

# The Caistor Running Times

Apr 2016

Fun, news and running views

Sorry it's late, I've been a bit busy...

Edition no. 7 is here and it's an absolute marathon of a newsletter. Yes April is the month where many runners get marathon-mania! All those winter months of training are about to be put to the test as Spring marathon season is upon us.

And if you've ever asked yourself – could I run a marathon?

<http://www.runbritain.com/training/runfurther/could-i-run-a-marathon>



## 1. Gimme Five... top marathons around the world

1. **Boston, USA** – Traditionally held on Patriots' Day (third Monday in April, commemorating the anniversary of the battles of Lexington and Concord – leading to America gaining independence from England) Boston Marathon is considered, by many, as the original and the best.
2. **London, UK (April)** – one of the best to consider alongside Berlin as the course is very flat. Starting at Greenwich and Blackheath, it crosses the Meridian line and goes past the Cutty Sark, City Hall, Tower Hall, Canary Wharf, Cleopatra's Needle, the London Eye, Big Ben and Houses of Parliament before finishing along the Mall.
3. **Berlin, Germany (September)** – the biggest marathon in the world. 40,000 runners fill the streets in the last week of September every year to run the gruelling 26 miles and 385 yard marathon course. It is the flattest of the Five World Marathon Majors. It is the marathon to set a personal best at.
4. **Chicago, USA (October)** – A good fast and flat course. One unique aspect to the Chicago Marathon is the CEO Marathon Challenge. First introduced in 2007, this is a special competition among the CEOs, presidents, company owners and c-suite executives of companies with at least \$5 million in annual gross revenue (\$2.5 million for women) which adds another competitive element to the day.
5. **New York, USA (November)** – for many considered to be the best of the five World Marathon Majors; it incorporates all five New York boroughs.

<http://www.hostelbookers.com/blog/travel/events-and-festivals/run-marathon/>

## 2. Recipe of the Month

This month's recipe comes from **Andy Knowles**

### **Andy's 'Optimistic Runner's' Lemon Drizzle cake**

"It's sub-zero with horizontal rain, but it will be sunny and mild by the time the race starts in 20 minutes time!"

"My left shoe is like a flip-flop and there is no blood left in my right foot but after the first mile my laces will be just right."

"I've had a buffer face for over 10 minutes but there are over a thousand satellites up there and my watch will have a GPS signal for the start in 30 seconds time."

"In my last running picture I looked like a flat footed penguin who'd gone 10 rounds with Mike Tyson but this time I will look like I belong in Hollyoaks"

### **You need:**

225g Unsalted butter  
225g Caistor RC sugar



4 eggs  
Finely grated zest of 1 panglossian lemon  
225g of self-raising flour

**And for the drizzle:**

The juice of 2 panglossian lemons  
85g Caistor RC sugar

**How to make:**

1. Warm t'oven to 180°C (160°C fan) Gas mark 4
2. Beat the butter and 225g sugar in a bowl to make a soft creamy thing.
3. Add the eggs and mix thoroughly.
4. Add the flour and mix.
5. Add the optimistic zest and mix thoroughly.
6. Get a loaf tin and line it with greasy proofy paper stuff.
7. Spoon the mixture in nice and level full.
8. Pop into th'oven for 45 to 50 minutes (about 4 pints or half a bottle of Burgundy)
9. It's done when a kebab skewer inserted in the middle comes out cleanly.
10. Mix the panglossian lemon juice with the 85g sugar.
11. Prick the top of the cake all over and pour on the drizzle.
12. Leave to cool.
13. Go for a run.
14. Make a nice cup of tea and tuck in!

All for the best in the best of all possible running clubs

### 3. Spotlight On... Social Secretary **Jill Bell**

**When did you start running and why?**

Other than running at school I had not run for 'too many' years and was convinced I was a non-runner. In August 2011 our godson had been diagnosed with Leukaemia and it was whilst watching the highlights of the Great North Run on TV one night I declared that I was going to run this race the following year and raise money for Harry's charity! This caused great hilarity to the rest of the family who said I couldn't run for a bus so how was I going to run a half marathon! I then joined CRC not long after this and to be honest one lap around the cricket field was enough for me but I was determined that I was going to show them I could do it, and I did.



**What's your top tip?**

Enjoy it, I think has got to be the most important thing. It took a long time for me to find this as it felt like torture for weeks but now it's fun. I also think that mixing my running with Pilates and having good core strength has helped no end.

**What would you like to improve?**

Getting past 20 miles in a marathon without feeling rubbish.

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

My best has certainly got to be the first time I ran the Great North Run, crossing the finish line was the best feeling ever, having been a non-runner 11 months previous. I also enjoy running races with my daughter, Charlotte.

## Worst?

My worst runner experience was during a 10k in Norfolk, being part of a team I felt I had to push to do my best. The temperature soared and I ended up collapsing with no memory of what happened. Needless to say I finished the race in the back of an ambulance. I learnt a very valuable lesson that day, slow down when the weather is beating you.

## Favourite race

I don't think I have a stand out favourite as they are all so varied and good in so many ways. Caistor Sting in the Tail 10k has got to be up there in the top 5 as the atmosphere when you enter the market place for the first time is amazing and to see so many CRC members either running or marshalling is brilliant.

## 4. Injury Corner



Hitting the marathon wall. It's marathon season. Paris, London, Boston. Our elites are stepping out, fearless and indomitable. So what's this wall thing? Now Captain Katy wants me to write about physiology. I know a bit of Pink Floyd but apparently it's not that sort of wall. Americans have another word for hitting the wall. I think it's one of those words that don't translate well. It certainly has a different meaning over here so I can't print it. Basically runners hit a wall because they run out of carbohydrate stored in the body and have to burn fat to keep them going. They experience sudden fatigue and loss of energy. The theory is that carb loading builds higher than normal glycogen stores in muscles and liver to be used during the event and prevent the hitting of the wall.

Glucose is converted by insulin to glycogen which is stored in muscle and the liver. Glucagon converts it back to glucose when needed. Maintaining readily available glucose by taking on gels and readily digestible carbohydrates throughout endurance events also prevents wall collision.

I have eavesdropped on a few running chats when I have heard re  $VO_2$  max levels, lactic acid measurement and other things. And I have come to the conclusion that there are guys and girls know far more about conditioning and endurance training than me. But I have come across a predictive formulary for when you will hit the wall. This is Rapoport's energy consumption model. It's a method of tracking energy consumption in marathon runners. The theory is that factors which predict you hitting the wall depend upon the amount of glycogen stored in your muscle. How fast you run, your pacing strategy, your body size and your muscle mass. One factor not accounted for is that the brain anticipates glycogen depletion and slows the body down to conserve energy. There is also a theory that training while fasting helps train your body to burn fat during endurance racing. I hope this gives good food for thought. I thought pharmacology was hard! Perhaps we need to ask our marathoners about when they hit the wall, when they didn't and why.

In the Paris marathon they have a mock up wall marked 'Le Mur' for us to run through. It's usually around 20 miles. Did I hit it? Not sure, it certainly got increasingly hard after 20 miles but then it was a hot day too so who knows? One thing is for sure, you get to the Finish line whatever it takes.

## 5. Something to Say?

### Keyworth 30k Trail Race by Kate Brown

As we drove back from Keyworth, I couldn't help but notice we had more questions than answers: how far had we run; how many stiles had we scaled; was it the same field we all ran 3 sides of instead of 1; and more importantly, just how much food can you squeeze on 1 dining room table?

Keyworth was alive with a sea of Caistor vests on a rather foggy March morning. Filled with trepidation we lined up for either the



15 or 30k start. Rumour had it in the Portaloo queue that the routes were significantly further than billed, but it was too late to worry now.

Andrew Reynolds did the club proud with an amazing 2nd place in the 15k race. It was a shame everyone else was still plodding out on the course and couldn't cheer him in!

The race was wet and muddy, to say the least. It was a good job none of us needed medical assistance as the Land Rover ambulance was last seen sinking in the mud a couple of miles into the course. This is the longest race I have done and I set off steady, leaving me lots of people to pick off later in the race, which psychologically is always good (although the boost wears off if they come past you later on!) The last 10k were hard work, but I was pleased to finish only marginally behind the CRC boys. A Frankie powered "You loved it Kate" turbo charged me to a moderate sprint finish, managing to clip 2 ladies on the line. The goody bags with their mixed and varied contents caused much amusement.

Being in the vicinity of Nottingham our Caistor vests caused many runners and even dog walkers to ask about our friendship with Mike Wells. As my Garmin ticked over 30k and there was no sign of the finish, I also began to question my friendship with Mike, who had enthusiastically sold this inaugural race to us all. However Mike was fully forgiven when he led us to his friend Alex's house, there we found a table CRC would be proud of bowing under the weight of all the cake! We all put a valiant attempt in to replace our burnt calories.

### **Belvoir Challenge 26 by Mike Wells**

This was my 4th year in a row at the Belvoir Challenge (in case anyone isn't aware, Belvoir is actually pronounced "Beaver", which is great for puerile minds like mine :)). The Beaver is one of those events I enjoy so much, I try to fit it into the calendar every year. Now in its 26th year, the BC combines many of my favourite things about running - great scenery, friendly runners and volunteers, mud, hills, stiles\*, raising money for a good cause (in this case the local primary school) and cakes, cakes and more cakes smile emoticon.



The three previous years, Sarah and I have run the 15 mile route together, but this year I opted to run the 26 mile Big Beaver for the first time. Sarah wasn't alone on the shorter route though, as Frank and Tina were back again (having loved it last year) along with a whole host of CRC runners who were getting their first taste of the unique Belvoir Challenge experience, plus another 1000+ entrants. (The Belvoir Challenge is open to runners, walkers and even children if they are accompanied).

Also tackling the 26 mile route were Rob Jacques, Mark Hodson and Andy Bell, who ran together most of the way together (Andy left us all in his dust to be first CRC finisher) and I ran with my friend Liz from Twitter. The two BC routes start and finish together, but one of the many things I enjoy about this event is that most of the route is different every year, so even before the 26 and 15 mile routes separated after a few miles, I'd already run on some new footpaths. Once the routes diverged, almost every step of the next 20 miles was new for me, and it was great to see even more of the lovely scenery around the Belvoir Escarpment (which in lots of ways is similar to the Lincolnshire Wolds) as well as to experience new locations for the legendary checkpoints, which are actually more like cake stalls from a school fair - nobody checks your number or tells you what your position in the race or your time is - they just offer you food and drink .

On the 26 mile route, not only do you get to enjoy even more of the lovely Leicestershire and Lincolnshire countryside (the 26 mile route goes through both counties), but you also get 4 checkpoints/cake stalls, whereas the shorter version only offers 2. This year's checkpoint highlight for me was at Croxton Kerrial, which had both an outdoor set of tables adorned with the usual tasty treats (fruit cake, flapjack, brownies etc.), and an indoor section (round the corner in the village hall) which offered tea, coffee and sandwiches, as well as proper toilets. For anyone wondering how to pronounce this unusual place name with amazing food, a very well-spoken local girl informed me it was "Crowtone Kerryarl".

The Belvoir Challenge is almost as renowned for its amazingly muddy fields as it is for its cakes, but this year, an almost entirely dry week in the run up to the start meant that actually the underfoot conditions were the most benign I've ever seen there – the course was almost all easily runnable, and although there are plenty of small inclines, the hills are less challenging than those on most other off-road events (they are similar to the Gruesome Twosome). At the finish there's a warm village hall with free soup/rolls for runners and the atmosphere of the event is fantastic, with all the volunteer/marshals seeming to genuinely appreciate the runners and walkers taking part in the event (I was told last year that the BC had raised over £25,000 for the local school and all its computers had been purchased thanks to the event).

It was great to see so many CRC runners at the Belvoir Challenge this year and I hope everyone enjoyed it as much as I did, and there will be even more of us doing both the 26 mile and 15 mile events next year.



PS, I forgot to add:

\* I don't actually like stiles, and the Belvoir Challenge has a lot of them! It's about the only fault I can pick with the event!

Stiles? Don't talk to me about stiles! I wish I had started counting the stiles on the Keyworth 30k. Nightmare. Ask Tina Thomas, Emma Morrison or Kate Bartlett. Although there were a few hilarious moments such as me trying to climb over a farm gate only for Tina to push it open and walk through with me still on it.

## 6. Hot to Trot

### **Upcoming Races for which entries are now open by Chris Hewis**

It's all about the 10's at Leeds 10k this year. On the 10<sup>th</sup> of July, 10000 runners will take part in the 10<sup>th</sup> staging of the Leeds 10k. Check out

<http://www.runforall.com/10k/leeds/>

Kirbymoorside (North Yorks) is hosting their 10k race on Sunday 1<sup>st</sup> May. Classified as undulating but suitable for beginners, online entry and more details can be found at

<https://www.timeoutdoors.com/Events/Running/Kirbymoorside-10k>

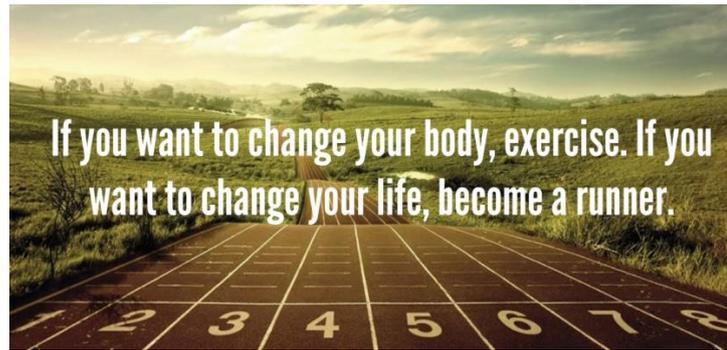
A little closer to home is the midweek 10k race at Askern, near Doncaster on Wednesday 18<sup>th</sup> May. Find details at

<https://www.timeoutdoors.com/Events/Running/Askern-10K>

Looking further ahead to the Autumn, The Royal Parks Half Marathon is on the 9<sup>th</sup> October in London. Details at

<https://www.timeoutdoors.com/challenges/Royal-Parks-Foundation-Half-Marathon-2016-charity-places?cid=142&des=1&t=1>

And finally...



<http://blog.charitymiles.org/post/118362974344/if-you-want-to-change-your-life-become-a-runner>

**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!**