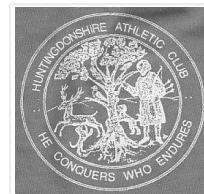


HUNTINGDONSHIRE ATHLETIC CLUB



ROAD RUNNERS NEWSLETTER

JULY/AUGUST 2008

Dear Runners,

Thanks to everyone who has submitted articles for this newsletter. It really is appreciated, and I definitely need more, so please keep them coming.

We have our St Ives 10k coming up very soon, and Ian and his willing band of helpers are working very hard behind the scenes to try and make this as successful as it has been in previous years. Ian is taking a well earned break next year, and so a volunteer is needed, for one year only, to organise the event. Don't be shy - it could be you. Please speak to Hilary or any committee member if you are interested.

I think the silly (marathon) season is almost over, although there are still a number of marathon reports in this newsletter. There are a lot of race reports from May, but not too many from June - perhaps it's the hot weather.

In this newsletter, in addition to the competition results we have a report from the Callanish Stones Marathon (okay it's from me, but if you'd send in your own race reports....), advice for a new runner from an old (something or other) - actually it's from Dave H, the first results from the road runners championships, warm weather spring training from Hilary, a report from the Tromso Midnight Sun Marathon from Nick Abbey, and a couple of pics in the photo gallery.

That's it for now...

Keep on hobbling,

Keith Borkett

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

In this issue:

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- 2008 Handicap 5
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COMPETITION RESULTS (May/June)

Great East Anglia 10k (May 4th)

Seven club members represented Hunts AC in this 10k road race on the streets of Kings Lynn. With a slight mix up of positions, there were approximately 1,720 finishers. Results as follows:

32 nd	Ian Marshall	37.07
250 th	Jamie Heaford	45.50
646 th	Maggie Leonard	53.24
739 th	Michael Gray	54.47
1,248 th	Elaine Gray	64.09
1,607 th	Thelma Rayner	78.05
1,608 th	Paul Rayner	78.05

Paul, that's quite a quick time for you.

Three Forts Marathon (May 4th)

Andy Richardson was the only club member to dare to attempt to run this X-country marathon known as "the tough one" in the South Downs. With a total of 3450 feet of climb it was billed at being 27 miles long but ended up at 28 miles due to two missing marshalls. Andy finished 12th out of 171 finishers and his time was a very respectable 3:41.53. Well done Andy.

Halstead & Essex Marathon (May 11th)

Pete German picked this "local" marathon as his post-London event. Although suffering in the heat, Pete completed the course in 231st position (out of 428) in a time of 4:23.28. Well done, Pete! Looks like you are ready for Beijing now....

Eye 10k (May 11th)

Three runners represented Hunts AC on a very warm day for running. Total number of finishers was 485. Results:

82 nd	John Smith	42.01
122 nd	Jackie Wren	43.47
254 th	Jo Coghill	50.37

Bentley Charles 10k (May 18th)

Hunts AC was represented by two runners in this local 10k road race, run in good, if slightly breezy conditions. Martin Rowe was running in his first race for the club and his first race for 8 years. Martin finished 58th place with a new PB of 47.31, well within his target time of 49 minutes. Andy Richardson finished in 8th place overall and was 3rd in the old codgers (sorry, veteran) category, with a time of 38.27.

Edinburgh Marathon (May 25th)

Ian Marshall finished this, his second marathon of the year (so far) in tough windy conditions. Ian treated this as a training run for his forthcoming Ironman, and finished 572nd out of a field of 6,614 finishers, in a time of 3:20:18. Looking good Ian.

Callanish Stones Marathon (May 25th)

On the same day that Ian was running around in 'the south', Keith Borkett ran in the Callanish Stones marathon, which was truly 'up north', and completed this "toughie" in 4:30.10. He finished in the top 100 (55th of 89 finishers). There is a race report later.

Ramsey Abbey 3k & 10k (Jun 15th)

Nice day, perfect running conditions, hence excellent performances of our club members. Congrats to Sammie Skinner who won her age category (U17) in the 3k race. The 10k saw PBs dropping like flies in the arctic. Moira, Jackie and Shane won their respective age categories. Congrats, and well done to everybody!

Results as follows, out of 322 finishers

19th	Shane Hunt	37.51 (PB)
	1 st MV 45-49	
28th	Sean Barker	39.53
80 th	Jackie Wren	43.22

	1 st FV 45-49	
84 th	Paul Rayner	43.27 (PB)
90 th	James Clarke	43.45
114 th	Julia McIntosh	44.28
131 st	Martin Rowe	45.27 (PB)
144 th	Pete German	46.19
183 rd	Sam Palmer (U17)	48.35 (PB)
204 th	Stuart Reynolds	50.04
229 th	Michael Gray	52.05 (PB)
251 st	Moira Burgham	53.36
	1 st LV (50-55)	
312 th	Elaine Gray	62.45

Midnight Sun Marathon (Jun 21st)

Keith Borkett and Nick Abbey took part in what turned out to be a 26.2 miles experience of surreality (quoting here). Nick (Hunts AC) completed the course in 4:13.16. Keith came home in 4:13.17. Both finished their race a quarter to one in the morning, with the sun still shining. Kayleigh Borkett ran the Coop Mini Marathon (4.2km) in 0:20:21, and was the second non-Norwegian finisher. A report can be found later in the newsletter.

2008 HANDICAP 5

This report covers the races up to and including the June race. You had to have ran in at least three races to appear in the order of merit table below. Don't forget that it's the best 8 from 12 races this year, and that low points are good. So the tactics are to run as many races as possible - that way you can get rid of your worst scores towards the end of the series.

	Runner	Races	Points
1	Jackie Ashton	3	3
2	Paul Raynor	4	23
3	David Hetherington	4	26
4	Paul Fullalove	5	29
5	Pete Whitehead	5	35

CALLANISH STONES MARATHON by Keith Borkett

I don't know why I entered this marathon - it was probably something to do with the fact that it was going to be hard enough to get there in the first place, let alone run in the marathon itself, which attracted me to it. The race was in the Outer Hebrides, on the Isle of Lewis, so I decided that it would be a good wheeze to drive there. I left on the Thursday before, and drove up to Inverness to stay overnight in a Travel Lodge. Unfortunately, and unbeknown to me, it was one of those that did not have a restaurant attached. However, there happened to be a pub next door. It was tough, but I managed to cope somehow.

The next morning was the 90 minute drive along the A835 from Inverness to Ullapool to catch the morning ferry. It was perfect driving conditions with spectacular scenery and not a single car in front or behind for the whole way. I was feeling pretty mellow by the time I pulled in to the ferry port at Ullapool, and found a local café to have some breakfast. Just the two hour ferry trip across to Stornoway and I was there by early afternoon on the Friday, and in plenty of time to have a look around prior to registering for the race. Stornoway wasn't the prettiest of places, but then again I have been to a lot worse. I would describe it as functional.

The following morning was cold but sunny, and very windy - and it was race time. Buses were laid on from Stornoway to take the runners out to the start of the race at Callanish Stones. It's not necessarily a good thing to drive (or be driven) along the course from finish to start, as it begins to dawn on you how long this race actually is. The Callanish Stones seemed to be like another version of Stonehenge but with a few more stones, and as there were less than 100 entries, we all had a stone each to hide behind (away from the strong winds, and out of the cold) whilst we waited for the race to start. Then we were off, and it was a relief to get going. The first 6 miles were fine, along a fairly normal coast road, with some pretty pleasant scenery. I was chatting to a bloke from Dorset who was aiming to join the 100 marathon club in a few years - he'd only done 76 to date though, and this was his 77th. Then we turned inland into a gentle incline and ran practically straight for the next 16 miles. The scenery was again fairly pleasant, and the gentle inclines weren't too bad, but the main problem was the very strong wind which was head-on for the whole 16 miles of this part of the race. It certainly took its toll on me, and I had to run/walk from about mile 20 to mile 22. Then we dropped down into Stornoway itself, and it was a blessed relief to get away from that bl**dy wind. I managed to cross the line in 4:30.10 in 53rd place out of 89 finishers. I had to lay down for a while, as I was completely out of it at this point, and couldn't stop thinking that I had to do another one of these in a few weeks time. I felt a little better afterwards, especially when talking to one member of the 100 marathon club (he was on just his 150th marathon) who declared it was the hardest one he had run, and that it was just down to the wind. The race over, and I went in search of a massage that was on offer. The masseur mistakenly asked if I hurt anywhere, and I replied that he could name any part of the body he wished to, and I could guarantee that it was aching. Shortly afterwards I hobbled back to the car and returned to my bed &

breakfast for a proper lay down. Sunday dawned, and I couldn't get back to the mainland as the whole island was closed, and that meant the ferries too. So, all I had to do was hang around for an entire day, and then catch the early morning ferry back from Stornoway (07:30) to Ullapool on the Monday. Then there was the small matter of a 582.4 mile drive back home with the bank holiday traffic - magic. I managed to turn into the drive at about 10:30 that night. Unsurprisingly I went straight to bed, as I had to be in work the following morning. Just one more marathon to go now....

Keith Borkett

Advice for a new runner from an old.....

by Dave Hetherington

Almost any able bodied person can do it and do it for a range of reasons; most of them rational. Whether you run for fitness, to lose weight, escapism, competition, or to achieve a particular goal (for example a marathon), you will receive a variety of advice from club members. In your running you will experience highs, lows, elation, disappointment, friendship and loyalty.

If you have not run much previously I suggest you have a look at runnersworld.co.uk/beginners, where you can find suggested schedules to ease you into running, or you can talk to an experienced club member. After running regularly for a week or two, getting into a routine, feeling good about it all, you may feel irritable if something stops you getting out when you want to; this is normal, but your non-running friend or partner may not understand. When you run, endorphins are released into your blood which make you feel good. This is all legal and you can drive after a run.

Running style is important for efficiency and helping prevent injuries. You should aim to run with your torso as vertical as possible, hips forward, chin in, top of your head held high looking about 20 metres ahead, shorter if the ground is

rough of course, forearms horizontal and hands and feet pointing in the direction you are going. There are exceptions; Paula Radcliffe, but she is exceptional. Ask another runner to comment on your style and practice improvements.

The choice of running shoes is baffling; have a look at what other club members are wearing. The terms neutral and pronation soon come up. Good prices for running shoes can be found online but it can be worth paying more from an experienced running outlet who may let you try them outside the shop or have a treadmill where your gait can be analysed. But beware 'teenage' experts who will try to sell you anything expensive. Look at what other runners are wearing.

Very soon you will hear about injuries from club members and will wonder if it applies to you. There are many experienced runners who have not had any injury. But you may hear talk of blisters, achilles tendonitis, shin splints, hamstring pain, plantar fasciitis; if these were infectious there would not be any runners out there. It is not uncommon for a new member after running with others for a few weeks, often going faster and further than previously, to pick up an injury. Listen to your body. If you feel pain during or after running there are several things you can do; stretching, self massage of the painful part, ice pack, rest, then ease back into exercising. You can seek expert help. Physiotherapy, physical therapy or your GP may help if he/she is a runner, but if not, they are likely quietly to question your sanity and capacity for self harm and send you away with Ibuprofen or similar. Once again, runnersworld/injuries can be useful.

Food and drink for most runners need not be different from what you are used to, but it is important to be properly hydrated; drink water about 30 minutes before running and afterwards, sports

drinks and gels which give you a temporary sugar and electrolyte boost are good in the longer distance runs; half and full marathons. Rowers use root ginger and soldiers use caffeine to keep going longer.

If you are a dog owner then you may already have a companion for your runs, but unless well trained they can have minds of their own when it comes to pace and direction. When you meet an unleashed dog, if you don't want to be introduced then don't make eye contact, look above or to the side of it, then it won't feel challenged in any way. Most dog walkers don't understand that runners do not necessarily want to stop to make a fuss of their pets. And remember that the dog which lunges at you is 'very fond of people', 'wants to be friendly', and 'has never bitten anyone'.

There is a lot of technical gear available to help you run better, heart rate monitors, (the club can loan you one of these), speed and distance monitors and very optimistic calorie counters; not to mention GPS which will tell you where you should be. Runners have been known to collide with low obstacles, like posts, with very painful results when looking at their monitor reading. At least two online sites, such as nike.com and mapmyrun.co.uk, allow you to map a route and store it, with fairly accurate distance measurement.

It's easy to give advice.

Best wishes for your running experience long may it continue.

David H

Road Runners Championships 2008

The road runners championships are underway with two races having been

completed so far. Top 3 after the first 2 races:

Men

1. Shane Hunt
2. Geoff Carpenter
3. David Connell

Women

1. Jackie Wren
2. Julie McIntosh
3. Hilary McConville

Remember that it's early days yet, and only 3 runners have covered the first 2 distance bands.

The next race is the Bushy 10k on 13th July, followed by the final Peterbough 5k on 20th July at Werrington.

Remember you need to complete at least one race each distance band, see last month's newsletter, or the website, or the notice board for rules and fixtures

Warm Weather Spring Training

by Hilary McConville

In a few months time runners will get the marathon entry bug and be consumed with trying to secure a place in the next London marathon. Once a place is secured there then follows months of gruelling training during the cold winter months.

Having had my turn in the London Marathon lottery, and been successful twice, I prefer to concentrate my thoughts on more enjoyable running these days. Anytime now I am thinking about booking a flight to Portugal next spring so I can get some warm weather training in to give me a kick start to summer training in England.

Some of you will know it is something I have been doing for several years. Some may wonder what type of people go on trips like that. Perhaps they are really top athletes and not ordinary club runners. Or, the training must be really intense and not suited to a newcomer to the sport.

Well, let me assure you it is a mixture of both. The one thing everyone has in common is that they love to run. To be surrounded by other like minded people for several days is really uplifting and motivating.

Yes, of course there are always those who wallow in overdose, but there are also those who can be more contained and take things gently. I have been guilty of both so a brief outline of what is available may be of interest.

There is a schedule of happenings for the duration of your stay. You are free to do as much or as little as you choose.

Each day usually starts with an easy run. Then follows one of the more painful aspects of the week - a cold dip in the pool to ease the weary legs. Yes, every morning you can see more than half a dozen people standing thigh deep in very cold water, wincing whilst trying to convince themselves it is doing some good!

Through the day there will be various experts available for chats and advice about a variety of subjects connected to running. Like nutrition, stretching, individual training for a particular event and such like. There is also an on site masseur available should the need arise for a bit of soft tissue therapy.

Of course, if the sun is shining you can forget all about running and the rest of the day is yours to enjoy relaxing by the pool or visiting the local bars and sampling some of the local cuisine and chatting to the locals! You can even wander down to the sea which is only

800 metres away, and spend the day on the beach.

Every afternoon there is another running session. Groups are formed of similar ability and a coach assigned to take the session either on grass, on track or maybe a few hill reps!

At the end of the week there is a cross country handicap race of 5 miles. The handicap having been calculated from information given early in the week.

There are prizes awarded for the 1st placed in each age category and the oldest category is over 70!

This year I decided to try and be a bit more serious and wrote myself a schedule before I left England. It involved training every day and for five of the ten days we were there I trained twice a day. When it came to Race day – day seven – I was suitably tired from all the training and certainly would not normally prepare for a race in this way. So I was pleasantly surprised to learn at prize giving the same evening that I had won 1st in my age category.

Hearing there was to be a local open 5k race two days later I thought I would enter that and see how I fared. It was tough with two long hills on the course and a finish round one lap of the track. I was even more delighted to win 1st in my age category again! On this occasion training overdose paid off.

So I'm off to book for next spring, assured of a place. None of this gruelling winter marathon training for me!

Hilary McConville

ON TOP OF THE WORLD

Nick Abbey

"I've had an idea" said Keith. "How about trying a marathon in Tromso? It's at night, but it doesn't get dark there in June..." And that's how Keith, Anne and Kayleigh, together with Kathy and me, came to be on the 07.20 flight one Friday morning to Oslo, where we boarded another plane to Tromso. Unfortunately, Monique's foot injury prevented her from joining us on the trip - and from getting a faster time than either of us. Tromso? Find it on a map...it's at the top of Norway, inside the Arctic Circle, and way further up north than Iceland. The Midnight Sun Marathon (MSM), held every year in high summer during the period when there is no darkness, is the most northerly marathon certified by AIMS. Tromso is on an island, connected by a bridge to a larger island, and the course is entirely along mainly flat coastal roads. If you can imagine running with views of some of the most spectacular mountain scenery, with snow-capped peaks at every turn, you will have some idea of the feel of the Tromso MSM. Around 500 people ran the marathon, with hundreds more doing a half along the second half of the course, and starting two hours after Keith and me, so they were happily overtaking us at about miles 14 and 15. There were people spectating in the more built-up places, giving us all the (apparently) local chant of "Hiya, hiya, hiya!" and we were especially pleased with the bunch who yelled out "yellow-green, yellow-green..." after seeing our Hunts vests. We both clocked about 4 hours 13 minutes, Keith completing his third marathon in just 10 weeks after his forays in London and Stornoway. Kayleigh was one of 500 who entered the mini-marathon, and was the first UK entrant back (and only the second from outside Norway), in an excellent 65th place.

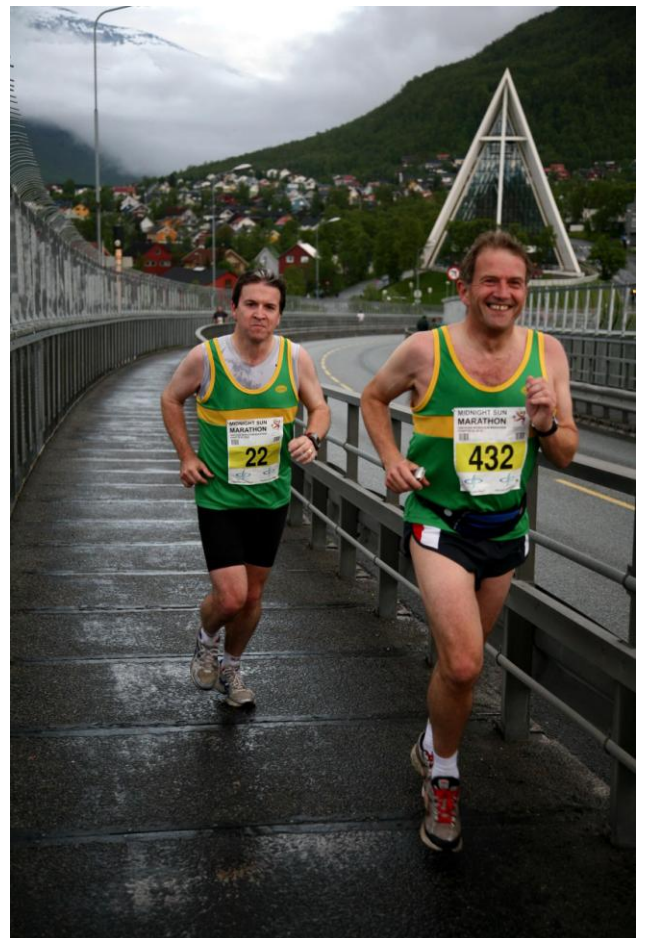
Overall impressions of Tromso; very welcoming, incredibly expensive (everything cost about twice what you would expect in the UK), stunningly beautiful scenery, daylight all the time (very odd feeling at 1am), everyone speaks perfect English - and a very well organised race.

Nick Abbey

PHOTO GALLERY



Callanish Stones Marathon - this was obviously during the first few miles as Keith is still running - note both feet off the floor at the same time (must have been a very fast shutter speed)



Nick & Keith coming across the bridge in Tromso, with Nick looking rather comfortable. This was about half way, and so about 10:30 in the evening - it was actually lighter at the finish

YOUR ARTICLE COULD BE HERE