



Swinton Running Club

VOLUME 1, ISSUE 1

NOVEMBER 2009

THIS MONTH

- Race Reports
- Adam and Andrews Training Tips
- Tutu Glyn
- And much much more

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Race Report

Through the Villages, Sunday 1st November

After running this race twice before and thoroughly enjoying it, I was enthusiastic about giving it another go. I was also pleased that I had managed to convince Adam and Steve Hart to try it for the first time. Enthusiasm drained out of me rapidly as I woke on Sunday 1st November to torrential rain and howling wind. Had I not pre-entered, I am 100% sure I would not have raced.

Anyway, despite the weather, Tony, Steve, Adam and myself turned up in Wheelton, near Chorley at 10.30am with another 200+ barmy runners. The race - 8.45 miles - took in Brin-scall, Abbey Village and Withnell, ending up back it Wheelton. Gently undulat-

ing it was not! Quite the opposite in fact - very tough climbs and a long descent at the end. Battling the water underfoot and the powerful wind was challenging to say



Adam powering up the first hill.

the least - numerous race numbers and hats were blown off, and at times it felt like we were running backwards!

This was not a day for a PB - Tony and I were both about 5 minutes down on our previous times. However, I can't explain why, but we all still really enjoyed it and I'm happy to report that Adam and Steve are still speaking to me! This race is definitely in my top five; it's not easy but it does have a strange appeal. Why not join us next year? I bet you'll return!

Lauren

Race Report

Sherdley Park, Sunday 15th November

For a second time the met office forecast dire weather for the Manchester League event. On Friday Rock Radio were talking about torrential downpours of biblical proportions. But, again the forecast was wrong and the park was bathed in winter sunshine. Let's hope this contin-

ues all season!

OK, before I paint too rosy a picture, it had been raining, heavily. There were huge boggy puddles and the mud definitely came over my laces this week. Standing near the finish of the men's race the ladies were dodging

clods of mud flying off the spikes of sprinting athletes. The course was almost entirely on 'undulating' grass. That word I am discovering can be used to describe anything from almost flat to needing crampons to climb. I didn't think it was as much fun as Heaton Park, no fallen



“Boggart Hole
Clough is a flat
course”
Steve Doxey
Ha ha ha

trees to vault, not as varied and you can see the rest of the field stretching into the distance three hills ahead. Its redeeming feature is that it is shorter, only 6.2km (ladies).

Undeterred Swinton fielded teams of both genders – YES we managed a ladies team – hurrah! Not only that we finished 8th of 14(vets)! The men put in a really good showing with 9th out of 21.

As usual Steve Doxey flew toward the finish hard on the heels of the mere children who didn't even have the decency to be out of breath after three laps at a pace

normally seen at the track. Steve managed a vets top 20 finish with Rick, Chris and Paul coming in the top half of the vet's field. If Andrew Coates hadn't stopped to play with the children, who knows what his (very respectable) 63rd might have been? Adam finished with a smile on his face - did he really do three laps? Steve H and Big Andy had the decency to look like they had worked hard – which they had. The Ladies stood at the finish agreeing that on this occasion we would overlook a bit of sexism and be thankful that we only had to do 2 laps.

Five Ladies braved the mud. Rebecca started the race in a stunning ensemble of match-

ing pink trainers and leggings, they matched at the end of the race too, but they weren't pink any longer! Dawn and Carol also crossed the finish line with smiles on their faces – it was nowhere near as bad as they had expected – see – told you! The star of the Ladies team, Lauren was ten seconds outside a top ten finish in the vets ranking. I was just glad to finish without being mown down by the gaggle of Stockport Harriers thundering toward the finish behind me.

Sarah

Next event

[Boggart Hole Clough](#)

Saturday 12th Dec 2009

Cross Country, what on earth is it all about?

Q: What is XC?

A: Awesome sport in which intelligent people are involved in, that most peeps don't understand unless they are involved in it.

<http://www.urbandictionary.com/define.php?term=cross%20country>

You know you're in Cross Country if...

- 1) All your socks are either stained or torn.
- 2) You can spit while running.
- 3) You wake up every Sunday morning in pain.
- 4) Your Saturdays for the past 4 years were ruined.
- 5) You enjoy running hills.
- 6) You think sprinting is for wussies.
- 7) You don't know what an "off-season" means.
- 8) You find yourself saying, "it's not really a hill..."
- 9) Your calves are bigger than your biceps.
- 10) You run through puddles instead of around them.
- 11) You can blow nose with your index finger. (Snot Rocket!).
- 12) You know exactly what a difference .14 miles can make.
- 13) You have suffered through one too many cases of "runner's nipple."
- 14) You set extraordinary goals that real people wouldn't be able to meet.
- 15) Your Saturdays for the next 4 years are ruined
- 16) It's always a beautiful day for running, regardless of reality!
- 17) You've become accustomed to the taste of mud & sweat.
- 18) You count how many people you pass.
- 19) There's no such thing as bad weather, just soft people.
- 20) You knew all of the above and didn't need to read this.

Race Report

Lancaster Half Marathon 8th November

Congratulations to Steve Campbell on a great result at the recent Lancaster Half Marathon held on November 8th. Given that this race is pretty flat with lots of long straight fast bits this race is traditionally used by many as a back end test of speed over the Half Marathon distance. Steve clearly didn't want to challenge tradition here finishing 34th out of a field of 666(!) in a highly envy creating time of 1:22:23.

My spies tell me that this was a particularly difficult day, the heavy, hard and wet sleet and snow that greeted me last year when I ran this was absent but stretches of the course were 5 inches (around 12.5 centimetres for you young 'uns) deep in water making for a very wet and muddy drive home!

Well done Steve, and, ere, when are we going to see you grace the Cross Country field??

Results at: http://www.ukroadraces.info/Csv_Files/2009/lancasterhalf.htm

Andrew

Race Report

Snowdonia Marathon 24th October

Some people stated that I must be mad when they heard I was doing my first marathon and that it was the Snowdonia Marathon 2009. I'm not sure if that is a comment on my running or a general observation or maybe that despite being very scenic, the run it also involves around 2000ft of ascent as well as 26.2 miles But as I said to people I like a challenge. I did also want to raise money for a very deserving breast cancer charity called Genesis - hence the pink and white T-shirt (& briefly a pink tutu at the end - I haven't got the legs for one really).

It wasn't an auspicious start to the day of the race, driving rain and strong winds blew from first thing on the morning of the Saturday 24th October. So by 10:50 when the Snowdonia Marathon 2009 (or Marathon Eryri 2009 to give it its Welsh title) started around 20 mins late, everyone was soaked to the skin. But everyone was still in buoyant mood whooping when they crossed the starting line. That soon stopped with the first big hill between 3 and 4 miles though.

The course really is amazing and the scenery beautiful even on a blustery day like this. Hills and mountains, valleys and rivers rolled by. Plentiful drinks stops kept the runners refuelled and hydrated as we wound our way down into the picturesque village of Beddgelert in the heart of Snowdonia about the half way stage. Then began a slog on the road to Caernarfon, a long hill that seemed to go on gradually for miles. We even past a steam train (Either I was hallucinating or things haven't progressed much around here since the 1940's!).

Finally after some much needed chocolate and cherry energy bars came the final killer hill at 21 miles. Up and over the hill into the next valley and the finish, runners wandered around like zombies in the driving rain. A frightening prospect but eventually I got to the top and it was all downhill from there. And what a fantastic feeling to cross that finish line, in just under the 4 hours target I had set myself with the crowds cheering and my wife, family and friends shouting me home. I would definitely recommend doing it to anyone, though people might say you're mad.

Glyn



Up and Coming Races

Coniston 14 - Saturday 27th March 2010 11am

This is a stunning road race around Coniston Lake. It was first run in 1982 and attracts approximately 1600 runners (club and fun runners) every year. Organisation, by a committee of volunteers from Coniston Village, is first-class.

The hilly route follows the 13.875 miles of road that circles Coniston and there are incredible views of the surrounding mountains. There are lots of prizes in all categories

and every runner who completes the course receives a local slate memento. 25 local charities also benefit from the race.

Coniston 14 is a particular favourite for Swinton Running Club. As it takes place on a Saturday, many members and friends spend either the night or weekend there. This makes it a great social event as well - there are 5 pubs and many guesthouses in the village.

2010 will be my 4th Coniston 14 race and, although it is a tough run, I'm looking forward to being part of it again. If you haven't already entered, why not give it a go?

Lauren

[Entries and race details at available here.](#)

Hot tips on the best places to stay and the best pints in town are on the [forums](#)

"I'm looking forward to being part of it again"

Lauren

Heaton 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 to me that it could become a Swinton regular event on the first Saturday of each month. Swinton Ladies might well be hung over on the first Saturday in December (see below), but gentlemen, I'm sure you could all squeeze in a flat fast 5k to wake you up on a Saturday morning?.

[Web page link](#)

Stockport 10.

Local Classic, tough but great goody bag!!

[Link](#)

Round the Walls Race (Chester) Boxing day.

A popular Christmas Race
[Link](#)

Hit the trail 5 mile trail race:

Another popular new year race.
[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 7 Swinton Members using the site! Fetch (in my opinion Fetch has the Class!). **Andrew**

Blackpool Marathon & Half Marathon Sunday 11th April 2010

<http://www.blackpoolmarathon.com>

I know there is another much larger event taking place a couple of weeks later down south (Virgin London Marathon), but this one includes both a Half and Full Marathon, is only 45 minutes from home on a bad day, pretty flat and accommodation is really cheap if you want to stay over. The half may well serve those Full Edinburgh entrants as part of their race preparation just 5 weeks later!

Jon & I did the Blackpool Marathon a couple of years ago and really enjoyed it. Given that the Half and Full events are on the same course at the same time and multi-lap we could get a Swinton RC team in there and put our own support and feed station in, make a bit of a day or weekend of it for both runners and family and friends. Does this interest us?

Look out for the posters on the notice board soon.

[Let us know by clicking here for the latest details on the forums](#)



Training

I have been asked and overheard lots of questions about training - what should or shouldn't we be doing and why? Adam sent me the following which I found really helpful (cant do the exercises properly yet, but getting there!) I'm hoping that more Swinton members will have more gems to share in future issues.

Core and Running by Ads.

Running places a high demand on our muscular system, both dynamically and postural. Anything other than optimum bio-mechanics can lead to running inefficiently at best and injuring ourselves at worst...

Planning a structured strength training program for your running will not only lead to an increase in functional strength, but also help you develop more stable, efficient running with fewer incidences of injury.

One of the common problems with trying to encourage runners to do any kind of strength training is that it is often viewed as competition to grinding out the miles.

Weak, inactive muscles around the hips and core can lead to poor control of the firing sequence when running. Activating muscles such as the glutes, lower and deep abdominals with isolation exercises can "wake" them up and facilitate their activation during more complex, full kinetic chain movements.

Core strength

Most runners focus on the core area at least to a small extent in their training by carrying out conventional abdominal and low back exercises such as crunches and back extensions. However, during the running motion, the amount of active trunk flexion (carried out by the abdominal muscles) is rather negligible, as is the extent of trunk extension (a function of the low back muscles and gluteus). Compared with direct flexion and extension, there is much more rotational action in the trunk during running, yet most runners totally ignore workouts which would improve the rotational strength of their core muscles.

Regular core stability exercise can improve back muscles and posture, and bring numerous benefits, including an improvement to running. Here's our guide for any runner wanting to get started in core strength training exercise.

Benefits of core stability training

Think about your own core stability by considering how you watch television. If you're like the majority of people, you probably watch TV slouched on the sofa. Years of this take its toll, meaning the core stability you may have had before is partially lost. But you can re-train these muscles and gain a whole host of benefits, including improved running performance.

The benefits brought by training your core include:

- Improved balance
- Improved joint and body stability
- Improved posture
- Reduced risk of injury
- Increased core strength
- Improved sporting performance

Wednesday Night Training Runs

Jon and Ian's Wednesday Night Training plan is now available on the [forums](#).

Please remember that the plan is flexible and any nights run can be altered to suit the needs of anyone..

Training continued

A guide to core strength training for runners

Many shops sell 'one-size-fits-all' 65cm diameter stability balls, but for most people, these are simply too big and they are forced to under inflate them. But exercising on a very soft ball reduces the effectiveness of the exercise because a large surface area is in contact with the ground. Far greater and faster gains can be achieved through using a smaller ball pumped up harder, so that there is less surface area in contact with the floor.

Foundation stability ball exercises to get you started

1. Stability ball balancing and kneeling

How to do it

- Stand with feet approx 45cm apart.
- Position the stability ball on the floor and up against the knees and shins.
- Place hands on top of the ball.
- Pushing up from the toes, slowly roll forward with the ball until feet are off the floor until balance is achieved.

Tip

Initially, position a mat in front of the ball to provide confidence should you roll forward.

Progression

Once balance can be achieved, remove a hand or leg and eventually both hands until it is possible to kneel completely upright on the ball.

2. Stability ball floor bridge

How to do it

- Lie face up on the floor, arms outstretched either side of the body.
- Position heels on the ball, toes pointing at the ceiling and lift body off the floor.
- Form a straight line from shoulders through to ankles.
- Contract core muscles and keep pelvis elevated to maintain correct position.

Tip

If the standard floor bridge position is too challenging, reposition feet so that ankles and calves are supported by the ball. As core strength increases, revert to solely heels on the ball.

Progression

Gradually bring arms in towards body until eventually they can be lifted off the floor together, leaving only the shoulders in contact with the floor.

Despite the challenging nature of the exercises, core stability should form a part of your regular training. By starting with regular stability ball training, and adding additional core exercises as you progress, will add a new dimension to your exercise routine, and provide a comprehensive range of benefits to your running.

Ads

Equipment tips

I have just discovered that I am NOT supposed to wear the same pair of trainers every day (sometimes twice a day) for running, weights and circuits. Apparently trainers - unlike my legs - are supposed to get a rest! Now this is probably so obvious to club members who have been running for years that you consider it unworthy of mention and probably laughable that I didn't know. But please don't assume that us newcomers to running (especially me) know anything! My understanding - happy to be corrected by members who can explain it better in the next edition - is that the soles need time to expand back to the right shape after we have pounded them (and our ankles, knees and hips) round the block for an hour or so. I now just have to face *another* trip to Decathlon. I was hoping to avoid this until after the C word.

Sarah

Training continued

Stretching and pre-exercise drills are good for you! By Andrew

When you watch the Athletics on the Tele, them there chaps & chapesses are always prancing about between events, kicking legs and shaking this and that. What on earth are they up to?

The answer is dead simple, they are keeping everything bendy, warm, supple and safe with drills and stretches.

Stretching and pre exercise drills are good for you - but only if you do them right!!

Stretching and Drills are good for you yet not enough of us do it (including me!!). They can prevent and help to prevent DOMS (Delayed Onset Muscle Soreness) in the hours and days following runs and help to prevent over and excessive use injuries.

I put together this short guide for a recent Coaching Job, whilst I am not an expert and all new activities should be carried out with care if you try a few on the PDF at the SRC online bulletin board (<http://www.runwithswinton.proboards.com/index.cgi?action=display&board=trainsched&thread=212>) and let us know how you get on via the board, your experiences will help others.

The Golden Rules are:

- Warm muscles up before getting adventurous,
- Don't bounce, Stretch,
- When you feel the stretch....stop...more is not usually better,
- Take your time, it takes time to achieve anything that is worth achieving!

Regular use should increase general flexibility and suppleness which may have positive benefits in other areas of your life! If anybody wants to know more Myself, Steve or any of the other regular coaching types or 'Old Timers' may be able to help! I also have a couple of books on the subject.

Happy Stretching.

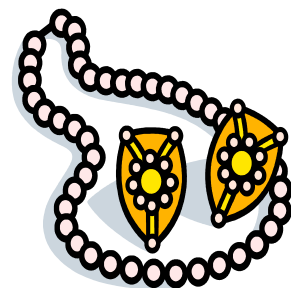
Andrew

Ladies Jewellery Party 4th December

Any of the Ladies who haven't already had an invite please contact Lauren, all SRC Ladies welcome. This isn't just a chance to pick up some personal bling or Christmas presents, this is a chance for us all to get together and talk running; to race or not to race, weight management or fitness, social activity or competitive outlet.... Prior to the AGM so that we can present some ideas on the night.

[More details are available on the forums click here](#)

Sarah



Pub Quiz January

Glyn is hosting a pub quiz some time in January, date and details to follow. Please check the notice board or forum.

Christmas at the Club

I usually refuse to discuss the C word until the 1st of December at the earliest. But since the next issue is likely to be at the end of December, it will be too late to tell you of important SRC Christmas events.

Christmas Lights Run Wednesday 23rd December

This sees everybody bringing some nibbles to the club for a little buffet after we have all gone out on a pack run (Santa hats and costumes a must) around the streets of Swinton taking in the festive lights our town has to offer.

John

As a new club member last year I didn't really know what to expect from the Christmas lights run. I had been agreeing with my very cool rock guitar playing teenage nephew that his dad's display of lights all over the front of the house was seriously naff and embarrassing only the week before. OMG the lights run redefined my definition of OTT. It made Danny DeVito's house in 'Deck the Halls' look tame. These houses have to be seen to be believed. Oh yea - and you get to run with people from SRC you might not normally run with, have a chat, eats lots of naughty food and ENJOY yourself (That is why we do this isn't it).

Sarah

AGM 9th December (9pm after pack runs)

I decided to stay for this last year and unlike many AGMs I have attended over the years it DID NOT

- go on all night
- put me to sleep
- end in arguments and bad blood

IT DID

- inform me about the working of the club
- Stay focussed and get the job done
- Give me a chance to contribute some ideas

I do plan to go again this year and would urge other club members to do the same - its your club, have your say!

[More details are available on the forums click here](#)

Sarah

What have we been up to when we weren't running?

Saturday 7th November saw 53 Swinton Running Club members descend on Leo's Italian Restaurant in Monton for a meal and the resurrection of our Runner of the Quarter presentations.

Proceedings kicked off with copious amounts of wine and beverages being consumed before, during and after the meal were served.

We had our usual games of stand up bingo (for those still capable of standing), and a raffle with various prizes available to win. Big thanks to Ian Harvey and Salford R.L.F.C for the donation of two Salford shirts for the raffle and Andrew Coates for the donation of his running apparel. It was with great pleasure and many thanks to all who bought tickets that we were able to donate £211 towards the Help for Heroes charity that will fund vital resources for returning soldiers from the North West injured in Afghanistan.

The runner of the quarter awards went to Andrew Coates and Rebecca Mills. Newcomer awards went to Dan and Julie. Most improved runners were Mike Horton and Lisa Ottiwell.

Jon



Chairman

[Andy Coates](#)

Secretary

[Steve Doxey](#)

Treasurer

[Ian 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.

[Sarah](#)

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](#)

