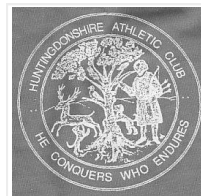


HUNTINGDONSHIRE ATHLETIC CLUB



ROAD RUNNERS NEWSLETTER

JANUARY/FEBRUARY 2008

Dear Runners,

That's the festive season done and dusted for another year, so now the hard work starts in order to try and shed those extra pounds simply because of that one additional mince pie and cream - it was worth it though, wasn't it? There are a few people preparing for Spring marathons, and their training schedule starts in earnest as the new year begins, so I'm sure you'll see plenty of runners fretting over their Garmin's in order to try and work out what all the buttons do.

The club's annual subscription rates have been increased as from January - they are Family £50, Senior £30 and Junior £25. There is still a 10% discount if paid before 31st January 2008, plus payment by this date is one of the eligibility criteria for next year's London Marathon draw - so get your cheque books (or cash) out now. Also, and this is a bit of a nag here (and I'm not talking about the horse variety either) - if you train on the track on a club night you MUST pay for the session - £1.00 to a committee member or a coach, on the night - thanks.

Coaching courses are available to club members if you would like to become an athletics coach - the course will even be paid for by the club if you then use the qualification for fellow club member benefit. See a committee member if you are interested

FREE Training evening with Olympic athlete and Chicago Marathon winner Paul Evans at Hunts AC. Ex-Olympic athlete and previous winner of the 1996 Chicago Marathon Paul Evans will be hosting a training evening at St Ivo Outdoor Centre on Tuesday 22nd January. The event is free of charge and open to all Hunts AC club members - see details inside, and on the website and notice boards.

We have our usual race reports round up in this newsletter, plus a bit of history (perhaps) on who Hereward (of Hereward Relay fame) really was, according to Andy. There are some idle thoughts on technology from Peter Whitehead, plus information from Monique on hypotonic, isotonic and hypertonic solutions - in fact, every tonic you could think of, except that served with Gin. We wrap up with a proposal from Ian on the creation of a road running race series.

That's it for now...

Keep on hobbling,

Keith Borkett

You can e-mail me at keithborkett@hotmail.com

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COMPETITION RESULTS (Nov/Dec)

Stevenage Half (Nov 4th)

By Pete Whitehead, our roving reporter

The weather was warm and sunny for this race around the town and prior to the start we could relax in the sunshine in the stand of the Ridins Athletic Track. The start was a short walk from the track - the course itself was on paths and tracks round the houses and along the main roads, with a wonderful detour around a lake in a country park. It was two circuits with an extra uphill addition on the second lap which was not anticipated, or appreciated, by some runners! The route had many short hills up and under roads and the organisation was excellent with marshalls at many of the junctions and plenty of water points. Finishing on the track was a good end to a race that more of the club members should consider doing next year. Parking is a combination of a bus ride from/to one parking area or a walk from a local school. There were 588 finishers and our times were as follows:

125 th	Richard Heyes	1.34
262 nd	Keith Borkett	1.46
297 th	Stuart Reynolds	1.49
520 th	Elaine Grey	2.11
521 st	Peter Whitehead	2.11

Milton Keynes Campbell Park Cross Country Racing Series (Nov 18th)

Hanno Fischer represented the club in this 10-something-km cross country event staged on a rather calf-shredding course. Hanno finished 11th overall out of a total of 64 competitors, in a time of 53 minutes sharp.

Riverside Half (Nov 18th)

Sixteen club athletes competed in this year's Riverside Half Marathon - quite a turn out. Well done to everyone, especially to those who managed to achieve a PB! Results as follows:

45 th	Andy Richarson	1:24.53
89 th	Shane Hunt	1:28.12
100 th	Ian Marshall	1:28.29
105 th	John Smith	1:28.43
191 st	Richard Heyes	1:34.37
192 nd	Paul Fullalove	1:34.38
209 th	Jackie Wren	1:35.44
271 st	Monique Le Roux	1:38.44 (PB)
272 nd	Peter German	1:38.44
322 nd	Keith Borkett	1:41.42 (PB)
358 th	Alan Humes	1:43.21
403 rd	Richard Williams	1:45.15
562 nd	Joanna Coghill	1:54.12 (PB)
716 th	Peter Whitehead	2:04.13
792 nd	Alison Durrant	2:13.05
809 th	Elaine Gray	2:15.15

Hereward Relay (Nov 25th)

Hunts AC was represented by 3 teams out of a total of 127 in this challenging relay across the wilds of Cambridgeshire. The runners were fortunate this year to be welcomed by blue skies, reasonable temperatures and a following wind, although the mud was as bad as ever. Congratulations to all our runners - everyone made it successfully to the end of their stage without getting lost on the way. Details of their performances are:

<u>HUNTS 1ST TEAM</u>	32 nd	4:36.54
Carl Graham	57 th	48.50
Keith Borkett	73 rd	1:30.00
Andy Richardson	14 th	1:11.04
Shane Hunt	27 th	1:07.00

<u>HUNTS A TEAM</u>	56 th	4:56.02
Pauline Green	71 st	51.24
John Smith	58 th	1:27.02
Monique Le Roux	87 th	1:29.04
Hanno Fischer	34 th	1:08.32

<u>HUNTS TOP TEAM</u>	64 th	5:00.23
Hilary McConville	95 th	54.53
Bob Hudson	81 st	1:30.55
Duncan Pocklington	66 th	1:25.14
Sean Barker	39 th	1:09.21

Finally, many thanks from the teams to their supporters/ drivers - Sue Pomfret, Sarah Pocklington and Betty Fischer without whom we would have been lost!

Norwich Half (Dec 4th)

In delightfully awful weather, two club runners took on the Norwich Half Marathon in Norwich. After losing out in the Riverside Half by one second, Paul Fullalove gained revenge, finishing comfortably ahead of Richard Heyes. However, given the conditions, both ran very respectable races. Paul finished 233rd in 1:35.29 and Richard 261st in 1:36.52, out of 1767 finishers. Well done both.

Bedford Half (Dec 9th)

Two club members participated in this race on a rather wet and windy day, to say the least. In addition to the race itself, competitors had to battle with a waterlogged car park, and had to aquaplane their cars down a slope in order to get out of the car park - it was a new take on the luge. Richard Heyes came home in 263rd out of 1,385 finishers with a time of 1:35.42, and Keith Borkett came 667th with 1:48.05.

New Year's Eve 10k, Ely (Dec 31st)

The last local road race of the year took place at Little Downham in very good conditions; 549 runners completed the 10k course including 19 runners from Hunts AC. David Connell was our first finisher in 8th position but Michael Smith, probably the youngest runner in the field, came home in a fantastic 19th place. However, it was our oldest runner on the day, David Hetherington, who took home the prize, finishing 3rd in his age category - well done David, and I think he deserves an *attaboy* for that performance. Results:

David Connell	8 th	34.30
Michael Smith	19 th	36.39
Ian Marshall	29 th	37.29
Geoff Brewster	36 th	38.13
Shane Hunt	52 nd	39.10
Hanno Fischer	76 th	41.02
James Clark	122 nd	43.32
John Smith	165 th	45.33

Peter German	167 th	45.35
Nick Abbey	178 th	45.50
Keith Borkett	207 th	47.23
David Hetherington	277 th	50.04
Mick Gray	321 st	52.31
Steph Humes	424 th	57.50
Elaine Gray	444 th	59.24
Sue Richardson	507 th	1.05.57
Lucy Dunkley	517 th	67.45
Michelle H-Smith	533 rd	71.00
Alison Clark	541 st	73.52

2007 HANDICAP 5

The long running 2007 Handicap 5 finally came to an end in December. You had to have run in at least eight races throughout the year to appear in this final Order of Merit Table. Congratulations to Hugh Philps, the overall winner.

	Runner	Points
1	Hugh Philps	51
2	Bob Hudson	68
3	Alison Durrant	73
	Keith Borkett	73
5	Pete German	74
	Stuart Reynolds	74
7	Paul Raynor	80
8	Hilary McConville	84
9	Dave Hetherington	89

Don't forget that we start afresh in January, so a chance to wipe the slate clean.

FROSTBITE LEAGUE

We are half way through the series as 2007 comes to a close. The dates for the series are:

7 th Oct	Riverside Runners	St Neots
11 th Nov	Bushfield Joggers	Peterborough
9 th Dec	Bushfield Joggers	Peterborough
13 th Jan	Ramsey Road Runners	Ramsey
3 rd Feb	Bourne Town Harriers	Bourne
2 nd Mar	BRJ Running Club	Huntingdon

Frostbite League Race 2 (Peterboro)

Well done to our Seniors today in the second Frostbite League race at Bushfield, which was very much a repeat of the first race of the series, with Hunts AC finishing in fourth place. This was good enough to move up one place in the league, so we now sit in third. It was great to see such a high turnout representing the club:

11 th	David Connell	28.05
32 nd	Ian Marshall	29.40
40 th	Mike Scott	30.00
49 th	Andy Richardson	30.43
65 th	Shane Hunt	31.33
67 th	Sean Barker	31.36
105 th	Hanno Fischer	32.54
115 th	Paul Fullalove	33.23
131 st	Jackie Wren	34.18
136 th	Steve Wellman	34.34
140 th	John Smith	34.44
145 th	Julia McIntosh	34.55
162 nd	Carol Hargreaves	35.25
165 th	Pete German	35.29
214 th	Monique Le Roux	36.53
217 th	Gary Asquith	37.05
219 th	Alan Humes	37.07
323 rd	Hilary McConville	41.47
331 st	Mick Gray	42.19
363 rd	Steph Humes	44.23
378 th	Sammy Skinner	45.39
386 th	Alison Durrant	47.10
389 th	Elaine Gray	47.59

Frostbite League Table after Race 2

	Club	Running Points	Pts
1	Riverside	740	30
2	NVH	1132	28
3	Hunts AC	1707	24
4	Ely	1700	21
5	Bushfield	1866	20
6	Werrington	1932	18
7	BRJ	2039	18
8	C & C	2093	18
9	Bourne	2091	17
10	March	2406	12
11	PACTRAC	2879	11
12	Ramsey	2496	9
13	Eye	2725	7
14	Yaxley	3458	5
15	Thorney	4645	2

Frostbite League Race 3 (Peterboro)

This was the second consecutive race at Bushfield, and our Senior team did well, finishing in an excellent 3rd position on the day, to remain in 3rd place overall, despite having several absentees due to injury and illness. However, we were still represented by 21 runners.

Well done and thanks to all those taking part, and particularly to our supporters.

33 rd	Geoff Brewster	30.30
38 th	Shane Hunt	31.08
45 th	Andy Richardson	31.20
51 st	Alan Rutledge	31.41
58 th	Sean Barker	31.56
61 st	Davina Lowe	32.07
72 nd	Hanno Fischer	32.34
119 th	Katrina Hawkins	34.28
124 th	Julia McIntosh	34.47
128 th	Carol Hargreaves	34.53
166 th	Alan Burgin	36.21
182 nd	Bob Hudson	36.59
193 rd	Gary Asquith	37.37
231 st	Dave Hetherington	39.15
236 th	Jo Loughill	39.23
267 th	Hilary McConville	41.23
282 nd	Mick Gray	42.13
283 rd	Katy Burgin	42.17
329 th	Elaine Gray	49.09
338 th	Sue Richardson	50.46
346 th	Sam Amos	54.48

Frostbite League Table after Race 3

	Club	Running Points	Pts
1	Riverside	1039	45
2	NVH	1561	42
3	Hunts AC	2436	37
4	Bushfield	2669	32
5	Werrington	2780	29
6	BRJ	2960	28
7	Ely	2780	27
8	Bourne	3055	26
9	C&C	3111	25
10	March	3684	16
11	Eye	3715	15
12	Ramsey	3614	14
13	PACTRAC	4529	13
14	Yaxley	4783	8
15	Thorney	6815	3

More details can be found on the Frostbite League's website: www.frostbiteleague.org.uk

What's the difference between hypotonic, isotonic and hypertonic drinks?

A hypotonic drink is more dilute than your body fluids (*ie* there are fewer particles - sugars/electrolytes per 100ml), which means that it can be absorbed faster than plain water. For example, squash diluted at least 1:8 with water, or one part fruit juice diluted with three parts water.

Isotonic means it is the same concentration (*ie* the same number of particles per 100ml) as your body fluids - it is therefore absorbed as fast as or faster than water. They provide an ideal compromise between rehydration and refuelling. For example, Isostar, Lucozade Sport or fruit juice diluted half and half with water or squash diluted 1:4 with water.

Hypertonic drinks, such as cola, lemonade or neat fruit juice, are more concentrated than body fluids, and will be absorbed more slowly than plain water. Hypertonic drinks slow down the rate at which the stomach empties and therefore reduce the speed of fluid replacement. These are better post-run drinks that offer a higher dose of energy with the fluid.

Monique Le Roux

HEREWARD RELAY (Nov 25th)

by Andy Richardson

Most of us will be aware that the Hereward Relay took place on 25th Nov, being an annual multi terrain race of 4 stages over 38 miles, commencing at Peterborough Cathedral and ending at Ely. This year we were represented by 3 teams, each of which was very grateful for the support of fellow club members, friends and family.

The four members of each team should perhaps be grateful also for the fact they only had to cover a fraction of the total Hereward Way which actually stretches from Oakham in Leicestershire to the North Norfolk Coast - a total distance of 103 miles.

An interesting question (at least I think so - *please note, Andy wrote this, not me*) is how did Hereward, like 'home-anda' and 'milky', came to get his own 'way'? And also, after getting it, did he ever actually run it?

By all accounts, Hereward's claim to fame is for being a bit of a nuisance to the French - so obviously a good guy (no wonder he is remembered to this very day).

In particular, he took a dislike to William the Conqueror and his fellow Normans after they stole over the Channel, poked Harold in the eye and proceeded to take over the rest of our country. Hereward didn't fancy letting William have it so easy in this neck of the woods so Peterborough and Ely and the surrounding bog (the Fens, that is) were staunchly defended by Hereward and his mates.

So, it is probably the case that he did actually run some of his Way as he periodically had a go at the Normans then ran away before doing so again...and again (although he tried to avoid that very muddy bit after Little Downham).

You may know that, at some point, Hereward picked up a nickname - 'the Wake'. Meaning? Investigations indicate that it means 'wary' - he would need to be if he kept annoying the Norman hordes so they didn't get him back. However, other suggestions are that he was always awake - a bit extreme but probably meaning he was always on the look out for Norman attacks or opportunities to have a go at them (so similar to wary) - and also that he married into the Wake family (not much of a nickname then).

Other reliable information about Hereward appears scant and tends to have developed over time and so is apocryphal - such as having a name for his sword ('backbiter' - sounds like a strong beer) and his horse ('swallow' - what you do to the beer). It is also suggested that the exploits of Hereward formed the basis for the tales of Robin Hood; Hereward must be a bit disappointed about this though - Hereward has a Way to his name but Robin has his own TV programme.

Ultimately, no one really knows what happened to Hereward in the end - however, it is widely believed that he is dead. One rumour is that he met his demise as he approached the finish line at Ely. His weary legs meant that he couldn't quite make it, falling flat on his face in the mud as he attempted to finish the race. Hanno, who was just behind him, stepped on him to make sure he could gain a place and Hereward never recovered. He remains there to this day.

Whether this is true or not, it is certain that Hereward will always be remembered by runners in this part of country as they look forward each year with trepidation to the Hereward Relay (but at least they do so safe in the knowledge that, thanks to Hereward, they will reach the end of their stage without risk of attack by ghastly Normans).

Andy Richardson

TECHNOLOGY - Just some idle thoughts *by Pete Whitehead*

Many years ago (more than I care to remember!), I was involved with organising an annual 10k race in Suffolk. Recording all the entries was done by hand on many A4 sheets of paper, with race numbers allocated in both Male and Female categories. Fortunately, a club member made the mistake of volunteering for this job which he always regretted as the race entries increased every year - strangely no one ever offered to take over the task from him.

Race day would arrive with the additional panic of entries on the day..... more sheets of paper..... and to add to the pressure a Fun Run was also arranged! Recording the race finishers was a combination of one person shouting the number, another entering this against a position, and a second check was made by two other officials further down the

finish chute. Any runner passing another in the chute was manhandled into the correct position so that the results were the same for both sets of officials. As soon as a sheet of results was completed the two sheets (hopefully both with the same information) was collected by some poor child who ran to and from the Town Hall many times where a fraught official tried to check the results and work out team, club, unaffiliated teams (usually large blokes from pubs) and other strange entries into some sort of final results sheet. It always amazed me how this black art worked, but it did, and probably still does in many races.

A situation completely threw us one year when the winner of the race was disqualified as he crossed the line by the Race Director. Why? Apparently he had joined one club from another and did not leave sufficient time to elapse before competing for his new club..... a strange rule that resulted in a furious row at the finish.... the local paper had a field day with headlines of How To Finish First And Lose a Race..... and the results official is still trying to move everyone up one place in the results!!!

An informal 10k that I ran a couple of years ago while on holiday abroad consisted of entering your name on a clipboard - all the race numbers had been used before, no one was sure of the start time but it had always been this way! The course was clear enough but the finish official just recorded your number and you had to work out your time... and hand back the number for next year. But it all seemed to work ok.

But now we have technology to replace all this fun. We have chips to record our every movement (well, almost), there are races that produce results showing times every 5k. From the New York Marathon I

was able to receive by email my son's times for every 5k in real time (that's a technical expression that I like to use now). This proved to be rather nerve racking as he stopped to get some medical treatment and we had to wait a long time for the next email, plus he was running very slowly after 16 miles. Also we have the magic Garmin which gives split times, mile times, tea times, produces graphs on the PC and even maps of where you have run. Strangely I have found that these gadgets show different times over the same distance - perhaps it's another satellite that is being used? By the time you get home from a race your times are shown on the race website and your ugly photo is there for everyone to have a good laugh.

Anyway all this info is now quicker, instant and hopefully right first time..... but I do miss those A4 sheets!!

Enjoy your techno-running wherever you go.

Pete Whitehead

Free training evening with Olympic Athlete and Chicago Marathon winner Paul Evans, at Hunts AC

Ex-Olympic athlete and previous winner of the 1996 Chicago marathon Paul Evans will be hosting a training evening at the St Ivo Outdoor Centre on Tuesday 22nd January. The event is free of charge and open to all Hunts AC club members.

Paul will run a practical training session for all ability levels on the all-weather track and this is an ideal opportunity to learn some key tips from one of our most successful distance runners of previous years - and a grade 4 distance coach to boot. Attendees should arrive at the



centre and meet by the portacabin, dressed in running gear by 7.00pm sharp. Attendees will then move inside for a further short talk, light refreshments and a question and answer session. The evening will finish by 10.00pm.

This will be a great opportunity for all club runners to get together, share experiences and learn from other runners, and Paul's wide experience in particular. Many of us do the same sessions week after week and an evening like this can really help to highlight a few key things that we can do differently to improve our running.



Do I need to sign up in advance?

Yes. Sign-up sheets will be available from Tuesday 8th January in the portacabin by the track and in the foyer area where the road runners congregate before each session.

Will there be refreshments?

Yes. The club will be providing basic refreshments for all attendees on the night so there is no excuse to miss this excellent event.

For more information, please contact Andy Richardson on:

asdj.richardson@virgin.net

About Paul Evans

Paul Evans is currently an athletics development officer, based in Norwich, and working for England Athletics. He has been a full time athlete since 1990 with highlights of competing in two Olympic finals and winning the Chicago Marathon in 1996.

With athletics being such a large part of his life he wanted to stay involved after retiring from international competition. Joining Active Norfolk in September 2003 has been a natural progression for his career and he states that he is excited in his role to create athletic opportunities for young people within the eastern region.

CREATION OF A ROAD RUNNERS RACE SERIES

by Ian Marshall

Consideration is being given to creating our own road runners race series. Many road running clubs run their own championships by encouraging members to run specific races throughout the year, with the aim to:

- Encourage wide representation by club members in specific local races
- Encourage head to head racing between club members
- Give recognition for good and improved performance over various distances, including both age related and handicap performances.

Here is one example:

Race series includes 8 races, a minimum of 4 races to qualify, which must include all distances from 5k to half Marathon. So that's at least one 5k, 10k, 10mile, and Half Marathon

- *Points could be given related to positions, age related times, and handicap.*

Awards could include

- *1st, 2nd and 3rd Male and Female (age related or just position)*
- *1st veteran Male and Female*
- *1st handicap Male and Female*
- *Best novice runner*

A meeting will be booked in January (date to be announced) for members to attend, to discuss the idea, and possibly agree on rules and race fixtures.

Ian Marshall
