



Fleet & Crookham Athletic Club

Monthly Update – July 2012

Hi All,

Apologies that this month's comms is out a little later than planned - I have been very busy with work, home and rehab so unfortunately I haven't managed to squeeze it in.

Last Wednesday I was lucky enough to catch the Olympic torch going through Basingstoke. There were so many people out to see it go by but luckily I found a quiet spot and was able to see it go right past me rather than be at the back of 15 deep in the town centre. It really did bring home the fact that the Olympics in London are really only just a matter of days away. Let's hope the sun shines for all the athletics like it did on the torch today. Many of the sports can get away with the poor weather we have had as they are inside, but for the athletics, triathlon and cycling - the sports which most of us will be watching - good weather really is needed.

It has not been a good summer for running with so much rain and cool, almost cold evenings. Although we still have several weeks of summer left, already the Vets track and field league has finished with the final meeting held last Monday. We still have Men's Southern League matches and then a couple of months before focus switches to the cross country - where is 2012 going?

Penny

Fleet 10km - Sunday 28th October

Mickael Hegesippe has once again taken up the role of Race Director for our Fleet 10km event. It was great to see the race back last year thanks to Mickael, and as a club we all need to support him as he once again heads up the event.

Although much smaller than the half marathon, it is just as important. It is the second opportunity in the year that the club is able to promote itself not only as the only local club offering all athletic disciplines to all age groups, but also it allows local runners who are not up to the half marathon to have a professionally organised race on their door step - and one which doesn't cost a fortune to enter.

With a 10km and 5km option and runners of all abilities, it is a race for everyone. If you are planning to run and represent the club, get your entries in now via www.runbritain.com/onlineentry/

If you are not planning to run, support the club by offering to marshal (email Huw now to let him know you are available email: huwwendy@yahoo.co.uk) help with setting up by erecting signs etc and of course the tidying up afterwards. With a team effort the tasks all become much smaller and there is not too much on anyone's shoulders.

50th Birthday BBQ

A big "thank you" must be extended to David Long, David Haines, Stacey Marshal, Steve Sear and Richard Simpson for their organisation of the 50th birthday BBQ and afternoon of activities last Saturday.

Despite the dodgy weather forecasts, the day was generally dry and everyone appeared to enjoy themselves. A bit of summer sunshine would have been welcomed but it wasn't to be. The school sports day activities went down well - it has been a long time since I have done a 3-legged race!!

Thank you to all those who brought along cakes which helped to add to the BBQ spread.

As a club we should do more of these social activities - if anyone has any ideas for future socials, do let the committee know.

Vets Track & Field

Well done to the Vet ladies and men who took part in the final Vets Track & Field league meeting last Monday at Aldershot. We could always do with a few more faces turning up to help with the numbers and to cover all events, but we had some good individual results.

Janet Leggett - 1st 800m (O50)

Janet Leggett - 2nd 5,000m (O50)

Debbie Pagan - 4th 200m (O35's not her age group - so great result!)

Maureen Spelman - 3rd O50 2,000m walk (Maureen is O70 - so a great result!)

Rebecca Brennan - 3rd O35 long jump

Debbie Pagan - 2nd O50 long jump

Other members of the team were Sue Capel, Gillian Barratt and Penny Abbott

John Dickinson - 4th 200m O50

John Dickinson - 2nd pole vault O35 (so not John's age group!)

David Haines - 2nd pole vault O50 (David is O70!)

Other members of the team were Andy Smerdon, Andy Driver, Richard Simpson, Jon Capel and Michael Hegesippe

We would encourage all Vets to give the track and field meetings a go next summer. It is something different and being on a Monday evening they do not interrupt the weekend.

Training sessions

With the parking facilities open and much improved at the Peter Driver field we will start to return to the club hut rather than meeting elsewhere.

We are at the point of starting to put together the training sessions for the Autumn/Winter. If you have any particular sessions you want to be included do let Penny know. We hope to work around



a four week rota focusing on hills, short reps, longer reps and tempo/fartlek or the handicap runs (once dates for the handicap have been released).

As always if you can volunteer to be available on Thursday nights to lead a group on particular dates it helps to make the training more connected.

We are also looking into hiring the track at Aldershot as a combined session with the youngsters. This will allow us to use a well lit facility on the dark evenings. There will be a charge for each session as the hire fees are quite high - however the more people who go the lower the charge will be.

Kit in club House

There is still a large amount of kit (mainly clothing) which has been left at the club HQ over the last few months. Some of it is decent branded kit and some of it must have very few potential owners e.g. London marathon t-shirts - if you didn't run it, you won't have one!!

Please check through the kit box and if you do recognise something as belonging to you, please take it home. Shortly the kit box will be removed and unclaimed items donated to charity. Don't lose your wet jacket because you haven't checked the box!

ASICS kit bags

There are still a couple of boxes of ASICS plastic kit bags from the Fleet Half Marathon. They are great, strong draw string bags - really good for a muddy pair of trainers!! The samples in the bags are still in date (drinks, bars, etc) so please help yourself to a bag or two as we have no real need for them and once the samples go out of date they will be useless. However please do not just take the samples and leave the bags - if you don't want them I am sure the kid's school sports gear will look great in them.

Race Results

If you enter any races do send in your results to share with your club mates. Also race reviews are always welcome so others know what the event is like for next year.

1st July - Samaritans Off-Road 10km

Bob Cornwell - 46:46 (2nd in O60 category) - 24th overall

Dominic Lobo - 47:07 - 26th overall

Well done both!

Parking at the Peter Driver Field

If you haven't been down the club recently you won't be aware that the parking is now ok. As a result of the start of the re-development of the former nightclub, the parking has been finished off first to ensure that users of the field can once again park there before their activities.



Remember when the footballers or MUGA users are there as well it will get busy. If you can get dropped off, cycle or walk it may sometimes be a better option. If you pass another member's house on the way, why not offer to pick them up? A little bit of pre-planning may save having to park along Tweseldown Road because of lack of spaces.

Diet talk

Which foods are best for runners? You may like to consider incorporating some of the following foods into your diet.

Almonds supply a decent dose of vitamin E, which studies have shown can help stave off post-workout soreness. Toss almonds on top of oatmeal or spread a tablespoon of almond butter on apples or bananas, but don't go nuts—they're still relatively high in calories

Eggs are excellent energy sources, thanks to their protein content. Runners tend to load up on carbs but skimp on protein. Not only does protein provide energy, but it's essential to recovery, as it repairs tissue damaged during and after training. Keep a handy supply of hard-boiled eggs in the fridge for snacks, salads or sandwiches.

Leafy Greens can contribute to a stronger skeleton. No bones about it: Like other forms of weight-bearing exercise, running is a bone-health boon. For extra help, munch on spinach, greens, kale and bok choy. The gang of greens boasts high levels of vitamin K, which aids with the production of proteins essential for bone health

Quinoa is a complete protein. It contains all eight muscle-mending amino acids, so it can help your body bounce back after a workout. It's a low-cal alternative to traditional grains, so give it a try if you hear yourself saying, "Pasta again?!" Or swap it for rice in a veggie stir-fry.

Sweet Potatoes provide sustained energy rather than the flash-and-burn jolt of simple, or white, carbs. The orange spuds' serious punch of complex carbohydrates means they're in it for the long haul! They also have protein, fibre, potassium and vitamins C and A.

If you have a favourite "runners' recipe" - why not share it with your club mates?

Race for a local charity

Step by Step (a local homeless charity based in Aldershot) are currently signing up runners for the Pilgrims Marathon and Half Marathon. Why not take part, running this magnificent course, raising essential funds for Step by Step at the same time!

The award-winning Farnham Pilgrim Marathon & Half Marathon takes place on Sunday 16th September 2012. Voted Best New Event by Runners World and described as a beautiful off-road course with fantastic scenery and friendly marshals.

Contact Step by Step directly www.stepbystep.org.uk



Interest in runner advice clinics

Penny is looking into the idea of some Runner Advice Clinics using local physios, fitness experts etc and is wondering what level of interest there would be among club members.

Possible subject areas could be:

- General conditioning training
- Focus on stretching
- Diet
- Sports massage and the benefits of regular sessions

If the above and other topics would be of interest let Penny know. We would have to hire a hall so there would be a small charge payable but this would just be to cover costs and we could offer these nights to non-members as well which will help with the hire costs and also encourage interest in joining the club.

Cross Country Season 2012/13

It will not be long until we start to approach the cross country season - frustrating as I know we haven't even had a summer yet.

This season we want to get as many people out as possible at the Hampshire and Today's Runner League meetings. Cross country is a great opportunity to get out and run in some lovely venues around Hampshire. The races are free to enter as the affiliation fees to the two leagues are paid for by the club - this makes a change to having to pay like you do for road races.

They are an opportunity to bring all age groups represented in the club together - particularly the Hampshire League as they host races for the under 18's as well. We have been advised by the junior coaches that they plan to get some of the youngsters doing the league again this year, so it will be great if we can have all age groups represented.

The provisional dates for the forthcoming season are:

13 Oct 2012	Farley Mount	Winchester and District AC
10 Nov 2012	Goodwood	Chichester Runners and AC
1 Dec 2012	Popham	Basingstoke and Mid Hants AC
12 Jan 2013	King's Park	Bournemouth AC
9 Feb 2013	Hudson's Field	City of Salisbury AC

So get the dates in your diary now. It is important that as a UKA affiliated club, we do support the Hampshire Athletic Association and the cross country league they put on.

We also need to know there is sufficient interest to do the Today's Runner League this season. There will be fewer races this coming season (this is a request from participating clubs) and the



majority will be before Christmas and so they will not interrupt your Spring marathon and half marathon training which is great news.

We have to have 5 male and 3 female finishers in each team - it is frustrating when we don't close a team. They are great races and again give the opportunity to run in some really nice locations

Qualifications - what have you got?

We are doing an audit on the UKA courses which members have attended - these may be track and field official, Leader in Running Fitness, Race Director qualifications - also we want to establish the number of qualified First Aid members we have. You may have a First Aid qualification through your job, but as a club it is really useful to know that.

Please email Stacey with your details - Stacey.marshall@gmail.com

Contributions to the next comms

The next comms will come out in mid-August because of my commitments as a Game Maker at the Olympics. Any contributions should be sent to pka_abbott@yahoo.co.uk

Enjoy the Olympics! Come on Team GB

