



Fleet & Crookham Athletic Club

Monthly Update – November 2013

Hi All,

The month has gone by so quickly - and I am writing another club comms. In the past month we have said goodbye to the light evenings and sadly now all of our evening training is in darkness. It is really important and I know we say it every year, but please wear something high viz when you are at the club on Tuesdays and Thursdays. As a group of runners we must be visible - it is only fair on drivers and walkers.

This month has also seen the start of the cross-country season - a chance to get off road again and try something different. We have had a solid start and there are 2 more events this coming weekend. The Fleet 10km was also a great success and we have also launched the 2014 Fleet 1/2M - it has been a busy month for everyone involved with our events.

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

Fleet 10km

Big congratulations to all our club runners in the recent Fleet 10km. A special mention has to be to Vix Smith who was actually our first lady home, but unfortunately her club name was missed in the results - a great first race for the club from Vix.

Our men and ladies featured in the team results taking 3rd team each.

We must also say a huge thank you to Mickael and his team for organising the event. This was Mickael's third year as Race Director and during his time the race has grown. Mickael has decided to step down after the 2013 event but we are delighted to announce that club member Richard Jackson has volunteered to take over. I am sure the race will continue to grow and be even more successful going forward.

Ben Raggett	37:47 (14 th overall)
Tom Barton	38:26 (24 th overall)
Jake Brougham	39:03 (31 st overall)
Nigel Duke	39:19
Simon Reed	40:52

Brian Taylor	42:23
Vix Smith	43:13
Yvonne Farrell	43:59
Philippa May	44:51
Tracey Davidson	45:34
Bob Cornwell	46:53
Guy Hornsby	48:26
David Long	50:09
Holly Cartlidge	50:16
Ian Philip	51:56
Gillian Barrett	52:01
Gita Kelsey	53:36
Sue Capel	59:01
Richard Simpson	70:21

Ben has sent in a few words about the race:

Last Sunday was my third Fleet 10k race, but my first in Fleet and Crookham colours. I was excited to run my first 'home' race for the club - and was not disappointed. We had all heard about the impending storm, which seemed to add to the sense of anticipation on the day. The weather turned out to be glorious with the relatively sheltered route of the run providing protection from most of the swirling winds.

Helping to hand out people's race packs was a welcome distraction from my normal pacing around before a race and was a good chance to have a chat with other runners from the club and beyond.

And so to the race: lining up near the front, sneakily eyeing up the competition around me, listening to the chat of others ... a nod over to Jake who is also doing his first Fleet 10k for the club and we're off. And what a great run. A real difference for me from last year was the extra support I received from the spectators because I had 'Fleet' plastered across my chest, just above my race number. Running around the second lap, I was enthusiastically encouraged, applauded, praised and really quite inspired. I was shouted updates on my position and how far ahead or behind others runners were.

Last year I ran a reasonable race, but faded badly in the last kilometre. This year the extra support, coupled with the speed sessions of Tuesday evenings meant I could push on in the last kilometre leaving my Aldershot, Farnham & District race buddy trailing in my wake! A new PB for me and one of my biggest smiles yet!

Well done to all of our runners and of course all of those members who gave up their own race to help organise the event.

Great South Run

The alternative race on the day of the Fleet 10km was the Great South Run down in Portsmouth. Several club members went down including our former Run England group members. They had all set



themselves this goal when they took up running at the end of last year. Well done to them all - you should be very proud with your achievements.

Results:

Rachel Boow	1:37:09
Fiona Winstanley	1:38:31
Sue Tappern	1:39:35
Selina Goulden	1:40:27
Simon Burnell	1:53:52

Other club members who ran were:

Howie Bunkham	1:10:41 (* just joined)
Dom Lobo	1:11:28
Kevin Abbott	1:28:31

Kevin has written a few works about the experience:

I'm really not a morning person. So when this year's Great South Run approached, I began to realise that when I entered it way back in October last year, I may not have fully thought it through. So at 6am a couple of Sundays ago I found myself trying to get up knowing I was going down to the coast to run 10 miles in wet and (very) windy weather.

Penny, ever the supportive wife, drove me down there to make sure I got there well in time and could just jump out of the car if we got stuck in queues and stop me worrying about parking. As it turned out, we had left in good time and didn't hit any bad traffic. We chose to park up in one of the main town centre car parks and walk the 15 minutes or so to the sea front and by the time we reached it, the cars were already queuing back into the centre and the parking area on the front was already getting very muddy and slippery.

The only downside with getting there early was the hanging around. All you want to do is get going. I started in the Orange wave which was, much to my shock when I got my number and guide notes through, the fastest wave which included the elite men! When we were eventually called to the assembly areas, I made sure I stood quite well back down the line.

There were thousands of people milling around and I could feel an excited atmosphere building. However, this was turning out to be one of the windiest days we've had for a long time, and with precisely one minute to go before the gun, the weather treated us to a helping of cold rain as well - lovely. Twenty thousand or so runners and spectators all groaned at once! So we all started off complaining and moaning but glad to be on our way...but two minutes down the road the sun came out and the rest of the run ended up being in glorious sunshine, and the temperature was spot on.

The route itself is actually quite well sheltered not to mention scenic as we ran around the historic dockyard and ships. Some of the run was straight through the town and local roads but there were plenty of supporters out cheering us all on, which really does make a difference.



The run was thoroughly enjoyable and by the time I ran passed Penny cheering me on at the 4 and 6 mile mark, I was a couple of minutes ahead of my normal pace. An enjoyable run right up until I turned the corner at the 8 mile point and onto the sea front. At first I thought I'd been hit and felt myself going backwards. Then after a second or two of trying to stop my lips and cheeks flapping, I realised that this was where the hard work started as you battled the wind. For the next two miles, I ran 'shoulder-charge' style and lost about a minute from my hard-earned advantage, but managed to keep going without stopping.

Eventually I turned onto the final straight and saw the finish in the distance. By this time I was completely spent but the last few yards and the cheering crowd seemed to spur me on and I managed to pick my knees up a bit and finish in 1:28:31. Very pleased considering my normal pace is 9 minute miles and wasn't realistically expecting to break the 1hr 30 mark.

Penny was there at the end waiting for me - a very welcome sight! I had worked a bit harder than I should have and took a while to cool down and wash the copious amounts of salt off my face, but after doing the time I did, and with that wind, I was very pleased.

After a welcome coffee and cake from a local coffee shop, it was time to join the masses and head home.

Really enjoyed it and would definitely do it again. It is such a flat course and you can definitely get your PB here - assuming it's not too windy of course!

Welcome to new members

Alan Grice
Victoria (Vix) Smith
Alexandra (Alex) Beynon
Howie Bunkham (Howie has been a helper with our Juniors for some time)

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

Cross Country season

October saw the start of the cross-country season.

For our first Hampshire League at Reading, the veteran men put in a superb performance. They finished 3rd team on the day with runs from Nigel Duke, Simon Thompson, Simon Reed, Mickael Hegesippe and Jon Capel - a great start to the season.

The ladies team was a little light but a good performance by Yvonne, Jo and Sue meant they finished 11th team.

The Southern cross-country meeting at Pamber Heath was a soggy affair. We closed a complete team and made a solid start to the season. Well done to all those who took part - it wasn't a very nice day to be out running.



This coming weekend sees a double fixture with the Hampshire League at **Goodwood racecourse** on **Saturday (9th Nov)** and the **Southern XC league** at **Queen Elizabeth Country Park** on **Sunday (10th Nov)**. Both Bob and Jo will have been in contact with everyone to co-ordinate the teams - if you haven't replied yet but do intend to run in one or both of the runs, do let them know.

Hart Road Runners have also released the dates for the **Lord Wandsworth College XC series**. These events are over quite a tough course but are on the doorstep so if you fancy a go, the dates are:

17th November

1st December

12th January

23rd February

9th March

Entry costs £5 per senior, affiliated to EA. Entry forms can be downloaded off the F&C AC website and you can enter on the day. Senior races start at 11:10 and use the same 8k course that the Southern League uses for the December 29th race.

South of England Masters XC Championships

If you want to run in these championships, the club will fund your place. It would be great to get a team or two out representing F&C AC.

Date: Saturday 14th December 2013

Location: Shuttleworth Park, Old Warren, Biggleswade, Beds (Great course - I have run there!)

Age groups - Men 50+ and 60+ - 10km starting at 11am
Ladies 40+, 50+ and Men 70+ - 6km starting at 11.43am
Men 40+ - 10km starting at 14:10pm

Team awards - 3 to score per category. Individual awards 1-3 in each age group.
All athletes must be first claim members. Club vests must be worn.

If you want to run in these championships, names must be with Penny by Sunday 10th November so forms can be sent off before the deadline date.

Our Event News

Fleet 1/2M - 16/03/14

Entries are steadily coming in for the half marathon - **48% of the available online entries have now gone.**



If you intend to run the race, please enter now so you are not disappointed. We want to have a really good turnout from the club. There are 24 club members entered so far - I am sure there are more yet to enter.....☺

The organising committee are getting stuck into all the planning to make the day a great success once again. There will be a podcast about the race on the www.i-run.co.uk website in the next few weeks.

New training night at Aldershot track

The new alternate Wednesday track training nights are going well. We had 18 athletes last week and everyone enjoyed themselves.

Ben Raggett emailed saying "I'd like to say how much I enjoyed my first track session with the club. Thanks to Penny for running the pyramid session, which was one of the best sessions I have taken part in this year: structured, fun and very rewarding. The facility is great in Aldershot and I would encourage all who can to come on down every other Wednesday to take part. These sessions are for all speeds and abilities and will help anyone with their running."

The benefits of running on the track are:

- A measured distance on which to do the rep based sessions we are already doing
- A safe training area with flood lighting during the winter months
- No kerbs, cars, blind driveway entrances in the dark when you are concentrating and moving at pace
- A circuit where we can train as a group, but naturally split into our peer groups of similar speeds, but still be part of the bigger group and see everyone who is there so no falling off the back of the group and being alone
- A new surface to try your training on which is more forgiving on the joints than tarmac

Please give feedback about the sessions on the track - what you like, what you don't like, what you would like to do more or less of. This also applies to the normal Tuesday and Thursday sessions. We can only change things if we are aware. It is nice to know when you do like sessions - a lot of preparation goes into putting schedules together. Equally when you don't like sessions, tell us why so we can adapt them.

Please put the dates in your diary and come and support this new training night and use of facilities. Remember there is no extra charge for this facility - the club is funding the hire fees.

Action Shots of Club Members

Liquorice Press who are a new official partner for the 2014 FHM are going to assist with some new club promotion in conjunction with the half marathon promotion.



But we need your help.....do you have some high resolution photographs of club members in action? We need photos from road races, cross-country, track and field - also we need some photos taken on training nights.

If you can help out, let Penny know.

Janet's Recipe corner

For those of you who have been at the club for a while and have attended the Christmas handicap runs, you will know that Janet can make a great fruit cake. Well Janet is now going to share a few other healthy recipes via the club comms. This month it is a healthy carrot cake - some of us girls can already say we have tasted this one and definitely recommend it.

Below is a recipe from *The Guilt-free Gourmet* by Jordan & Jessica Bourke - wheat free, sugar free and dairy free

Carrot Cake

Ingredients

270g rice flour (or if you can handle gluten you can use spelt flour)

2 tsp bicarbonate of soda

1 tsp baking powder

1/4 tsp sea salt

2 tsp ground cinnamon

2 tsp mixed spice

3 eggs

200ml rice milk

1 tbsp lemon juice

200ml vegetable, rapeseed, grapeseed or sunflower oil

280g xylitol (healthy kind of sugar)

2 tsp pure vanilla extract

230g grated carrots

200g desiccated coconut (+ a little extra for dusting)

60g walnuts fresh from the shell (if you can)

227g can of natural pineapple in juice, finely chopped

120g raisins

Frosting

227g Tofutti cream cheese

2 tbsp agave syrup

grated zest of 2 lemons

above is all very good if you can find Tofutti - I didn't so used lemon quark

Preheat oven to 180c (350f) gas 4

In a bowl sift together flour, bicarbonate, baking powder, salt, cinnamon and mixed spice.

In another bowl combine eggs, milk, lemon juice, oil, xylitol and vanilla extract and mix together. Add the dry ingredients and mix well.

In another bowl combine carrots, coconut, walnuts, pineapple & raisins.



Using a large wooden spoon or food mixer; add this to the cake mixture and combine very well. Pour the cake mixture into the prepared 2 x 8 inch cake tins, lined with parchment paper. Bake for 1 hour or until a skewer comes out clean. If it doesn't cover with foil to avoid burning and cook for a little longer.

Allow to cool completely before turning out the cakes onto a wire rack.

To make the frosting combine the ingredients and spread over one of the cooled cakes and then place other on top. Spread the remaining frosting on top of cake and sprinkle a little desiccated coconut.

Enjoy!!

F&C AC AGM and annual prize giving

You will have received an email giving details of the AGM. Please make every effort to attend if you can. This is your opportunity to hear about the past year's achievements, help to shape the future and hear about ways you can volunteer to get involved to make your club better.

Remember we need volunteers to bake some cakes - let Penny know if you are willing.

Hope to see you all on Sunday 24th November. (6:15 pm for prompt 6:30 pm start)

Discount vouchers for Alton Sports

We have been given some discount vouchers for Alton Sports. The vouchers will give you £15 off purchases over £60 and can be used at the Alton or Farnham shops.

The vouchers will be at the club hut in the rack on the wall and Penny has some in her car.

Christmas Handicap Run

Keep the Sunday morning before Christmas free. **The club Christmas Handicap will take place on the 22nd December.**

Further details to follow but the format will be the same as in previous years. A handicap course of 1.5 miles (so the under 18's can join us too), a small wrapped gift (max value £2 and suitable for both children and adults) to be brought by each runner. Mulled wine, soft drinks and nibbles will be available in the club hut following the run.

Silly Santa hats, reindeer horns etc can be worn.....don't be shy!

Contributions to the next comms

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

