

The Caistor Running Times Spring 2017

Fun, news and running views

We now have a bumper crop of articles for you to get your teeth into so grab a protein bar, relax and read on.

1. Gimme Five... tips to help running feel easier

This article is taken from http://womensrunning.competitor.com/2015/03/mile-posts/mile-posts-5-tips-to-help-running-feel-easier_36634#xqXVg2gQO98LRtiH.97

1. **Stand tall and roll your shoulders back:** Ever notice how runners slump over when they feel tired? When you start to feel this happen to you, focus on rolling your shoulders back, opening up your rib cage and standing taller. This will help you focus on your form, and breathing will likely seem easier.
2. **Intentionally slow your breathing:** Whether it's because you are running too fast or because you are all worked up, focus on slowing down your breathing. Take longer, deeper breaths. This will help you take in more oxygen. When you first start to do, this it can almost feel like you are suffocating or not getting enough air. Stick with it for a minute until your fast, shallow breathing has slowed. Once your body settles in to this deeper breathing, running should feel a tad easier.
3. **Smile and unclench your fists:** Many of us show our tension on our faces and in the way we tighten up our bodies. Relax your face by forcefully smiling. Open up your hands if you are clenching them. Maybe imagine you are holding a butterfly in my hand and don't want to kill it. Or visualize carrying a raw egg in its shell— squeeze too tight and it will break in your hand.
4. **Run a little faster:** Most of us, if not all of us, tend to slow down as we get tired. If you want to keep up your pace, as you would in a race, push faster for a bit. Doing this can help to use different muscles in slightly new ways. A bonus is that when you slow down from the faster pace, the pace you were running before will likely seem easier.
5. **Focus on the mile you are in, not how far you have come or how far you have to go:** Mid-way through a longer run can feel like you have gone a million miles, and you still have another million left to go. Mental fatigue can manifest as physical fatigue. Focus only on the mile you are in. Don't tell yourself you are on mile eight of an 18 mile run. You are on mile one of a one mile run. Once you make it to the next mile, you again are on mile one of a one mile run. A mile is mentally manageable for most runners when the thought of running 18 or 20+ miles in one run can freak some runners out. This can cause unnecessary fatigue because of the mental stress.

2. Recipe of the Month

This month's recipe is a delicious spicy soup.

Butternut squash soup with chilli & crème fraîche

Serves 4

You need:

- 1 butternut squash, about 1kg, peeled and deseeded
- 2 tbsp olive oil
- 1 tbsp butter
- 2 onions, diced

- 1 garlic clove, thinly sliced
- 2 mild red chilli, deseeded and finely chopped
- 850ml hot vegetable stock
- 4 tbsp crème fraîche, plus more to serve

How to make:

1. Heat oven to 200C/180C fan/gas 6. Cut the squash into large cubes, about 4cm/1½in across, then toss in a large roasting tin with half the olive oil. Roast for 30 mins, turning once during cooking, until golden and soft.
2. While the squash cooks, melt the butter with the remaining oil in a large saucepan, then add the onions, garlic and ¾ of the chilli. Cover and cook on a very low heat for 15-20 mins until the onions are completely soft.
3. Tip the squash into the pan, add the stock and the crème fraîche, then whizz with a stick blender until smooth. For a really silky soup, put the soup into a liquidiser and blitz it in batches. Return to the pan, gently reheat, then season to taste. Serve the soup in bowls with swirls of crème fraîche and a scattering of the remaining chopped chilli.

<https://www.bbcgoodfood.com/recipes/12808/butternut-squash-soup-with-chilli-and-crme-frache>

3. Spotlight On... Jimmy Dutch



When did you start running and why?

Back in 1984 a crazy thought flashed through my head when the London marathon was in its infancy. 2 years going if I'm correct. I applied, blind to what I was about to get into and got refused my 1st entry. Then another crazy thought, there is more than one marathon to run (fact). I applied for another and was successful in that. I found out on the Wednesday and the mara was on Sunday, 10am start. No training whatsoever, I ran it and finished it in 4hrs 15mins. Wow, I was sore and vowed never to run one again. A couple of months passed, I was flirting with half-maras for a couple of years till joining Crawley AC (Sussex). We did the usual events. X/c every weekend (league), very competitive, but a real learning curve for me. It was then I began to get competitive, trying to beat all my members in club and got 'Athlete of the Year' 3 years on the trot. At weekends we ran our long distance miles sometimes 20-25 miles all over Sussex and in all weathers. For that club and all it taught me in running and being competitive has remained with me to this day. I am truly indebted to them.

After 10 years or so, I began to train myself and choose the races which were to be my goals for the next 15 years. That was to run a marathon in sub-3hrs. Indeed I did, in 1992, London, in a time of 2hrs 55mins 52secs. Another challenge/goal success.

I've run many Ultras in my career, London to Brighton (6 times, best time being 8hrs 36mins), the Two Bridges in Scotland 36 miles (4 times).

All in all in my running since 1984, I have run (excluding the above) 120 full marathons. (For info, **MY LAST MARATHON WILL BE 2017 May 21st**) I have entered. It's the Stirling Marathon.

My best half... 1hr 20mins 23 secs (Glasgow Half)

My best 10m... 57 mins (Crawley AC time trial)

My best 5m... 27mins 35secs (halfway time for 10 mile)

My best 10k ... 35mins 37secs (East London 10k)

But many years have passed and I could write more, but maybe a bit boring. But, bringing things forward to date. I am just as competitive as day one when I started this journey. I myself see no end to my running, but I will do the distance that being the marathon one more time.

That closure will take place May 2017.

I'm still doing the running, whether addiction or love of what the benefits give in return. As you know I am a full member of Cleethorpes AC but second club Caistor Running Club for which you all know me in some way or another. For what I do offer any time in running is advice on running matters or strategies. If I am there I do not bite but have the pleasure to pass on my tips/advice /experience to you all. Feel free. To sum up in all this I will gladly do it all again every step of the way. It still gives me great motivation and stimulation this the sport of running. Here are some photos of my long and enjoyable running career I hope you like them.

What has been your best running experience?

Well it's not the one with my personal best time. It has to be the Boston USA marathon which I completed six years in succession. Organisation, course, weather and friendliness and of course shopping 10 out of 10.

Worst?

My worst run? Well it was the 20 mile race down in Worthing. No kidding one of the only runs in my career that I had to pull out of. I had done something in my shorts. Say no more.



FULL MARATHON					
Position	Time	Name	Sex	Affiliation No	Race No
1	2 - 38 - 45	D FULCHER	M	-	70
2	2 - 40 - 22	A MATSON	M	-	494
3	2 - 51 - 16	E H BARTLETT	M	0127083	55
4	2 - 52 - 23	D A DENYER	M	0101144	232
5	2 - 53 - 15	P R STEPHENS	M	0110307	245
6	2 - 55 - 45	I ANDERSON	M	-	35
7	2 - 57 - 38	L T MANN	M	0108195	269
8	2 - 59 - 16	D N FRASER	M	-	476
9	3 - 00 - 27	W R BROWN	M	-	392
10	3 - 05 - 20	A KAY	M	0124885	110
11	3 - 06 - 55	D WHITEHEAD	M	0123852	483
12	3 - 08 - 34	M G CRISP	M	0123264	137
13	3 - 19 - 02	S CARD	M	-	225
14	3 - 19 - 06	D BAILEY	M	-	206
15	3 - 22 - 12	P DOUGLAS	M	0105603	106
16	3 - 22 - 46	C P EVANS	M	0111077	224
17	3 - 23 - 47	R SAWYER	M	0109046	130
18	3 - 28 - 34	N L COSTIFF	M	-	262
19	3 - 29 - 00	S IRVING	M	-	263
20	3 - 29 - 30	J A MEECH	M	VICE PRESIDENT REDHILL/REIGATE AC	239
21	3 - 30 - 20	C A M PHILLIP	M	CROYDON HARRIERS	229
22	3 - 31 - 20	J SCHOFIELD	M	-	308
23	3 - 32 - 45	G D GOODE	M	-	445
24	3 - 34 - 59	M LEDWOLD	M	-	428
25	3 - 36 - 05	T FARMER	M	0111325	2
26	3 - 36 - 48	R JARRETT	M	-	8
27	3 - 37 - 10	E BAKER	M	0100978	49
28	3 - 46 - 30	M STRICKLAND	M	-	429
29	3 - 47 - 00	D WEARNE	M	0108951	57
30	3 - 47 - 00	G ALLISON	M	0124976	196
31	3 - 52 - 02	A P MIELKE	M	-	412
32	3 - 52 - 40	S TALBOT	M	-	154
33	3 - 56 - 47	P RAYMENT	M	-	304
34	3 - 56 - 47	R P TOWNSEND	M	-	329
35	3 - 56 - 50	J JONES	F	-	464
36	3 - 57 - 30	M J KICHENSIDE	M	0124998	435
37	4 - 02 - 08	G M HAINSWORTH	M	LONDON FIRE BRIGADE	295
38	4 - 07 - 18	S J LEAR	M	-	388
39	4 - 07 - 18	N G SHERLOCK	M	0136325	243
40	4 - 14 - 47	J DUTCH	M	-	498
41	4 - 15 - 20	K BRISTWO	M	-	306
42	4 - 17 - 00	V McGRATH	M	0111884	246
43	4 - 19 - 00	A CARD	M	-	296
44	4 - 23 - 07	J E DENNESS	M	0118814	61
45	4 - 39 - 05	M FIORI	M	0106711	155
46	4 - 44 - 07	K WRIGHT	M	-	282
47	4 - 58 - 05	G RANKIN	M	-	391

Jimmy you are an utter legend!

All the very best for May 21st

4. Injury Corner



Thought I would share two new things I learnt this week. I like a nice alliterative injury: the first being Gilmore's Groin. Generally a footballer's complaint because of the sudden twisting movements involved. Otherwise known as a sportsman's hernia but it's not a hernia. It is a tear of the adductor muscle where it attaches to the pubic bone. Treatment can take a long time of graduated muscle strengthening and failing that surgical intervention is needed. Good thing we are a running club and not a football club. I might ask Frankie if any premiership footballers have suffered from this.

The second is Hoffa's pad. I was thinking of doing a knee addition because after the old plantar fasciitis problems with knee injury seem to be common amongst us. Jimmy told me his are completely worn out. You know when they do those slow motion playbacks of runners in motion it is incredible the impact the knee takes in amongst the wobbly muscles. Hoffa's pad is basically a shock absorber that sits behind the knee cap but can get trapped between the end of the femur and the knee cap causing intense pain. Treatment is ice packs if acutely painful and swollen followed by the straight leg raising to strengthen the quadriceps and strapping the knee cap to keep it lifted away from the fat pad . Next month chondromalacia patellae and other knee stuff.

5. Something to Say?

Andy Dukes' Marathon Ride

CRC's Andy Dukes has set off on the longest journey of his life. His 'Marathon Ride' project, which began in March, will see him ride a motorcycle around the world, competing in marathons on six continents.

Andy wrote this piece before he left and I am leaving it as it was written

"I love riding bikes and enjoy running long distances, so I'm going to try and combine these two passions by running marathons on every continent and fulfil a lifetime dream of riding around the world on two wheels," says Andy. "It's my intention to engage with runners all over the world and do the same with motorcycle clubs and their members. I'm hoping to show that the running and riding communities overseas are as welcoming as our own Caistor Running Club is, and that wherever you are in the world, there is always someone to run, train or ride with."



Andy will start this ambitious project with a 'shakedown' test towards the end of January by riding across to North Africa and competing in the Marrakech Marathon. After that, he'll have a few weeks at home to prepare for *Le Grand Depart*, when he'll leave the comforts of home and head across the North Sea to Holland, through Germany, Czech Republic, Austria, Slovakia, Hungary, Romania, Bulgaria, Turkey, Iran, Pakistan, India, Myanmar and Thailand before arriving in Malaysia for the first marathon in Kuala Lumpur at the end of May.

Then he'll island hop across Indonesia, before negotiating a passage to Australia, where he'll ride from Darwin to the heart of the country to compete in the Outback Marathon at the end of July. From there it's across to South Africa for the Mandela Marathon at the end of August before hopefully flying back to Europe to compete with Cap'n Katy in the Berlin Marathon in September, while his bike is in transit to South America.

The next stop will be a marathon in Buenos Aires in October, after which he'll ride north through Argentina, Chile, Peru, Ecuador, Colombia, Panama, Costa Rica, Nicaragua, Honduras, El Salvador, Guatemala, Mexico and cross into the USA, where the Las Vegas Marathon awaits. After that, there's Antarctica to sort, but that's still work in progress at the moment...

"I'd just love it if any CRC members fancy joining me on some of these races," says Andy. "There's already talk of a few party animals coming across to Vegas for the night marathon, as well as Berlin, and it would be a wonderful experience to run alongside friends from the club. Thanks to CRC's Chris Ramsay, all the details are on www.themarathonride.com so please check this out and follow me on whatever your preferred social media channels are (Facebook, Instagram, Twitter or YouTube) if you want to receive updates. I promise that my blogs and vlogs will be short and infrequent, just like my training runs!"

www.themarathonride.com

Instagram: @andy.dukes

Twitter: @themarathonride

YouTube: The Marathon Ride

Facebook: www.facebook.com/andy.dukes.14



6. Feel the need – the need for speed

Are you stuck in a rut? Plodding along at the same old pace and wondering if you will ever get any faster? Well it won't happen unless you make it happen and one way is by adding interval training sessions to your weekly runs. But maybe you only have half an hour to spare, how can you get the most benefit? Couch to 5k Plus is a series of **free** downloadable running podcasts. Each podcast provides a structured run with music and coaching to develop your running technique, speed and stamina.

Couch to 5k Plus

<http://www.nhs.uk/Tools/Pages/Couch-to-5k-plus.aspx>

7. Call for articles

Do you have a story to tell? A photo? A tip for better running or how about something you found out the hard way? There cannot be a newsletter if there is no news. There is plenty of information on the CRC Facebook page but not everyone is on Facebook. Or maybe the stories may be overlooked as more information is posted daily. Perhaps you might send the same text and photos here as well and it can then be featured in the newsletter for all to see.

8. And finally...

Running on Empty by Jason Nocera



www.nichecartoons.com

http://www.therunningadvisor.com/running_cartoons.html

All news, views, images etc. to Katy Hewis katy.hewis@gmail.com thank you!