event in Boston just the week before.

Then we were off! It took just 4 minutes to get to the start line and I was able to pick up the correct pace for my predicted time soon after. Having learnt to split long races into manageable chunks I put this into practice. The first notable landmark is the Cutty Sark at about 5 miles. The ancient cobbles are now replaced by smooth stone paving following restoration after the fire in 2007. The crowds at this point were amazing. Next landmark at 12 miles is Tower Bridge and I believe this to be one of the real highlights. Again the crowds were absolutely incredible. Next highlight was to see my daughter and flag-waving grandsons at 14 mile (Limehouse) and again at 21 miles on the return loop. At the second sight of my daughter I knew it would be just 5 miles to go.



Reportedly the Isle of Dogs is the least supported and boring part of the race but the crowds there were very encouraging. Around Canary Wharf the cheers were deafening. I managed to keep a steady pace for about 23 miles taking a gel every 4 miles from 12 miles on but when I emerged from the Blackfriars Tunnel onto the Embankment I found it really hard to keep myself going. Big Ben was in sight but wasn't getting any closer. I slowed to a walk two or three times but each time I was reprimanded by the crowd. When I eventually reached Big Ben I convinced myself that I could run the final half-mile. What a relief to enter the Mall and hear the voice-over say that current finishers would complete in just less than four hours.

It was a close call - the gun clock showed 4h 02 minutes as I crossed the line, which translated into 3h 58min chip time. Being a tad over 65, this meant I could get a 'good for age' entry for next year. (As a word of warning to Garmin users - don't do what I did and forget to switch off the automatic stop feature. The timer stopped when the GPS signal was lost amongst the tall buildings and tunnels and gave me a false idea of time left to beat 4 hours.) Would I run the race again? As it was such an exhilarating and enjoyable experience it would be a shame to miss another opportunity to run London again so probably 'yes' but the experience of my first London Marathon will be a hard one to beat.

As a footnote thank you Fleet & Crookham AC for all your support, encouragement and training opportunities!

Bob Cornwell

Other club members who ran London were:

Nick Holmes - 3:15:03

Doug Murray - 3:49:19

Andy Driver - 3:57:12

Bob Cornwell - 3:58:42

Gita Kelsey - 4:13:05

Ryan Dodd - 4:31:42

Richard Simpson - 5:16:13

It is getting more difficult to get into the London Marathon each year. If you did a different marathon this year, let me know the results so I can publish them in the next comms.

Summer Club Picnic - Peter Driver Playing Fields

Sunday 9th June 3:00pm

Following the success of last year's 50th Birthday Celebrations, we are pleased to invite you all to our Summer Party.

Bring the whole family along for an afternoon of light-hearted "athletics" events and a picnic.

Bring along a plate of food and a bottle of drink. We'll try and lay on better weather than last year.

Please let Dave Long know if you are planning to come along.

david.long47@btinternet.com. Hope to see you there!



Forty races in her 40th year!

She doesn't look it but Alison recently turned 40. Her challenge for the year was to successfully complete 40 races in her 40th year.

Alison was completely unaware that her fellow club members had secretly entered the Clandon 10k in Guildford to surprise her and help celebrate her completing her mammoth challenge exactly one week before her 40th birthday. Alison was quite emotional when she saw us all which resulted in many of us welling up too. We are all incredibly proud of what Alison has achieved this year - fitting in all those races around a young family is quite a challenge on its own.

As well as all the races Alison set herself a few extra goals to achieve before she turned 40 - for example she managed to climb mount Snowdon with her young family last summer and is now busily creating a time capsule containing letters from her friends and family to be opened on her 80th birthday.



The people in the photo from L to R are Howard Kelsey, Gillian Barrett, Elaine Bradshaw, Kevin & Penny Abbott, Janet Leggett, Alison Holdway, her father, Philippa May, Holly Cartlidge and Alison's 2 youngest children Bethany and Sebastian.

Incidentally, Fleet & Crookham AC did well in the race when Janet Leggett was 2nd vet and Elaine Bradshaw got the 3rd vet prize (Vet's prizes for this event started at age 50)*Janet*

Tuesday/Thursday Night Training

The Tuesday night group training is going really well. Our Run in England group had their first hill session last week and enjoyed the session. We are going to be integrating the RIE runners with the main group over the next few weeks so please do encourage them. They are taking the next step of joining the club - remember we all took that step once and it can be a scary step to take.

The numbers of people turning up for the Thursday night runs has also been increasing which is great to see. We are going to try breaking the large group into 3 smaller groups on a Thursday so that everyone who turns up benefits from their run and are able to run with people of equal ability. It is difficult to cater for all the different abilities without breaking into smaller groups.

This means that the faster runners get to run with others of a similar pace and can complete their run without stopping. It equally means that the slower runners are also able to run with people of their own similar standard and do not feel as though they are hanging on and can take recovery breaks when they feel they need them. There will also be a medium paced group.

Obviously the number of people turning up will dictate whether there are 2 or 3 groups and there is nothing to stop anyone running in a slower group if they are on a recovery run or simply want to run with others that week or perhaps show them a different route. It is always good to share different routes you know to keep everyone's training interesting.

We will monitor how the new groups work. There is not a formal timetable to follow, but it should mean that everyone benefits how they want to from their club night runs. Remember that Jon suggested we perhaps train specifically for a summer event - if you think we should aim for a particular race, do let Jon know.

Remember to check out the calendar on the website each week in case the training location is not the Peter Driver sports field.

Vets Track & Field League 2013

The first meeting of the season took place on what can only be described as a cold April evening.

Both the men's and the ladies teams from Fleet were a bit light in numbers, but all of those who went to the meeting enjoyed it.

The men's team consisted of David Long, Jon Capel, John Dickenson, Andy Smerdon, David Haines and Richard Simpson.



Our best results were:

Jon Capel - 3rd O35 High Jump

John Dickenson - 3rd O35 400m and 2nd O50 Long Jump

Andy Smerdon - 3rd O50 400m and 2nd O50 High Jump

David Haines - 3rd O60 Long Jump

On the ladies' side we had just four representing Fleet - Penny Abbott, Janet Leggett, Sue Capel and Debbie Pagan and the best results were:

Janet Leggett - 1st O50 1500m

Debbie Pagan - 1st O50 High Jump

The second meeting is on Monday 13th May so more results to follow next month. Janet has also arranged some field event training with Evelyn after the juniors training - dates to follow. If you fancy a go just let David Long, Janet or Penny know and we can give you all the details. The final 2 meetings are closer to home in Basingstoke and Aldershot.

Southern Men's League Track & Field

At the recent Southern Men's league, Fleet & Crookham had a good turn out and some good individual results.

The men's team consisted of Andy Smerdon, John Dickinson, Brian Mushonga, Jon Capel, Mickael Hegesippe, James Wallace, David Long and David Haines.

Notable results were:

James Wallace - 2nd 5,000m in a time of 16:56

Brian Mushonga - 3rd Shot 8:51 (Brian had never done this event before!)

Andy Smerdon - 2nd High Jump

John Dickinson - 2nd Pole Vault

But the team placed well in all disciplines finishing 4th team.

Summer Handicap Run

The first of the summer handicap runs is scheduled for this coming Thursday - 16th May.

Make sure you are at the club on time to ensure you get your handicap (based on your 10km time).

South Downs Marathon Relay - 8th June

The ladies have got at least 2 possibly 3 teams for the South Downs Marathon relay. Are you gents interested? Two of the men have expressed an interest so another 2 are needed if we are to enter a team.

Let me know if you are and I will pass the names on. It is an off-rad race and the relay legs are between 5 and approx. 7.5m in length. A bit of co-ordination is needed to get to the start/finish points of each leg but it is a great event and usually ends in a club picnic.



2013 Road Race Championships

The third race of the road race championships is next weekend. A local race just down the road at Hook - hopefully lots of you have already entered.

There is also a 6 mile option for those not wanting to do the 10miles.

The rest of the races in the championships are listed below - make sure you get your entries in early.

Race 4: 8/6 South Downs half-marathon

Race 5: 16/6 Alresford 10k

Race 6: 19/6 Bracknell forest 5

Race 7: 7/7 Tadley Runners 10k

Race 8: 25/8 Englefield 10k

Race 9: 8/9 Maidenhead half-marathon

Race 10: 27/10 Peter Driver Memorial 10k

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.

Drawstring club boot bags - ideal to transport your track spikes, muddy cross country shoes or race day kit.

Only £2 each - please see Penny if you would like one.

Note from Penny: I have a large number of t-shirts from the half marathon - all sizes. They are not the official technical t-shirt which could be ordered at the point of entry. They are generally



just cotton ones (but there are a few technical ones), which the t-shirt man produced for on the day sales. They are FREE to a good home, so if you would like one just grab me on a club night.

Hart Sprint Triathlon 2013

This Bank Holiday saw the anniversary of my first dip into the world of triathlon.

Several members of Fleet and Crookham took part and I would encourage more to do so next year. It's a very friendly event and caters for competitors of all abilities, whilst the varied training for the three disciplines encourages overall fitness and may help decrease the likelihood of impact-related injuries that occur when we concentrate all our efforts on running.

The event involved a 400 metre swim in the leisure centre pool, with competitors setting off according to their swim ability (i.e. slow people such as myself in the early starters and the elite swimmers towards the end of the field).....the advantage of being such a slow swimmer is that one can often pick people off on the bike and run!!

Having hauled oneself out of the water (thankfully at the shallow end) we then proceeded to run to and jump onto our bikes (various techniques being displayed) and round a 20K loop through Fleet, Hartley Wintney, Winchfield and Dogmersfield before returning to the leisure centre to discard our bikes (once again, various techniques, some involving quite spectacular mishaps!) and out onto the final run (nominally 5K around the fields on the far side of Hitches Lane including the infamous river crossing half way round the course).....I realise that kilometre markers are sometimes somewhat arbitrarily positioned, but I don't think the final K should have taken 7 minutes even at the speed I was travelling by then!

Having finished one could then marvel at the prowess of the real competitors who started at the sharp end of the field. Perhaps next year will see me improve my swim position from its present 372nd out of 409, but thanks to several years with F & C AC my run wasn't quite so bad and the bike went reasonably well too.

Now I must look up to see whether official triathlon rules allow the use of armbands for the swim.

Geoff Newman

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!

- **Finch Coasters Woodland 5 mile and a bit!** This is a 3 race series around the trails and paths of Crowthorne Woods near Camberley (www.finchcoasters.org.uk) £7.50 per race or £19 for all 3. Great off-rad races on a Wednesday evening 22/05, 26/06 and 31/07
- **Bracknell Forest Five** (Club Champs race) This is a 5 mile race along forest tracks of grass and gravel through Windsor Forest near Bracknell. (www.forest-runners.org.uk) £9.50 Wednesday 19th June - a lovely run on a summer evening.

- **Yateley 10km** This is a 3 race series around the roads of Yateley (www.yateley10kseries.info) £12 per race or £30 for all 3. Well supported races on Wednesday evenings 05/06, 03/07 and 07/08
- **Alresford 10km** (www.alresfordrotary.co.uk/Alresford-10k) £12 in advance
- **Seaford Half Marathon** An off road half marathon across the Weald and South Downs. Sunday 9th June £14 (<http://www.npslions.co.uk/halfmarathon.htm>)

Odd Bits and Bobs

- We have been approached by a physiotherapist who is locally based and has opened up a new clinic. The clinic is based at Oak Park Golf Club. The physio is Amy Williams and more information can be obtained by contacting her on 07786 438995.
- Alderney Running Holidays is a new company offering inclusive running holidays on the picturesque channel island of Alderney. Alderney is just over 3km wide and 5km long and yet has over 80km of quiet roads, coastal paths and golden sandy beaches. They offer open training weeks and details can be got from their website www.alderneyrunningholidays.com.
- Fleet Half Marathon - a huge thank you to Philippa May who has volunteered to join the race committee for the 2014 event as Course Director.
- We still have a vacancy for the Arena Co-ordinator role for the FHM 2014. It is critical that this role is filled to allow the race to go ahead. Please contact Penny if you want to find out more.
- Help yourself to the chocolate biscuits in the box at the club HQ. These are left over from the half marathon and need to be eaten.

Contributions to the next comms

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

