

"FOOTNOTES"

CLEVEDON AC'S NEWSLETTER / APRIL 2015



Dear readers

“ Hope you are all doing well and enjoying the first stages of Spring – so glorious to see the sun – forgotten what it looked and felt like. Hope you’ve all had a great Easter break as well and not too much chocolate(?!).

It was great to watch the last prom race and cheer everyone on from the side-lines – so much more enjoyable – well done to everyone. I’m out injured long term and I’ve written a piece in this newsletter about what I’ve been up to in case there are other injured souls out there looking for ideas on how to keep sane . . . ! Also really great to see us rightfully listed in the North Somerset Times’ article “Six friendly running groups to join in North Somerset”.

If there is anyone reading this who joined the club via the “Intro to Running” course and you would like to write a piece that we could post with a photo on the new Clevedon AC Facebook page, that would be great to help encourage those considering joining the next intro course – see ‘Coach’s Corner’ later in the newsletter for details on the next course starting April 14th.

I see we have a new public Facebook group “Clevedon Athletic Club” and also a Twitter account @ClevedonAC – these sites are great and will really help raise our profile and encourage new members – must learn how to use Twitter I’ll get my 16 year old niece to show me!

I’d like to wish everyone running the London Marathon on Sunday 26 April loads of luck – hope you have a fantastic time out there – it is such a brilliant atmosphere – try to enjoy it if you can.

Hope you enjoy this newsletter. Please keep the content coming in for future editions.

The Editor (Laura)

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A word from “The Chairman”

- We have again been accepted into the Castles for the weekend of 6 & 7 June, so get plenty of hill training under your belts over the coming weeks!
- We sent Portishead RNLI £300.
- We now have the Club storage container sited at Clevedon School, which will be great for a central point to keep signage and equipment etc. I am meeting Simon Hawkes to sort out what welding is needed and we should be good to go very soon.
- I have also asked Mike Solomon to confirm booking of the school track for summer training from mid-April.

Who knew?

This month from our lovely Morph (AKA Clive Richards) . . .

Why am I called Morph?

I was named after a toaster aged 12 when I was at Clevedon School. I think it stuck.

My running hero is...Ron Hill

A proper old-school runner and has run every day for the last 50 years. He won Golds at the European and Commonwealth Games running 2:09:28 on a very lumpy Edinburgh course in 1970. His books are truly an inspirational read. I was very fortunate to meet him a few years ago and spent a couple of hours chewing the fat, I was like a kid in a sweet shop.

Why did I take up running?

This was me 15yrs ago. I then found myself working at Derriford Hospital in Plymouth, an old stomping ground where I used to run when I was in the Royal Navy. I started running again then joined Clevedon AC a year later and by running consistently with the club I lost three stone.

Proudest racing achievement...

Running in the Welsh Castles Relay in 2008. I managed to get home in the first Vet place winning a coveted yellow sweatshirt. A hideous looking item of clothing but it means so much.

Favourite Race

The London Marathon. I'm not a professional cyclist but going over London Bridge at 12m has got to be the same feeling as going up Alpe D'Huez. The crowd is so close and supportive at this point it is amazing.

I'm quite good at...

Fishing when injured...!! When I had surgery on my Achilles in 2012 I became obsessed with competitive match fishing. I found it really suited my addictive personality..!!

If I'm not running...

I'm analysing race results on the Power of 10...!! I also love walking my dogs.



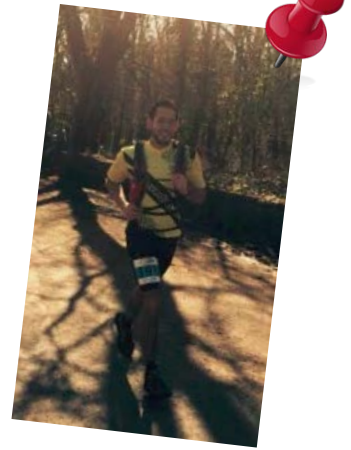
RACE REPORTS



WELL . . . I'm pleased to say that there is a lot to go in here this month – well done to everyone.

GREENMAN ULTRA

Rob Hambly ran the Green Man Ultra race in an overall time of 9.16.15. The Green Man **Ultra follows the 44 mile route** of the Community Forest Path around Bristol so a massive congratulations to him.



GLOUCESTER 20 MILE ROAD RACE

Clive Richards (Morph) competed in this event in his marathon build up and finished the 20 miles 27th place in a time of 2:10:23 being the 27th overall and the 1st vet 50....Well done from all at the club.



READING HALF MARATHON

Six members of the club ran. This is a fast course (flat – unsure about this bit, certainly at 8 miles) but fantastic support around the route. The stand out performance of the day, Alex Crossland 01:19:24 and a new PB and now joining the many in the sub 01:20 club. Then Paul Bird, back from injury with a 01:26:41 so a base to build on for the rest of the year. The next great achievement was Simon Smith in 01:34:31 and another PB for Simon, so well done to him. Next home was Geoff Binns in 01:39:30 and a solid sub 01:40 run and great marathon preparation for Geoff. Then the Davies duo, of Donna in 01:40:08 and only 18 seconds outside her Half Marathon PB so a great result for Donna and a real commitment to her training and attention to detail over the last few months has paid off. Then husband Chris in a great time of 01:42:12 and another PB on the day which is great for him so well done.

RACE REPORTS



FOREST OF DEAN HALF MARATHON

Several Clevedon AC runners who travelled to the Forest of Dean to take part in the spring trail half marathon, ran in what could be called testing conditions. Matt Crocker's good form continued with a fine 12th place in 1:23:11. Ben Burns 57th 1:31:06 with Paul Sell 225th 1:40:43 and a course PB for Sally Dennis in 1:49:53 in 499th place.



BURNHAM ON SEA 5K

Well done to the guys and gals at the final race of the Burnham prom series. Good finishes for everyone, and Jane Cooley got first Lady for the series and Nigel Charman got first vet 50 man.

WESTON PROM

Fantastic turn out of runners and supporters at March's Prom Run. Congratulations to Alex Crossland on his 2nd place finish, Luke Murray for finishing 3rd, Peter Fewes 1st MV50, Julie Poole for 1st lady and Laura Meech for 3rd lady. Sounded like lots of well deserved PBs including for Alex Crossland, Alex Murray and Laura Meech.

FALMOUTH HALF MARATHON

This lived up to its reputation. Described as challenging, hilly and scenic it did not disappoint the runners. Clive Richards was home in 18th place 1:23:59 and 3rd V50, well done to him. Sally Dennis in 238th and a fine time for this course of 1:55:24. Competitors were all given a pasty on the finishing line, for some carbo loading which again makes this race a little unique I suggest.

BEAT THE SEVERN BORE

Two of our athletes beat the bore. Nigel Charman finishing a great 4th place overall (01:03:13), with Helen Ball finishing 14th overall (01:08:55) and the first lady home.

GLOUCESTER CROSS COUNTRY

The last cross country race of the season was held in Tewkesbury in February. Excellent running conditions but very arduous underfoot made the course difficult. Laura Meech good form continued with a hard fought 10th place 33:04. Helen Ball 28th 36:21 and Donna Davies 41st 37:36. Alex Crossland headed the club home in 31st place 41:30. Nick Hides 50th 43:27 with Clive Richards 53rd 43:35. Simon Hawkes 120th 50:55 and Chris Davies 126th 51:50. Overall in the series Helen Ball was first in the female vet 45 category. With Nick Hides doing the same in the male vet 50 and Clive Richards third in that category.

COACH'S CORNER



There will be another set of phases from April to the beginning of June (Castles weekend). So again starting with the base / strength and trying to increase your lactate threshold, then into the VO2 max stuff from the middle of May. This was all explained in detail in the last Newsletter so please refer to this if needed, or ask one of the coaches. I can also remind you that we are available to talk individually before the training sessions "Coaches Clinic" at Strode if booked from 18:30 on Tues or Thurs.

As the committee are aware with my increasing work commitments and Nick being able to retire in April, I am soon handing over the Head Coach position to Nick. Nick will be taking the lead with the club session planning from June, and until the rest of this year (then we will review). I'm not leaving you or the club and will aim to get to most club sessions; but I will be travelling more; so not as dependable leading the club sessions. Nick will be your main man from June (after the Castles weekend), this will also give him a chance to inject some of his own ideas into the club training going forward.

Cheers Birdy, don't forget **"Don't wish for it TRAIN FOR IT"!**

Also Clevedon AC are starting a **NEW INTRODUCTION TO RUNNING SESSIONS for 8 weeks starting from Tuesday 14 April**, this time it will aim to provide two weekly sessions (Tue and Thurs starting at 18:15) for more details and an enrolment form please refer to the club website.

If you wish to join in with the success of Clevedon AC just come along to one of our sessions and give it a go, no pressure !! The club meet at various times for training, including a weekly indoor cross training session (at Clevedon School at 19:00) for Strength Endurance, Flexibility and a Core on a Monday. This strength endurance helps athlete's to build the muscles up for the running sessions, to get a long term improvement. The weekly Tuesday & Thursday running sessions starting at 19:00 where we meet at **Strode Leisure Centre (Clevedon) on Tuesdays & Thursday**, are based on improving technique and working the bodies different energy systems. Other coached sessions are also offered over the weekends; all of this training is specific to your needs with individual plans available with the goal to enable "You to Reach Your Potential". Further information is now available on the club website <http://www.clevedonac.co.uk/> use the club contacts section and contact someone for any further information as required.





COTSWOLD WAY ANYONE?

Si Hawkes is organising a team entry of 12 runners into this years Cotswold Way relay. There are 12 stages of distances up to 12 miles running the fabulous route. Each stage will need to be checked out before race day which is June 27th. Logistics of getting to and from start finishes will be fairly easy as we can liaise with a team from Bristol & West who are also running. Si is looking for names to put the team together - some of you expressed an interest recently, and now we have dates, would appreciate contact via his email address bristolworkshop1@gmail.com

JIM RUNS CHEDDAR

Jim Hardcastle has entered the Cheddar Gorge Half Marathon in June. He'll be raising money for Avon & Somerset Search and Rescue (ASSAR) who he volunteers with. See his fundraising page here <http://www.everyclick.com/jimhardcastle/info> ASSAR has provided rescue cover for the event over the last few years so he'll be looking forward to the encouragement and heckling from team members as he goes round! If you fancy the challenge, see the website here - <http://www.relishrunningraces.com/cheddar-gorge-challenge.php>

FROM THE ARCHIVES

Another article from the newsletter archives for those in marathon training . . . doesn't look like any marathon plan I've ever undertaken!

Boxy's Marathon Schedule

Having just achieved my goal of running sub 2 hours 30 minutes for a marathon (2:29:44 at Windsor on September 25th), I feel it only fair to share my 'build up schedule' with the rest of the club. Throughout my successful marathon career (3rd) I have tended to adopt different approaches to my training. Everything seemed to fall perfectly for the Windsor 'Polytechnic' Marathon so I strongly recommend the following pre-race plan to anyone seeking to attain a PB at this mediocre distance.

1. Always commence your training plan with a four month lay off due to back injury.
2. Ease into your training carefully, then give it hell at the start of week 3.
3. After 3 weeks of steady training increase your mileage to 110 miles.
4. Find as many races as possible between the distance of 1 and 20 miles - and enter them all.
5. Try to do as many 'back to back' races as possible, followed by speed sessions on the following 4 days.
6. If your legs feel fatigued, always ease off - reduce your training to only once that day (but be sure to make it up by training three times the following day).
7. The week prior to the big event, reduce your weekly mileage right down to 80 and race only once at the beginning of the week. Also, experiment by making radical alterations to your eating habits.

Typical week's training:

Sun	AM 20 miles steady	PM 8 miles fartlek
Mon	AM 6 x 1 mile	PM 10 miles hard
Tue	AM 12 miles hard	PM 15 x 1/2 mile efforts
Wed	AM 10 miles hard	PM 10k race
Thu	AM 10 x 1 mile efforts	PM 10 mile race
Fri	AM 6 miles steady	PM 5 mile hill race
Sat	AM 15 mile race	PM 1/2 marathon race

Bingo! Try it, you know it makes sense!!

Boxy's Marathon Schedule
[October 1994]

INJURED? LOOKING FOR WAYS TO KEEP SANE? (LAURA, THE EDITOR)

Me too – but I’ve managed to turn my brain around to seeing my injury as a positive. A chance to focus and enjoy something else – building strength in other areas so hopefully I’ll come back to running stronger - for me this has been cycling; gym work with my new kettlebells; swimming; studying my bio-mechanics; getting my feet and ankles flexible (Feldenkrais); getting my nutrition green and clean; and finally aqua “running” – also giving my body a well earned rest from running – I’m hoping to come back mentally refreshed – not totally knackered from the other disciplines I’ve just listed!!

I wanted to just talk about aqua jogging as I think it is great for keeping your fitness levels up and mimics the form of running. Aqua “jogging” (I like to call it “running”), has become popular because, unlike cycling, it is quite similar to overground running in terms of the muscles used and your range of motion. Here are some key points:

- Aqua jogging is an excellent way to maintain the fitness you had before you were injured, provided you stick to it with the same intensity you usually train with
- To keep it as close to real running as possible, mechanically speaking, wear a flotation belt and make sure your stride in the pool is as close to your “normal” running stride as you can get it
- You can add hand weights and resistance belts into your training if you want to make it particularly hard
- Keep in mind the particulars of your injury situation when thinking about a cross-training regime. There are some injuries, like a hip flexor strain or various hip and knee ailments that do not handle aqua-jogging well. If aqua jogging hurts, you shouldn’t be doing it!
- People do look at you strangely when you enter the pool with a large float tied around your middle – I quite enjoy people’s intrigue as to why I’m running up and down a pool out of breath while they sedately do their breast stroke, not remotely out of breath . . .

To all those currently injured – hope you are on your road to recovery and doing something you love.





SO, that's another newsletter come to a close – hope you've enjoyed it – please do keep the content coming with things you'd like to see.

To end on a couple of things . . .

I recently read Chrissie Wellington's auto-biography (multi world champion women's Ironman triathlete) and I took a point from it that seems so simple when you think about it but so true . . . "if your mind wanders while you're training, so does your body", ie if you start thinking about work or chores while you're in a training session, you're likely to lose form. Just thought I'd share that as it resonated with me.

And to end on a funny – I'm "Chafee Marathonso" apparently . . . who are you?

Happy running.

WHAT'S YOUR RUNNER NAME?

LAST LETTER OF YOUR FIRST NAME:

A = Chafee	J = Fuel'n	S = Markers
B = Bibs	K = Speedster	T = Vio Tu
C = Traily	L = Medalz	U = Pronator
D = Miles	M = GoGo	V = Wicky
E = Runna	N = Fartleki	W = Stoppy
F = Spikee	O = Laces	X = Hammy
G = Meters	P = Streakers	Y = Joggy
H = Tready	Q = Achilli	Z = Quadz
I = Paces	R = Ana Robee	

FIRST LETTER OF YOUR LAST NAME:

A = O'Finisher	J = O'Vomitz	S = Ultrazz
B = DeTrackster	K = El Stinko	T = O'Roads
C = Marathonso	L = McDistancez	U = GoPasser
D = Intervalso	M = Hydrator	V = Steppo
E = Efforto	N = DeHills	W = McStretchy
F = Recoverio	O = McFaster	X = O'Winded
G = MoZapatos	P = Sweatzo	Y = Repeateroo
H = MoHurtin	Q = Corral'n	Z = DeStrideo
I = Stretcho	R = O'Placer	