

# CLEVEDON AC "NEWSLETTER"



Dear readers

WELCOME to your first edition of . . . well, that is for you to decide – what is this newsletter to be called? I have had a few excellent suggestions which I'll be asking the committee to make a decision on so we have a name for our next edition. This will be a bi-monthly (every other month) newsletter. It is yours, so please send me any suggestions; feedback or content so you get what you want. I am getting together with some more "design-techy" people from the club to look at more whizzy ways to bring this newsletter to you. In the meantime, I really hope you like what we've put together as a starting point – I look forward to hearing your feedback. Happy reading and running (and rest and recovery)

*The Editor (Laura)*



## A Round up of 2014 from our Chairman, Andy Heyes

"With the Christmas meal now passed and Boxing Day looming up again we are almost closing out another year for Clevedon AC. A fantastic year yet again where we have seen a huge influx of new members and the team spirit is flying. A great turnout of 66 people for the club meal at the Walton Park Hotel - and this year even the food was edible! A fantastic evening with a great disco after - many thanks to Dawn and Elaine for their hard work putting this together.

Run of 21 results are now finalised and awards were presented at the Christmas meal:

Men's standings:

1. Nick Hides
2. Alex Crossland
3. Morph

Ladies' standings:

1. Helen Ball
2. Sally Dennis

. . . watch this space for unveiling of the 2015 competition which will be a totally new format!

Winner of the Endeavour Award for 2014 was Luke Murray - presented for his support and efforts throughout the year including helping with coaching etc etc (not to mention his fantastic Half Marathon PB) - well deserved Luke.

Most Improved Runner of the Year presentation was made to Alex Crossland at the Christmas Meal.



### ***(Chairman's Round up of 2014 continued . . .)***

The Welsh Castles Relay was again a superb weekend of competition and camaraderie for the Club; unanimous feedback is that everyone would like to enter again next year - so we will, and I will organise this again with assistance from Morph and Birdy.

We will also be entering the Cotswold Relay in June, with Simon Hawkes co-ordinating out team with assistance from Captains Morph and Sally - please register your interest as soon as possible.

Don't forget during these cold winter months you can stay warm with a yellow club fleece for £20 and black training bottoms for £15 . . . we will also soon be receiving new black club jackets to match the training bottoms. (I've also been asked to add from our newly appointed ladies' captain, Sally, to put a message out to you to say that new jackets and hoodies are coming our way soon – photos and more information to follow soon).

My thanks to all of you for your support to me and to the Committee throughout the year - have a great Christmas and i look forward to seeing you all on Boxing Day”.

*Andy Heyes*

## Who knew?

I'm planning on the “Who knew?” section being a regular feature where we put a club member in the spotlight to answer some random questions about themselves – this month we've picked our Chairman, Andy Heyes, to show us how it's done.

Claim to fame? Quite a few - but one that stands out recently was receiving a phone call on my mobile from Sir Roger Bannister while Laine and I were drinking with friends in a hotel in Dubai last Easter - apologising for ringing me late on a Sunday evening . . . he had no idea we were in Dubai and it was actually 4 hours later than it was in the UK - I didn't have the heart to tell him! I have spent several hours with Sir Roger over the past few years and he is an absolute legend.

My hero is . . . (can I have 3 please - as well as Sir Roger?) - Steve Ovett who was a phenomenal athlete in his day and a real runner of the people; Steve Jones the Welsh ex-World Best marathon runner who to this day still holds the British record he set at the London Marathon when in the 1980s while working full time in the RAF and could not be beaten by Mo Farah! He was a proper runner and I also had the pleasure of competing in a Gwent League XC race in Swansea with Steve in the field over 20 years ago, and did a "warm down" with him and a few others afterwards (at my race pace!).

Lastly, Andy Holden, a Tipton runner who died earlier this year - he was a dentist, and a fantastic runner in his day - his claim to fame was drinking 100 pints of beer and running 100 miles in the same week! He actually won the Bermuda Marathon once having consumed 8 pints the night before and took a beer at half way - he would have fitted in well at Clevedon AC.

I'm quite good at . . . playing squash (although many years ago) and I also have quite a mathematical mind.



**(“Who Knew” continued . . .)**

Proudest running achievement? When Clevedon AC won the Welsh Castles Relay in 2007 by 8 minutes, it was also the year that I won Stage 5 in boiling weather and the guy who was in second place behind me at 5 miles passed out in the heat! It was the 25th anniversary of the event and the host club Les Croupiers were desperate to win - they emailed me the following day to say if they could have chosen any club to be beaten by it would have been Clevedon AC - respect!!

Favourite race? Midland 6 Stage Relay at Sutton Park; we must get back there next year; the team spirit and atmosphere is fantastic.

If I'm not running . . . at the moment I'm either injured or working too many hours! That will change next year, and the answer will be spending time with my lovely family and walking our Labrador.

## ROOM 101

What really annoys you about the world of running that you'd like to see thrown into Room 101? Drop me a line to let me know so I can put in a future edition so we can all nod in agreement while reading! Thanks to Matt Crocker for this month's rant on **“The Overly Commercial Race”**

“We're all familiar with the small event organised by a local club or charity. A few hundred lycra-clad folk rock up in a muddy field and hand over a few quid to an elderly Rotarian in a damp marquee before setting off along a quiet course marshalled by so many scouts and guides and army cadets that it looks like we've been placed under a Bugsy Malone version of marshal law. There may be chip timing, there may be medals and there may be a T-shirt. The goody bag, if there is one, will likely contain a bottle of water, a Mars bar and an advert for a local physio.

In stark contrast is the large, commercial city event. You enter several months in advance for a fee that would make a merchant banker wince. To put it in some kind of context, this year's Great North Run had an entry fee of £48. The Prom costs £15 for all nine races. That's £3.63 per mile to run around the dual carriageways of Newcastle, more expensive than taking the Metro, whereas you can run up and down Weston seafront in the dark for just 33p per mile.

You'd think that the high entry fee would mean that there's no need for sponsorship, but of course the opposite is true. The pre-race information pack contains more adverts than Marie Claire, but without the nice scratch and sniff perfume ones, and the course is covered in logos. The water is sponsored, the clocks are sponsored, everything is sponsored. It must be what subscribing to Sky feels like: really expensive and they still show you adverts.



## ***“Room 101” continued . . .***

The obvious question is ‘where does all the money go’? I’m sure that injecting lots of money into an event doesn’t lead to corruption, although if the next London Marathon moves to Qatar I’ll be suspicious.

What do the runners get for the extra outlay? Not much. Small races now often offer chip timing, medals and T-shirts. After a race the things I need most are water, food and medical attention so the small goody bag is often most welcome. This is in contrast to the advert-plastered bag of more adverts, a small bag of salt (why?) and even the infamous tin of soup that you may get handed at the end of the big events. If they don’t run out.

I’m sure the big commercial event has a place, and of course we don’t have to enter them, but I just hate having the nagging feeling in the back of my mind while I run round that I’m being mugged. Behind all that clapping there might just be the sound of Brendan Foster laughing all the way to the bank.

# **RACE REPORT**

## ***Hot off the press – Cross Country Race Report from Pittville Park, Cheltenham (Saturday 13 December - report by Morph Richards)***

“Good conditions helped the runners in the third Gloucester Cross Country league race at Pittville Park Cheltenham. The ladies set off facing two long laps of this entertaining but arduous course. First home in a magnificent 7th place Laura Meech 25:29, Helen Ball 37th 27:44 and 2nd V45 with Sally Dennis 80th in 31:07. Nicole McMillan 109th 35:04, Katherine Lynn 110th 35:07 and Jackie Foster 111th 35:10.

The men faced three laps with Luke Murray leading the club in 17th spot 33:25 with Nick Hides 77th 37:35 and 1st V50 and Clive Richards 79th 37:40 3rd V50. Simon Smith 154th 42:34, Chris Davies 155th 42:36 and Simon Hawkes 159th 42:54”.

Well done guys – I believe the next race is on Saturday 14 February at Tewkesbury – how romantic for Valentine’s Day.





# COACH'S CORNER

Coach Birdy's regular slot where he shares his huge insight and knowledge to make us all better runners . . .

## "Coaching Focus 2015"

When I started out with the coaching role at CAC in 2010, I had a 5 year plan as I could see some obvious areas for improvement. I knew I had to make changes slowly to keep all on board. The one issue was not to rely on one person. So the encouragement was to get "new leaders" on board, then get a good training atmosphere back and keep an all inclusive approach.

Then basic stuff like bringing new people on board so "Intro to running" was born in 2012, with probably a dozen people from this route running regularly with the club. The next area was getting more people to understand the cross training benefits, with now the addition of a club self funding weekly circuit session for the past 3 years. This was something new for an athletic club (nothing like this locally) and another route into the club for all levels and abilities in a smaller friendly environment.

Now I intend to push the runners to reach their potential, all still within the club sessions so keeping the best from the big group atmosphere. So the same routes, but maybe doing different things during the sessions. It is still obvious to me that most people's technique is poor, with foundation level skills still not being achieved easily. The best way to achieve these goals for you, is by utilising the whole coaching team and breaking the members down into smaller numbers for more one-to-one opportunities.

I have reviewed the members attending Tuesday night sessions during 2014 and have approximately 70 names recorded, obviously these people have not all turned up on the same night but we want them to, and must allow for this. So for 2015 I will take the athletes running in the old groups 1-4 (approx. 30), using the newly qualified Leaders Luke Murray & Julie Poole. Then Nick Hides will coach the others from the old groups 5-7 (approx. 30), with the Leaders Helen Ball and Mike Andrews (who will also take the lead with the Intro groups and new comers to the club). Other qualified Leaders such as Andy Heyes, Simon Hancock (who helps me at boot camp), and Hayley Marriot will be welcomed into more sessions when they feel that they can. Within the groups this should allow some more time to "Coach" some of the athletes, and target certain races to try and push for PBs etc. The groups are not set in stone and will move, with regular meetings with the coaching team I will ensure we are pushing all that wish to be. We should now be able to structure more of a rehabilitation route back into the sessions, with combinations of running sessions and emphasis of boot camp changing to "core" and "a greater range of whole body movement" for a while. Your comments on any aspects of Coaching / Training are always welcome to any of the "Clevedon AC, Coaching Team" (as identified by their new jackets for 2015).

*"Coach's Corner" continued . . .*



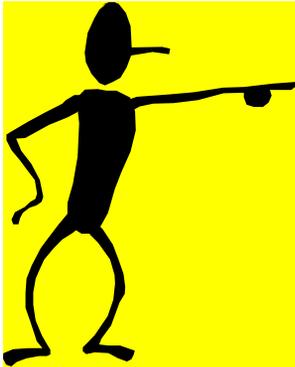
So for the start of 2015, I want to try and emphasise more on phases - so slightly different to what we have been doing with Base, Strength, Speed then taper . . . over a 13 week period. I have encouraged some of the athletes to focus on either:

Bath Half on 1<sup>st</sup> March (but as a group we will have only really started Speed stuff at this point) or probably Reading Half on 22<sup>nd</sup> March (as this fits better with a plan for PBs) and/or Taunton Half on April 5<sup>th</sup> which also fits well at the end of a 13 week plan and I know is a race the club normally support and a good guide also for The Castles Team places (I wont talk about this now though).

Also with Luke Murray's assistance , I'm trying to gauge interest in the " Jersey Round the Rock Relay", race date 1<sup>st</sup> August", as a good social / training race weekend. This can be part of a family week away as in the school holidays and very much on social (rather than the race / training bit). Helen has put out a document from me about this, which I will re-circulate again after Xmas but need to know if you are interested asap.



Thanks Birdy.



On that note, I'll bring this first edition to a close with a plea from me - this is YOUR newsletter. Please submit anything you'd like to see in it. I'd like to keep it fresh and relevant so you keep reading. If anyone has anything to go in the slots above or has ideas for new slots, or funny things they'd like to share – just drop me a line . . . May be you want to share a local running route or have a piece of kit you'd like to recommend (or not) – or an interesting or useful website.

Thank you to those who've contributed this month. Please send me your newsletter name suggestions by 31 January (tax return self assessment deadline for those interested(!) – with a chance to win a lovely bottle of wine made in Somerset.

May I take this opportunity to wish everyone a really **Happy, Peaceful and Relaxing Christmas and New Year** – see you on Boxing Day or at the Hangover 10K?

