



Swinton Running Club

VOLUME 1, ISSUE 2

DECEMBER 2009

THIS MONTH

- Race Reports
- Adam Tips
- Xmas Light Run



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Race Report

The Ladies Race, Sunday 29th November

Start of the 2009 Ladies Race



This was only my second year taking part in the Ladies Race but already I'm beginning to spot a pattern in the weather. Last year we were graced with clear skies and sub zero temperatures, this year the thermometer was at least reading a positive number although that was little consolation given the heavy showers and strong winds. I am told that the race "has been run in worse conditions" and am already preparing to don skis next year in the event of heavy snow.

Still, the weather seemed to do little to put off the Swin-

ton ladies (we're all tough northerners after all) who turned out in numbers to take part. The route will be familiar with all club members and is described as a gently undulating (now that phrase rings a bell...) course with a sting in the tail. Maybe it was just me, but I'm sure that the wind was in just the right direction to make that final hill even harder this year. Despite the conditions, there were some great runs from club members and an impressive 5th place finish for the team. Once they had dried out, warmed up and had a cup of tea some ladies even

claimed to have enjoyed it. Personally, walking away with a bottle of wine (pink of course) cheered me up endlessly!

It's been said before but a huge thank you to everyone who worked so hard to put the race on and particularly to all the marshals who gave up their Sunday morning to stand in the rain for us. Your support was much appreciated even if I was only able to gasp at you at the time. For any ladies thinking about giving this one a go next year I would definitely recommend it - it would make a great introduction to racing for anyone contemplating adding a competitive element to their running. Just be sure to be prepared for the worst that the Manchester weather can throw at you!

[Full results here](#)

Rebecca

The comments on the running sites about this year's Ladies Race are (of course!!) good, Posters at runner's world said:

Manc girl: great race - cold wet and windy, I love this race - have run it for the last 10 years - always well organised and very friendly.

Claire: Freezing cold rain but lovely hot chocolate at end! Is a good course, only serious hill is last 0.25mile. Well organised, lots of friendly marshals and my first race mug.

Ruth: Despite the heavy rain, this was yet again another excellent, very friendly and extremely well organised race. Will be back in 2010!

More comments from the emails we received:

Nathalie: Enjoyed my first go at the Salford Women's 5.25 miles today despite the awful weather. Think I managed a top 20 place or close to that anyway.

Sue: Many thanks for organising a really good race today. My friend and I travelled from North Wales and loved it. Big thank you to all those marshals, there were so many.

Christine: Thanks for the excellent organisation of the race yesterday. I know what hard work goes into it! The marshals were excellent considering the conditions they had to stand in! Just wish you could get rid of the hill!!!!

Jo: Can you also please pass on my thanks to the marshals who did a wonderful job especially in such wet and miserable conditions. It does make all the difference when you're slogging round!

Race Report**Cross Country - Boggart Hole Clough, 13th December**

Mystery Swinton runner spotted

Never has a venue been so aptly named!

13 Swinton runners turned out for this cross country match – the third of the Manchester Area series – on an extremely cold, but bright December afternoon.

Ladies were up first. The first part led us around a field; this part has been muddy every year I've done this race, so it came as no surprise that this year was no different. However, the mud did not end there. In fact, it did not end. Pretty much all of the course – even in the wooded areas – was thick, slippery, squelchy MUD. In places, it was quite treacher-

ous, especially going down the steep hill. People were sliding, twisting and falling all over the place. For me, the only saving grace was the short path, where I managed to pass about 10 spike wearing ladies who couldn't leave the grass!

Unfortunately, Sarah wasn't feeling well enough to participate and she was missed by the ladies' team, but we did manage to field a full team of 4 – myself, Rebecca, Dawn and Carol. Despite being 3 minutes down on last year's time, I managed 3rd place in my category so I have to be happy with that. Well done to Rebecca, Dawn and Carol on their brilliant efforts.

Again, we girls were jubilant about the fact that we had only had 2 laps to run and we could relax after our race and watch the guys endure 3 laps of the mud bath. How on earth did that guy out front (Tom Lancashire from Bolton United Harriers) skim over the mud as though it wasn't there? Awe-

some to watch! Our Swinton guys had some fantastic races, notably cross country newcomer Mark in 55th position and an incredible time of 42:35. Not far behind Mark were Steve Doxey, Tony and Rick (who was sporting his now famous head-on-one-side, 'pained' expression from the second the race began!) Chris, Paul, Adam, Andy and Steve Hart also ran well making it a great Swinton turnout in not great conditions. A tough but rewarding race, with first-class team camaraderie.

- Swinton Ladies – 13th
- Swinton Vet Ladies – 9th
- Swinton Men – 15th
- Swinton Vet Men – 9th

Lauren

Modest as always, Lauren has not mentioned that after 3 matches she is lying 9th in women's vets and

2nd V35

Race results available here[Ladies](#)[Men's](#)**Series results to-date available here**[Ladies](#)[Men's](#)**Next event****Woodbank Park, Stockport, 3rd Jan 2010** [See the forums for more details](#)

Race Results

Stockport 10, 13th December



Three members completed in the Stockport 10.

Andy Land in a time of 1:18:43
Philip Summers in a time of 1:22:50
David Williamson in a time of 1:23:32

[Full Results available here](#)

Well done.



For those that missed this on the forums

[The Stockport Goody Bag Song](#)

Any volunteers for the Swinton 10

Christmas Lights Run, 23rd December

A small but determined troupe from SRC braved the snow covered streets of Salford last Wednesday. Santa and Mrs Santa were probably the only ones properly dressed for the conditions. Santa hats and Bah Humbug hats just aren't the same as a nice thick woolly one. The BBC said it would start to snow at midnight, so when at 8pm the first flakes started to swirl down we weren't entirely surprised. They were only out by four hours – better than usual!

It grew into a picture postcard evening, large flakes glinting as they drifted down past; street lights, robin lights, reindeer lights, holly lights, an entire family of glowing snowmen and one miniscule nativity. The actual run was a bit faster than usual, we didn't linger quite as long as last year admiring Salfordian artistic expertise – Paul managed to get everyone to stand still long enough for one photo, but that was it. How Mark (in shorts and running vest) managed to get back without developing hypothermia I will never understand.

Arguably the best bit of the evening was cut short; I understand that one drink and prizes for Santa and his Mrs were enjoyed before everyone decided that the roads were probably starting to get as hazardous as the pavements. (No-one actually fell over this year's Christmas miracle!). I think Rick must have deliberately put the Landrover into a wheel spin just to get everyone really worried about getting back up the hill.

Despite aquaplaning on the slush on the M60 and driving for half an hour on the A34 with my teeth firmly clenched I'm really glad I made the effort to go out that night – thanks everyone for a good run.

Sarah



Christmas Lights Run, 23rd December



Many thanks to Paul for the photos

London Marathon 2010

Those of us mad enough to enter this event will have already done so and know if they have a place. The club is automatically entitled to places and this year the winners of the draw were Rebecca and Tony.



Interview with Rebecca

How long have you been running?

Since February 2008 when I got a place in the Great North Run although only seriously (if you can call it that) in the past year.

How long have you been at Swinton RC?

Just over a year - my first run with the club was on Bonfire Night in 2008 - I remember because of the added entertainment provided by the fireworks.

Do you do any other sports?

I do some yoga and pilates in an attempt to improve my appalling flexibility (or lack thereof) and also try to go to the gym every now and again. I am decidedly poor at most other sports particularly anything requiring any degree of hand eye co-ordination - I was the only one in my class to fail to even achieve my bronze netball award at school!

What do you enjoy about running?

The not requiring any hand eye co-ordination bit is a good start! There are lots of things that I enjoy about running - that it can be done on your own or as part of a group, that even if you're not particularly good you can still enjoy racing and the satisfaction of improving your times, that a run can help you forget a rubbish day at work and best of all that it means I can eat cake without feeling guilty.

Is this your first Marathon?

Yes - and I strongly suspect my last.

What sort of time are you hoping for in 2010?

I would love to do it in 4 hours but I'm realistic about these things and I think I'll be happy just to finish in one piece.

What sort of mileage will you be doing in preparation?

I'm trying not to think too hard about this at the moment but I am assuming it will be more than at present! As an absolute marathon novice all advice from more experienced runners would be gratefully received (i.e. prepare to be bombarded with idiotic questions for the next 4 months!)

What will you eat the night before?

Probably the old favourite of pasta.

What will you be drinking the night after!

Red wine and lots of it I hope!

I know we all wish Rebecca good luck and I hope all the long distance addicts will be offering to support her on her training runs.

We hope to have an interview with Tony in a later edition

Race Series Report

The Central Lancashire Grand Prix Series

We had a great year in the CLGP in 2009. The club finished 5th overall, whilst the men's vets and the B team finished 4th of 9. Steve Doxey and Tony Flanagan managed top ten places overall, as well as both achieving 3rd in their age group. The Ladies went from struggling to field a team in 2008 to having 5 regular competitors. We managed a very respectable 6th this year, with Dawn and Lauren both coming 2nd in their age group. Lauren was also an impressive 4th overall. So there will be lots more wine sloshing around Swinton RC in the New Year!?

Results

- [Team](#)
- [Ladies Individual](#)
- [Ladies Vet's](#)
- [Men's Individual](#)
- [Men's Vet's](#)

2010 CLGP CALENDAR

Race	Event	Date	Distance	Entry	Forum
1	Lostock 6	28 th February	6 Miles	http://www	http://www
2	St. Annes 10	21 th March	10 Miles	http://www	http://www
3	Radcliffe 10k	18 th April	10 Km	http://www	http://www
4	Haigh Hall 4	12 th May	4 Miles		http://www
5	Smithills Serpent	30 th May	5 Miles		http://www
6	Horwich 5	14 th July	5 Miles		http://www
7	Chorley 4.4 Trail	4 th August	4.4 Miles		http://www
8	Swinton 10	26 th September	10 Miles		http://www
9	Gin Pit 5	10 th October	5 Miles	http://www	http://www

Please note

The St. Annes 10 has a limit of 400 runners and may well be full before the race day.

The race organiser will inform all clubs when 300 entries have been received.

The CLGP Secretary will remind all clubs of the need to register early 6 weeks prior to the Race.

USEFUL CLGP LINKS

[Central Lancashire Grand Prix Web Site](#)

[Swinton Running Club Forums](#)

[UK Results \(on-line entries \)](#)

[SportSoft \(on-line entries \)](#)

Up and Coming Races

Friday 1st January

Joe Salts Multi Terrain, Whitworth

Sunday 3rd January

Woodbank Park XC, Stockport

Sunday 10th January

Hit The Trail 5 Mile, Reddish Vale

Greater Manchester XC Championships, Stockport

Sunday 17th January

Shell Four Villages Half Marathon, Helsby

Saturday 23rd January

North of England XC Championships, Blackburn

Sunday 24th January

Chernobyl 10k, Walton-le-Dale

Saturday 30th January

Wythenshawe Park XC, Sale

Saturday 7th February

Alsager 5 Mile

Radcliffe 10 Mile Trail

Alexandra Park 5K

Saturday 13th February

SEL XC Lilford Park, Leigh

Sunday 21st February

Trafford 10K

Robert Moffat Memorial, High Legh 10K

High Legh now full

Saturday 27th February

National Cross Country Championships, Leeds

Come along and support the team

Sunday 28th February

Lostock 6 Mile (CLGP)

Fancy something a little bit different

Sunday 6th June

Cross the Bay Challenge, Flookburgh

Are you ready to do battle with sand, sea and strong winds, then this may be just for you

“An excellent twist on a half marathon.”

Sunday 12th September

PARAS' 10, Catterick

The ultimate 10 mile endurance race, could you beat the Paras' !

Some members are doing the P Company Challenge why not join them, if you dare.

Heaton Park - Park Run

Every Saturday at 9am this 5km run is organised - **free!!**. All you have to do is let them know you're coming in advance.

It has been suggested that it could become a Swinton regular event on the first Saturday of each month. [Web page link](#)

Race Calendar Web Sites

Look for all those local and not so local races on these web sites










- [Swinton RC Forum](#)
- [Fetch](#)
- [John Schofield](#)
- [SoftSport](#)

The wonderful fetch does it all (running log, routes, race log, leagues, logs shoe miles, blogs, fetchmail & more!!) its a great place full of nice running types, a proper online community, its the place to see and be seen, AND its free!! King Fetch (Ian) is very good at responding to member requests about new site content and there are now a total of 9 Swinton Members using the site! Fetch (in my opinion Fetch has the Class!).

Andrew

Training

Last month we included advice on the importance of stretching properly. This month thanks to Ian T., some advice on which commonly used stretches can actually be harmful!

DON'T DO	WHY	Try instead
<p>The plough</p> 	<p>Tends to promote forward head and kyphosis (hump back) by further stretching already elongated muscles and ligaments. It is also easy to lose balance and injure neck or back.</p>	<p>One leg stretcher</p>
<p>Hurdler's stretch</p>	<p>The knee is placed in an unnatural position – the angle is putting abnormal stress load on the joint. May cause strain in the groin, also puts stress on the cartilage of the bent knee.</p>	<p>Lateral straddle stretch or inverted</p>  <p>hurdler's stretch</p>
<p>Standing toe touch</p> 	<p>May overstress the muscles and ligaments of the lumbar region. Will tend to cause problems of compression to the sciatic nerve.</p>	<p>Sitting stretches</p> 
<p>Shin and quadriceps stretch</p> 	<p>Where the knee is hyper flexed 120 degrees or more may damage the knee by stressing the cartilage or by stretching the ligaments.</p>	<p>Use opposite hand and foot</p>
<p>Neck Hypertension</p>  	<p>Tipping the head backward or forward during any exercise such as neck circling can pinch arteries and nerves at the base of the skull and result in dizziness, severe compression of the discs in the neck, or arthritis of the cervical spine area.</p>	<p>It can be done moderately if the neck is supported during exercise.</p>
<p>Ballistic bar stretches</p> 	<p>Some experts believe that when the extended leg is raised 90 degrees or more and the trunk is bent over the knee it can lead to sciatica and piriformis syndrome.</p>	<p>Bent leg stretches</p> 

Equipment Tips

Choosing a Shoe: The Very Basics By Ads.

There's no single 'best shoe' – everyone has different needs. All sorts of things - your biomechanics, your weight, the surfaces you run on, and obviously, the shape of your feet - mean that one person's ideal shoe can be terrible for another person.

Shoes can be divided into three main categories (cushioned, stability and motion control); and three minor ones (performance training, racing and off-road). The first three are everyday options and are categorised essentially by your biomechanical needs; the second three are more specialised and you'd often only consider them as second shoes.

The first step in finding your basic shoe needs is to try the 'Wet Test', below or, preferably, to visit a biomechanics expert or experienced shoe retailer.

The Wet Test works on the basis that the shape of your wet footprint on a dry floor or piece of paper roughly correlates with the amount of stability you might need in your shoe. It will show you what features you should look for and equip you with the basic knowledge you need to make an informed purchase.

The Normal Foot



Normal feet have a normal-sized arch and will leave a wet footprint that has a flare, but shows the forefoot and heel connected by a broad band. A normal foot lands on the outside of the heel and rolls inwards slightly to absorb shock. It's the foot of a runner who is biomechanically efficient and therefore doesn't need a motion control shoe.

Best shoes: Stability shoes with moderate control features.

The Flat Foot



This has a low arch and leaves a print which looks like the whole sole of the foot. It usually indicates an overpronated foot – one that strikes on the outside of the heel and rolls inwards (pronates) excessively. Over time, this can cause many different types of overuse injuries.

Best shoes: Motion control shoes, or high stability shoes with firm midsoles and control features that reduce the degree of pronation. Stay away from highly cushioned, highly curved shoes, which lack stability features.

The High-Arched Foot



This leaves a print showing a very narrow band or no band at all between the forefoot and the heel. A curved, highly arched foot is generally supinated or underpronated. Because it doesn't pronate enough, it's not usually an effective shock absorber.

Best shoes: Cushioned (or 'neutral') shoes with plenty of flexibility to encourage foot motion. Stay away from motion control or stability shoes, which reduce foot mobility.

Before I joined Swinton Running Club I used to and still use a gym a lot. I did not realise the importance of a correct running shoe. Shortly after joining the club Lauren and I ran the Amsterdam marathon. Lauren completed it but I had to drop out just before the 15k mark. This was due to my left knee and hip giving me terrible pain; I put it down to not enough training and ended up walking in pain back to our hotel. I only just got back before Lauren.

After talking to more experienced club members (Roger) I was advised to go to a proper running shop and get the correct running shoe (I still had my doubts). I went to Sweatshop as it is now in Hyde. I told the assistant about the marathon and the problems I had. He told me to take my shoes and socks off and walk up and down. He spotted straight away that I over pronate (my feet were striking the ground more on the outside). So in the trainers I was using I was not getting the support I needed (plus they were a size too big !). He fixed me up with the correct size and stability shoe and I have not suffered since.

Hence I have put together this article in the hope that others might find it useful.

Details of the Sweatshop in Hyde can be found here on the [Sweatshop Web Site](#)

Adam

Social Events

Pub Quiz — January 2010



Glyn will be organising a pub quiz some time in January, please keep a look out on the notice boards or the forums for more details

Chocolate Party — 19th February 2010



One for the Ladies, Lauren is organising another night out or should that be night in. This time its a Chocolate party, more details to follow in the New Year.

Next Month

We hope to have race reports and results from the Woodbank Park XC race, North of England XC race and more.

Report from the AGM

A dummies' guide on how to use the [Swinton Running Club Forums](#)

More training, hints and tips.

If you have any ideas, or contributions for future editions, please email [Sarah](#) or [Steve](#)

Word Search — Running Manufacturers

15 Words to find

O D L O W E E O N G
 A S I C S I R N I A
 S K O O R B O U K R
 A D I D A S G Z E M
 L L I H N O R I I I
 S P U M A E N M Z N
 W I L M E Y L L I H
 C F S B P T O E B B
 B D O S A U C O N Y
 W K S A L O M O N Z

ADIDAS
 BROOKS
 GORE
 MIZUNO
 ODLO
 REEBOK
 SALOMON
 SIS

ASICS
 GARMIN
 HILLY
 NIKE
 PUMA
 RONHILL
 SAUCONY



Chairman (acting)

[Ilan Thomas](#)

Secretary

[Steve Doxey](#)

Treasurer

[Ilan Thomas](#)

Social Secretary

[Jonathan Mellor](#)

Club Captain

[Steve Doxey](#)

Ladies Captain

[Barbara Bayliss](#)

Swinton Running club can provide you the opportunity to train and compete at whatever level you choose. We are affiliated with the North of England Athletic Association for Road, Fell and Cross Country running. You can be part of a friendly informal running club with members from local runners to fun runners - all enjoying taking part in a sport that provides the chance for everyone to find the event that suits them best. We regularly compete in local races at all age and ability levels. Some of us just come down to the club to run and don't want to enter races but like to train with like minded people and enjoy the social side of being with a club (we do have a bar !!!).

We have said it before and will say it again:

We hope that you enjoy this occasional newsletter. If you are sick of it clogging up your in box, let me know and I will take you off the circulation list.

[Steve](#)

If you have any race reports, photos, announcements or any news that would be of interest to the others members please let just know.

[Sarah](#)

