

Fleet & Crookham *Athletic Club*



Monthly Update – October 2014

Hi All,

That's it - the dark evenings are now upon us. No more running in the evening sunlight across the army training area - but it doesn't necessarily mean no more running across the area. Bob will be leading some "head torch" runs and the first one will be this coming Thursday. A head torch is a must and you must also remember that there is an increased risk with running off-road in the dark. You do need to have your torch angled correctly so you can see where you are going - watch out for the roots and be careful.

Another important thing to remember now our clubs runs are in the dark is that it is vital to wear reflective running gear. On a club night run all members must wear high viz t-shirts or long sleeved tops or alternatively a running jacket with high viz tape on it or a reflective running bib. I do have a stock of the club running bibs - these cost £8.40 each so please just catch me on a club night if you want one.

The cross country season starts this coming weekend and we hope lots of members venture out either at Farley Mount, near Winchester on Saturday or Pamber Heath, near Basingstoke on Sunday. For those new or returning to cross country, the Sunday league is the best one to aim for. More on the benefits of cross country running later in the comms.

October is also a special month for the club as we are hosting the annual Fleet 10km. A huge thank you and congratulations has to be extended to Rich Jackson. Rich has filled the role of Race Director for the event this year and has done a tremendous job. He has introduced a race website, grown entrants numbers hugely by increased communications and advertising particularly through social media and also has a few more new things for race day. We all wish Rich and his team the very best for race day.

See you at the club

Penny

Fleet 10km

It is just 3 weeks until the big day - about 25 club members will be running on the day, but that leaves lots of club members potentially available to help out as marshals or in other roles on the day.

With a record number of entries this year we still need marshals. If you can lend your experience and support for a few hours on the morning of Sunday 26th October it would be much appreciated.

The race starts at 10am and marshal packs will be available for collection at 9am at the Harlington Centre. There will also be a marshal safety briefing. I would anticipate all marshals to have finished their duties by 11.30am.

This is an important event for new and experienced runners alike and always gets well rated in the running forums.

If can help please email Huw Williams at huwwendy@yahoo.co.uk ASAP

Remember if you are running the Fleet 10km under the club name, you should be wearing your club vest or t-shirt.

Why run cross country?

The beauty of cross country and trail running is that it's you against not only the competition and yourself, but also Mother Nature. Over a variety of surfaces - from dirt and grass to mud and asphalt to gravel and everything in between - you'll find sharp turns, short steep hills, long cantered sections, logs to jump, puddles to jump across or run through bridges to negotiate, all combining to constantly disrupt your rhythm much more so than a race run on an even, flat surface.

More importantly you will find yourself running through some of the most beautiful parts of Hampshire - places where you probably wouldn't normally run but places where you will want to run again.

No year is the same as the year before and it is sure to be different next year. You may run across a course one year and it is as dry as a bone but then the following year, you find mud, puddles or small streams on the same course.

Cross country and trail running are both great ways to really strengthen your legs. Because of the uneven surface, you will use muscles in a different way to how you use them on the road. Each time you place your foot there is the potential for it to land in a different way and your ankles will get really strong and each of the muscles and tendons works hard to keep your foot and legs stable.

A winter of strong cross country running brings real benefits in the spring when you return to the roads for your spring races.

Details of all the fixtures are on the calendar on the club website and Bob and Jo are co-ordinating teams so please let them know which events you want to go along to.

If you haven't run cross country since school, don't be worried - the races are so much nicer than your memories from school. All the local clubs are there and the challenge is the same for everyone - you just need to take that first step and you won't look back.....and remember the cake!!

Hope to see lots of you at the weekend.



Lessons learnt at the London to Brighton Off-Road Bike Ride 2014 - Holly Cartlidge

I signed up for the British Heart Foundation's London to Brighton Off-Road Bike Ride in the heady few hours following the successes of the South Downs Marathon Relay in June, and at the suggestion of Gita Kelsey and Yvonne Davies. I skimmed over the part of the website that says '75 miles almost entirely off-road. It's a challenging and testing route that mixes cycle path and single track cycling', and focussed on the bit which said 'forest paths.'

There were almost 3,000 riders taking place in the event, setting off in groups at regular intervals from the University of Roehampton near Richmond Park. The first section through the park puts you at ease - what a lovely way to spend a Saturday morning, taking in the fresh air, beautiful landscape and majestic deer.

However, once you hit the short road section, this feeling may be replaced by one of being enclosed in a swarm of lycra clad maniacs who lack a healthy level of caution for roads, other riders or vertical drops. This feeling can continue to around the 30 mile mark and may be off-putting for less confident and assertive mountain bikers, leaving them quivering on the verge of tears and hurling profanities at those more competent and confident riders who fly past on every side. Well, that's what I hear anyway, I mean we were all totally at our ease throughout.

There is also a fair bit of technical riding in the second quarter - single track and the like. Oh yes, I'm completely au fait with the jargon. Again, those less confident riders may find themselves stuck in their clip pedals, wobbling off the track and heading straight into a ditch before being picked out by one of the hundreds of faster riders queuing up behind them. We were very lucky to avoid this type of incident.

As an aside, from extensive quantitative evidence gathered during this event, there is a positive correlation between length of time in clip pedals and both falls and bruises.....and incidents involving brambles.

Of course, the most fun part of an event like this is the camaraderie. I mean, there are so many people around that there's no chance you'll find yourself snivelling into your energy gel wondering why your carefully honed skills from your intensive training programme are not working out for you on the day. And no way that, by the time you reach the second drinks station you find yourself loathing anyone who enjoys mountain biking, is good at mountain biking, or is doing mountain biking. These kinds of feelings were definitely not experienced.

Amongst all this mock melancholy, there were many genuine highs: stopping for pasties and tea at Weston's Farm Shop near Horsham and realising we'd made it to the 50 mile mark, looking back over the stunning South Downs and forward to Brighton from the top of the most challenging and final climb of the ride, and, of course, finishing on the Brighton seafront and hitting the pub for beer and burgers.

At the end of the (very long and tiring) day it seems fitting that this event, which we dedicated to the memory of Steve Sear, was, like the London Marathon we all completed with him in 2007, not

exactly enjoyable but provided an immense sense of achievement. And that's the real reason we all have very short term memories and continue to take on these challenges, right?



Received a London Marathon rejection?

If you applied to run the 2015 Virgin Money London Marathon you will have found out last week whether you are in or not. If you are in, congratulations and now is when the hard training starts.

If you weren't so lucky, don't despair. You could opt for a charity place or if you provide me with your rejection slip, you can be included in the club draw.

At the end of October I can apply on behalf of the club for some places. With increased membership this year, we may be eligible for 3 places, but if not we will definitely get two.

Bring your rejection slip up to the club or scan a copy over to me. The draw will be made on a club night once the number of secured places is known.

Warm up and cool down – why we need to make sure we do it

As a group of runners we are really bad at doing a warm up/cool down (apart from when we do the track sessions at Aldershot!). It is easy to skip a warm up but why should we do one:

Warming up before you work out will...

- Increase blood flow to your working muscles, better preparing them for the additional workload to come
- Increase the delivery of oxygen and nutrients to your muscles, which prevents you from getting out of breath too early or too easily
- Prepare your heart gradually for an increase in activity, helping you avoid a rapid increase in blood pressure.
- Prime your nerve-to-muscle pathways to be ready for exercise, which can improve the quality of your workout
- Improve coordination and reaction times
- Reduce the chance of soft tissue (ligament, tendon and muscle) injuries by allowing your muscles and joints to move through a greater range of motion easily (and safely)
- Lubricate your joints for easier (and less painful) movement
- Increase blood temperature, which can allow you to work out longer or harder
- Prompt hormonal changes in the body responsible for regulating energy production
- Help mentally prepare you for the workout ahead, giving you a few minutes to get "pumped up" for a great workout!

So when we go out for a run from the club it is important to keep the first few minutes as a slow build up just to get the body ready for what will follow. We could also do some drills on the grass before we go.

As a group we are probably even worse at stretching out after a run. With the colder evenings, it is easy to run off back to the car, but a few minutes of stretching is a very good idea.



When you work out, lactic acid builds up in your muscles. This often leads to muscle soreness and fatigue. Stretching after a workout helps to reduce muscle fatigue. When you stretch after a workout, your muscles are warm and you benefit from increased blood circulation.

Stretching will help your muscles to recover faster from a tough workout. Muscle soreness is one of the reasons that many people skip exercising. When you stretch, the likelihood is much higher that you will proceed with your next workout and prevent future injury.

All muscle groups should be stretched after a run - Quads, Hamstrings, Calves, IT Band, Back and Shoulders.

Let's all start to nag each other to make sure we stretch out - it should be part of the normal running routine just like putting your trainers on - after all you wouldn't go for a run without putting your trainers on....so why make your legs run without stretching them out at the end of it.

F&C AC AGM

The AGM will take place on Friday 7th November starting at 7pm.

All members are encouraged to come along - this is an important evening where we reflect on what the club has achieved over the last year and where we want to go in the next . The annual awards will also be presented/

Brooks Fleet pre-London Half Marathon 22nd March 2015

Entries are now open for the Fleet Half Marathon and members are encouraged to enter early via www.fleethalfmarathon.com

We had a lot of club runners out in March 2014 and it would be great to get even more out next year.

If you are not planning to run there are loads of other roles on race day which we need help with so volunteer now.

River Relay - a great morning out - Penny

In September a team of 5 club members - my husband Kevin, Rebecca Brennan, Doug Murray, Jon Capel and me took part in the River Relay.

As a club we used to enter several teams in this event but haven't done so for several years. It did stop for a few years and then The Stragglers running club brought the event back to life.



The River Relay is a baton relay run over five stages from Virginia Water to Kingston-upon-Thames. A team must be a mixed team of 5 people. You need at least one woman; the other can be a woman, a Veteran (over 40) but not more than 3 Senior Men.

The stages range from 4.9 to 6.51 miles over friendly terrain (a total of 26.2 miles) so this is an excellent introduction to relay racing.

The team came 21st out of 52 clubs which was a great result.

Thanks to Sue Capel who was the second driver as it is difficult to do the whole thing with just one car.



A Decathlon with a Difference - Andy Smerdon

On 27 September, Basingstoke and Mid Hants Athletic Club held their second Speed Decathlon competition. The decathlon comprises 10 track and field events and is normally held over two days. However, this speed decathlon was to take place over just one hour, providing an altogether different challenge!

The event brought competitors from around the UK, one female and 26 male, from under 20s to over 55s, including BMHAC's former Commonwealth Games decathlete Ben Hazell in his final decathlon competition before retirement.

The rules were simple - each event had to be completed in order, and the final event - the 1500m - had to start within one hour of the start gun for the first event - the 100m. To help move athletes around the field, we set off and moved from event to event in pods of three or four competitors, accompanied by our dedicated track and field judges, one pod departing every 40 minutes.



The first challenge was to wait nervously as the first four pods started. By the time I had lined up at the 100m start, 10 athletes had already finished and three more were well on their way to the end. My three fellow age group competitors had already finished, so I knew what my target performances and points were. I had already competed the previous weekend in the British Masters Decathlon in the standard two day format, so I had a good idea of my form.

After a good 100m, I then bettered my previous weekend's long jump, set a PB in shot put, and also improved on the high jump. About 20 minutes had passed and I was still panting from the 100m. Before I knew it we were lining up for the 400m. Now this could be a tortoise and hare story, because I charged off the line and set a pretty good (for me) time. With the benefit of hindsight, that may have been unwise. I had watched my co-competitors practically jog around and wondered why. After all, in a decathlon, the 400m comes at the end of day 1 and you have all night to recover. Three minutes later we lined up for the 100m hurdles.

In a rare moment of thankfulness for my advancing years I managed to clear all ten reduced height (age graded) barriers in one piece, though I watched several others clattered to the ground by similarly overenthusiastic sprinters as the day progressed. However, my time was well down on the previous weekend.

Time to relax again with Discus, Pole Vault and Javelin all on form, and as the clock ticked around to 60 minutes we lined up for the 1500m - usually one of my strongest events. However, the curse of the 400m struck again, and after only a few hundred metres I was suffering, finally completing what Power of 10 will record as my slowest ever time over that distance. Thankfully though, I'd done enough to take the age group title.

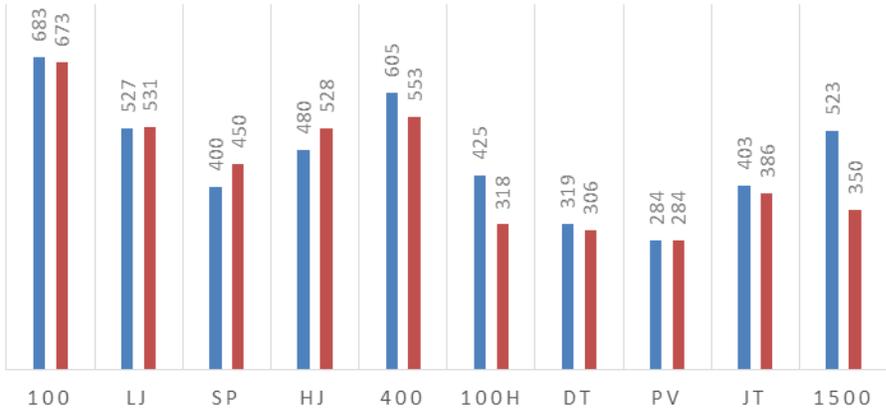
A glance at my scores for this weekend and the previous traditional decathlon shows where the speed decathlon format takes its toll. Everything up to the 400m was unaffected. I was a little under par for the 400, but the real losses were on the hurdles and 1500m. In the end I only dropped 270 points or 6%, which doesn't seem too bad a price for skipping around 30 hours of accumulated rest!

I mentioned that it was Basingstoke's second Speed Decathlon. The first was held 28 years ago and was a **half-hour** speed decathlon. There were 14 competitors, including one Barry Upward from Fleet and Crookham AC. The 2nd edition was universally praised by competitors and officials alike, so it seems likely that we won't have to wait another 28 years for the next one.



DECATHLON POINTS COMPARISON

■ 2-day ■ 1 hour



Thursday night run leaders

With increased numbers on Thursdays we need to split into three groups to accommodate the breath of paces being run.

We need a few volunteers to lead groups - you are not being asked to coach but just be willing that on a date you specify, you will be available to lead one of the groups - the faster, medium or slower group.

This means that all runners can feel comfortable in the group they are running with ie. they are not trying to run too fast or having to run too slowly. If you are a faster runner, why not volunteer to take the medium or slower groups out one week?

Please let Penny know which Thursday dates you are willing to help out on. The more volunteers we get the easier it is to cover all groups on all dates

Recent Race Results

Members have been running in a lot of races recently. Congratulations to everyone who has had success recently - some of which are shown below. Times shown are the official race time not individual chip times.

Purbeck Trail Marathon

Congratulations to Lisa Hale who won the Purbeck Trail Marathon in 4:03:16. Lisa has just re-joined the club and what a start she has had to her racing back with F&C AC - excuse the small photo - taken off the race website!



Maidenhead Half Marathon (road)

Tom Barton 1:26:15 (Vet 40)

Dom Lobo 1:30:27 (Vet 40)

Guy Hornsby 1:50:06 (Vet 40)



Windsor Half Marathon (road)

Ben Raggett	1:31:02 (Vet 40)
Mark Skennerton	1:31:20 (Vet 40)

Pilgrim Marathon (Trail)

Tom Barton	3:33:44 (13 th overall)
Nic Holmes	3:50:21 (Vet 50)
Adam Holmes	4:27:55 (Vet 50)
Bob Cornwell	4:31:28 (2 nd Vet 60)
Rob McKee	4:45:13 (Vet 40)
Richard Simpson	6:51:46 (Vet 60)

Pilgrim Half Marathon (Trail)

Simon Thompson	1:36:17 (Vet 40)
Dom Lobo	1:40:16 (Vet 40)
Ian Philip	1:59:10 (Snr)
Guy Hornsby	2:02:14 (Vet 40)

Basingstoke half Marathon (Road)

Tom Barton	1:26:16
Simon Thompson	1:29:38
Dom Lobo	1:34:06
Bob Cornwell	1:45:01 (2 nd O60)
Guy Hornsby	1:50:59
Ian Philip	1:53:30

Contributions to the next comms

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

