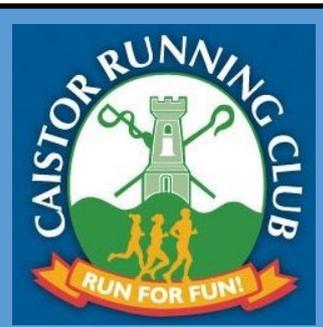


The Caistor Running Times

SPRING EDITION 2019

CAISTOR RUNNING CLUB NEWSLETTER



Welcome to the first new look edition of The Caistor Running Times! A big thank you to everyone who has taken the time to contribute. We have some old favourites and some new regular features too. Hopefully you will find these useful and informative. If you would like to send something in or have a suggestion for a future edition please email CRCrunningtimes@gmail.com

In this edition we feature some of the amazing achievements already made by CRC members this year. We've got emotional accounts which highlight the power of running with friends and accounts of new events people have done. We've got recipes and odd bits thrown in here and there, and suggest a few events for the next few months.

By the time you read this we will have made it through the dark nights of winter, often a struggle for many of us. Lighter nights bring greater opportunities for all of us to get out and enjoy some of the amazing countryside we are lucky to have on our doorstep.

Enjoy your running everyone, remember the club motto : *"Run for fun"* Emma

CLUB CONTACT INFORMATION

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Emma Morrison



@CaistorRC



CAUGHT ON CAMERA:



New Years Day 10k
Cleethorpes



Grizedale Montane Trail, February 3rd



Run Your Heart Out 10K, February 10th, Scunthorpe



Lincolnshire County Cross Country
Championships 2019, Biscathorpe, January 6th



Mad Dog 10K, February 3rd



Southport



Saturday Club Run February 2nd

Humber Bridge / parkrun



"A Dance with the Devil" 16 miles,
30lb pack, January 15th, Rothwell



Ferriby 10 Mile, January 27th



Saturday Club Run January 12th

Swallow

CAPTAINS CORNER

Welcome to the inaugural 'Captains Corner', a section of the CRC newsletter intended to celebrate some of the many wonderful achievements of our CRC members.

But first, who are we?

Since the AGM in January we are your elected Club Captains – Helen Shillings and David Mannion. Whilst we are elected female and male team captains respectively, we are working together and trying to merge the roles. We are approachable by everyone in the club and we wish to support everyone in any way we can.

Many of you know who we are already and for those who don't we will try and make sure you do on club runs etc.

David



"I have been a member of CRC for 3 ½ years and ran my first 10km race in October 2015. Since running with CRC I have increased my distances up to marathons whereby I represented CRC in the London marathon in 2017. Currently side-lined from running through injury, I've not let that get in the way of my captain responsibilities and have been getting out supporting and encouraging people to try new races. Together with Helen we are trying to form CRC teams in the Wolds Way relay. My favourite race to date (after The Sting) is the Deepdale Dash 10km."

Helen



"I joined CRC almost 2 years ago but have been running for many years. My first actual 10K race was at Woodhall Spa in 2012. Since then I have entered numerous races from 5K to marathon distance. I even scrambled my way through a Tough Mudder! I'm currently preparing for Boston UK marathon and looking forward the year ahead. My favourite running memories are from Chester 2018, as this was my first marathon and also Market Rasen 10k 2017 where I was accompanied partly by my husband but more importantly Captain Lincolnshire himself! This did however result in threats of divorce proceedings."

Anyway, now the introductions are over let's celebrate some achievements.

What a start to the year we have had at CRC! So many races entered by you all, so many great performances and achievements.... In fact, far too many to highlight. Here is just a snippet of what some of you have been up to.

One of the most memorable events from this spring was the Millennium Way Ultra-marathon. Several heroic CRC members took to the trails and completed this 41mile event, (armed with shots of sambuca for medicinal purposes only of course...). The lovely Sarah and Mike Wells, Claire Byatt, Andy Byatt, Bobby Kneale, Chris Ramsey & Andy Dukes all completed this gruelling event. There was much needed and appreciated support from Fran & Chris Allison, along with a surprise appearance from our very own skipper David Mannion.

The day before Millennium Way, The Golden Fleece (LDWA event) took place and was really well attended, (there are some great photos of CRC runners at this event on the Facebook page). Lisa Kidd and Leah Maddison set new longest runs at this event.

Following on from the Lincolnshire Cross Country Championships, Nick Martin and Tom Bell (2/3rds of the winning team), were joined by Rod Burton and Phil Vines (who also ran in the Lincs. XC Championships). Well done boys on a technical and tricky run. Maybe a female presence next year would prove popular.

The infamous local Gainsborough and Morton 10k resulted in several PBs including Claire Bates, Nigel Morrison, Mark Bunce and Mark Kidd. This was a brilliant morning with plenty of CRC runners and supporters cheering on the homestretch. Our very own Rob Payne took the crown on the day having had a superb run, and Tracey Fearn placed first in her age category too. Rob crossed the finish line without a soul chasing him in an awe-inspiring time of 32 minutes and 45 seconds.

We seem to have had PB's and longest runs cropping up everywhere this season. Retford Half Marathon saw PBs for Michelle and Mike Jones and Hannah Smith was also on great form and is going from strength to strength.

Hiro Matsukusa seems to be getting PB's every time he runs (which seems to be most weekends), Luke Shillings set his longest run on an undulating 30km route in Stamford.... The list goes on and on.

There have been so many parkrun PBs so far this year. Too many to list, but special mention to Fran Allison, Chris Allison, Sarah Wells, Mike Jones and Claire Byatt who have all joined the 100 Club. A huge congratulations to all of you.

Upcoming Events

It's not all about running fast and getting PBs. Just going along to events and running with friends is just as rewarding. Here are a few of the local upcoming events in the next few weeks:

- Tealby Trail Charity Challenge (Sunday 7th April) – Over Lincolnshire Wolds to Walesby, Claxby, Normanby Le Wold and back – All proceeds go to Lincs & Notts Air Ambulance. Entry from 8:15 from the Bowls/Tennis Club house, Tealby.
- Boston (UK) Marathon and half marathon – (Sunday 14th April). Entries still available...
- Epworth Easter Egg 10k Trail Race & Family Fun Run on Good Friday (19th April)
- If you are looking for something different try the Wolds Dash series <http://www.louth-ac.org.uk/events/wolds-dash/> First event is on 8th May (Wednesday evenings) Hubbards Hills, Louth. Entry on the night.
- Try your hand (Feet and legs) at the Croxby Crawl or the Clickem Inn routes https://cleethorpesac.co.uk/events/list/?tribe_paged=1&tribe_event_display=list&tribe-bar-search=croxby First Croxby race 1st May, enter on the night.
- https://cleethorpesac.co.uk/events/list/?tribe_paged=1&tribe_event_display=list&tribe-bar-search=clickem+Inn First Click'em race 22nd May, enter on the night.
- Anyone after a quick 5km keep an eye open for the Lincoln Wellington 5km Summer Series (due to start at the end of May)

The ethos of CRC is all about supporting each other to achieve our goals, or just to have fun, be sociable (and to eat cake). Support at the various events is appreciated so much by all the runners and we pride ourselves on our supportive reputation, so if you don't fancy running then just come along to support your fellow Caistor Running Clubbers.

We have a good presence at the famous London Marathon – Lesley Anne, Emma Bell, Moira Westley, Kerry Hallsworth and Rob Payne. Keep an eye on your televisions for any appearances.

Boston USA marathon – Moira Westley, Andy Bell and Mike Wells.

Good luck to all those taking part in events during the upcoming months. We hope you achieve your goals.

David and Helen

The legendary



Sting in the Tail
Sunday 7th July 2019
10 am start



Enter via CRC website : www.caistorrunningclub.com

The Benefits of Bananas for Running

The banana is a nutritional powerhouse, packed with energy-giving carbohydrate and heart-healthy potassium and magnesium.....

Bananas have a distinct shape and a firm but creamy flesh inside a thick, inedible peel. While people think of bananas as having yellow skin, their colour changes from green (underripe) to yellow (ripe) to brown (overripe). Although it looks like a tree, the banana is actually a plant. The banana plant grows up to 15 metres and belongs to the same family as the lily and orchid. Bananas grow in clusters of 50-150, with individual bananas grouped in bunches known as 'hands' of 10-20 at a time. The most popular type of banana is the large, yellow, smooth-skinned variety of sweet banana. This banana *Musa sapienta* varies in size and colour and is usually eaten raw. The larger, green bananas are known as plantains. Plantain bananas are prepared in a similar way to vegetables in that they are usually cooked or fried.

Eating more bananas may help improve your running performance. Running requires the body to convert stored energy into fuel. Runners have increased needs for certain vitamins such as B6, require greater calorie intake, and must replace electrolytes such as potassium and magnesium lost because of sweating. Bananas naturally contain these essential nutrients -- and more -- and thus make a good snack for runners before or after a run.

Potassium

Athletes who exercise heavily, such as running regularly, are at risk for potassium deficiency, which may result in muscle cramps and irregular heart beat. Potassium is an electrolyte that plays similar roles as sodium in the body. They are involved in fluid balance and regulation of nerve impulses. During exercise such as running, potassium is released from skeletal muscles and is lost through sweat. The lost potassium needs to be replaced, and eating bananas is a great way to do that. In one medium, 7-inch banana, there are approximately 422 milligrams of potassium, which is equivalent to 12 percent of the amount needed daily for a person with a 2,000-calorie daily diet.

Vitamin B6

Bananas are rich in vitamin B-6, which plays essential roles in the body. It is involved in energy metabolism, the synthesis of haemoglobin, transport of oxygen to the cells, and the synthesis of white blood cells. For a runner, having adequate B6 will maintain energy, support muscle activity during running and keep the immune system healthy. Gordan Wardlaw, author of the book, "Contemporary Nutrition", states that athletes need slightly greater amounts of B6 due to the amount of glycogen and amino acids they use for fuel while running. If B6 is deficient in the diet, symptoms could include depression, skin problems, nerve issues, and decreased immune function. According the United States Department of Agriculture Nutrient Data Laboratory, a medium banana contains 0.43 milligrams of vitamin B-6, which is approximately 22 percent of the amount required per day.

Magnesium

Bananas are also a rich source of magnesium. According to the National Institutes of Health, "Magnesium is the fourth most abundant mineral in the body" and half of the body's magnesium content is found in bones. Runners put extra force and pressure on bones during running so magnesium from bananas is particularly helpful because it helps to maintain healthy bones. Other roles of magnesium include muscle and nerve function, immune support, energy metabolism and protein synthesis. There are 32 milligrams of magnesium in a medium banana.

Energy

Exercise such as running depletes glycogen stores in muscles. Glycogen is a storage form of carbohydrates. After glycogen is used up in about the first 15 minutes of exercise, the body begins to use energy reserves such as fat stores to fuel running. Eating bananas before or after a run helps to provide or restore, respectively, carbohydrates. There are 105 calories and 27 grams of carbohydrates in one medium banana.

Tyrosine

Although a banana only has about 1.5 grams of protein, the protein in it gives you 12 milligrams of tyrosine, an essential amino acid that helps your brain produce norepinephrine. When your norepinephrine system is activated, it exerts effects on large areas of your brain, influencing your levels of alertness. Tyrosine creates neurotransmitters that promote alertness, motivation, memory and ability to focus.

Considerations

If you plan to eat a banana before your workout, time your meal properly to maximize athletic performance. Eating right before exercise might diminish your athletic ability. Instead of directing blood flow to your muscles to maximize performance, your body must direct blood flow to your stomach and intestines to allow for digestion. Try eating a banana about an hour before working out to allow sufficient time for digestion, recommends Go Ask Alice, a service provided by Columbia University. Alternatively, eat a banana after exercise to restore your body's nutrients after a hard workout.

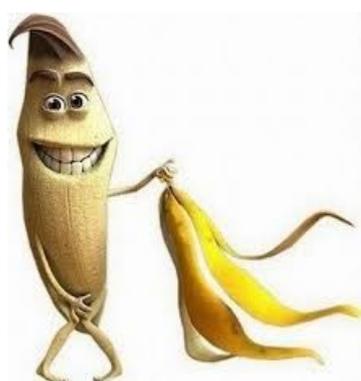


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Did you know?

RANDOM THINGS ABOUT BANANAS:

- The scientific name for banana is *musa sapientum*, which means “fruit of the wise men.”
- Bananas float in water, as do apples and watermelons.
- Bananas are technically berries.
- The type of banana you see in the supermarket is called a Cavendish banana. The preferred variety was originally the Gros Michel, which essentially became extinct by 1960, thanks to a fungus called Panama disease
- Thanks to its oil, rubbing the inside of a banana peel on a mosquito bite will help keep it from itching and getting inflamed.
- Some cultures (most notably Japan) use the fibre in the banana plant to make fabric and sometimes even paper
- The fastest marathon ever run by a competitor dressed as a fruit was 2 hours, 58 minutes, and 20 seconds—recorded at the Barcelona Marathon on March 6, 2011. The runner was Patrick Wightman from the United Kingdom, who dressed as a banana!



CAUGHT ON CAMERA:



Sue & Gaynors Goat Gambol
January 19th



Barcelona Marathon March 3rd



Retford Half March 10th



Magnificent 7 do
The Millennium Way



Tokyo Marathon, March 3rd



Chester 10K, March 10th



Caistor 6 Peakers, Saturday
February 23rd

When did you start running and why?

I started running at the CRC beginner's course in March 2015. I didn't really have one thing that made me want to run, but a combination of a few. Firstly, my wife Kate had started running a few years earlier and joined CRC, and I was spending more and more time with the running club as a supporter, flag waver, bag holder etc, and seeing how much fun they all had as a group. Secondly, I realised how unfit I was one day at work when I was running around moving a herd of cows from one field to another. The third and final reason was when I was stood at the finish line at the Paris Marathon waiting for Kate and I realised that there were people of all shapes and sizes, all ages and abilities, and said to myself "If they can all do it, I can do it"



What would you like to improve?

I would like to improve my speed just a bit but would have to give up on the cakes and chocolate digestives to achieve that I think.

What is your best running experience?

There can only be one contender for my best running experience, and it really was in a different league to anything else I've done. It has to be when I was lucky enough to get the club place in the London Marathon 2018. An incredible experience.



And your worst?

My worst running experience came in the Liverpool Rock and Roll half marathon when I stumbled on a water bottle discarded by the woman in front of me and I tore my calf muscle.

What is your favourite race and why?

My favourite race is the Mad Dog 10k which takes place in Southport each February. It has all the feel of a big marathon event, with live bands every mile, and as an indication of its popularity, the 2500 places sell out in under 30 minutes.



Top tip?

My top tip is 'Don't set off too fast'.

DID YOU KNOW????

Things you might not know about running related items....

Blisters!!

Blisters.... most of us have suffered with a blister at some time, some seem more prone than others. Friction blisters are the little sore bubbles of fluid that collect under the top layer of skin. They can be filled with pus, blood or usually the clear watery part of our blood called serum. They are caused by increased friction in an area between your skin and sock or shoe. They often occur with an increase in distance, but sometimes pop up when least expected!

Anything that intensifies the rubbing in an area can start a blister, including a faster pace, poor fitting shoes, creased socks or foot abnormalities such as bunions or hammer toes. Heat and moisture can cause feet to swell which in turn will cause increased friction leading to a blister.

Here's what to do if you get a blister and how to prevent it from happening again.

Some blisters will disappear on their own, the body reabsorbs the fluid and the area dries out naturally. Remember, the blister is the bodies way of protecting a sore patch of skin whilst new skin grows..... Resist the temptation of popping a blister, unless it is so large and painful it is stopping you getting around! If necessary, only pop it with a sterile needle, drain the fluid off and apply some antiseptic ointment. Cover during the day but leave open to dry at night. Cleanliness is paramount, as any bacteria getting into the blister can cause infection. If the area should become red and hot, or if pus should develop, its time to visit the doctor, its probably infected. Blood filled blisters should not be popped as there is a greater risk of skin bacteria getting in the bloodstream. Blisters under toe nails are best left to the professionals to deal with.



So, if you can, leave nature to takes its course, the area of skin under the blister will heal and new skin will grow under t he protection of the fluid. The fluid will eventually be reabsorbed by the body. Until then, prevent further rubbing with a mole-skin plaster around the blister. Some people swear by blister plasters such as *Compeed*. These should be used correctly.....if you try to remove them too soon you run the risk of pulling off areas of skin, making a small problem into a much bigger one.

To prevent blisters in the first place, make sure you are wearing correctly fitting shoes. Shoes that are too small will caus e rubbing of toenails. Remember feet swell a little when running, so go a half or full size up in your running shoe. Make sure your socks fit well too, no folds or overlaps at the toes or heels. Socks designed for running are usually reinforced at the toes and heels to help prevent rubbing.

If you would like to see some photos of blisters, and honestly, who wouldn't.....actually, some of these are gross...

<https://www.runnersworld.com/health-injuries/g20855744/these-blisters-will-haunt-your-nightmares>

Wishing you blister free running!

www.caistorrunningclub.com to enter

SPREAD THE WORD !



Caistor Mini Sting

Sunday 7th July 2019, 9am

Sponsored by



#1 The Three Pillars of Running



Welcome to the first in a series of articles which will aim to help new and regular runners to get more from their running. Please note, these general observations and thoughts are based purely on my own experience over the past 7+ years since I started running, they are not professional or personal advice.

I'm also not planning to offer advice targeted at serious / competitive runners: if you're already a serious runner and you're looking to become the fastest or most successful runner you can, you should consider finding a professional running coach, who can create a tailored training programme for you, or get in touch with Rob Payne, who is training to become a qualified running coach and is better placed to help serious runners get even faster, than I am.

People frequently ask me variations on two basic questions while we're chatting at CRC runs: 1) "How can you run every day without getting injured?" and 2) "How do a become a faster / better runner?".

I'll return to the first question in a future article, but for now I'll seek to answer the second as helpfully as I can. In my view, if you're new to running, or have been running for a while, but haven't quite got to where you think you'd like to be in terms of your running performance, there are three simple things you can focus on, which if you stick to them, will undoubtedly make you a happier and faster runner. To make them sound fancy and to hopefully make them more memorable, I've called them:

"The Three Pillars of Running".

Pillar 1: Consistency

When we start running, it's easy to get carried away and to try to run as much as possible, and as fast as we possibly can. After all, when you see faster runners at CRC club runs, or follow them on *Strava*, it probably seems as though they are running all the time and doing so at crazily fast speeds.

It might appear as though the secret to improving as a runner is to log as many miles as you can and to construct complicated interval sessions, but in reality the people you see doing this have built up gradually to the paces and distances that they are now running over a long period of time, almost certainly several years. What almost all faster runners have in common, is that they have stuck with running as an activity for the long term, and have run consistently, week in, week out, month in, month out, and grown stronger and faster as their body has grown used to regular running.

Fundamentally, running is like any other physical activity: if you do it regularly, your body will adapt to it and will become more efficient. If you play tennis once a month, you won't ever become good enough to beat Andy Murray, if a teenage swimmer goes to the pool once a week, they'll never make it to the Olympics, and running is no different: you have to run regularly, for a reasonable amount of time, before your body will adapt to it and become more efficient at it.

If you join CRC as a new member and start enjoying the buzz of running with like-minded people (who wouldn't), then it's easy to think that running as much as you can is the quickest way to become a faster runner. To an extent you'd be right, if you ran 6 times a week for 6 weeks, by the end of that period you'd almost certainly be a quicker runner, but there's also a very good chance you'd end up injured / ill / burnt out, and in the long term, consistently running and building up your pace / mileage month after month, year after year is far more likely to achieve long term success (and avoid injury) than going hell for leather from day one.

I've seen plenty of examples of runners who are "all or nothing" – they are fully committed to running seriously and do it as often as they can (and as fast as they can) for a short period, and then end up injured / disillusioned and invariably in the long term, the runners who build up sensibly and consistently and who don't have regular off periods (due to injury or losing their mojo as they aren't progressing as quickly as they'd like), are those who go on to have more success and enjoyment from their running.

So, what does "consistent running" mean? There's not one answer that will fit everyone, but my view is that most aspiring runners need to be aiming to run at least 2 or 3 times a week, every week. If you're only running once a week (or less) then your body won't make the necessary adaptations and running won't ever get much easier. Once you're comfortable with running 2 or 3 times a week, then consider whether you want to make the time to run 4 or 5 times a week, but bear in mind that you should always aim to build up gradually, don't suddenly start running 5 times a week when you've never run more than twice before, you might be lucky and get away with it, but you might also get injured, and having significant enforced time off running is the single biggest limiting factor in long-term performance in my view.

Pillar 2: Variety

Doing the same kind of running all the time can be a recipe for boredom, injury or both. The most common mistake I see new runners make is to think that running should always be hard, and they need to run fast all the time to get faster. Running fast for you (whatever pace that may be) puts a strain on your body which will stimulate a lot of fitness gains, but also requires substantial recovery time. Learning to run steadily sometimes, to not push yourself to the limit all the time, will help you to enjoy your running more, as well as giving your body chance to recover from your runs and to lock in the fitness gains you will be making from all the extra physical activity you're doing.

One of the many wonderful things about running is that there can be so much variety to it: and mixing up your running will help you to improve as a runner with less risk of becoming injured. Fast running has a place of course, and you'll see big benefits to your overall running pace by pushing yourself during training; by doing interval sessions like CRCs Round Robeys or Lincoln Drive, but a steady off-road run will give you fitness benefits too, as well as being easier to recover from. By practising running at an easy effort, gradually teaching your body that you can run without getting out of breath, you'll find that the pace at which you can hold a conversation will increase, and your 'steady' pace will eventually be what you might have considered 'uncomfortably fast' just a few months before.

By making sure that you're not just doing the same kind of running, over and over, by trying off-road running as well as road running, sometimes running on your own and at other times with groups, having a target pace or distance for some runs and for others just running for the fun of it, you'll become faster and more confident as a runner, with far less risk of suffering from injuries or "lack of mojo".

Pillar 3: Enjoyment

It's human nature to make time to do more of the things we like doing and less of things we don't enjoy. If you've decided to start running, and if you're reading this article, then you're hopefully enjoying the progress you're making and the camaraderie of being part of CRC. It's that enjoyment, that feeling of doing something you like doing, with people who you like being around, that will ultimately allow you to get the most from your running.

A lot of people start running because they feel they should: they've seen other people losing weight or getting fitter through running and think: "I'll run too and get fit like my friend has". There's nothing wrong with this at all, it's how many people get started, but if you continue to try to run because you feel you should, rather than because you actually want to, sooner or later you'll find reasons not to run regularly: and you'll start to spend your time doing other things that you actually like doing.

To progress as much as you can as a runner, you'll need to find something about running that makes it genuinely enjoyable for you: it could be getting to run in new places, it could be the friends you make, the cakes that CRC members bake, the excitement of setting PBs, or the medals you get for completing races. Different people enjoy running for different reasons, but what everyone who consistently progresses and improves as a runner has in common is that there is something about running that makes them choose to do it regularly, rather than choosing to stay at home watching TV, to go to the pub, play golf or go fishing instead.

Running isn't for everyone, and whilst I'll always tell people just how much I love running, I understand that for some people who try it, even those who get as far as joining CRC, it just never quite "clicks", and they don't ever progress from thinking they *should* run, to actually genuinely *wanting* to do so, multiple times per week. If you'd like to become someone who proudly calls themselves "a runner", who sticks with it for months and years, who gets faster and runs further, you need to discover something about running that makes it special for you. If you can't, that's absolutely fine, there are plenty of other things you can choose to spend your time doing, but I hope you will find that special something about running that makes it really click for you (if you haven't already): for me it's the innumerable wonderful people it's brought into my life (and the places I've been lucky to run with them).



RUNNING HAS GIVEN ME MANY THINGS BUT THE GREATEST GIFT HAS BEEN THE PEOPLE THAT IT'S BROUGHT INTO MY LIFE. <3



PLANTAR FASCIITIS

CHARLOTTE BELL



WHAT IS PLANTAR FASCIITIS?

Plantar Fasciitis is a common condition resulting from damage to a band of tissue on the bottom of the foot. This thick band of tissue is a type of fascia, specifically called the plantar fascia, which connects the heel bone to the base of the toes. The main purpose of the plantar fascia is to support the arch of the foot, act as a shock absorber and helps to ‘toe off’ during walking or running.

SIGNS AND SYMPTOMS

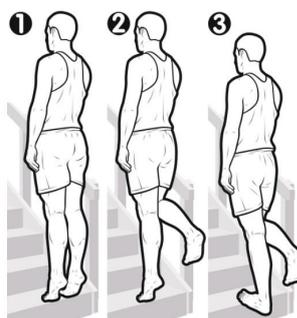
- Pain and stiffness around the heel of the foot which may extend towards the arch of the foot.
- Pain can vary between a dull, sharp or aching pain.
- Pain is often worse first thing in a morning, following periods of rest or during intense activity.
- Gentle exercise usually helps to ease the pain but being on your feet for long periods of time or walking long distances can often make the pain worse.

CAUSES

- An overload to the tissue, resulting in it becoming swollen, irritated and sensitive to load.
- A sudden increase in activity level (an increase in mileage in runners) or changes in training pace. The load on the foot and ankle complex increases with running speed.
- Inflexibility of the surrounding leg musculature (Calf and Achilles tendon).
- Wearing shoes with poor cushioning or lack of arch support.

MANAGEMENT

A series of stretches, strengthening exercises and treatment modalities can be used to progressively load the Plantar Fascia. In runners, training should be managed to avoid an overload on the tissue and complete seizure of running is not always necessary unless highly irritable. Taping techniques may assist in moderating the pain and load. Right are some suggested exercises...



Gastrocnemius Strengthening
Straight knee calf raise on a step



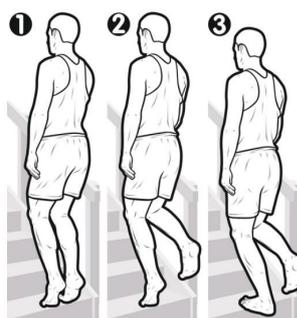
Plantar Fascia stretch



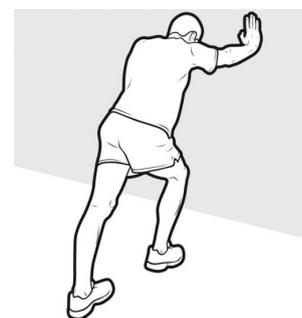
Soleus Stretching
Focus on the back leg being bent



Ice Massage
Roll your foot on a bottle of frozen water or golf ball

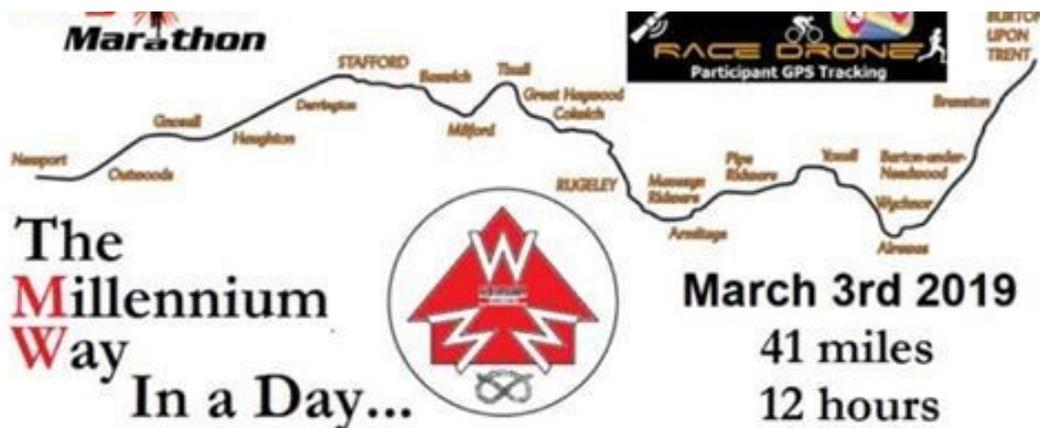


Soleus strengthening
Bent knee calf raise on a step



Gastrocnemius stretch
Focus on the back leg being straight

The Magificent 7 Do The Millenium Way (compiled by Andy Dukes)



At around 41 miles across the width of Staffordshire, the Millennium Way offered up a variety of challenges and a tough day out on the trails for a group of CRC endurance runners, who were all affected in different ways by this unforgettable ultra. Here are a few impressions by some of those that took part. It's a long read, but then it was an awfully long run...

Sarah Wells (who got everyone involved in the first place)

Having completed the Dukeries 30-miler three times, when I saw the Millennium Way event advertised, it seemed like a natural next step. Although it's a bit of a standing joke that I have a habit of coercing people into things, as soon as I mentioned it to my 'wing woman' Fran, she was on board without hesitation and the excited anticipation of our next adventure began.

Training runs started at the beginning of the year and my love of off-road running was reignited, having spent a huge part of 2018 mostly doing road runs, trying to work on my speed and set PBs. It was lovely to get out into the countryside, visiting previously undiscovered places and just run – simply working towards the end goal of being able to complete a 41-mile challenge in the company of supportive, encouraging friends.

Obviously one training run didn't go to plan with Fran's accident but I won't dwell on that, except to say that I came to realise that I would be doing the event for both of us and that instead of having her by my side, I would be carrying her with me in spirit.

When race day came I felt safe in the knowledge that we were all planning to run together and that I didn't need to worry about navigation (having read the pre-race instructions, the directions had scared me more than the prospect of covering 41 miles!) I knew I was good for 30 miles – I've done that three times before – and was prepared for the final, uncharted 11 miles to be ugly but was determined that I'd just have to hang in there and do what I could.

Off we set, the Magnificent Seven – a jolly bunch in good spirits, bobbing along chatting, joking, running for four minutes, walking for one, as we'd trained. We picked up quite a few people at various stages along the way who could see the benefit of our technique. While virtually all runners are friendly, I think that ultra runners – particularly those further down the field as we were – are especially so. There's not the pressure that there is in road races, it's more about completion and enjoyment so people are happy to chat and share your picnic!

There were three checkpoints along the way, at approximately 10-mile intervals and knowing that Fran and Chris Allison were doing their absolute best to be there waiting for us was such a boost and became increasingly emotional as the day progressed (even more so when unbeknown to any of us, David Mannion also gave up his Sunday to be there for us too). I needed their hugs and words of support but having also been in their shoes when supporting Mike, I know how equally emotional being a supporter is – waiting for your runner to arrive and being reassured by seeing that they're OK.

I expected to be the weakest link in the group by the latter stages and that was certainly true. Tummy troubles and a sudden pain in one knee made running extremely difficult but there was no way they were stopping me from reaching my destination. I walked and although I asked the others to go on without me, they refused – once again reiterating what I already knew, that I was among friends who had my back and are part of why CRC is such a very special club.

When we got to the leisure centre where the finish was, David greeted us with a Lincolnshire flag which we could have almost used to fly over the finish line, so strong was the wind. Most importantly though, my running buddy was waiting, poised on her crutches on that line, to finish with us. Wow! We'd done it!

I'm proud of myself for making it, I'm quite emotional about it and also a bit shell-shocked. I'm also incredibly grateful that I discovered running and CRC, both of which have enriched my life, taught me about myself and given me the best friends anyone could wish for.



Mike Wells (aka Mr Motivator, and boy did we need him at times...)

I've been lucky to run a few marathons and ultras over the past several years. Most running events, especially longer ones, have unique features that make them stand out, something to remember them by, and something special enough about them that you want to run them again, often in my case every year.

Some races have beautiful scenery, others a really challenging course or the chance of running a fast time. On occasion the organisation of the race really stands out, or I'm seduced by its history, atmosphere, or often when it comes to ultramarathons, simply by the quality and variety of the food available at the checkpoints.

The Millennium Way didn't really have any of those unique or memorable features. It wasn't a particularly scenic course, it wasn't especially challenging, or incredibly easy either. It wasn't the smallest race I've done, but it was one of the most low-key, without the sense of drama or occasion that accompanies many longer races.

What my Millennium Way experience did have, what will always make it stand out for me, was a fantastic posse of CRC running friends to share the 41 miles of disused railway lines, manure-filled fields and muddy canal towpaths with. We had a wonderful day out, sharing picnics every few miles, Sambuca shots before and during the race, and laughing at our new in-jokes (we won't look at cocktail sausages without a smirk in the future...). Along the way, our merry band of seven CRCers attracted additional temporary members who joined us for a few miles at a time, all remarking on how much fun we were having, as well as noticing what a difference our 'run four minutes, walk one minute' strategy had to how good we were feeling.

I've started a lot of long races with groups of friends, but usually over the course of the event, the initial group has splintered, understandably so, as it's very difficult for people to keep moving at the same pace when you're on your feet all day. In any long event there will be times when some people are feeling better than others, and this usually results in the initial group who started together, finishing apart, sometimes hours apart.

My overriding memory of the Millennium Way will always be that despite the fact that three members of our group of seven had never run more than 27 miles before, and another three no further than 30 miles, we all managed to stay together for the whole 41 miles, making it a genuinely shared experience that we'll all look back on happily and talk about for a long time to come. What made it even more special and memorable was seeing our support team of Fran and Chris at the checkpoints, and even more special still, when they were joined to our complete surprise, by David at CP2. It was a huge boost to see the Lincolnshire flag at every CP and to carry it over the line, with David and Fran on her crutches, joining us for the last few metres of the race.

Many thanks Sarah, Chris, Andy D, Andy B, Claire, Bobby, Fran, Chris and David, for making the Millennium Way experience, so wonderfully memorable.



Fran Allison (who was one of the original entrants but, well, you know...)

These guys are awesome! Wind back to a month before and I was out with most of them on the last long training run for the Millennium Way. When that run didn't go to plan for me and I had to pull out of MW, it was obvious to me that I was going to go along on the day anyway to support. I'm so glad I did ... and I have to thank Mr A for supporting me in supporting – driving me close to each checkpoint and making sure I didn't do myself any further damage!

CP1. The car park at Castleton was our first sighting of the Magnificent Seven trotting happily towards us. Some were heading more towards the food tent! I was so pleased to see them all looking so well and happy (perhaps some of this was down to the Sambuca?) I was particularly pleased to see my running buddy, Sarah, looking really comfortable and relaxed. Bobby and Mike were leaping!

CP2. Wolesley Bridge turned out to be much more accessible than the organisers had led us to believe so I was able to sit in my chair on the canal bank and wait for them to come along. We were joined at this point by David, who had taken a spur of the moment decision to come along. Our gang arrived, looking in fine fettle for the camera, but I knew they would be feeling the effort by now. Talking to them showed this to be true – the course was getting quite tough because it was muddier than expected. This was the first point that I felt a sense of missing out and I felt a bit emotional – I was imagining that feeling of starting to get tired and knowing you're on the edge of something big. More hugs and good wishes and they were off again. Sarah, Mike and Chris were leaping.

CP3 - Yoxall Playing Field. The weather was turning nasty now. The wind got up in the time we were waiting and it started to rain again. I couldn't believe my eyes when they came across the field towards us – they were still leaping! After 31miles! Bonkers. When they arrived at the food station, all they wanted was a hot drink, which I believe had been promised at this point. Nope. Nothing. Luckily, David came to the rescue with a couple of flasks of hot coffee. I really felt for Sarah at this point – it was obviously getting very tough now; we had a little moment.

As we waited at the finish, it wasn't at all clear that there were any hot drinks available for the finishers, so David and Chris went off in search of the nearest garage with a Costa or equivalent, while I updated Facebook for those back at the club who were following progress. It was getting dark by the time our intrepid adventurers returned and was still very windy. I've never been so pleased to see folk come over the finish line – I'm sure they were even more pleased to see the end of it.

Writing a couple of sentences about the day should have been a fairly easy task, but surprisingly it wasn't. I can't manage to convey in words the emotion of the day. I feel so proud to be part of this club and so proud of the Magnificent Seven. For myself, I went through various stages during the course of the run; wishing I was running with them, glad to be supporting, desperate to do anything to help at the finish, cross with myself for falling over on that last training run. But I must admit, when Sarah hugged me at the end and said "we're not doing it next year" I was very relieved. I knew 41 miles was a long way but I don't think it registered just what a big ask this is until I reflected, as the dark pulled in that they'd been on the move for nearly 11 hours. Wow. Just wow!



Chris Ramsay (who was the only one that kept to the brief of 'just two sentences please')

Strangely, both the best and worst moments (for me) of the day occurred within minutes of each other. Firstly, the best moment was when David Mannion appeared on the road in front of us and then ran alongside, escorting our party into checkpoint three, where-upon we spotted the Lincolnshire flag that us CRCers are so familiar with. The familiar figures of Fran and Chris appeared, looking most overjoyed at our arrival and taking photos galore. It was great knowing that the next time we saw them all would be on the finish line.T

Then, the worst moment was when we realised that the hot, sweet cups of tea that we had been building ourselves up for since the last checkpoint were but a mirage. No hot water at the checkpoint! Thankfully David came to the rescue with a flask of black coffee. Nice one David!

Claire Byatt (who made a late, but well worthy ultra debut!)

Having only joined CRC in April last year I was offered a place in the Millennium Way ultra when the newly-appointed Men's Captain became injured and made the decision not to run. His place was transferred to me, I was in!

Sunday 3 March at 6:30am and the Magnificent Seven head to collect their race numbers and board the coach for the hour-long journey to the start line. I'm not sure any of us were feeling confident about what we were about to do but heck, let's go for it! At the first checkpoint around ten miles in, it was such a welcome sight to see Chris and Fran waving and cheering us in, and then waving us off on our way again. At the second checkpoint, at approximately halfway, there were not just two friendly faces but three – David Mannion appeared from nowhere. Refreshments had, photos taken and we were on our way again. Our next stop was when we celebrated completing marathon distance by all having a quick swig of Sambucca! That sure kept us going for a bit, along with David's wonderful coffee at CP3!

On reflection, it wasn't easy but we stuck together as a team encouraging each other (and others running the same course) the whole way. We shared laughter and jokes and we sang along to music when we felt our spirits lowering. Knowing we had our little fan club waiting for us at the checkpoints and at the end was very reassuring and made a massive difference. It always gives me a lift when I see a friendly face supporting along the way. I was so proud to wear my CRC colours and to represent the club, and it was lovely to cross the finish line with Fran who would've been running alongside us all the way, had circumstances been different. I don't think I could have shared the experience with a better team of people. It was such a positive memory and achievement, so I'm proud to be a part of the CRC Magnificent Seven!

Andy Dukes (who should have known better...)

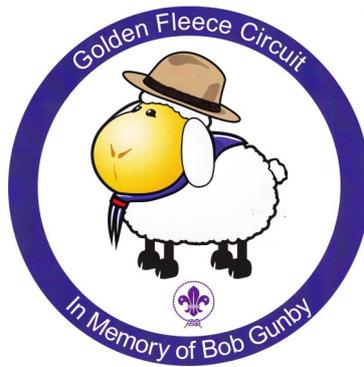
When I asked everyone involved to contribute a couple of sentences about their MW impressions, I envisaged pulling together a short piece on ultra running 'dos and don'ts' for relative newcomers. However, when the individual articles started arriving, I soon realised that there was so much emotion involved – on so many levels – and there was no way I could hack such heart-felt feeling out of the stories. So I didn't, and if you've managed to read this far, then it must have been the right decision.

From my side, a few brief observations. They're not magnificent, but there are seven of them...

1. I can't stress enough the difference that friendly CRC support out on the course – any course – can make. Nothing else lifts the spirits quite like it and in this case, I genuinely think it helped us all get over the line.
2. Anyone can do an ultra. Sure, you need to respect the distance but you don't need to be super-fit. Think of it as a chance to eat shed-loads of naughty food all day long with a bit of running thrown in.
3. I wouldn't advise doing one on your own though. We saw more than a few lonely runners out there and they were all struggling, big-time. What you need are caring, friendly, enthusiastic CRC mates around you and a shot or two of something special...
4. Make sure that you're running with someone who enjoys navigating and is good at it, as it takes a lot of pressure off (thanks Mike!). For most of the day I didn't have a clue where I was and it was bliss. I didn't even wear a running watch or have my phone on (sharp intake of breath from the Strava addicts out there...).
5. Don't forget to look up and around you. Enjoy our beautiful countryside, quiet lanes, wildlife and waterways. And don't be one of those twats who throws down their gel wrappers.
6. Music really helps. We did a special playlist (search 'Millennium Way 2019 Yay' on Spotify) and when the going gets tough, those uplifting tunes really help put the spring back in your steps.
7. And finally, take lots of photos and don't forget to share them. You've done something really memorable with a group of wonderful people. That's what this running lark's all about, isn't it?



The Golden Fleece, Saturday 2nd March 2019 by Andy Bell



Some 20+ runners and walkers from CRC took the 45 minute journey from Caistor to South Cave to participate in the Golden Fleece circuit challenge. Start time was 8.30am.

This event has been created by the South Cave Scout group in memory of a Scout leader who was chairman and an active member of the South Cave Scouts – Bob Gunby, who passed away in 2010.

The weather was good, better than had been forecast earlier in the week. The ground was very dry underfoot, even the woodland paths that are normally very wet were dry due to the lack of rainfall this winter. The walk starts and finishes at South Cave taking in the Wolds and Valleys of the southern end of the East Yorkshire Wolds. There are two route options, the long route being 27.5 miles and the shorter route 15 miles (in my opinion the prettier).

There are several check points that are over stocked with flap jack, cakes, sausage rolls as well as water and juice. At the finish there was a helping of vegetable stew (with the option of a chunk of corned beef for additional flavour!) More cake was available again!

There is good parking, friendly marshals, and for the £14 entry, an event that I'm sure more runners and walkers will have a look at next year.



The Golden Fleece by Lisa Kidd and Leah Maddison

Lisa and Leah decided to enter the golden fleece due to it fitting in with Leah's marathon training plan. She initially entered on her own, then sold it to Lisa on the basis that they got fed all the way round. Lisa promptly booked her place: this sounded like her kind of race - a gentle plod around the countryside, stopping off frequently for snacks and hot or cold drinks - how bad could that be?

The next evening after another fantastic CRC run, Lisa casually mentioned their latest race entry to Mike Wells, to which his face dropped. "GOLDEN FLEECE - oh, you will love it. Off road with lots of hills." That's when Lisa realised that their longest ever run was going to be the hardest thing they had ever done. 15 miles OFF ROAD with HILLS!

"After a nice easy drive (thanks to Leah) we arrived at All Saints Church in South Cave to be greeted by lots of CRC members all excited to start. We were given race numbers, check point cards and a map - at this point we thought there's no chance of us navigating ourselves around 15 miles but thought it all adds to the adventure! There were roughly 500 participants - some doing the 15 mile option and others more enthusiastic doing the 27 miles. Some were walking, some gentle running, and of course the crazy few sprinting all the way round.

All we can say about the run is WOW! What beautiful scenery, gorgeous weather and brilliant company. We managed to keep some similar paced runners in our sights, so fortunately our terrible navigation skills were not needed. We were kindly given Andy Bell's number for emergencies - thanks Andy we didn't need you haha!



At each checkpoint our cards were stamped and we were greeted with enough food and beverages to keep us going for a week. All the volunteers were amazing, they kept our spirits up and encouraged us on our way to the next all you can eat buffet.

We finally made it to the end after 15.1 miles, but we had already made a joint decision to carry on to 16 miles as that was the original plan. That last mile was not our best idea that day, but we made it, happy with our achievements and full of pride for each other and everyone else that accomplished the Golden Fleece.

Final thought: would we do it again? Most definitely!"

Lisa Kidd and Leah Maddison



The Ferriby 10 by Claire Byatt

I'd heard quite a lot of talk about the Ferriby 10; it's quite a popular race given the time of year that it's held (end of January). Unfortunately I missed out on getting a place with the first lot of entries - they sell like hot cakes - but was lucky enough to secure a place (by the skin of my teeth) after another batch of entries was released. So, I was in...now to see what the fuss was about. Sunday 27th January 7:15am leave home to make the journey over to the north side of the river. I couldn't help thinking that perhaps I was a little unprepared having only done two 10 mile runs in the last couple of months but tried to reassure myself that other running friends from CRC were confident that I wouldn't have a problem with the route given the training runs and longer runs we've done at CRC. I had to take their word for it!



So, I find myself on the start line with approximately 750 other runners shivering, trying to keep warm, hoping that the wind would die down and that the rain would hold off. Someone from club asked me if I'd got a plan...erm, no...just get round the course, put one foot in front of the other but most of all do NOT let any of the "inclines" beat me! And we're off! I'd already been pre-warned that the first half of the route is pretty much uphill but then is fairly flat followed towards the end by the long, drawn-out "incline". So, just stay focused, I tell myself and that's what I did. Yes, the course is undulating but actually nothing in comparison to some of the routes and training runs that I've done with club, in fact, I kept waiting for the "hills" which never materialised. I even tried to enjoy my surroundings! However, I must confess the long, drawn-out "incline" at the end nearly defeated me but I just put my head down, shortened my stride, gritted my teeth and got on with it. It was also a massive help having some friendly CRC faces supporting at the last stretch cheering me in and I was thrilled to cross the finish line quicker than the target time I'd set myself. Would I do Ferriby 10 again? "Yes", would I recommend it to others? "Yes" Hopefully see you on the start line at next year's Ferriby 10 :-)



Marathon Madness by Katy Hewis

I'm not exactly sure how I got to where I am today, but I do remember vividly receiving my race number for the Race for Life 2011 and being totally panic-stricken. What was I thinking? How do you even fasten it on? Should I even be there? I'm not really a runner. Finishing that race made me feel so good about myself that I wanted to continue running and so I joined CRC. And that is how it all started. Each achievement spurs you on to do more. You beginners will find that too. It's slightly addictive.

But I didn't start running to do marathons. In fact, when I finally decided to set myself the biggest challenge of my life – to run a marathon – I thought that would be the end of the matter. But on finishing the Paris Marathon 2014 I was just as elated as finishing my first ever race and so naturally I wanted to do it again! There is just something about that mind over matter, that mental toughness and endurance needed to complete that distance that I find compelling. If I can make it to the start line, then I will do my best to get to the finish but there is always that possibility that I may not. Training could go perfectly but on the day something happens.



In London 2017 my hip started hurting inexplicably at mile 9. It hadn't done that on any of the long runs. If it's hurting now how will it feel after another 15 miles or so? I soon found out. Dragging my leg along like a half squashed Daddy Longlegs after the euphoria of the finish line. Then discovering I had even further to walk as they had temporarily 'lost' my bag. (How could that happen? All bags are labelled and placed on baggage trucks. Driven from Blackheath to The Mall and laid neatly in number order in rows. Except there was a gap where mine was supposed to be. I stared glassy eyed at the confused young chap as he tried to tell me to walk back where I came from to find the Lost Bag van). There are certain things that happen after a marathon and one thing is that your brain is completely scrambled. I limped off against the tide and found my way to a portacabin where several other individuals sat dejectedly staring at the goody bag at their feet. The numbers of missing bags were written on a whiteboard. Every so often there was a ripple of excitement as a bag appeared and a number was wiped off the board. Usually though it wasn't anybody's and everyone's heads dropped again. Then I was invited into the cabin for a cup of tea hooray! But it had a huge step up to it boo! So, I had to physically lift my leg in.



But its amazing the restorative effects of tea. That plus diving into the goody bag and polishing off a packet of salty Ryvita crackers made me feel almost human again. But if you really want to be looked after at the end of a marathon then you will have to go to New York...
(To be continued)

CRC and Me: The First Year by Jill Commander

When Derek and I gathered for the opening session of the 2018 Beginner's Course, it was with some trepidation. Having tried and failed to start running on several previous occasions we had given up in disgust, concluding that running simply wasn't for us. I hated being hot, tired and out of breath and the mere thought of running for 5 continuous minutes was enough to make me hyperventilate. It was therefore on a weary 'OK, we'll give it one last go' sort of a basis that we turned out that night, but we weren't terribly hopeful.



How wrong could we be! First of all, it was FUN, Great fun! Running in the company of a large group of people with the support and enthusiasm of regular club members proved to be enormously enjoyable and we looked forward to every session. The positive, low-key, 'run for fun' approach worked wonders for us and before we knew it the terrors of week 7 (2 x 15mins: 1 min walk) had come and gone and we had achieved the ultimate goal of continuous running for 30 minutes. OMG, how good that felt! Who would have thought it in week 1?

Looking back, it scarcely seems a year since that chilly night in March and I still feel a sense of disbelief that I have managed to run for distances and periods of time that I had never thought possible. However, I now realise that given the right club environment, sensible preparation and a positive, determined mindset all things are achievable, for all of us, most of the time. In this respect, I believe that the club ethos is of paramount importance. The generous, inclusive nature of CRC means that every type of runner is both welcomed and accommodated, irrespective of age, speed or 'star quality'. Even modest achievements are respected and given the 'thumbs up', so that it quickly became apparent to us new runners that we didn't need to become elite performers to be properly accepted as part of the club.

For me that has been critical. As a slow, steady runner I have felt decidedly presumptuous and certainly embarrassed to admit that I'd even contemplated an event distance in excess of 10K. However, club membership reassured me that it's absolutely OK to be slow and that to enter a race merely to be 'in it' rather than win it, is good enough. Starting from scratch at my age means that I ain't going to break any records, so at present I feel that it's more important for me to complete rather than compete. My race challenge is continuous running - no stopping or walking - and so far, I've managed to achieve that, much to my enormous satisfaction. Hopefully, in my 2nd year of membership, I can pick up the pace as well as the distance and realise my fantasy of storming past the rest of the field with my hair on fire! Whatever happens, I know for certain that when I need advice, I'll get it and that there will be no shortage of support and encouragement along the way.



When Emma asked me to write this, I wondered how to describe how good a first year it's been for me without resorting to clumsy, cheesy clichés or becoming over emotional. Well I can't, so no apologies for the cheese! In short, club membership doesn't get any better than this, from a social or any other point of view. CRC has enabled me (and no doubt countless others) to become, in a small way, running achievers rather than non-running 'wannabes'. As far as I am concerned that's no mean feat, it's a triumph. Long may it continue.



During the dark and dreary winter months, we were confined mostly to walking the streets on club nights, so it's great to get out and about at the weekend. Apart from enjoying the usual Saturday morning club routes, we've had two lovely trips up to the Yorkshire Wolds and Moors this year.

Our first event was the Scarborough Rock to celebrate John Young's 70th birthday. This is run by the LDWA (Long Distance Walkers Association). We love these events – loads of nice food, check points and route maps or directions to try and keep us on the right path (we don't get very lost, just the occasional detour). Carin Tattersall and I joined John and a good number of CRC runners on a chilly but dry and bright January morning. John was doing the long 26 mile route, I was doing the short 16 mile route and Carin, in true CRC pioneering spirit, was planning to do her own thing. We all stayed together for the first few miles, along the sea front and up Oliver's Mount. Carin carried on up the coast to the next cove, before making her way back along a very scenic seaside route to the finish. She ended up doing about 11 miles in 5hrs and really enjoyed it. I carried on with John and his mates until the split point at about 13 miles and got home in 5hrs and 9 mins. John got round the hilly course (over 2000ft of climbing) in a very creditable 8hrs 43mins. Runners and walkers alike had a great day.



Our next trip was to the Golden Fleece at South Cave. It's run by the scouts along the same lines as the LDWA events. John was doing the 27.5 mile route with his mate Tom and I was joined by Jo Parsons on the 15 mile short route. Carin had missed out on a place and was planning a shortened version. It was a beautiful early spring day, perfect for walking. The route was a mixture of road track and trail, with picturesque valleys, pretty woods and good views on the tops. The short route walkers had decided not to go for times, but just enjoy the day and make the most of the magnificent food and cups of tea at the checkpoints. John was just ahead of us at the split point. Carin's cut off point had come and gone without her even realising it, so she was with us the whole way. We completed the route in just over 5hrs and John completed his in 8hrs 52 mins. A brilliant day enjoyed by all. Can't wait to do the next one.



If anyone is interested in joining us on another adventure, or has any suggestions for one, please let me know.

The walking section is ideal for any runners coming back from injury, or for those who need to recover after tough training, or competitive races and just need to keep moving. It's also a great way to get started if you want to take up some activity – to just start walking, or if you plan to move on to running.

Peanut Butter Squares

Ingredients

150g/5½oz [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/10½oz crunchy [peanut butter](#)

1 tsp [vanilla extract](#)



Method

1. Line a 20cm/8in square 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 between each addition or sit the bowl over a pan over 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.
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 minutes 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.

CRC Run for Fun, Run for Cake!!



AND FINALLY.....

I hope you have enjoyed reading this new look newsletter, it's quite meaty, but it's only going to be quarterly! Many thanks to everyone who has sent in suggestions and accounts for this issue. Any comments or suggestions would be gratefully received, it's been a bit of a learning curve for me! Please keep your personal accounts of events and runs coming in, I certainly love to hear other peoples views and experiences and I'm sure others do too. If you've read something on the internet you think others may find useful, send a link. How about running book reviews or suggestions?! Plenty to think about.....Next issue for Summer, around June hopefully!

Please send any material for publication to CRCrunningtimes@gmail.com without it, the newsletter won't happen.

Above all, get out running and most importantly **"RUN FOR FUN" (and cake) !**

Emma x

TEN COMMANDMENTS FOR THE RUNNER

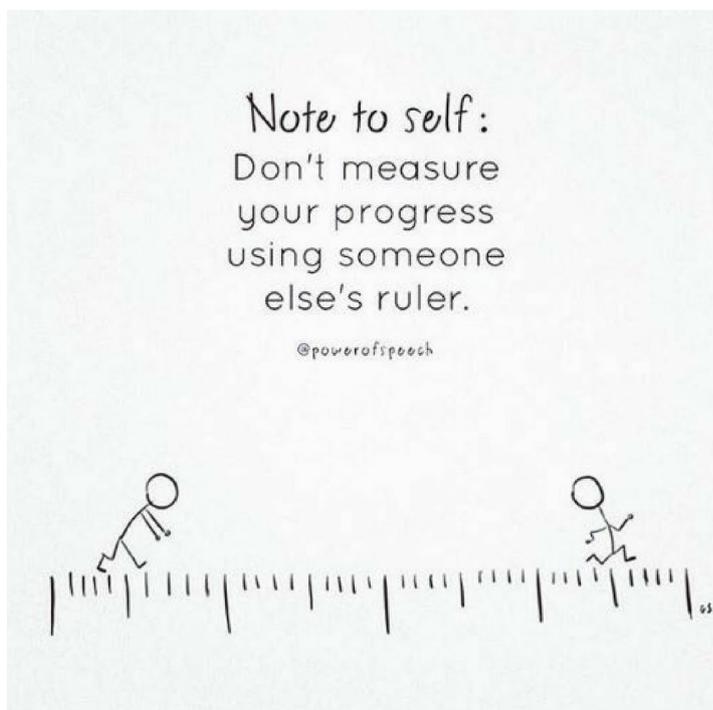
- 1. Thou shall not compare thyself to other runners. A mile is a mile.*
- 2. Thou shall not skimp on sleep.*
- 3. Remember the rest day and keep it holy.*
- 4. Thou shall never say "I am not a runner" if you run, you are a runner.*
- 5. Honour thy muscles and thy aches and pains and do not push through injury. Runners are not invincible.*
- 6. Thou shall not forget to hydrate.*
- 7. Thou shall encourage thy fellow runners and inspire other people to get off the couch.*
- 8. Thou shall not ignore thy shoes. Get properly fitted shoes and check for wear often.*
- 9. Thou shall not get stuck in a rut. But will vary thy running by changing elevation, time and distance.*
- 10. Thou shall not covet thy neighbours medals.*



Captain Lincolnshire

Note to self:
Don't measure
your progress
using someone
else's ruler.

@powerofspeech



@TheShitRunner

