



Fleet & Crookham Athletic Club

Monthly Update – October 2013

Hi All,

Just as I was getting back to enjoying my running, my slightly lop-sided running since my op has finally irritated my other leg to make me take a few weeks off running training. Hopefully I will be back soon. The upside is that I can still do my cycling and swimming (and get strange looks from others as I use my Aqua-Jogger belt in the pool) and use my spare non-running time to focus on the Fleet half marathon launch. We should be up and open to take online entries on Monday/Tuesday - so don't leave it late, if you plan to run, get your entry in now.

The darker evenings are well and truly here now - to date it hasn't been that cold, but I am sure that too is just around the corner. For your own safety, when you are out running in the dark, you should be wearing something high viz. Our lightweight club bibs are ideal (see me if you want to buy one) or make a trip over to Alton Sports in Farnham and see their extensive range of high viz jackets and tops. Remember you usually get a club discount there.

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 back to John Chaplin.

John has recently re-joined F&C AC after a few years away from the club. We hope you enjoy your training and racing opportunities with the club and it is great to have you back on board.

Cross Country season is just around the corner

The change of season sees the start of the two cross country leagues we participate in. For those who haven't run cross country since school days and have memories of being forced out in your school gym kit (which for us ladies wasn't always very flattering!), don't be put off. Why not have a go.....

The **Sunday Southern League (used to be known as Today's Runner league)** kicks off next Sunday. The first event is at Pamber Heath, about 5 miles from Basingstoke. It is a lovely run through the forest mainly on tracks very similar to those we have run across in the summer. No-one should be put off by cross country running - it is a great way to get a good work out in beautiful surroundings. You will be surprised by the lovely trails around - get out there and discover them.

Ladies please let Jo know if you plan to run and gents please let Bob know. We need at least 5 men and 3 ladies.

Dates for the other month's races were circulated by email and are also on the calendar on the club website - make sure you add them to your diary.

The following Saturday sees the first of the **Hampshire League cross country fixtures**. This one is at Prospect Park in Reading (details also on the calendar). **Again ladies please let Jo know if you are planning to run and gents let David Long know.**

Put the dates in your diaries - let's have some good turnouts on the country for the 2013/14 season. See you there!

Andy is World Champion!

As many of you will know Andy Smerdon, one of our multi-event athletes, went to the world championships in Yeovil at the end of the summer to compete in the double decathlon champs.

Well he had great success and Andy is now the M50 Icosathlon (Double Decathlon) World champion following this year's world championships. Photos on his Facebook page:

<https://www.facebook.com/media/set/?set=a.10151798149144360.1073741827.541109359&type=1&l=c52a843821>

Well done Andy - this is once again a fantastic achievement.

New training night at Aldershot track

The new alternate Wednesday track training nights started this past Wednesday. Turnout for the first one was a little disappointing but we are sure this will increase over time.

Bob wanted to share the following with everyone:

The first track session was great - in fact better than expected. I'm not a great track lover for races but for measured training I found it ideal having enjoyed the grass track training in the summer. I got a real high after completing this week's session of 6x 800m efforts in a consistent time for each 800m loop (and 200m recovery walk/run). We had the complete track to ourselves, no problems with parking. The floodlights evenly illuminated the track with no dazzle.



The surface is firm but not as hard and punishing like the roads/pavements and a real joy to run on after running the streets and dodging kerbs, cars, potholes, wheelie bins, lamp posts, dog poo etc.

I'm looking forward to future sessions with a mix of abilities turning up giving the option of training in similar ability groups. This has got to be better than chasing round the local streets! I would recommend these sessions to all members whatever their ability. The training is generic and not specifically focussed on track events. The overall distances covered will be about 4-5 miles, which is about right for building up stamina for the forthcoming cross-country races.

Thanks Bob - a point to note is that the sessions will vary - it won't be the same one each time we are there.

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 is

Please put the dates in your diary and come and support this new training night and use of facilities.

Our Event News

Fleet 10km - 27/10/13

The annual Fleet 10km is getting closer. Mickael and his team have been working really hard to get everything ready.

If you plan to run and haven't entered yet, do so now - don't leave it until the last moment. If you do want to run, sadly one of our members Matthew is no longer able to run it and has a spare number. If you would like to take Matthew's number, please email me (Penny) and I will arrange it with the entries secretary that details are swapped over. I know Matthew will be pleased that a club member can take his place and we can re-arrange for whoever it is to reimburse Matthew for the place.

Marshals are still needed for the 10km - if you can help out please let Huw know now - Email: huwwendy@yahoo.co.uk or call him on 07973 203318.

Marshalling is a great way to be involved if you can't run it. If you haven't marshalled before, don't worry, Huw will explain everything.



Fleet 1/2M - 16/03/14

A lot of hard work has already happened in preparation for the 2014 Brooks Fleet pre-London Half Marathon. Subject to a couple of final checks on Monday morning, the online entry process should be ready to start accepting entries.

New for 2014:

- Revised finish approach along new tarmac cycle path - no more grass/mud on the approach to the finish line
- Finish times sent by text if you give us your mobile number on your entry form
- Quality Brooks technical official race t-shirts to purchase at the point of entry
- New local charity partner - The Mathew Elvidge Trust - raise funds and help to make a difference
- Follow us on Twitter @FleetHalfMarath
- Competitions and offers from our partners via Twitter
- New partners for 2014 - www.i-run.co.uk and www.backtoaction-sportsclinic.co.uk - helping you with your running fitness
- Great value for money - entry fee for UKA affiliated athletes still under £20 (£19.50 attached/£21.50 unattached)
- Liquorice Press with whom we have worked for a couple of years are now an official partner
- More news to follow as other additions get confirmed

Enter early - places are expected to fill before Christmas - don't miss out!

Were you rejected by the London Marathon?

We will be applying for our club places shortly - we usually get 2 guaranteed places so if you have recently received a rejection following your application, keep your rejection slip and pass it to Penny. We will do a draw for the places once we have received them.

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.

WHEAT FREE, DAIRY FREE, SUGAR FREE GRANOLA

Recipe from the Guilt-free gourmet by Jordan & Jessica Bourke

Ingredients

125ml pure maple syrup

125ml agave syrup

200ml flavourless oil eg. sunflower or grapeseed

2 teaspoon ground cinnamon

800g jumbo oats

200g mixed nuts and seeds eg. pecans, hazelnuts, cashew & pumpkin seeds

150g raisins

150g chopped un-sulphured dried apricots

Serves 10.12

Preheat oven to 180c/ gas 4

Mix together the maple & agave syrup, oil & cinnamon and then combine well with the oats.

Spread the oats out on a couple of baking sheets and bake in oven 20-30 mins until golden brown (stirring a couple of times to ensure an even cooking)

Roast the mixed nuts & seeds for 10-15 mins (stirring as with the oats).

Let both the oats & nuts cool before combining together along with the raisins & apricots.

If you feel like you want more cinnamon then add more at this stage.

Janet, Mitch and Rebecca can vouch that this certainly makes a yummy breakfast. Enjoy!!

New source of running related information

Regular visitors to Alton Sports in Farnham will probably know James who is based there. James is our contact for our partnership with Alton Sports for the half marathon.

James has recently been involved with the launch of a new website. Earlier this year a group of keen runners launched i-run.co.uk with the aim of providing runners like you with a vibrant website packed with expert opinions on all aspects of running, from race-day tips for beginner runners to top advice from elite sports practitioners.

Do visit the site - it is packed with lots of useful information.



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!

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 Phyllis Tuckwell and Chase Children's Hospice in Guildford

The run starts at 10am from Phyllis 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.

Email Huw for further information - huwwemdy@yahoo.co.uk

Tadley 10m 20/10/13

Enter via www.runbritain.com (again Matthew has a number for this but you would need to check with the organisers if it can be swapped to another runner)

Fleet 5/10km 27/10/13

Enter via www.runbritain.com (5km entries on the day)

Lordshill 10m (near Southampton) 03/11/13

Road race Enter via www.lordshillroadrunners.org.uk

Gosport Half Marathon 17/11/13

Road race Enter via www.gosporhalf.org

Hayling 10m 24/11/13

Road race Enter via www.runbritain.com

The Brutal 10km 16/11/13

Multi Terrain, Long Valley, Church Crookham (where we train in the summer!)

Enter via www.brutalrun.co.uk

And of course, don't forget all of the cross country events! We need you!



Christmas Social

Do we want to have a Christmas social this year? If so, any willing volunteers should make themselves known to the committee. Traditionally we have had a meal out at one of the local pubs. Where and when is very much determined by the numbers interested. We probably do need to start thinking about this now and someone who is willing to co-ordinate the booking would be appreciated.

Contributions to the next comms

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