



Swinton Running Club

VOLUME 1, ISSUE 1

JANUARY 2010

THIS MONTH

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- Adam's Tips
- Paul's Tips
- Quiz Night

Race Report

Cross Country - Woodbank Park, 4th January



Since there had been a string of race cancellations over Christmas and the New Year and if anything the conditions had worsened, I fully expected this race to be called off – but no, Carol's lunchtime posting confirmed it was going ahead. So armed with extra layers, flasks and food we set off. We could tell when we crossed from Cheshire into Lancashire, GMC have obviously heard of grit. However, Woodbank car park hadn't figured on Stockport's priority list, and cars were slithering sideways past each other as they struggled to get in and out. We decided to park by the road and walk. As we crunched down the lane I explained to Jon that the race was going ahead because it was cross country and the grass probably wasn't frozen solid because the snow wouldn't have been packed down like the roads. They wouldn't be going ahead if it was dangerous would they? I

first questioned this assumption when I pounded downhill under the shelter of the trees, my feet mostly landing in nice soft mud, but occasionally slipping alarmingly. Various yelps and shouts rang through the trees as we tried to warn each other of the worst spots. As I tried to gain a few places toward the end of the trees I saw the alarming sight of a sharp drop into a right hand bend with a large tree conveniently placed to crash into if I got the turn wrong. On both laps I was convinced I was going to become closely acquainted with that tree. Apparently a couple of my team mates did give it a quick hug. Skirting round the woods, the grass was as I had expected, crunchy but not slippery and uphill back into the trees it was positively boggy. I wasn't entirely unhappy on the second lap that the girls in front walked the last few feet and there was no space to get past them. Back out into the open, the path round the back of the track was deeply rutted and again had very few opportunities to pass or be passed. Then

it was out to the ice rink, straight across the field, back to the start on the first lap and back round the bend to the finish on our second. Sorry lads, but it is so good to only have to do 2 laps! The grass here must not drain very well and in places was sheet ice. For the first time this year I thought spikes would have given me a real advantage rather than a slight edge. At the death, two girls I had worked hard to pass up the hill and round the track came cruising past in spikes as I struggled for footing. Despite the weather, the proximity to Christmas and the reduced turnout overall, Swinton put out a strong team again. I was glad I'd made the effort instead of curling up with a film and more Christmas leftovers.



Sarah

Race results available here

[Ladies](#)

[Men's](#)

Series results to-date available here

[Ladies](#)

[Men's](#)

We will have a Race report of the last race in the series in the February Edition
Wythenshawe Park, 30th Jan 2010

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Race Report

Northern Athletics Cross Country Championships Witton Park, Blackburn, 23rd January

Four hardy Swinton runners turned out at the Northern Cross Country Championships at Witton Park, Blackburn. These championships take place at a different venue each year. Well done to Mark Birchall, Steve Hart, Andy Smith and myself. No ladies unfortunately competing this time, but I know you were all saving yourself for the upcoming final league fixture at Wythenshawe Park and the chance of a good finish position in the league!

The race was seven and a quarter miles (11.5k) about a mile longer than the league fixtures. A high quality field of 600 senior men battled through 4 laps of the customary mud and up and down two lovely steep hills on each lap, called "the saucer" and "the teaspoon". As an added bonus this was one of the races where you get to run alongside the elite, albeit they are usually on a different lap, when they pass you. They didn't seem to be running any quicker than I was, but then appearances can be deceptive. There were guys running, who I had seen on the telly recently wearing UK athletics vests, that's my excuse anyway! But seriously, there were some unbelievable times from those at the top end of the field on such a difficult course. The etiquette of some of those lapping me left a little to be desired though, so I will be working on my sprinting for next time, when a sly nudge back or trip would be very tempting!

All things considered, it was a tough but a satisfying experience. Looking back to my finishing time from four years ago on the same course, I must have been on drugs then! This is one of the tougher cross country courses, but I think, we were all pleased that we took part and battled round, I am sure you agree with me Steve! You looked so pleased when you turned up to find us short-handed, dashing your plans for a nice easy afternoon spectating. It was also comforting to see, that even Mark found the race testing. So he is human then! It made me feel a bit better about my struggles.

Many thanks to Salford Harriers for letting us store our gear in their tent. It was nice to see how the other half live. At least we didn't have the hassle of taking our tent down at the end!

Anyway as always, I would recommend that everyone tries at least one cross county race during the winter season. They don't get any easier, but you always feel a sense of achievement just getting round, and it is one of the best ways of improving your strength and stamina. If you can get round a cross country course, then other races should hold no fears.

Well done to the intrepid four who participated, you can proudly say you were in the top 600 cross country runners

in the north. Hopefully we will have a bigger turnout next year. The finishing times were as follows.

Paul

Driving up the M61 in the fog, I was not looking forward to this race, 11.5K and with several steep hills to climb.

Finally arrived, I walked round the tented village trying to find 3 other team mates. I was caught up in the camaraderie of the event. With everyone talking to each other, and wishing each other luck. There was also a chance to meet up with some old friends from both Rochdale Harriers and Salford Harriers.

The race was tough and long, 4 laps around Witton Park, 2 short and then 2 long laps, not that the short laps seemed to be any more shorter than the longer ones.

All the way round the spectators' were encouraging everyone on, which certainly helped.

I finished the race exhausted, but with a sense of achievement, the 592nd best Cross Country runner in the North. 😊

Mark Birchall	52:04
Paul Rutherford	58:31
Steve Hart	1:16:12
Andy Smith	1:22:53

The Men's team have entered in the National Cross Country Championships, Roundhay Park, Leeds, 27th February. Look for a review in next months newsletter



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 Tony

All my life I have been a huge sports person. Throughout school I was always on all the sports teams, however it wasn't until I got married that I took running more seriously.

At the age of 18 I ran my first marathon (Piccadilly, 3h 43mins) and it wasn't until the age of 28 that I ran my second (2h 55mins) This time gave me a huge boost and made me want to keep racing to try and get better times. Which I managed one year later with a time of 2h 51mins (my PB).

This year will be 7th London marathon and hopefully my last because after reaching ten marathons I have decided that's enough. I would love to complete my tenth marathon in a time less than 3 hours. I travel down to London the day before and attend the pasta party at the evening, to get as much carbohydrates as possible.

I became a member of the Swinton Running club four years ago because

I decided after 7 years of not running for a club I wanted to get back that competitive side of me. Since joining Swinton I cannot believe how many nice people and friends I have made. Joining Swinton was the best thing I have done in the past ten years. I would have to say after running it six times the London would probably have to be the best marathon for me. I average thirty miles a week and in preparation would probably do between 45 and 50 miles a week, this has seen me through my marathons.

Last year after London the best moment was coming home to my family and a bottle of Stella. Which after 2010 I will look forward to once again.

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

Coniston - How Many ?

Shortly after I joined Swinton, I stood by the bar listening to members rave about what a good weekend Coniston had been. I suspect this had as much to do with memories of the pain of racing being dulled by large quantities of winter ale as the beautiful scenery around the Lake itself. However, after successful attempts at half marathons, I decided I could manage another .75 of a mile even if I have to walk it.

I entered on line, and so received the email from the organisers, explaining that due to the winter floods, one of the bridges is still out and so the course has been changed.

I am stunned to find out that the race has been lengthened. Nearly 17miles – OMG. For those of you with full marathons under your belt, this probably isn't a big deal, but some of us have never actually run that far and it's not even flat. I am finding the prospect of running for over 2 hours fairly daunting.

But I've entered, told the old man he's not allowed to arrange anything else that weekend on pain of death and banned the drummer in the band from booking any gigs with similar threats of bodily harm. I'm kind of committed, so I'm going to go for it, not expecting any great times, but I am expecting to drink large quantities of hop based beverages and to enjoy some excellent company. After the initial shock, I am still looking forward to it – I think... Hope to see lots of similarly loopy SRC members in the bar.

Sarah

Race Series Report

The Central Lancashire Grand Prix Series

The CLGP has a new leadership team, along with some new clubs.

The website is <http://centrallancsgrandprix.blogspot.com> although a new catchier address and site are coming soon. There will be a results service around the site and each club is expected to provide race reviews of its own races at least. Other contributions will be gratefully accepted by [Gary Stevens](#).

The first CLGP race will be at the Lostock 6 on 28th Feb where it is hoped to have a prize giving of last year's winning clubs and runners.

Later in the year there will be a memento for all members who completed at least 6 of the 9 GP races last season.

Lostock 6

We need to provide at least 1 marshal to help with running of this race.
Can any volunteers please contact [Steve Doxey](#)

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

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)

Sunday 7th March

Alexandra Park 5K
Stanley Park 10K

Sunday 14th March

Burnley 10K Road Race

Sunday 21st March

Ultrafit St. Annes 10 Mile Road Race (CLGP)

Wednesday 24th March

Vera Hirst 5K Road Race

Saturday 27th March

Coniston 14 Plus

Sunday 28th March

Wilmslow Half Marathon

Fancy something a little bit different

Sunday 2th May

The Bluebell Trail 10

10.3 Mile road and woodland trail race through beautiful bluebell woods in the heart of Yorkshire. Unique river crossing finish

“Not for Shrinking Violets.”

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.”

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](#)

Lucozade Sport have a van at the run every 4 to 5 weeks, giving away lots of freebies and advice. Next date 6th March

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 8 Swinton Members using the site! Fetch (in my opinion Fetch has the Class!).

Andrew

Training - Rest Days by Adam

How essential are rest days?

A training session weakens your body, depleting nutrient supplies and damaging muscles. This may sound like bad news, but it's actually the stimulus for your body to repair and rebuild itself – though only if you allow it time to do so. Your immune system is also depressed by endurance training, so taking a day's rest each week may prevent longer lay-offs through illness. Neglecting proper recovery over a long period is one cause of overtraining. Instead of thinking of rest days as “empty” days, treat them as “recovery” days.

How you spend them will depend on the volume and intensity of your training as well as your other commitments. For many runners, knowing a day off from training is approaching can be psychologically important when tackling a hard session, but inactivity is not your only option.

Light exercise may speed up recovery by increasing blood flow around the body, but you should stay in a low aerobic zone (around 60–70 per cent of your maximum heart rate). Choose a low-impact activity with different movements from running: cycling or swimming are excellent choices. Recovery sessions should be 20 to 30 minutes, but if you feel tired 10 minutes in, stop.

Recovery days are ideal for addressing areas of fitness that you might neglect; try yoga or Pilates classes, or just a long stretching session.

How often should I take rest days?

Resting properly is just as important as training. To improve as a runner, the process is simple: training, fuel (food and drink) and recovery, repeated in appropriate amounts at appropriate times. If any of these ingredients within the cycle are missing or inadequate you cannot expect to improve as rapidly or safely as you might otherwise.

Fit rest in with your daily and weekly commitments. If you are always tired after a week of work, make Friday a rest day to leave you fresh for training at the weekend. Listen to your body. If you slept badly, it could be that you are over-tired or stressed - both are a danger to you as a runner - and an easy or rest day should follow.

If you lack energy before you even start training, an easy week which incorporates a couple of rest days in a row could really help you get back on track. You also need to eat and sleep well though or the rest will be a waste of time.

60-Second Guide: Rest and Recovery



In order to run at your best, your body needs time to recover between training sessions. Your hard work might end when you pull off your trainers, but your body keeps working afterwards, repairing and rebuilding muscle and gradually adapting to a regular (or increasing) training load.

Long runs, hard sessions and races also leave your immune system dramatically lowered, so knowing what to eat, drink and do immediately after exercise is vital for staying fit and healthy too.

A well rested Swinton runner in Prague

Keep Moving

Immediately after a hard run or race, slow down to a walk rather than stopping abruptly. By keeping your legs moving - and pumping new blood to your muscles - you'll help your legs flush out waste products. Grab an extra layer of clothing too as your core temperature will drop after a run. The colder you are, the harder it is for blood to get to your muscles.

Take A Dip

Both ice baths and a relaxing hot tub can have recovery benefits. A quick cold dip immediately after your run will improve your circulation and help reduce inflammation. Save the hot bath for later, when the heat will help ease any lingering soreness.

Stretch Out

Whether you're a stretching fan or foe, you might find a gentle session beneficial after easier runs. Ease into stretches slowly - otherwise, you run the risk of damaging muscles already taxed by a tough workout. A light sports massage and/or wearing compression clothing (brands like Skins, 2XU and Under Armour) can also boost blood flow and help expel lactic acid.

Consider following a hard session with an easy recovery run or some cross-training the next day too. Non-strenuous exercise will encourage the delivery of oxygen and nutrients to tired muscles.

Adam

Training - Injury Rehabilitation - Core Stability by Paul

Using a Balance/Wobble Board

After suffering several ankle sprains in recent years, a physio advised me of the benefits of using a balance/wobble board as part of rehabilitation and I learnt a new word in the process, "proprioception". Apparently, the body has sensors all around it which sense where parts of the body are without you looking. These sensors are called proprioceptors. If the ankle or lower leg is damaged then the proprioceptors can be damaged also. If you have ever started to turn your ankle over and it has automatically righted itself then this is the proprioceptors working automatically to prevent further injury. When you are injured, the sensors will not work so well, increasing the chance of re-injuring the leg or ankle. This is why with some people, once they sprain an ankle, they continue to sprain it repeatedly. I was advised, that using a balance board could help retrain the proprioceptors and improve coordination, hence preventing further injury. All I needed to do was stand on the board and try to keep it horizontal - without the edges touching the floor. I was given this list of exercises to try out.

Wobble Board / Balance Board Exercises (starting easy and getting harder)

1. Whilst sitting down place the wobble board under the feet and slowly rotate it a number of times in each direction.
2. Stand on the wobble board, feet shoulder width apart. Hold on to a something stable for support if needed and rock the board forwards and backwards, then side to side. Do this for 2 to 3 minutes.
3. Stand on the wobble board, feet shoulder width apart. Rotate the wobble board round so that the edge of the board is in contact with the floor at all times. Again try this for 2 to 3 minutes.
4. Stand on the wobble balance board, again feet shoulder width apart - no support allowed! Rock the board front to back for 1 minute then side to side for one minute.
5. Balance on the wobble board for as long as you can without the edges touching the floor. Aim for over 2 minutes without touching the floor.
6. Rotate the wobble board in a circle but do not allow the edge of the board to touch the floor. Aim for 2 minutes.
7. Stand on the wobble board with one leg. Rock the board from front to back for 1 minute and then side to side for 1 minute.
8. Again stand on the wobble board with one leg only. Rotate the board in a circular motion in one direction for 1 minute then repeat in the other direction.
9. Try to balance on the wobble board with one leg only! How long can you go for?
10. When you have mastered all of the above you should have strong stable ankles and be an expert. Now try it all with your eyes closed!!

I have still not managed to perfect all the exercises, and definitely not any yet with my eyes closed! I find however, that just 20 minutes 2 or 3 times a week is beneficial, and I can usually fit this in on a rest day combined with some stretching. If you struggle to find the spare time, just try and do some basic movements, front to back, side to side and circular rotation. If pressed for time myself, I will just do a couple of exercises trying to maintain balance for as long as I can with the goal to progressively increase the time with each attempt.

If you decide to have a go, take it easy to begin with. If you have had back or, neck problems, you might want to consider taking advice before beginning. Follow the manufacturers' guidelines and instructions on how to use the balance board safely. With practice, you will learn how to safely control the momentum of the board and your body. I would suggest giving yourself a few feet of space in every direction to be clear of most furniture, walls, glass and hard or pointy stationary objects. The floor or ground should be a material that provides traction, such as carpet or rubber matting and it is best to avoid slick surfaces. You may find, that the first few times using the board you need to hold onto something stable for extra support until you get accustomed to the exercises but as coordination and skill develop, you become more confident.

I have found the board useful for both core stability training and as part of rehabilitation when injured and a good way to improve balance, strength, and coordination. The aim of balance board exercise is to challenge balance, sense imbalance, react quickly, and recover quickly from the imbalance through subtle physical adjustments. For me using the board 2 or 3 times a week has increased proprioception and ankle strength, improved my coordination and hopefully lessened the risk of potential ankle injury, which can only be a benefit to my running.

There are some advanced exercises- but I'll save them for another time!

Paul

Social Events

Pub Quiz - 29th January



Thanks to all the club members, and their friends and family, who came down to the Club on Friday night (29th January) to take part in the SRC Big Pub Quiz.

We had an enjoyable evening with 11 teams taking part including a team from Swinton Cricket club and one from Prestwich AC too. The teams battled it out, pitting their wits through a variety of question rounds such as: General Knowledge, Sport, History, Geography, Music, Current Affairs and TV and Films.

Jon Mellor made sure everyone was well fed with a very tasty home-made hotpot and veggie chilli supper at half time, whilst Ian Harvey helped man the pumps behind the bar to keep everyone refreshed.

In the end it was the team named 'Norfolk & Chance' with including Mike Lilley (& Barbara Bayliss ?) who triumphed taking first prize with a fantastic 90 points, whilst the runners up were called 'Blair's' Answers' with a highly commendable 83 points. Finally propping up everyone else were the aptly named 'It's not going to be us' with 49.5 points who took the wooden spoon. (but they did only have 3 members in their team).

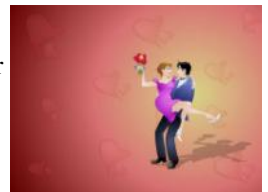
The night also raised over a £100 for The Christie Hospital too, so thanks again to everyone who came down and supported it.

Glyn

Valentines Disco - 13th February

On Saturday, 13th of February, we will be hosting the Swinton Running Club's Valentine Disco. The disco will be at the club, and starts at 7.30pm till late!. Highlights include DJ, Disco, hot supper served, raffles and runner of the quarter awards. All for a measly £6 per person.

Please see Jon or Mary at the club for tickets



Chocolate Party - 19th February



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 soon.

Pie Night - 24th February



An old Swinton tradition is being revived on the last Wednesday of every month – pie night! The first of these was last Wednesday after a 'long' run, so we could all feel that we'd earned the privilege. Mostly the bar was full of football fans who couldn't tear their eyes away from the telly long enough to order a pie. Sorry, I'm strictly vegetarian, so can't personally vouch for them, but from the way Ric was tucked into his second, I suspect the meat and potato pies were rather good. So make sure you bring an extra pound (or two) on Wednesday the 24th February.

Sarah

Missing in Action

Glad to see Mike Lilley back in training after a long lay-off with a dodgy back.

We hope to see Carl back to full fitness soon after his injuries at "Shell Four Villages Half Marathon".

And we wish Lauren a speedy recovery after picking up an injury at the Wythenshawe Park Cross Country race.



Chairman

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 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](#)

