

# "FOOTNOTES"

CLEVEDON AC'S NEWSLETTER / FEBRUARY 2016



“ Dear readers

How is everyone? Confused by the weather? Me too. Shorts, t-shirt, vest, longs, hat, gloves – can't make its mind up! Was well and truly put to the test on the Mendips on Saturday morning when I had driving snow in my face . . . thank goodness I chose my clothes wisely.

So I guess there are many of you out there in the depths of Spring marathon and half marathon training – it is really tough training so you should be really proud of yourselves and allow yourselves those essential rest days.

It's started to be light when I get home from work now so getting a taste of Spring which seems to have come early with all the daffodils out.

I was really excited to be able to return to a couple of club sessions recently and was so pleased to see so many people doing so well – everyone works so hard in these tough sessions which will inevitably pay off.

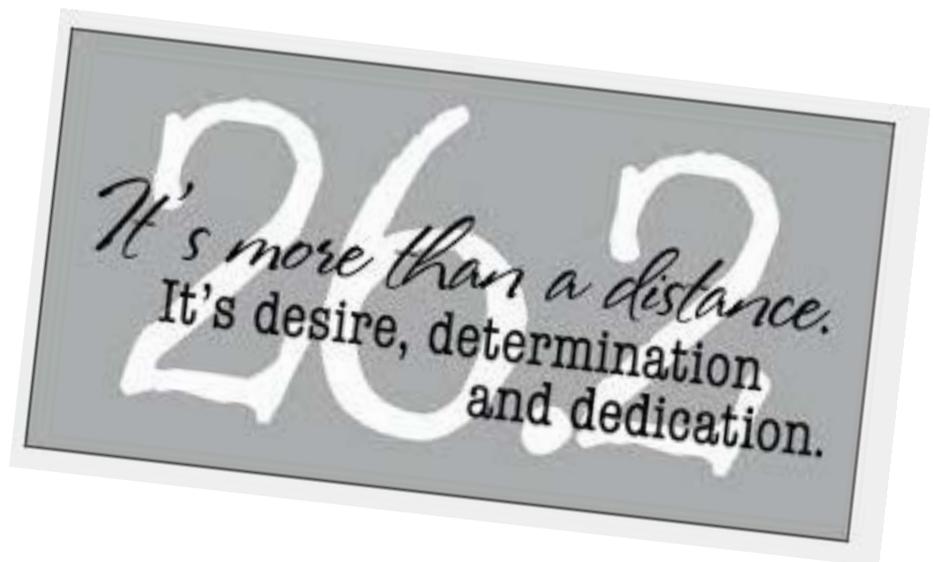
Anyway, can I again please ask you to keep sending me contents for this newsletter – I haven't had many takers this month – as always, this is YOUR newsletter, so please keep it filled with YOUR news.

I'm off to the hit the Italian alps this week – to all those who are doing the same – have a brilliant time and stay safe – shoop shoop!

See you all out there again soon people – happy training! ”

Happy reading!

*The Editor*  
*(Laura)*



# CHAIRMAN'S CHATTER



*From our lovely Chairman, Andy Heyes*

*Dear All*

With the lighter evenings now thankfully on their way and the last cross country fixtures in sight, our shift in training now looks towards the Summer months. Track training will soon be planned for post-Easter at Clevedon School once the Spring Marathons are behind us.

Our Boxing Day event was a massive success and saw 900 competitors safely cross the Finish line, and a quality field for the new route of the Junior 3K. Incidentally our new Finish gantry, results tent and flags looked fantastic.

The Run of 18 competition is now underway, featuring a slightly different format and a range of new races; results will be updated and circulated on a monthly basis - thanks to Luke for taking this task on.

Plans will soon be underway for our June 10K road race and we are looking for volunteers to help with this - and especially anyone who may be interested in acting as Race Director for the event - please let me know if you are interested?

Our entry to the Welsh Castles Relay has now been submitted and we await the middle of March to find out whether we have been successful and will be spending the first weekend of June in the Welsh mountains! Please keep the date free for this fantastic 20-stage 2-day event; a sign-up form will be on the Leisure Centre noticeboard in the next couple of weeks.

Enjoy 'Footnotes' and keep coming forward with any ideas and suggestions.

*Andy Heyes*

*Chairman*

# Who knew?



This month from speedy Luke Murray . . .

**Claim to Fame** . . . playing football against Sir Bobby Charlton when I was 12 years old!

**My Hero is** . . . Bob Dylan. I always struggle with words but he's a real modern day poetry hero.

**I'm quite good at** . . . cooking. It's all I did for 10 years when I left school. I'm still involved with catering but only cook at home for pleasure now.

Cookery has become really fashionable and I hate that side of it.

Eating simply cooked great ingredients with family and friends is my favourite way to relax (though the Clevedon AC long Sunday run is right up there!)

**Proudest Running Achievement** . . . I get a buzz from breaking the mental pain barrier and achieving any sort of PB. I did that at Tewkesbury half last year so that's one of my proudest achievements. First is definitely being part of the Castles Relay Team. Each year has been brilliant for different reasons but we've been a club of under 100 members competing against some of the best in the UK.

**Favourite Race** . . . Boxing Day Road Race. To be involved in a large, well organised race, with a good field and amazing crowd support on your doorstep is a real privilege (OK Nige – I'll marshal next year!). I love seeing the kids race first and then watch all the local's finish. It set's you up perfectly for more food and drink...

**If I'm not running** . . . I'm spending time with my family; involved in a sport of some sort every day, often with my children; usually cycling, football or more running! Or listening to music; drinking espresso; or DIY!



# NEW JOINERS UPDATE



*This section is dedicated to the lifeblood of our club – what keeps it going – NEW JOINERS – so make them feel welcome and encourage them – even if they're overtaking you . . . !*

First off, **Martin Hewlett** – welcome – Martin's running goals this year are . . .

- ✓ Boston and London Marathons in April
- ✓ Ham and Lyme 100k in July
- ✓ Ironman Weymouth in September



Secondly, **Lindsey Kestle** . . .



My goal for 2016 is for it to be my best year yet! After the disappointment of missing out on the London Marathon last year due to a stress fracture which stopped me running for 4 months I want to PB on the course this year before then kicking off my triathlon season with the Barcelona Half Ironman in May. Whilst running is by far my better sport, I find the variety and fun of triathlon too good to resist! I then hope to complete this year by joining my husband Ryan for a trot around Washington for the Marine Corps Marathon at the end of October. All in my snazzy Clevedon AC vest of course ☺

***WOW! Some serious and inspirational goals there – welcome to Martin and Lindsey – and to all our new joiners – happy training – it'll change your life if you let it!***

# COACH'S CORNER



## By our motivational Birdy

I just thought that I would put a few notes together on what we are able to train for during club nights. This should also help to confirm what we have been doing and also why! Can I also urge you to ask questions if you are not sure why we are doing something or indeed why. It's all about feedback needed direct from you to move things forward. Please can I remind you that the training summary should also give specific information where I aim to plan a few months forward. This is available on the club website, Facebook page and you should also receive a club email as a member.

You need to note clearly the word "training" . . . we really are not in a position to "coach "you with perhaps one / two coaches to 40 + runners. Coaching can be more focused for what an individual athlete wants. I put this in place at the end of 2014, but brought things back to a bigger training group in early spring of 2015. This was in part due to feedback, but primarily because I had more responsibility with work from March this year, so less time to dedicate to this. Training sessions deal with the mean of the group , and also aims to cater for all of the wider abilities. With the likes of Luke Murray progressing through his "Coach in Running Fitness" training, and with Nick on board, the club is in a much stronger position to review and react to new ideas now going forward. I would like to thank Mike Andrews in really focusing and integrating the "intro to running" groups into club sessions. This is also an option for all to join in for a session where you are coming back from an injury and perhaps require a less intense session.

What we have also been trying to do again this year is training in phases, which should give you the best chance to target races and progressively improve. So in approximately a 12-16 week period where we would start with strength endurance sessions ( building a base) - then I would introduce some lactate threshold sessions. This is where I would try and get you to run within a zone at 80-90% of your maximum heart rate. For those without HR monitors I would say run at your 10k pace. Why? If you work in this zone the you should train your body in dealing with lactate and acid more efficiently. Then when are at the end of the training cycle, the last few weeks you run at your VO2 max, this is to exhaustion - so very fast. The phases are built around general club requirements, so ending in March/April (for Spring half marathons etc). Then the Castles weekend in June, the last being for halves etc this Autumn.

As a guide and depends on individuals and your training age/ability etc, the VO2 max (flat out) should be 5-7% of your training only. Working in tempo run zone should be around 85% max heart rate about 15% of your training. The rest of the week is very little effort for most time on legs and recovery. You need to understand what you can fit in and don't run all sessions flat out - if you are not sure or need specific help then ask!

What running do I need to do? It very much depends on the time that you wish to give running and then your goals. What we can offer you is a more specific training plan when you are working towards a goal. If you look on the club website then you should find a training profile which you need to complete then ask a coach to review for you. This is when we need your feedback to monitor your progress - it's two way (starting to coach now!). If we do not know your goals, then we cannot assist - we don't read minds. It's also important that if you are unsure about a training session, then ask before you start. We could modify something for you if we know what you want.

Generally at the moment we are really focusing on strength endurance work (so hills in both running sessions, plus circuit training offered etc). Generally Tuesday is a short session either trying to train your tolerance to lactate (10k pace), progressing with less recovering over the weeks. Also on Tuesday we are trying to improve your technique, with even more technique on "Technical Tuesday" (the week before the prom, where we are working on cadence (leg turn over)). . . then Thursday generally a longer endurance run (progressing the time of the session), but now often including the dial hill route for strength reasons. Safety point - running around dial hill on the roads, make sure that you wear suitable reflective gear, it's my responsibility as the coach at stake as this is a club session. I have risk assessed this route as suitable, with the correct clothing and care taken as you are all responsible adults!

Thanks and enjoy - please give me feedback or ask me or others if you are not sure what you are doing and why - Birdy



# BEN HUR FOR THE 21<sup>ST</sup> CENTURY?



**By Malcolm Roberts**

Well there I was on my maiden Ashton Court Park Run shuffling up hill in what can best be described as “testing conditions” when . . . *Swoosh* - I was passed by not one, but three runners, determinedly pushing their lightweight, all-wheel drive, fully weatherproofed, buggies(!) **uphill**. Dressed in the latest water resistant fabrics (obviously in the most up to date hues), they stormed ahead - parting other runners with impunity like chariot racers in Rome’s Circus Maximus - except with rain, mud and potholes.

Clearly I’m used to the Park Run phenomenon by now. I’ve been passed by manic dads pushing their wide-eyed infants around the mercifully flat Little Stoke Park; avoided being tripped by a range of dogs leading gasping owners; and accepted the reality of being out-sprinted by 10 year olds of both sexes. I can now spot the “old gits” by careful scrutiny of arthritic knees, grey hair and bald patches and time my effort accordingly - but on Saturday I suddenly thought what about the young charioteers behind their plastic hoods – were they given a choice?

Now I do have vague recollections of being a child and can remember being both in my pram and my cot as well as being carried on my father’s shoulders. What I don’t remember however, is being strapped into my buggy (had such things existed in those days) and taken for a brisk 5k travelling at speeds in excess of 8/9 miles an hour. What made me think of the passengers in particular was the downhill section at Ashton Court, especially the first part on a rough track comprising a series of very deep puddles and little else before the finishing section which was just as wet, albeit better drained. Were the passengers frightened or exhilarated? Did they face forward or back? Could they sleep?

Please do not jump to the conclusion that I am an advocate of the so-called “nanny state”, but I am genuinely interested in the development of the modern chariot with the parents providing the horsepower and the child acting as charioteer, although without any control over either speed or direction. I am aware that a lady recently ran a pretty quick marathon pushing her child in a buggy but wonder whether this is just the thin end of the wedge – how long before the first sub 3-hour marathon with live child? Can the triathlon specialists afford to ignore the opportunity to manufacture, market and sell even more high end kit? Will we see the introduction of weight/age categories, handicapping and dare I say drug testing all being presided over by officials from the newly formed Buggy Club? Will the Queen become a patron and if so when will we see on-course betting?

Now the intention was to write a tongue-in-cheek article but it has now occurred to me that there may be a more serious side to all this. After all, do many races cover the potential involvement of people pushing buggies? I appreciate that Park Run has always welcomed such involvement and a request is always made to the effect that dogs and buggies should start at the back although no mention is made of them staying there!

Perhaps it would be helpful to hear from others -particularly those who have actually done the pushing.

Anyway I managed to outsprint a tiring dad with buggy towards the end and having turned to offer my congratulations noticed that the child was fast asleep . . .



# TO CLOSE



***Just wanted to say a huge CONGRATULATIONS to Mr and Mrs Morph & Sally Richards on their recent nuptials. What a wonderful couple and a brilliant day! Any captions for the 'bed' photo . . . ?***



***And to finish . . . thanks to those who contributed to Footnotes this month – please keep your input coming!***

***Good luck with the training and look forward to the Spring issue and displaying all your superb results.***

***Keeeeeeep running . . . .***

If you're on the treadmill next to me, the answer is yes, we are racing.

