

The Caistor Running Times Jul 2016

Fun, news and running views

Hopefully this newsletter will just about be out before our flagship race The Sting in the Tail 10k on Sunday 10th July. Which is just as well as there are more than a few passing references. And if hills are your thing then you probably know all about the first feature. If not, then read up smartish and happy Stingaroo to you too!

1. Gimme Five... tips for running hills

1. **Select the right gear** – shorten your stride, and increase your stride frequency (cadence). The goal is to maintain a level-effort from bottom to top, leaving you fresh to attack your opponents on the next section.
2. **Pick your feet up** – lifting your foot a little with each step uphill – like you were stepping over something – will reduce load on your Quads and Hip Flexors, by activating your Hamstrings.
3. **Use your arms** – As you run uphill, keep the arms comfortably bent at the elbow to around 90° and relaxed. Forcefully drive the point of your elbow backwards with each arm swing. Downhill you may find it useful to flare the elbows out to the sides away from your body.
4. **Run tall and look ahead** – Staying tall maintains your ability to use your posterior chain (Glutes and Hamstrings in particular) to power you up hill through stance phase of your running gait pattern. Higher up the body, think about your head. Looking at the floor immediately ahead of you will only cause you to drop your head forwards – encouraging the bad *stooping* posture we don't want to see. If you need to check the upcoming terrain, get your head up and watch the ground 30-40 feet ahead of you. If not, try focusing on the crest of the hill.
5. **Use your Hill sessions as Technique sessions** – your hill running workouts, when performed correctly, will not only provide excellent strength and speed benefits, they will brilliantly develop good movement patterns for running with good form on the flat.

<http://www.runningshoesguru.com/2013/05/run-for-the-hills-five-technique-tips/>

2. Recipe of the Month

This month's recipe comes from Ultrarunner, triathlete, cyclist and general allround Wonderwoman **Tina Thomas**.

Peanut Butter Squares

You need:

- 150g (5 1/2oz) butter
- 200g (7oz) dark chocolate (at least 60% cocoa solids) or milk chocolate (or a mixture of both)
- 250g (9oz) digestive biscuits
- 200g (7oz) soft light brown sugar
- 300g (10 1/2oz) crunchy peanut butter
- 1 tsp vanilla extract

How to make:

1. Line a 20cm (8 inch) square baking tin with baking parchment, leaving some excess paper hanging over the edges (this makes it easier to lift out once set).
2. Melt the butter in a large pan over a low heat.
3. Snap the chocolate into squares and throw into a small bowl. Melt in the microwave in 30 second blasts, stirring well in between each addition or sit the bowl over a pan of simmering water. Make sure that the bottom of the pan does not touch the water or the chocolate may 'seize' and go really grainy and stiff.

Peanut butter squares



4. Blitz the digestive biscuits and brown sugar in a blender or food processor to give fine crumbs. Tip them into the melted butter. Stir in the peanut butter and vanilla extract and mix together so everything is well combined.
5. Tip the mixture into the lined tin and press it down really hard with the back of the spoon. It needs to be really compact and tight. Then pour over the melted chocolate, tilting the tin back and forth a bit so that the whole thing is evenly covered. Pop in the freezer for 30 mins to firm up (or the fridge for an hour).
6. Once the chocolate is set, remove it from the freezer (or fridge). Lift it out of the tin with the help of the baking parchment. Remove the paper and then use a sharp knife to divide it into 16 squares and serve.

And unless you want to find yourself dragging your carcass around the Sting like a Limousin heifer this year you might be as well to save these bad boys for an after-race treat because believe me they are more-ish!

And talking of the Sting...

3. Spotlight On... Sting Director **Mark Hodson**

When did you start running and why?

I was a decent runner at school, particularly at longer distances...then playing football took over. I stopped playing football in my mid 30's and then played cricket. Not a sport really, more a pastime...we even stopped for tea, that's sandwiches and cake tea by the way as well as a cuppa. We tended to drink too much beer afterwards too. You know where this is going don't you, well...I piled on the weight, until in 2009 I decided I had to do something about it. I'm not one for diets and I love to eat what I want when I want, the only solution was to get fitter and burn the calories. I joined the gym in Caistor and quite enjoyed the treadmill. This led to getting out and running on my own...always with music in my ears, something I wouldn't contemplate doing these days, strange really. That first year was horrible, every time I thought I might be improving and losing a bit of weight I suffered one injury, ache or another and it was a week or two off. All very frustrating. I joined Wolds Vets and whilst I ran a lot of races it was difficult for me to make the training sessions. The biggest positive thing that happened was eventually getting together with those other people that I saw running around Caistor on their own too...and the formation of Caistor Running Club. Regular training nights and having someone like Sir Rod Burton to look up to and follow around made all the difference.



What's your top tip?

Do not be daunted by interval or speed sessions, they make all the difference...and try to do as many races as possible. I know that I'm never going to win a race, that's not the point...but pushing yourself and feeling the exhilaration at the finish or maybe getting a PB is amazing. The battle is usually against your own expectations. I also really enjoy the friendly rivalry with club running pals that exists at local races, it encourages me to try a bit harder. Some days it goes ok, most days it's distinctly average...it doesn't matter. Oh and another tip, don't ever follow my directions in a run.

What would you like to improve?

I'm ok at the start of a race and have a decent finishing speed but I tend to lose concentration in the middle of a race...not sure why. I get a tune in my head or my mind drifts off and suddenly everyone is going past me, more often than not it's Rod. I long for the day when I can keep a constant pace in a long run, or better still achieve the almost mythical negative split. I've attempted it so many times in a marathon and achieved it once.

What has been your best running experience?

The highlight of my 'running year' for each year since 2012 has been the Caistor 'Sting in the Tail'. It's a cracking little race and I'm hugely honoured to be associated with it. I manage to position

myself at the finish line and am there as each runner crosses the line. It's very emotional and people have such different reactions to finishing...whoops of delight, tears, collapsing in exhaustion, sometimes all three. There is a lot of responsibility as fundamentally we are there to look out for everyone and make sure they are ok and offer support and help if required....however it is difficult not to do it without a huge smile on your face. So, my best running experience is a race that I've never taken part in...maybe one day.

Favourite race

There have been so many good running experiences. Berlin Marathon in 2010, Rutland Water Marathon in 2011, my first London Marathon in 2012, all of the LDWA off road events are great fun. We are so lucky to have such brilliant running terrain on our doorstep and I love the local races, The Click Em, Tough Ten, Wolds Dash, Gruesome Twosome, but most especially The Croxby Crawl. There is something very special about the 4.4 mile course, it doesn't give you a moments rest. The brutal test of getting up 'Joan Collins' (The Bitch!) and the legendary Heartbreak Hill to finish. It's worth the cup of water and biscuit at the end as well as the banter with other runners.

And talking of Croxby...

4. Injury Corner



What to do if someone collapses on a run. As a result of the incident at Crosby where several of our club members were at the scene and played an important role, our editor has asked me to summarise what to do if you are in this situation. My first thoughts were that this is unlikely to happen again but the more I think about it the more it may happen again:

- more events
- more runners
- more runners of all ages
- levels of fitness

The NHS offers an over 40s health check every 5 years. It would be worth getting your blood pressure and cholesterol checked and asking for your QRisk assessment. This is a cardiovascular 10 year prediction calculator. It's worth asking a medic to listen in to your heart to check its rhythm and rate and have a listen to your heart valves and a baseline electrocardiogram may also pick up dysrhythmias that could lead to sudden collapse when exercising. Not to make you worry but a one off health check might be a good idea. A key question I ask when patients attend if having palpitations (fluttering in your chest) is 'has anyone in your family died suddenly at a young age?'. This could signify an inherited cardiac condition leading to sudden heart dysrhythmia.

If the chances of runners collapsing is on the rise then the chance that a CRC member will be on the scene is also possible. CRC is everywhere. It is the immediate response that is so important in survival. Even in major events will full paramedic cover there will be minutes before a trained professional gets to you. Staying calm and working as a team is the most important.

- Call for help - 999 easy to forget in the immediate rush to respond
- Assess response - can they talk? responding to pain or unconscious AVPU (alert, verbal, pain, unconscious) so they are unconscious and not responding to pain
- A Airway In the first 10 seconds you will need to count how many times the person is breathing: they can only breathe if their airway is open and tilting the chin and ensuring they have no obstructions in their mouth may be all that is needed. If vomiting, roll them onto their side to let it drain out. Otherwise they need to be on their back with a good chin tilt. One person should be looking after the airway throughout any resuscitation attempt.
- B Breathing With the airway clear count how many breaths in 10 seconds. To do this put your ear to their mouth, at the same time look for the chest rising. If 2 or less breaths in the 10 seconds you need to start cardiac compressions
- Chest compressions Research into this by the resuscitation council has shown that this is the key step. Forget rescue breathing in adults - at this point it is probable that the oxygen in the blood stream is sufficient but the heart needs to be kept filled and primed for defibrillation. The quality of the compressions greatly influences the likelihood of a successful defibrillation. Compressions should be applied to the lower centre of the chest. Too low and you will be

pushing on their stomach. Your upper body weight should be over your arms which are kept straight to ensure you deliver enough force through both hands that are joined over the chest. Compression should be firm, controlled and applied vertically. You must then allow the chest wall to recoil fully, allowing the heart chambers to refill, this also fills the coronary arteries that supply oxygen to the heart. The depth of compression for an adult should be more than one third of the casualty's body depth. 100 -120 compressions a minute. Compression pushes blood out throughout the arteries all over the body. Count out loud and once you have reached 30 the person in charge of the airway should attempt two rescue breaths - you can do this through a vest or whatever material you have available, if you wish, but the chest should rise and two breaths should take less than 5 seconds. If compressions are stopped for longer than 10 seconds, the structure of the heart begins to deteriorate. Continue 30 compressions to two breaths until help arrives and even then await instructions and continue. If you are alone - you will have to do compressions and rescue breaths. If there are enough of you the team coordinator stands back and directs proceedings - update ambulance control - direct people to take over when others are flagging, have someone look after relatives. Talk to each other at all times. Whatever happened you will always feel things could have got better.

If you want to practice I am sure that one of our local LIVES groups would welcome you on their training evenings. Caistor- Chris Robey. North Kelsey - Lydia Walton (we meet third Wednesday of the month). The most up to date information can be found on the resuscitation council website.

<https://www.resus.org.uk/apps/lifesaver/>

<http://www.nhs.uk/video/pages/vinnie-jones-how-to-perform-cpr.aspx>

5. Something to Say?

The Dukeries 30 Ultra Race by Fran Allison

I only realised a couple of weeks ago before, that the race starts at 7.30am. A 1 hour 15 minute journey to Retford and allowing time for picking up numbers and plenty of loo stops meant a 4.45am start! We arrived in good time and soon met up with Sarah, Mike, Kate Brown, Hodders and Rodders, Dame Kath and Sue and John who were going for a walk and were the first of our many supporters on the scene.

Race brief and final loo stops done, sun cream applied back packs checked and donned, it was off to the start and the race was then underway quickly. The fast boys and girls set off enthusiastically, the dogs in the canicross set off excitedly, whilst Sarah, Tina, Kathryn, Emma and I set off chatting and wondering when we'd eat our first sandwich!



Less than a mile in, we hit the same water that Sarah and I encountered a few weeks ago on the Dukeries 10, only this time, it stank. Rank! We waded through in determined fashion, only glancing back occasionally to see whether Dame Kath was doing breast stroke or front crawl! The weather was warm so we knew that we'd soon dry off and we continued at a lovely steady trot... on our way to glory.

We chatted, ate and drank our way around 31 miles and despite feeling a little sore in my hips and pelvis, I had a great time. The fuelling strategy was good. I never stopped eating the day before and I'd practiced with sausages and cheese and pickle sandwiches in training. Add a few gels and it seemed to be about right. I didn't hit the wall at all, although I was pleased to see the finish funnel!

There were three check points where we had to make sure the marshals took our numbers to prove that we had done the whole course. At each check-point there were aid stations, where friendly marshals checked that we were all OK and topped up our water bottles, and gave us drinks and offered sandwiches - peanut butter or jam - and biscuits. They were also happy to take

photos of us, which was really kind. Everything was so much more relaxed than a road-marathon, where it feels more of a pressure to run the whole way and record a decent time.

After the first aid station those running the 40 miles took a different direction to those of us doing (a mere) 30 miles. They would go off to do their extra 10 miles and then rejoin the 30 mile route at the second aid station.



Quite apart from the super-supportive volunteers and the '40s' passing us, we had some extra personal support along the route. Just after the Cresswell Craggs check point we were greeted by Claire Bates and her husband Ian and girls, Martha and Edith. I can't tell you how good it was to see familiar faces and the distinctive blue of the CRC hoodies. There was much cheering and waving from them and much posing from us. What a boost. We were lucky to see them.

Just before the final check point - whoop whoop - who should be see but John Rainsforth and camera. Another much needed lift. I was certainly slowing by that point and my pace was only a tad quicker than granny-tapping (picture an old lady running for the bus - her legs are definitely doing a running motion, but she's not covering much ground). No matter how tired I am, I can always crack out a smile for the camera.

Bless us. Look at our faces. We all look happy, but Sarah looks ecstatic. I was overwhelmed with pride in all of us and so pleased for Sarah. After all the injuries and set-backs and wondering whether she'd even make the start line, it couldn't have gone better.



Needless to say, after getting up at 4am and spending the best part of 7 hours running, the finish was pretty emotional.

The running was a major achievement. But equally important has been the cementing and strengthening of the bond of friendship during the training and on the run itself. There's a great feeling of camaraderie between those who have run together on the day, which extends to those we've trained with and those who have supported us throughout and been there for us on the route and at the end. I'm sure I speak for all of the runners when I say a massive thanks to those who turned out for us.

London Marathon by Chris Ramsay



When the rejection letter landed on the doorstep last October I thought that was the end of running London 2016 as my first marathon. I was rather surprised when, by some chance, I got the club place as a reserve when our nominated runner couldn't do it. This gave me a few months of training to get properly up to near marathon distance, which I duly did (20 miles in under three hours some weeks before). I decided that I shouldn't set a target time for getting round, just plod round and enjoy the experience.

Being that this event has been hosted since 1981, the race day organisation was incredible! Transport to the start line was free and ran like clockwork. I started from the largest of the three start lines in Greenwich and made my way through Charlton towards Woolwich where the other

two starts merged into line at mile three. From there it was back across Charlton and Greenwich again, round the Cutty Sark and on through Deptford and Bermondsey and across Tower Bridge. By that time, half a marathon had been completed. Up until then, the weather had been somewhat variable - sun one minute, rain and hail the next! From this point on the sun became a dominant feature and things started to warm up nicely.

The second half of the course takes one into the Docklands area alongside the return leg, so at mile thirteen you are passing runners at mile twenty two in the opposite direction. That gives you something to think about! The next few miles passed in a blur of tall buildings and streets snaking around housing estates. I'd heard that the support from the sidelines in this section was somewhat lacking in previous years; not this time however! In fact, over the whole race there was rarely a section of empty pavement! Back out and heading to the west along the Thames it was a real pleasure to catch sight of those river bank landmarks. It was especially nice to see someone with a "Only a Parkrun to go" sign 5 kilometres from the end.

Make no mistake, I was pretty worn out when I crossed the finish line, but as I did I promised myself that this was the first of more marathons in the future. I had a great time all the way round, chatting with other runners, soaking in the atmosphere and support from the sidelines. Special mention must be made to the other runners (also taking part in their first London marathons) Mike Wells & Donna Marris, the fantastic supporters Sarah Chapman & co, and Jo-Mo. Let's also not forget our own Ladies Captain Katy who could not take part this year due to illness - she is on for 2017 though! Bring it on!"

Kent Roadrunner Marathon – Katy Hewis

Well this has a bit of a lengthy backstory so drag up a pouffe, grab a coffee and a Hobnob and listen in. I found this race a couple of years ago when I saw someone in a fantastic race t-shirt. Like Cinderella I yearned for such a garment but a/ I wasn't running marathons and b/ it was in Kent. The next year I found it again but this time a/ it was too close to the marathon I'd already signed up for and b/ they were sold out. However – you could buy the t-shirt anyway and once again it was a brilliant one and even more importantly it was a vest. Yay for race vests – why don't more races give them? Especially summer races. And even more especially, summer *hilly* races (looks into camera with a deadpan expression). So I got the vest and all was well except of course I couldn't quite rid myself of the feeling that I was running in a vest that I hadn't actually earned and somehow that got to me. There was only one thing for it – enter the race really early to be sure of a place and then when I had run it I could wear both vests guilt-free. So that is why come October 2015 I realised with horror that I had set myself up to do not two but THREE marathons in an eight week period. Two marathons in eight weeks had seemed a bit of a challenge but I told myself that it was possible with training and the right attitude. And then the Willy Wonka Golden Ticket of the London ballot place dropped into my excited little mitt and blew the whole thing wide open. Except nothing every quite goes the way you expect and having smugly congratulated myself on getting through the whole winter training and the Paris marathon without any sign of the usual flu/cold/stomach bug milarkies I went down like the Titanic exactly one week later and was ill for three weeks. Having to defer a major race that you have trained for and looked forward to and know loads of other people will be doing and it will be all over the TV and the news and the newspapers....I don't need to labour the point.



So, I tried to cheer myself up with the fact that I still had the Roadrunner at the end of May. The Roadrunner is a 20 lap race round a cyclopark near Gravesend. Not grabbing you? Don't be hasty. It is very well organised and great fun. You can take your own drinks, race fuel etc. and set up your own little table on the route. Table? Some people had tents, tables groaning with cake, sweets, bottles of water and energy drink. A veritable Smorgasbord. This meant that you didn't have to carry stuff with you so no chaffing of race belts etc. or worrying about how to fit in your phone/tissues/shotbloks/jellybabies/cuddly toy etc. And if you are lucky to have someone with you then you can see them lots of times and they you. Plus take photos, chat to other spectators eat and drink at the café and so on. There were two water/drink/food stations on the course too

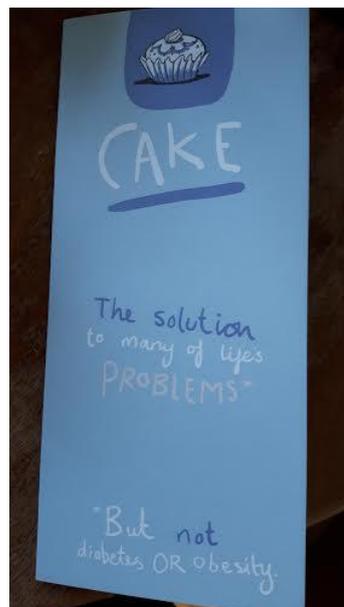


so it didn't matter if you hadn't brought your own. Each lap was 1.3 mile and they were undulating. It is a cyclopark after all. But it is smooth tarmac and obviously there's no traffic and there are some very happy and friendly marshals to encourage you and there is music playing. So you start to recognise the features that are coming up and pace yourself accordingly. The downhill bits and the straight bit with the corner and the toilets section and the bit where it starts to climb and the food station and then the finish area which you have to go right past TWENTY times before you can legitimately go left and pass under the Finish arch at last. You get given twenty elastic bands to put around your wrist and then every time you complete a lap you chuck them in a bright green bin which is very satisfying I have to say. All in all it is a great race to do as you can probably get a really good time and you are able to pace very well. Did I mention the medal? It is MASSIVE. I'm not kidding, it's nearly as big as my head and it is very weighty. It was the thought of the medal that kept me going for the last four laps, especially since people were already sporting them and then trying to encourage us by holding them out towards us.

Also they have a showboating contest where for 40 minutes of the race there is an 'X' marked on the floor just past the finish area and you are supposed to do your utmost to make yourself stand out by leaping and generally fooling about for the camera. This year they also had an additional 'horsing around' theme. Despite having a horse head, donkey ears, a tail and 'Nice Ass' ironed on to my pants I received no prize whatsoever. What's a mare got to do to get noticed? Oh well, it was all good fun anyhow. The weather was cool with occasional showers and sunny spells – good running weather. The race had a great atmosphere and attracted many multimarathoners. So just when you would start to feel overwhelmed by the challenge of it all, some nippy septuagenarian would trot by having already completed 300+ marathons. Yikes!

It's a good job I enjoyed it so much because in September I will be back to run its sister marathon, the Kent Coyote. This time the course will be run in reverse and already I'm thinking that I need to get some hill practice in as I know exactly where I'll need it...

And finally...



All news, views, images etc. to Katy Hewis katy.hewis@gmail.com by 20th of each month. Thank!