

# The Caistor Running Times

Oct 2015

Fun, news and running views

Welcome to the first edition of your CRC newsletter. Please feel free to send in information, photos, tips, in fact anything you think might improve our wonderful club and members. I have taken the liberty of writing this first one with the minimum of input, due to time constraints, but hope that subsequent ones will be much more inclusive. And who am I? They speak of me in low voices and whisper only this one word... Captain.

So to quote Bilbo Baggins, ““Go back?” he thought. “No good at all! Go sideways? Impossible! Go forward? Only thing to do! On we go!”

## 1. Gimme Five... Quick Fixes to Improve Your Running

1. **Technique tweaks** – run tall, with a slight forward lean, but your whole body, not just from the hips – think ski jumper.
2. **Speed bursts** – putting in short bursts of speed activates the fast-twitch muscle fibres that are needed for quicker running.
3. **Endurance builders** – one of your runs each week should be a longer run at a pace where you could hold a full conversation. This will enable you to increase your distance by about 10% each week without fatigue.
4. **New shoes** – invest in a new pair after 300-500 miles. Any more than this and the shoes start to lose their cushioning and stability, affecting both your gait and injury. Go to a dedicated running shop and get a trained assistant to fit you with a pair that suits the way you run.
5. **Strength boosters** – strengthen the key muscle groups needed for strong, fast, injury-free running.



### The one-leg squat: **Not a homeless shelter for monopods**

Stand on one leg and squat as far as you can without your hips tilting or your knee turning in. This may be very shallow or further down, depending on your leg strength. Do two or three sets of 3-6 squats on each leg.

### The finger-crusher: **Not an East End gangster**

Lie down with your feet flat on the floor and place your hands underneath the small of your back, palms on the floor. Engage your abdominals and then press your lower back into the floor, crushing your fingers. Hold until you feel the burn! Repeat 3-4 times. To make it harder, lift one foot at a time a few inches off the floor.

<http://www.theguardian.com/lifeandstyle/2014/jul/19/how-improve-run-five-quick-fixes#img-1>

## 2. Recipe of the Month

This month's recipe comes from the one and only **Fran Allison**, or should we call you 'Bran' Allison?



### Spiced Fruit Bran Loaf (good recovery cake)

**So easy to make, you could almost make it by accident whilst getting tea ready!**

This tastes great on its own or with butter and cheese or jam.

### You need:

- 1 mug of bran flakes or all bran,
- ½ mug of brown sugar,
- 1 mug of mixed dried fruit\*
- 1 mug of semi skimmed milk. (For dairy-free, use soya/ almond/ coconut milk.)
- 1 mug of self-raising flour
- 1-2 teaspoons of mixed spice or cinnamon.

### And it's as simple as this:

- Mix together all the ingredients *except the flour and spice*.
- Leave it to soak for an hour, then fold in the flour and spice.
- Scrape the mixture into a loaf tin lined with grease proof paper (or a silicon loaf tin).
- Cook at 160°C for 1 hour 20 mins.

\* I sometimes include some chopped glace cherries – they need chopping quite small otherwise they sink to the bottom.

Another alternative is chopped dried apricots to replace all or part of the mixed dried fruit.

### Nutritional Information

Based on cutting the loaf into 12 slices, each slice provides:

Energy:	164 kcal
Protein:	3.5g
Carbs:	35g
of which, sugars	21g
Fat:	<1g
of which, saturates	<0.5g

And I'll be whipping one of those up faster than you could say "Was that Nick Martin going past?"

## 3. On the Bench

The long slow mournful cry of the currently-non-running. Yes you may have noticed several faces have been sadly absent of late. "What's happened to so-and-so?", you muse wistfully. Well there may be many reasons but this is the place for folks, if they wish, to let us know how they are doing. And that they haven't dropped off the face of the Earth. At the moment we have a few injuries - **Sue Walker, Paul Clayton, Frank Thomas, Chris Allison, Sarah Chapman** amongst others I'm sure. Please let me have any names, if that's OK, because what we really want to do is say **WE MISS YOU!!!**



Hope you are all better/healed/sorted soon and back in our merry throng.

## 4. Spotlight On... our illustrious Chairman Rod Burton

### When did you start running and why?

I started running as a small child, running endless circuits of the paths around the paths of our back garden, accompanied by our family one-eyed cross-terrier. This was when my bicycle, on which I normally accomplished this racing circuit, was habitually out of action with another puncture. As a 14 year old sub 5 footer, I decided that being flattened regularly on the school rugby field wasn't much fun, and saw me opt for muddy and hilly cross-country running instead.



I started running aged 26, after an eight year gap when life proved to be pretty busy early on as marriage quickly turned to multiple children and a career, supplemented by evening Betterware rounds. I was persuaded by a forty something work colleague, that I really needed to take up running to fill in the empty spaces in my life. I entered the 1st Kings Lynn half marathon in 1980, and trained for it by getting up early every morning and running a 5 mile circuit, attempting to run faster each morning. I eventually realised I needed distance too, and added in a weekend 9 miler or two. Success, I got round in a worthy 1.24, although I couldn't run again for months. I repeated the experience 4 or 5 times over the next few years, before a 4th child; 12 hour shifts and a 6.5 day working pattern brought drinking and divorce (not linked btw).

I started running, aged 40'ish, as I realised that my enthusiastic appreciation of real ale, food, and lack of other than horse tending duties, had rather rounded the manly belly. A few 10ks led to the Nottingham half marathon, on which I suffered badly on the last two miles. Back better the next year, as fast as I had ever been, and time for my 1st marathon. Training for that was a revelation – loved the long runs over the Wolds. At age 43 I ran 3.02 at the 1998 London and promptly entered my first Ultra, the 32 mile Grantham canal run, which I loved even more. The rest was down hill....

### **What's your top tip?**

Make hills your friends. Don't attack their bottoms, but ease in gently till you find the rhythm at which you can operate. As you near the last 50m or so, increase your effort level to near max to run over the top and beyond at a good pace. You will catch and overtake anyone who came past you earlier on the slopes, and you will continue to go away from them as you relax a little to recover.

Bonus tip – consider, plan, execute – easy isn't it!

### **What would you like to improve?**

My memory, especially for names and faces. Running-wise – motivation to train harder on session activities.

### **What has been your best running experience?**

Winning a coveted Gold Medal, awarded to the 1st ten finishers in the 35+ mile Two Bridges race in Scotland (about 2001). A very scenic road route crossing the Erskine and Forth Road Bridges in Scotland. It has a flattish first half, and a lumpyish 2nd half. After going through the marathon point in about 3.11, I increased my pace to 7 minute miling to come home in 4.15, closing down the 10th place runner over the last two miles, and taking the place in a full-out uphill last 200m sprint.

Contenders – Bungay Marathon 2009 – 1st M50; 6th overall 3.03.02 aged 54; 2004 London to Brighton 54+ miles 7:53; 1998 Wolds Dash 14.333k – sub 52 mins – my fastest ever certificated race pace; Most 1500m track races.

### **Worst?**

2014 Tigger Tor (many local runners' favourite race) – horizontal gale driven torrents of sleet; mist shrouded hills; glasses not working; hung-over; cold and not a runner in sight, nor path. I did not enjoy that. Apparently, it was worse for those doing the Ferriby 10 though.... (hmmmmmm)

### **Favourite race?**

Rudolph's Romp – 1st Saturday of December – 24.7 miles of tracks and footpaths on the East Yorkshire Wolds – organised by the wonderful Long Distance Walkers Association, so cheap to enter; friendly organisers and walkers/runners; food, food and more food. Then off to Beverley afterwards for a spot of Crimble shopping and a visit to Nellies aka The White Horse (Gas lighting and real fires in every room) for atmosphere and cheap but wonderful Sam Smith's Ale. No prizes, and only timed to the minute, but who cares.

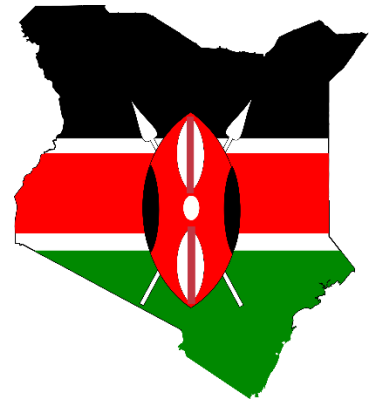
Contenders – Croxby; Click'em + Wold Dash race series; Smugglers Trod; Ferriby 10. Vienna – Budapest Super Marathon (5 day event over 235 miles – solo or relay teams of 4/5)

These are just a few of my favourite things.....

Thanks Rod. Who would have thought eh? Where will the spotlight fall next month...?

## 5. Did you know?

Although there are at least 35 tribal groups within Kenya, the majority of Kenya's internationally successful runners have come from a single tribe called the **Kalenjins**. A bit strange - Kalenjins make up only about 4 percent of the entire population. Historically, Kalenjins lived a nomadic life tending roaming herds of cattle. A young Kalenjin male was considered suitable for marriage only if he possessed an adequate number of beeves (**what a weird word – old English plural of the word beef apparently**). This was the "bride price". Since livestock didn't exactly grow on trees, enterprising young men would raid wandering herds at night (often those belonging to a different tribe) in an attempt to purloin enough hooves to impress the family of the potential bride. This involved running the cattle away from the main herd as quickly and for as great a distance as possible - before the theft was discovered. Thus, a direct link was established between outstanding endurance-running performances and fatherhood, an effect magnified by the tendency of Kenyan males to marry several times. It's all speculation (the Kalenjins have never been checked for performance-enhancing genes), but it seems possible that the traditional bride price, cattle-rustling lifestyle might have selected segments of DNA which code for improved long-distance running.



<http://home.comcast.net/~coachheath/Article01.html>

And that my friends is how Mr Hewis managed to betroth Mrs Hewis ... in his dreams.

## 6. The Captains' Table

You'll have to forgive me here but I can't put anything this month for fear of either missing someone out or getting my facts wrong. So for the future, here is the place for us to feature who has done what and where. Please send your achievements, if you wish, to Mike Wells who has requested:

Please send in your best race times at standards distances (since you joined CRC), so we can update some of the age category records. Mike Wells [mjkw2000@gmail.com](mailto:mjkw2000@gmail.com)

## 7. Hot to Trot – What's coming up?

Don't you just love October? Loads of great races to look forward to. Not entered any races yet? Well look at what's in store.

October 17th Gruesome Twosome - Swallow - half marathon.  
<http://www.tape2tape.co.uk/events/gruesome-twosome>

October 18th Spires and Steeples - Lincoln to Sleaford 26 miles  
[http://www.spiresandsteeples.com/index.php?option=com\\_content&view=section&layout=blog&id=35&Itemid=83](http://www.spiresandsteeples.com/index.php?option=com_content&view=section&layout=blog&id=35&Itemid=83)

October 25<sup>th</sup> – Brigg 10k Poppy Race  
<http://www.brigg10k.co.uk/>

November 1st - Deepdale Dash 10k  
<http://www.barton-district-ac.co.uk/calendar/deepdale-dash>

November 15<sup>th</sup> – Skegness 10k  
<http://www.skegness10k.com/>

November 21st/22nd - Maravan and The 4-berth Maravan Relay on 21, Half Marathon on 22  
<http://www.vigilantesrunning.co.uk/?q=node/8>

Last year I had a blast in October and November doing some of those great races. The sight of Jayne McConochie crossing the finish line as first and only female doing the military challenge, with a 24lb pack, at Brigg 10k Poppy Race was the best.

## 8. Ones to Watch

Once again forgive me this month if I have missed any of your wondrous achievements. Just give me a poke in the back with a sharp stick, by email obviously, and I'll feature it here. In the meantime: Kath Young doing the Tough Mudder and the Lunacy Run, Mike Wells winning the Dukeries 30, Natalie Penniston setting a new 10k record for CRC Ladies, Nick Martin winning spectacularly time after time in many local races. Plus Fran Allison making a successful return back to running after injury and Andrew Reynolds going from strength to strength in his running improvements. I know that there have been plenty more this year so as we go on don't forget to shout your achievements from the rooftops – you might inspire someone else.

## Something to Say?

Over to you. Send in anything you wish to be featured. Here's something I'd like to say: Sometimes running is NOT fun. So don't be under any illusions. Any bad run is always a learning experience though and many a good lesson is learned. A bad run is better than no run at all and overall you come out better and stronger. So here's to the bad runs! (But more good runs than bad, please please please)

And finally...



[https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcQhokkwn\\_AtthKvmwjchdxWuvRgmPz6DMZydzQ8tMZ9MC4-OmUo](https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcQhokkwn_AtthKvmwjchdxWuvRgmPz6DMZydzQ8tMZ9MC4-OmUo)

**All news, views, images etc. to Katy Hewis [katy.hewis@gmail.com](mailto:katy.hewis@gmail.com) by 20<sup>th</sup> of each month. Thanks!**