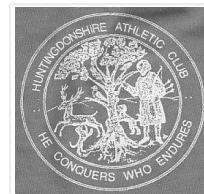


# HUNTINGDONSHIRE ATHLETIC CLUB



## ROAD RUNNERS NEWSLETTER

SEPTEMBER/OCTOBER 2008

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Dear Runners,

Yes, I know. The nights are drawing in, and it will be the end of the countryside runs for a few months. Never mind. Now is a good time to think about a training plan to keep you going through the winter. Perhaps a target race in the new year with either a PB, or a distance that you haven't run before? Or just a winter taking it easy after a hard summer's running. Whatever you choose, it's always easier to do it with a group of friends. It might even be worth targeting a race or a series of races together, so that a joint training programme can be put in place to keep some focus throughout the winter months.

There is the Frostbite Series of course, which starts up again next month, with the first race on October 5<sup>th</sup>. For those who haven't run in this before, it's an excellent club event, and you will see an article telling you what it's all about further on into this newsletter.

Another date for your diaries..... This year's Christmas Cracker Race will be on SUNDAY 21<sup>st</sup> DECEMBER at 10.30am. This is followed by our annual Christmas Meal at the Dolphin Hotel, St Ives, at 1pm. Book early to avoid disappointment.....!! There should be a notice on the board. For those who need an explanation of the Christmas Cracker Race, speak to a fellow runner (most have survived this event and lived to tell the tale). Also, fancy dress is NOT essential...!!

Later on in the newsletter Ian recalls his efforts in the Zurich Iron Man event, and David H gives us some new insights into how a little thought in the kitchen can improve our running.

Thanks to the usual contributors for sending articles in to me. If any of you would like something published here, then please send stuff in to me. Things like race reports are always welcome, especially if it's not one of our normal events. If you don't send it in, I can't report it.

That's it for now...

Keep on hobbling,

Keith Borkett

You can e-mail me at [keithborkett@hotmail.com](mailto:keithborkett@hotmail.com)

### **In this issue:**

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- 2008 Handicap 5
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## **COMPETITION RESULTS (Jul/Aug)**

### **Eye 5k (Jul 2<sup>nd</sup>)**

Hunts AC was represented by 4 runners in the 3<sup>rd</sup> race of the 5 race Peterborough 5k series. Results were as follows:

31 <sup>st</sup>	Sean Barker	18.55
71 <sup>st</sup>	Geoff Carpenter	20.50
151 <sup>st</sup>	Jo Coghill	23.47
165 <sup>th</sup>	Hilary McConville	24.57

### **Ironman Triathlon - Germany (Jul 6<sup>th</sup>)**

Club member Moira Burgham finished her second Ironman triathlon in Frankfurt, Germany on Sunday. She completed this ultimate triathlon event in a total time of 14 hours and 23 minutes, starting with a 3.8k swim in 1:27, followed by the 180k bike section in 7:09 and the final 42k marathon run in 5:32.

### **Bushy 10k (Jul 13<sup>th</sup>) - RR Champs**

Race day saw a good turn out and some excellent performances by our club members. Results as follows (from a total of 339 finishers):

18 <sup>th</sup>	Shane Hunt	37.46 (PB)
30 <sup>th</sup>	Andy Richardson	38.40
40 <sup>th</sup>	Sean Barker	39.34
52 <sup>nd</sup>	Paul Fullalove	40.33
86 <sup>th</sup>	Jackie Wren	43.10
124 <sup>th</sup>	Martin Rowe	45.32
163 <sup>rd</sup>	Stuart Reynolds	47.55 (PB)
175 <sup>th</sup>	Joanna Coghill	48.32 (PB)
187 <sup>th</sup>	Keith Borkett	49.39
200 <sup>th</sup>	Michael Gray	50.25
201 <sup>st</sup>	Dianne Gannon	50.31
215 <sup>th</sup>	Hilary McConville	51.36
301 <sup>st</sup>	Elaine Gray	61.26

### **St Ives 10k (Jul 20<sup>th</sup>)**

Over 1,000 people were at the outdoor centre on Sunday for this year's annual 10k organised by our club, under the guidance of Ian Marshall. With a record 642 10k entrants, 148 for the fun run, and many spectators, the pressure was on to host a quality event. The weather was ideal for running, as proved by the

amount of cups and water left over compared to previous years. 142 runners finished the 3k fun run, which started and finished on the track.

Congratulations to Junior members James Downing for winning U13 boys prize in 10.39 and finishing 3<sup>rd</sup> overall. Also, to Bethany Bainbridge for winning the U15 girls prize in 12:57.

In the 10k race Andrew Hennessy from Wells City Harriers won in 33.04 and first Lady was Tamara Jordan from Stowmarket Striders in 37.32.

This year the club entered both a male and female team with the aim of winning the team prizes. Indeed, the ladies team represented by Davina Lowe, Claire Brown, Jackie Wren and Julia McIntosh won the ladies team prize. Also Davina Lowe won the F25-29 prize finishing in 40.59. Attagirls for all of you.

A number of club juniors completed their first ever 10k race, including young Christopher Smith finishing in 20<sup>th</sup> with 37.51, Liam Witten in 41<sup>st</sup> with 39.58, and finally Sammie Skinner who won the F15-19 prize finishing in 48.20.

Special thanks to all members and friends that helped on the day to make event a huge success, and especially to race director Ian Marshall - without whom it wouldn't happen.

## Werrington 5k (Jul 30<sup>th</sup>) - RR Champs

A hot humid evening saw 5 Hunts AC runners complete the last race of the Peterborough 5k series. Results as follows.

37 <sup>th</sup>	Shane Hunt	18.51
39 <sup>th</sup>	Sean Barker	18.55
148 <sup>th</sup>	David Hetherington	24.14
157 <sup>th</sup>	Diane Gannon	24.42
161 <sup>st</sup>	Hilary McConville	24.56

## Thorney 5 (Aug 17<sup>th</sup>) - RR Champs

Twelve runners represented Hunts AC in this 5 mile out and back flat road race, running in warm conditions and with a slight head breeze on the way back. 260 runners completed the course. Results as follows:

18 <sup>th</sup>	Shane Hunt	30.45
23 <sup>rd</sup>	Andy Richardson	31.01
76 <sup>th</sup>	Julie McIntosh	34.59
104 <sup>th</sup>	Peter German	36.55
107 <sup>th</sup>	Martin Rowe	37.05
116 <sup>th</sup>	Wayne Gimblett	37.59
134 <sup>th</sup>	David Hetherington	39.31
160 <sup>th</sup>	Michael Gray	41.09
165 <sup>th</sup>	Hilary McConville	41.46
232 <sup>nd</sup>	Elaine Gray	51.14
233 <sup>rd</sup>	Filomena Liuni Cox	51.20
250 <sup>th</sup>	Michelle H-Smith	62.31

## 2008 HANDICAP 5

This report covers the races up to and including the August race. You had to have run in at least four 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	4	8
2	Paul Fullalove	6	36
3	Paul Raynor	6	37
4	Dave Hetherington	6	38
5	Pete Whitehead	6	44

### **FROSTBITE FRIENDLY LEAGUE**

October 2008 - March 2009

Hunts AC take part in the Frostbite Friendly League (FFL) which starts again in October. For those numerous more recent club members I thought it would be helpful to produce a further slightly amended version of a summary of the FFL history and its operation in the hope that as many of our members as possible will take part in each race. This coming season sees a first for Hunts AC in that we are organising one of the races, at Hinchbrooke Park, in December, so we will be looking to rally the troops for that event in particular!

The FFL race series has become an annual event for Hunts AC but how many of those taking part in the races each year know much, if anything, of the history of the 'FFL'?

First of all, it is worth emphasising one word in the title of the series - *friendly*. From the outset, participation and enjoyment have been the key goals, for both runners and helpers (without whom the series could not exist). Although 'elite' runners take part, the 'ordinary' runner will not be put off, but welcomed into the events. One of the key measures of the success of the FFL is how many runners take part.

Although Hunts AC did not join the FFL until the 2000/01 season, the FFL itself actually started in 1988/89, at least the Seniors did. The Juniors started in the following season. In their first seasons, 11 teams took part in the Seniors and 7 in the Juniors. Over the years, 22 different Senior teams have taken part and 15 Junior. Currently, there are 15 Senior teams and 12 Junior. Interestingly, over those years, only 5 teams have actually won the Senior competition and only 4 the Juniors (of which we were the fourth in 2006). As for the number of runners, in the first seasons, the average

field was 196 Seniors and 55 Juniors. In the race at Bushfield in 2006, there were 485 Seniors and 105 Juniors! Hunts AC's participation has produced a best season result so far for the Seniors of third and, as indicated earlier, first for the Juniors (both in 2006 and 2007).

As for the 'operation' of the races and the FFL, teams compete over 6 races, 1 per month, from October through to March, over mixed terrain with Seniors running around 5 miles and Juniors 1.5. Each team can be represented by any number of runners (although we all like to see the results, as suggested above it is most pleasing to see as large a number as possible of our club runners lining up at each race).

Something which may be taken for granted by more regular competitors is the scoring system but many may not know how this works. Historically, in the Seniors, the first 10 runners score for each team, at least 2 of which must be women (so the usual is 8 men/2 women but this could be 7/3, 6/4 or even 0/10!). Since last season, the split is now 7 men/3 women, to reflect more accurately the make up of each race. For the Juniors, a similar scoring system applies but based on 5 scorers of which at least 1 must be a girl. Finishing positions of scoring runners are added up so the lowest overall score wins. Total scores are converted into league points ie highest scoring running team will get 1 point, the next 2, and so on up to the maximum for the team with the best scoring runners.

Fixtures for the coming season are as follows :

5th October 2008	St. Neots
9th November 2008	Bushfield
14th December 2008	Hinchingbrooke
4th January 2009	Ramsey
1st February 2009	Bourne
1st March 2009	Huntingdon

(for more information please refer to the FFL website: [www.frostbiteleague.org.uk](http://www.frostbiteleague.org.uk))

PLEASE MAKE A NOTE OF THESE DATES AND WE LOOK FORWARD TO AN ENJOYABLE SEASON WITH GREAT CLUB PARTICIPATION!

**NB: CLUB VESTS MUST BE WORN – SEE HILARY IF YOU NEED TO BUY ONE**

*Andy Richardson*

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## **Power from the Kitchen**

*by David Hetherington*

Now that the Beijing Olympics is a rapidly fading memory, the substances that the athletes were taking to enhance their performance can be revealed. Many of

these can be found in the kitchen, certainly from the supermarket.

**Honey.** The ancient Egyptians valued this as a health giving food. In three separate university studies honey was shown to boost performance. Athletes, cyclists in this case, were given honey, glucose or a calorie free placebo (15g with water). The honey produced a significant increase in their power. Honey contains glucose and fructose along with small quantities of salts, enzymes, proteins and aromatics. Take a dessert spoonful with 250ml water 30 to 60 minutes before your event.

**Cherry juice.** A 2006 study published in the British Journal of Sports Medicine looked at a placebo or the juice of 50 to 60 cherries, which were given to gym goers twice a day for eight days. Half-way through they did circuits then switched drinks, and there was less reduction in strength and less pain with the cherry juice.

**Caffeine.** Several studies by sports institutes and the military have shown that caffeine can trigger the release of body fats into the bloodstream during the activity. This means fat is burned during activity rather than carbohydrate, the body's primary source of fuel, and that endurance capacities are improved. Caffeine, one or two cups of coffee, drunk up to an hour before exercise can increase endurance and delay post-exercise tiredness by up to 60%. Remember that coffee is a dehydrator

**Chocolate milk.** This has an optimal ratio of 4:1 for carbohydrates and protein. The ratio of these in milk complement each other perfectly. Carbohydrates replace the energy lost during exercise but can't rebuild muscle, and protein helps repair the muscles. Cyclists reportedly rode about 50% longer when given chocolate milk compared to protein drink.

**Baking Soda.** This has been used for over 70 years as a performance enhancer. Research suggests this is particularly helpful in speed based and middle distance (up to 10k) events. Baking soda is an alkali that increases the pH of the blood and appears to offset the acidity produced in the muscles during intense activity that produces lactic acid and other waste products. For optimum effects 20g should be taken with water, before exercise. It is not dangerous but it can make you want to retch and can make you feel nauseous when it hits your stomach. Some experts claim that the effects are so powerful that it should not have a place in competitive sport.

If you are tempted to try any of these and they work for you, please let me know. I promise I will not let on.

*David H*

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## **Road Runners Championships 2008**

The standings in the Road Runners Championships, after 5 events, are as follows:

### **Men**

1 <sup>st</sup>	Shane Hunt	79.86 pts
2 <sup>nd</sup>	Andy Richardson	77.00 pts
3 <sup>rd</sup>	Sean Barker	72.85 pts
4 <sup>th</sup>	Pete German	68.27 pts
5 <sup>th</sup>	Paul Raynor	67.98 pts
6 <sup>th</sup>	Michael Gray	65.66 pts
7 <sup>th</sup>	Martin Rowe	62.72 pts

### **Women**

1 <sup>st</sup>	Julie McIntosh	72.72 pts
2 <sup>nd</sup>	Hilary McConville	72.02 pts
3 <sup>rd</sup>	Diane Gannon	70.09 pts
4 <sup>th</sup>	Elaine Gray	56.42 pts

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## **MY IRONMAN SWITZERLAND EXPERIENCE**

*Ian Marshall*

After getting the London Marathon out of the way I got stuck into training for the ironman, which was to be held on 13<sup>th</sup> July in Switzerland. I cut down on the running, and concentrated on swimming and cycling. I was most concerned about the swim as it was my weakest out of the three, and so I got at least 3 sessions in per week, including lake swims.

Finally the weekend arrived. My Dad and I planned to spend 4 nights in Zurich, giving enough time to prepare before and relax after the race, and perhaps fit in some sight-seeing. The preparation in the days before the race was not ideal, as I spent a lot of time on my feet carrying my heavy bike bag, and doing a lot of walking. On the Saturday we stayed in a very nice youth hostel which was a 5 minute walk from the race venue, and was full of other competitors, many from the UK. On the day before the race I registered, collected the race pack, checked out the swim course and transition areas, before finally racking up my bike, ready for the early start in the morning. The weather forecast was heavy showers, and so I changed my tyres from slicks to some with a bit of tread, and got the waterproofs ready. The youth hostel put on a special dinner of guess what? Yep, Spaghetti Bolognese. I spent an hour packing my race kit bag, making sure I had everything ready for the morning and got an early night, ready for the 4.30am alarm.

The youth hostel put on an early breakfast at 5am, so that competitors could eat before the 7am race start. I got some food down, and walked down to the start. It was still dark and pouring down - it was a very eerie feeling. We were able to enter the transition area to lay down stuff next to the bike, and were given extra plastic covers to try and keep everything dry.

My plan was to treat each event as separate races, and not as a single triathlon. So I did not wear a tri-suit, but swimming trunks for the swim, proper cycling shorts and top for the bike, and finally my running shorts and club vest for the run. So I prepared separate bags for each of the events, ready next to my bike.

I finally wiggled into my wetsuit and headed towards the swim start area in lake Zurich. I was soon joined by over 1700 others, all wearing black wetsuits and yellow swim caps, looking like a massive rookery of penguins! It was very difficult to recognise anyone, but I recognised a friend from Cambridge tri-club! We started in the water in one big group for the two-loop, 3.8k course. I was very worried about other swimmers fists and feet hitting me, but everyone seemed very polite and kept their distance. After the first loop we had to climb out onto a tiny island, and steadily walk (waddle) over a timing mat before getting back in for the final loop. It was very congested on the island and I felt like a penguin waddling along. Towards the end of the swim I was surprised that I had a lot of energy left in my arms, and still felt very strong. I climbed out of the water 1h 26m after the start, in 1,574<sup>th</sup> place.

After spending 7 minutes changing into my bike kit, I jumped on for the 112 mile two-loop course. It was now raining heavily, and I was getting cold. The first 30 miles of each lap was very flat, passing along the shore of the lake. As I was both cold and full of adrenalin I decided to work hard, keeping my speed above 20mph,

and I was passing a lot of people - this turned out to be a big mistake. Eventually we started climbing away from the lake into the hills. I was still working hard, racing people up the steady gradients, trying not to let too many pass me. The hills started to get steeper, and I was out of the saddle still working hard enjoying the race. I remember thinking that it was easy, and that I had not far to go before the runs started. How wrong was I. There were frequent food and drink stations, and marshals handed out gels, bananas, energy drinks, and plain water. There were also lots of spectators standing in the rain shouting "Hoop, Hoop, Hoop" which I think means "Go, Go, Go". I started to descend from the hills and head back towards the lake, I remember going down a very fast descent, when my handlebars started to vibrate and shake with the wind and spray. I thought I was coming off, but managed to steadily slow down and regain control! As I reached the flat I started to shiver again from the cold - so I worked hard to keep my cadence up, trying to stay warm. We had to pass the finish area to climb a hill named "Heart Break Hill" at the end of each lap. I soon realised why they named it so, as it was the last thing you wanted at the end of the lap, especially as it was a very sharp climb, and it "broke my heart" when on a sharp turn I looked up to see the peak of the hill, a good 80 metres above me.

This hill was a turning point for me as I now started to feel tired, and fatigue was showing its ugly face. As I started the second lap along the flat section I remember trying to keep up with the other cyclists - many of them women. I am not sexist, but I don't like to be beaten by a woman, so I began racing them, but many seemed stronger than I was. The second lap seemed to take ages, the hills seemed ten times steeper, and I seemed to get overtaken by lots. I spotted Dad on top of one of the climbs, but unfortunately he did not spot me in time and took a picture of my rear. I got over that "Heart Break Hill" for the final time finishing the bike in 6h 50min in 1,520<sup>th</sup>, gaining 54 places from the swim!

I remember racking up my bike in transition, sitting down to change my socks and thinking "My legs have nothing left, and I have now got to run a Marathon!" I started running, and I was soon feeling a similar pain to the last few miles of a marathon! There were four 10k loops to complete, and I wanted to keep running for the first 2-3 laps, before breaking into walk/runs. I kept running for the first lap, but needed to start walking after about 7 miles as I was in a lot of pain. The walking was a relief from the pain, but was very frustrating as I am a runner not a walker! After each lap we were given different coloured wrist bands to show our lap counts. I remember seeing people with 3 bands on their final lap, and wanting to mug them to steal their wrist bands! During laps 2-3 I was spending more time walking than running. I started to feel depressed. The supporters really motivated me, shouting my name, to keep going, saying I looked good! What liars. Have a look at the photos. But the support helped me massively. It got to a point towards the start of the final lap when it was hurting as much walking as it did running, so I decided to grit my teeth, take the pain, and start running - to complete the final lap on a painful high! I kept thinking "I am a runner, I am a runner, let's prove to myself and others watching that I can run". So, I gradually got faster and faster. I was probably only doing 8 minute miles, but it felt fast. For the last 1km I ran my heart

out, passing through the finishing line in 4h 50min in 1,422<sup>nd</sup> place, and surprisingly gaining over 100 places from the bike. My overall time was 13h 23min. I was very pleased to finish, and finish running hard.

It has taken me a good month to recover, a lot longer than any marathon I have ever done. I want to come back to Ironmans in a few years, to give it another go, being hopefully stronger, and most of all wiser from this experience. Many thanks for all your kind donations to the Hinchbrooke New Life Appeal, I will be passing them a cheque for £700, so many thanks for your support.

*Ian Marshall*

*I think Ian deserves a big Attaboy for that. By the way Ian, some of us can't even 8-minute mile at the beginning of a race!*

## **PHOTO GALLERY**



*Ian looking suitably relaxed in his Hunts AC top before the race.*



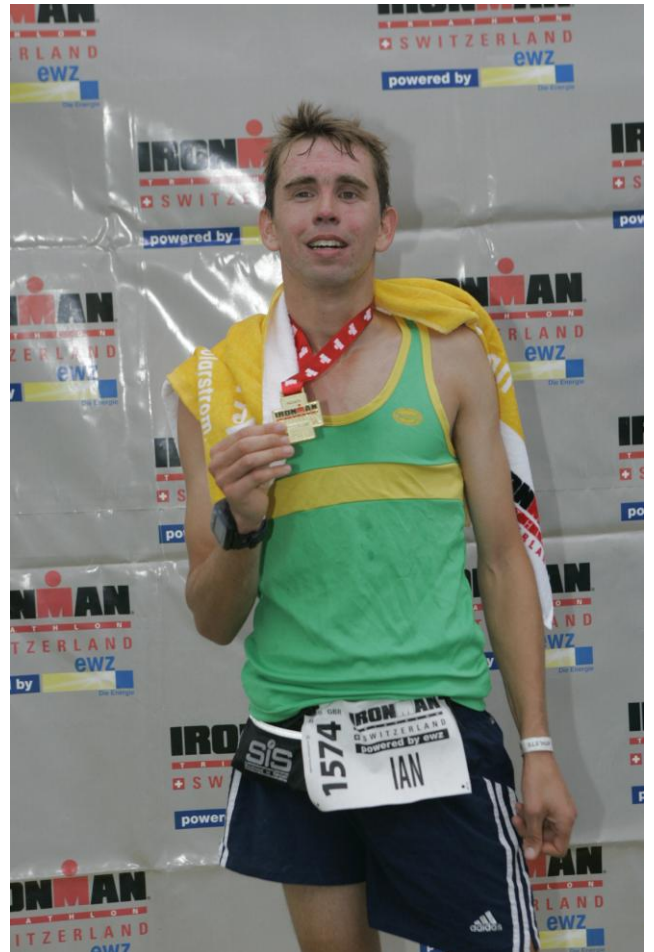
*Out of the saddle and moving fast...*



*This running lark is easy isn't it?*



*I'm alright, Dad. It's just my thumbs that are hurting.*



*The medal, at last.*

