

The Caistor Running Times Sep 2016

Fun, news and running views

Wow what a summer! So much going on and so many running achievements. Now we're heading into autumn so make the most of the light evenings because we'll be heading into high-viz territory before you know it. But if you feel like your get up and go has got up and gone then read on...

1. Gimme Five... tips for getting your running mojo back

1. **Variation** – if you do the same thing over and over then running can become boring. If you tend to run the same route then even reversing your loop can feel different. If you usually run on the flats, try some hills. If you run on asphalt, find some trails. If you haven't done speedwork, perhaps this is the time to try. Or if you're doing speedwork, try a different workout. Try running at a different time of day. Variation is the spice of life and of running.
2. **Go Garmin-less** – Try leaving the electronics at home and just go out and run. Don't worry about your speed, your distance, or anything that usually stresses you. Enjoy the feeling of the ground under your feet, the wind through your hair and sun on your face. It will help you remember why you love running in the first place.
3. **Try the 5 Minute Rule** – You are scheduled to run and you don't feel like it. You really, really don't feel like it. You are tired, stressed, too busy and you just don't want to run. Try the 5-minute rule. Promise yourself that once you get out on the road, if, after 5 minutes you still feel the same way, you can stop. As simple as that. You can stop running after 5 minutes if you want to. Chances are, once you're there, you will want to go on, but if you don't, that's okay, go home knowing you gave it your best shot.
4. **Crosstrain** – Strength training can balance your muscle development and strengthen your core, which can help prevent injuries. Yoga is great for runners. It can help improve flexibility, core strength, and help with balance and overall strength. Swimming is a great non-impact activity that complements running and works your upper body. Cycling is also non-impact, and can help you build your endurance while giving your body a break.
5. **Rest** – If you are feeling tired and unmotivated, it may be your body trying to tell you something. Taking an extra day (or even two) off can re-energize you. When you push your limits day after day, you need the time to recover both mentally and physically from your efforts. As mentioned above, increases in strength and speed actually happen during your recovery time, as your body repairs itself from its efforts.

<http://coachdebbieruns.com/5-ways-get-running-mojo-back-running-coaches-corner-5/>

2. Recipe of the Month

This month's recipe comes the New Covent Garden Soup Company

Image: <http://chris.throup.org.uk/2012/04/17/apple-tomato-and-smoked-bacon-soup/>

Apple, Vine Tomato & Smoked Bacon Soup

Serves 4

You need:

- 25g (1oz) butter
- 1 tablespoon olive oil
- 1 small onion, finely diced
- 1 clove garlic, crushed
- 6 rashers smoked bacon, chopped
- 600g (1 lb 5 oz) ripe vine tomatoes, skinned and chopped



- 2 small Cox's apples, peeled and diced
- 1 teaspoon brown sugar
- 500ml (18 fl oz) vegetable stock
- 4-6 fresh sage leaves, very finely sliced
- salt and freshly ground black pepper

How to make:

1. Melt butter and oil in a pan, add onion and garlic, cover and cook gently for 10 mins, without colouring.
2. Add half the bacon, stirring it to stop it sticking for 10 mins.
3. Add tomatoes, apples, sugar and stock and bring to the boil. Cover and simmer gently for 1 hour, stirring occasionally.
4. Blend until nearly smooth.
5. Return the blended soup to the pan, add the sage leaves, season to taste, then reheat gently for 2-3 mins.
6. Meanwhile fry off the remaining bacon until crispy. Place the crispy bacon into the serving bowls, then ladle the soup over and serve.

And if you were thinking of bringing a tureen or two of that to the Maravan in November you would be most popular.

3. Spotlight On... Tina Thomas



When did you start running and why?

I knew I needed to do something exercise-wise, Frankie was a runner and I did think it might be something I might try, but my knees already used to hurt. I had heard people say that running was bad for your joints, but my doctor didn't seem to think so and said that doing something was better than nothing so I had a go and gave up very quickly. I used to go with Frankie when he did Cani X (running with dogs). I met a woman there who was running with her dog, she was 75. I decided I had no excuse and was going to do the 3k Have-a-go Cani X run. I got Frank to mark a mile out for me down a road that nobody used to go down much and so I started to run and walk till I built up to 1/2 a mile running nonstop! Then I went on a run with Frankie who kept running back to me and he told me I had just run a whole mile. It felt really good, running with a dog makes you feel less self-conscious when you first start. I kept it up, till I was running the 5k Cani X runs with Rocky, who is no help at

all, only wanting to have a go at all the other dogs. How I didn't get tripped up I don't know! I did one or two 10k over the next 3 years but mainly just going out with Frankie and the dogs. That was until I joined CRC. I was very worried I wouldn't keep up or they would go too far but my fears were unfounded. They couldn't have been nicer and very quickly I felt part of a group. I too used to be put off by the Saturday runs, but found I didn't need to be, and yes sometimes we went a bit further than I thought I could do but that only served to improve me. Although for the rest of the day I was knackered. But it got better, I have ran a marathon, an ultra, 1/2 marathons off road and on, fell runs, triathlons, more recently the Morecombe Bay Cross Bay Challenge.

What's your top tip?

Run with friends, no one is more surprised than me with what I have achieved so far. Well actually my family are more surprised I think.

What would you like to improve?

Learn to pace myself better.

What has been your best running experience?

The Gruesome Twosome that I have run with several partners over the years and each time it has been a really enjoyable experience.

Worst?

The Morecombe Bay Cross Bay Challenge is the worst time I've ever had on a run because of conditions. It was gale force winds!

Favourite race

The Gruesome Twosome because you run with a friend and they have to wait for you!

Tina you are a fantastic inspiration to us all and you don't even know it!

4. Do your bit – donate some kit!

Help a charity! Donate old kit!



Fiona Craig

Are your wardrobes or drawers bursting with running gear? Do you have a pile of old shoes that you don't wear but cannot part with? Have you got overflowing tubs of race t shirts under the bed? Through the Run for Fun page we've made links with a lovely lady who sends kit to two charities: one in Africa that helps young orphans who can earn a little if they can run, but of course they need kit. The other charity is London based: 'a mile in her shoes', that helps women take up running who have been abused and mainly reside in refuge housing. We all know running makes us feel good so why not go that extra mile: have a rummage through your stuff and see if there is anything you can spare to help this amazing lady and her charities. All running kit is useful however if it's used and smelly it's probably not suitable to pass on! Please let me know if you have items and I can arrange pick up at CRC club nights, parkrun or anywhere else that might be convenient.

5. Something to Say?

The Eye of the Terrier!

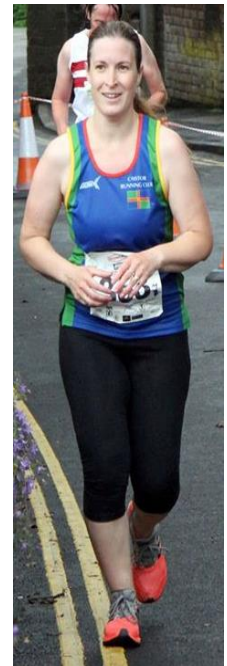
This little story explains some of the background to where and how the Crump duo (Rob & Nadine) has got to where it is today and where it may venture to.

I myself (Rob) have been running on and off since 2010 when very foolishly with just 7 weeks to train myself and two fellow football coaches decided it would be fun to run the Humber Bridge Half Marathon for Charity. From not running at all to running a ½ Marathon in such a short time frame was a great achievement but once I had finished the running stopped, I had no target or goal to aim for so it was not until 2014 we decided as a couple to follow the couch to 10km app. This first session was literally run for 60 seconds walk for 60 seconds and it was quite a shock to the system on how unfit two fairly healthy 30 somethings could be.

We managed to get to week 10 of 14 before I was sent abroad for work for 2 weeks. This break put the brakes onto our training and we never really started up again as winter was starting to close in so the desire to run in the cold evenings was not really there so again the running stopped.

In early 2015 another target was set when several work colleagues invited me to join them in running a Tough Mudder event in August. The running started up again, but nothing really structured but eventually as a couple we got up to 6 miles by around the end of May, so we entered the 2015 'Sting' event. Unfortunately I was then sent across to Canada for the whole of June so the running fell away again. I did run the 'Sting' but my son took Nadine's place on the day as other commitments meant she was not able to make the event.

Entering and running the 'Sting' gave me the bug again and with just 6 weeks until the Tough Mudder I had to start getting some good miles in ready for the 10 mile obstacle event. We started to run again and during August 2015, I saw the first glimpse of the 'Eye of the Terrier'. We had



just completed the Pub in the Wood loop from Nettleton (~5 mile) and I mentioned I need to get some more miles in so was going to run up to the Pub entrance and back, an extra ~3.5 miles. With Nadine slightly red faced and puffing a bit I fully expected her to say "go ahead and I'll head home" but NO. Her response was "come on then", that day I saw my wife through sheer determination run almost 3 miles further than she had ever run before. I saw in that moment something I had never seen before and was so proud of her, and to be honest if I had not stopped she would have quite happily carried on (I was cream crackered). The Terrier was awoken!!! Nevertheless I ran the Tough Mudder event, cheered on by Nadine, Josh & Jake, but then I had reached my target and again life & work took over and again the running stopped, until early 2016 which is when the real 'Eye of the Terrier' kicked in.

Nadine joined the Caistor beginners with Steve Critten and within a few weeks she had this hunger to run harder, faster and further. The way this beginners group was organised, structured and run by Steve was just what Nadine needed. Once the beginners' course had finished we started to run regularly as a couple and quite quickly got ourselves up to 6 miles. We continued running a similar route on the Nettleton Top road but this turned out to be quite monotonous and our times seem to be stuck at around the 11 min/mile pace. We discussed joining a few Caistor Running Club sessions to see what the club was like. This was the best decision we could have made. The way the Club is run and organised is excellent, it welcomes runners of all abilities and caters its runs to suit all, this is just what we needed. We started to run routes all around the area, with several running past our house, within a few weeks the distance was increasing but more importantly for Nadine the pace was quickening.

Since we joined the Club, I managed to convince Nadine to sign up for the 2016 'Sting' event and although very nervous on the day and a few practices beforehand we ran the course together and the 'Terrier' mode well and truly kicked in and a sprint finish up the last hill and a new 10k PB of 1hr 1min was achieved. The Terrier was now hungry for more.

In late July I had yet another work event with me entered into a 12k Total Warrior event, for my practice I wanted to run some longer distances and get some more hill training in. The Caistor 6 peaks was one of the Saturday runs, so we thought we would run this and aim for completing 3 hills which would be a good 6 miles of hill training. Unfortunately for Andy Bell who was leading this morning run, and running a ½ Marathon himself the next day, the Terrier turned up that morning. 3 hills turns to 4, 4 turns to 5, 5 turns to all 6 and with 12.4 miles recorded on the watch the Terrier wants to round it off to a full ½ Marathon distance so we ran back to the car, this woman is amazing, the pure determination (maybe stubbornness) has just meant that on a hot Saturday morning she ran almost 5 miles further than any run ever, but not only that it included some of the biggest hills in the area. That day I had a new hero and I just happened to be married to her.

On the back of the Sting & the 6 peaks, Nadine wanted more, 1hr 1min was beatable and she firmly had her sights set on the 1hr mark, so we entered the Owston Ferry 10k. I was asked to pace her around this event and as she knows now I lied to her all the way around, telling her we needed to speed up slightly or else we would not break the 1hr mark, we crossed the line on 57min 4secs. Not only now had the 1hr mark been broken but also now she was running consistent sub 10min miles.

In the last few months this woman who never really had any desire to run is now hooked and has even as 'just a run' has run the whole Tough Ten route, and has also entered the Gruesome 10k event and is looking at other events to enter. I think an official ½ Marathon will be run before the year is out, maybe even further!!!

I could not be prouder of my wife and the way she continues to astound me with her determination and her ability to continue to prove herself wrong. Running has given us a new broader circle of friends in the Club but also a common interest in the form of running.

Beware of the Terrier, she is small, determined and WILL bite 😊

Brilliant Team Crump and long may you continue to enjoy your running!

6. Do you know what we did last summer?

The 4 days Nijmegen Marches aka 'The Walk of the World' by John (and Dame Kath) Young

CRC walkers on tour!

<http://www.4daagse.nl/en/event/history.html>

CRC is great for giving you crazy ideas – which then turn out to be not so crazy once you have done them! So we have our Jaynee (McC) to thank for telling us about her many experiences of this event – which then just had to be done. So, back from Nijmegen and time to reflect. After a sweltering few days in the US we arrived in Nijmegen after a 9hr flight from Houston, shattered, but just in time to register for the marches and catch a few hours' sleep. Next morning at 7.15 we were lined up at the start among thousands of other walkers (50,000 starters), from the very young to the very old and everything between, to start our first march which we thought was 30k but actually turned out to be 33k.



As we got going it was hot with the sun beating down and very little shelter and was slow going because of the heat and crowds of walkers. The first 20k wasn't too bad but it certainly got harder - sore feet and tiredness from the flight - but the crowds lining the streets and in the towns and villages urging us along and Kath supporting me (thanks Kath) kept me going. Finally, coming back into Nijmegen with the finish line in sight, the tiredness and sore feet are forgotten and crossing the line to great relief - I'd done it! I'd never walked more than 26k before so the sense of achievement was overwhelming even though it had taken 6 1/2 hrs.

The second (33k) and third (30k) days were very similar to day one, although much more relaxed and I was able to take in the crowds and scenery a lot more. The first three days walks are flat, taking in a different quarter of the city each day, and whilst the third day is named 'the day of the 7 hills' and covered some lovely woodland 'undulations' it was a bit like walking Cabourne and Nettleton hills through some very pretty villages. On each day the crowds came out to party and to support and cheer us on our way with all sorts of snacks, cooling hoses and buckets of water, and coming into Nijmegen on the 3rd day the sign said 'the end is near so stop for a free cold beer' so we did! That really helped to get over those last couple of k's to the finish! Day2 5hrs34mins and Day 3 5hrs 25mins.

And so to the last day. Jaynee had said how fantastic the last day would be but we really did not expect what was to come. We had hoped for cool and a little rain over the first three blisteringly hot days, but half an hour into this last day's walk the heavens opened - thunder, lightning and pouring rain – as most of the other walkers tried to get their waterproofs out or took shelter, we were soaked but like true Brits we were already wet so we just kept going. The storm cleared and we dried outthen 30mins later another thunder storm we got a second soaking but kept going again.

Then we arrived at the Via Gladiola -the last 6/7k to the finish and time to don my tutu and step out for the final 'march' in to the finish line. Both sides of the road were lined with thousands of people, with bands marching and playing and people handing out gladioli, sweets, drinks fruit etc although we never did find the people giving out free beer on this occasion.

The atmosphere was breathtaking all the way (a few twirls on the way although Kath says I need some more lessons from Mike) and then the finish line was in sight. Out came the Lincolnshire Flag as I crossed the line - we'd done it - two OAP's looking like Bill and Ben in our wet floppy hats :-). What an achievement for us - me especially who a year ago thought walking 5k was like trekking to the moon.

Sadly we couldn't stay for the last evening's party in the town, but it had been great fun and I would recommend to anyone to give this event a go – its great fun! A few months' training and lots of encouragement (thanks again Kath) it's amazing what you can do. The people who are walking along with you and all the folks lining the route help you along so much. Thanks to all at the CRC for their encouragement especially Jaynee McC, and great walking partners Sue and Karen. Go on give it a try - we did and hope to be back next year.



John and Kath you are amazing!

Dong Great Grimsby 10k by Jayne McConochie

The inaugural Great Grimsby 10k took place on 31st July 2016 and what a race it was! The weather gods were smiling as it was dry and the sun was out (always suits me but not everybody's favourite weather for running!). There were plenty of familiar faces and our CRC gaggle of runners were soon herded together at the starting point ready for the off, having been pointed in the right direction by friendly "meet and greet" marshals. (Point of wonderment...what is a group of runners called? Perhaps a "jog" of runners? A "gasp" of runners? A "plod" of runners? Hmmm?)

The race was conducted on closed roads which was brilliant and I think only the second time I have run a race with that privilege. To run down Peaks Parkway completely free of traffic on both sides was fabulous! Talking of fabulous, the spectators and marshals throughout the course were fantastic, encouraging and supportive, completely fulfilling their job descriptions in my humble opinion. There was a fastest timed mile competition at mile 4 along the Peaks Parkway which I am happy to report was won by our very own Andrew Reynolds in a time of 5:15, although I did give him a run for his money on that one but he just pipped me to the post (please, dear reader, insert a winking smiley emoticon at this juncture) The race finish was in People's Park and coincided with the Wonderful World festival meaning there were lots of things to see and do at the finish adding another boost to an already enjoyable atmosphere.

This year I have managed to sustain running one 10km race a month, and of those races I have entered, Grimsby 10k 2016 has so far been my favourite. Superb organisation, lovely route, cracking crowd and marshal support, top weather and a cheeky PB for me and, I'm sure, many others to boot.

Well done to our friends at Tape 2 Tape for putting on another fabulous event. I am already looking forward to the next one and hope to see you all there too!



The Cakeathon Challenge (Deal, Kent) by Katy Hewis

A timed challenge event with 6 hour cut off time. Laps of 4.3 miles. Complete at least one lap to get the medal and goody bag.



August Cakeathon 2016. I wanted to do this race as soon as I saw the medal in 2015. However it sold out immediately plus it was a long way away and at the height of harvest which is the worst possible time. Hey ho when it popped up again in 2016 I jumped in pronto. I decided to drag my unsuspecting offspring with me to Ramsgate where they could frolic by the sea whilst I did the race. Of course none of this happened. A couple of weeks before, my children one by one started to find excuses. 'I'm going to Amsterdam' 'I'm working on Sunday' 'I've got tonsillitis'. Yada yada. So I ended up all alone in a Travelodge in Ramsgate. Which was roastingly hot! So hot that they provided a woefully inadequate fan plus a single sheet which I'm sure had a tog value of 20. I got turned away from Pizza Express for wanting a table for one without a reservation! What a leper I felt. But turned out well when I found another Italian restaurant and the best spag bol. Then I went back to get an early night because I had a massive headache. But the Bank Holiday meant a waterfront beer festival called 'Rock Dock and Twelve Smoking Barrels'. Outside the Travelodge naturally.

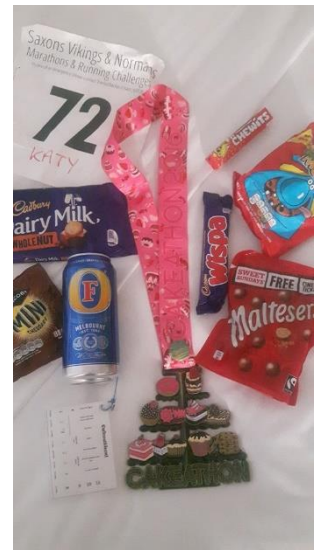
As I tried to get to sleep I was suddenly woken up by the loudest fireworks ever. Which went on for a VERY LONG TIME. Eventually I dragged myself out of bed and looked out the window to realise that my room was on the corner and all I could see was people rushing across the road and going ooh and aah whilst I desperately craned my neck to no avail. I bet it was pretty spectacular over the harbour too. So I woke up all through the night worrying I was going to oversleep and miss my lift. Then I got up, still with a headache, and ate a peanut butter energy bar and a cup of milk because breakfast wasn't till 8. A lovely lady called Maryann (long story but basically thank goodness for the running community!) came to pick me up and off we went to Betteshanger Country Park. Race HQ was 2 gazebos in the car park which threw me a bit. People were bringing incredible cake offerings. Yes it's not called the Cakeathon for nothing. Prizes for

best cakes too. There were lots of 100 marathon club folks. Some interesting attire too. Including someone dressed as the Marshmallow Man from Ghostbusters. Since we all soon realised it was going to be a scorcher of a day I don't know how she managed to do it. Actually I didn't see her again.

9.30am and off we went on the first 4.3 mile lap. A sort of dirt track (very dirty as it turned out) around a small lake which then circled a tarmac cycle course. Some ascents and descents. Up onto an open area with a big climbing wall and also a display of Birds of Prey. Did I mention it was scorching? The first lap passed by quite quickly. Plenty of people saying well done etc. as we were lapped. When you finished a lap you had your card punched and then if you wanted to finish you rang a big handbell and got given your medal and goody bag. I wanted to do 20 miles ahead of my marathon on 18 Sep. So 4 laps would be too short



whereas 5 were slightly over at 21.75. The next two laps I followed a pack of three and it was great because it suited me really well. But then they stopped so the next lap I was alone which was tough. After that it was my last lap so I cheered up and did plenty of walking after I had got to 20. But when I came back round and tried to ring the bell they went 'Nooooooo - do one more lap. Walk it! Do the marathon!'. I think I even heard the phrase 'you might as well'. What sort of a person have I become that you 'might as well do a marathon'? It's a long way!!! And so even though my hand was practically on the bell I didn't ring it. I just grabbed two more bottles of drink, some pretzels and ran off. And actually ran more of that lap than the one before! And then I got the best medal in the world. Yay!!!! Plus loads of melted chocolate. And lots of slices of cake, one for each lap. And a goody bag filled with lager and family sized packs of choc etc. Did I say it was scorching? And a really lovely lady called Sophie drove me to the station to get back to Ramsgate. Where I discovered I was sunburnt despite the factor 50 but only had two blisters and no chaffage. The End.



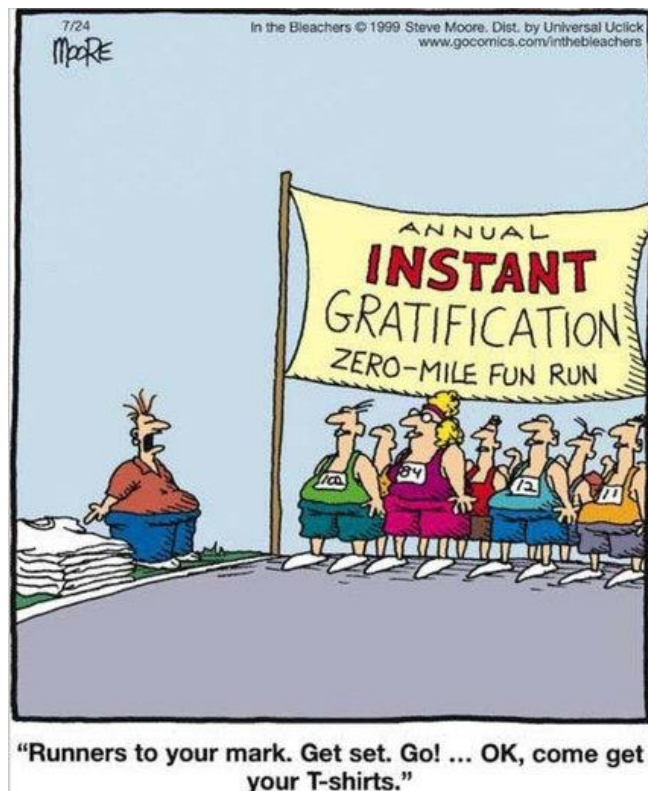
7. Psst! Did you know...?

We married on Bank Holiday Monday after a romantic proposal 2 months before in Venice! We will be hosting a CRC post wedding celebration at our home on Sat 17th September after a run followed by sausage buns, cake and drinks! All welcome.

I give you the new Mr and Mrs Pattison.



8. And finally...



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