

The Nailsea Runner

Bye monthly, hello bi-monthly...



Richard Cadwgan Chairman's Corner

Well hello everyone and welcome to your December's issue of the NRC newsletter, it doesn't seem a moment ago that I was last here writing Novembers issue and although we have been a bit thin on the ground since our last issue, there have still been a few events that NRC members have been involved with, of late we have seen several members competing at the Bath Hilly half, no major results at this run but I'm sure all who took part enjoyed it!

We also saw the last of the Tyntesfield feel good Friday runs for 2012 on the 23rd November with a good turn out and led by Kathleen thank you to all who have organised these runs over the last year and may they continue in 2013.

On the 25th we also saw Martin organise his Portishead coastal run with a good turnout of runners, again an event well organised and led by one of our proficient runners.

Thank you to all members who have organised or led runs over the last month, as it is through their help that makes the club what it is.

Aside from running we also saw Chris Horder organise a social evening's trip into some of the more interesting pubs of Bedminster, well did we meet a few interesting characters in and around that part of

Bedminster, one chap was convinced that we were all from the army on a special exercise!!! Thanks to Chris for organising that evening's entertainment and I'm sure we will see more social expeditions in 2013.

As the festive season is now fast approaching we are hoping to put together a few varied events over the Christmas period, so please if any of you have ideas for a run or event (the event doesn't have to involve a run as social activities are more than welcome by all) please feel free to put it forward to any of the committee, already we have a run taking place on the Mendips over the Christmas period, and a cycle ride or two may even appear in the calendar of activities?

As I am sure you are all aware we as a club donate a percentage of our takings from race events to local charities which are always grateful of our help, these charities are suggested by you the members, so please if you have a specific charity that you support and you feel the club can help them with a donation, drop me a line detailing the charity and a short explanation of why we should put them on our list and they will be considered for the 2013 season.

Until the next time, keep running and may you all have a very happy Christmas.

Richard

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Disclaimer: I'll do whatever I need to do to your stories to fit them on the page

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John Rooney

Rooney's Ramblings

Well, another month, another ramble about recovering from injury, it seems! The months since August have been amongst the most frustrating I've ever experienced as a runner, but slowly, with the help of a good physio, I feel like I'm approaching full fitness once more. And like a toddler learning at the third try that the fire actually is quite hot, I've finally learned that rest really is a big part of recovery!

Having been used to averaging 40-50 miles a week, I haven't run more than 20 in a week since breaking my foot, and it seems to have done the job. And when I have run, it's been a case of taking it steady, and focusing more on the time I've been out running, rather than the distance. By adding 10 minutes to my long run each week, I've now got to the point where I can run for 90 minutes on the road and not feel too much pain the next day. Whilst on my own little 5 mile time trial run that I do, I'm only a minute or so off my PB from earlier in the year. It feels like it might actually all come together for London next April now.

The stories from Mike and Nina this week are therefore especially timely for me to read. Mike's story is a reminder that you can be a runner for a long time if you look after yourself. I started running at the age of 30. If I keep going as long as Mike has, then I'm only an eighth of the way there! These recent setbacks are therefore but blinks of an eye, and it lifts the spirits to know that. Nina's story meanwhile, demonstrates that you can rid yourself of injuries by working on your technique. So best foot forward for 2013, and a merry Christmas to you all.

John

Mike Coupe

Vets International XC

The three lifts in the Europa Hotel in Belfast (that's 'Elevators' to you Nina) each have a capacity of eleven persons. However, this capacity appeared somewhat over cautious as about fifteen runners were easily accommodated. This gives you some idea of the appearance of the 'honed and toned' internationals attending the pre-race pep-talks on the Friday evening, before the races on the Saturday morning.

The organisers had things off to a fine art. The coaches from the hotel were lined up and each of the races started bang on time, even after the location was shifted to the Queens University Playing Fields instead of a waterlogged Stormont.

And what a start. Like most of us, I'm used to feeling my way into a race and, hopefully, speeding up a bit as the old legs warm up and the race progresses. No chance in these events. Just as the gun goes, everyone is off 'hell for leather'. You're in oxygen debt right away and just trying to hang in there with eyeballs on stalks and lungs rasping. The muddy hollows and slimy hills sap your legs of any power and you're just grateful to eventually fall into the finishing funnel.



(Continued Page 6)

Nina Killick

Re-learning to Run

After yet another season spent sidelined because of injury, I thought I'd explore why I was not able to make it through a season without calf tears, Achilles tendonitis, and hip pain. I'd read *Born to Run* (even met the famous Caballo Blanco at a lecture at QEH) and *Natural Running* by Danny Abshire (Newton Shoes), looked into some of the research and thought there might be something in it. So I decided I would teach myself a new technique.

I did drills, foot strengthening exercises and then went out for a run. Twenty minutes was all I was aiming for; I thought the brain power needed to concentrate for twenty minutes of a new movement pattern would far exceed the energy burned running. Twelve minutes later and I'm hobbling back home. The calves were screaming and the Achilles and knees were far from happy. It's a good thing I haven't got stairs at home.

A second attempt at a run a week later had the same results. What was going wrong? I decided to seek help. Despite years of working in a running shop and being a qualified triathlon coach, I wasn't prepared for what I was about to learn. I made an appointment with The Running School to have my run technique shredded to smithereens by their bio-mechanical experts. Two videos were taken, one from the rear and one from the side. The rear view showed a low heel kick (weak hamstrings), and twisting of the torso (arms crossing the centre line to the front and putting pressure on the lumbar spine, hence the backache). From the side, the cause of the Achilles ache and sore knees was obvious. Although I was touching down on my 'toes', they were way too far out in front of my body and shock waves

that a crash pad under the heel would normally absorb, could not be absorbed by the forefoot as it was in the wrong position to make use of the body's ability to absorb the shock waves. In short, I had maintained my heel-striking gait but was putting my toes down first, still creating that braking action that is so destructive.

Okay. Now that I know what is wrong, how do I fix it? The promise of becoming a more efficient runner in six weeks was enough to make me sign up. On my first visit, my 'trainer' Amy, put me through a grueling session on the treadmill for 30 minutes. But first, she broke down the correct run action into its component parts and we worked one at a time, over and over again. Intervals are short and intense. The Central Nervous System (CNS) is also included in this training, however, it tires after 15-30 seconds. Once the CNS is tired, form breaks down and the muscles are not learning anything new.

We then spent 20 minutes finding out where my functional weaknesses were and going through the exercises to help strengthen to core, legs, and most importantly, the glutes. What I found to be most beneficial was the immediate feedback from Amy when I started to falter. When I tried to teach myself the new technique, it felt fine. But that was because I thought what I was doing was right from the start and it wasn't because I couldn't see what I was doing. A new technique will always feel odd, even hard because the new muscles are not yet trained and it is easy to assume that what you are doing is right because it feels good.

I still wasn't satisfied though; I want to know why runners, me included, keep getting injured. It isn't a simple answer,

Nina Killick

Re-learning to Run (cont)

but one thing continued to stand out - technique, technique, technique. Just about anyone thinking of running goes out and buys a pair of shoes and off they go putting one foot in front of the other (in some cases quite literally which has its own ramifications for injury). However, if you wanted to learn to play golf, you would seek the help of a pro to teach you the correct way to hold a club and how to swing it. Or if you wanted to learn to play the piano, you would go to a teacher so that you can instruct your brain and muscles in the right way to play the notes. In other words, you would learn the 'technique'. But as runners, we haven't done that. We go out, see what others are doing and try to copy them; we try to go faster and when we can't we blame it on our genes, and when we get injured we don't investigate why.

So it isn't surprising that so many runners always have a niggle or an injury. The bulk of jobs these days require us to sit in front of computer screens or sit in cars for hours on end. All this has done for the human body is to make us look more like a chair than a human. Muscles to the front of the body, namely the hip flexors have become shorted, while those to the rear, the glutes, hams and core, have become longer and weaker, while the shoulders hunch forward. So when we run, the limited range of motion in these muscles and their respective joints, the poor posture, and the low level of strength, contribute to the current craze for a shuffle-like gait with hips dropping, feet splaying out like penguins and arms crossing from side to side. Then to add to the injury risk, the lack of strength in the core and pelvis (the keystone of every runner's body) is too weak to stabilise any of this movement and so it becomes a self fulfilling injury prophesy.

So where am I now with my running. I finished my six week program back in the summer and now run "unconsciously correct"; that is, without thinking about it any more. It takes about 10,000 reps of a movement to ingrain it sufficiently into the muscle's memory. I knocked five minutes off a 7k race time and I've had no Achilles tendonitis, no calf pain and the issue with the hip has been getting better since the core strengthening work began. Running feels freer, lighter and is so much more enjoyable because my joints aren't stiff and sore from taking the battering of the braking action.

I'm a convert to this newly revived technique thing. So much so that I am now a qualified Running School Coach. The improvements I've seen in runner's technique in the few short months I've been there are astounding. Anyone from a recreational runner wanting to improve times and enjoyment, kids wanting to participate in school athletics, and elite and age-group runners will benefit from this program, whether it is a complete overhaul or fine tuning of technique. I can't believe what it did for me. Visit www.runningschool.co.uk for more information, testimonials and videos. You won't be disappointed.

Happy Running!



Clifford Wallis NRC clean sweep at Palma

Just to prove there is more to running in winter than endless laps of Nailsea in the dark, five intrepid NRC members and two guest runners ably supported by the honorary team photographer headed off in search of sun and adventure for warmer climes in mid-October. Departing from a cold and damp Bristol airport at 6.00pm on a Friday via the wonderful Ryan Air "transport service", just over 2 hours later we found ourselves in Palma, Majorca with temperatures in the 20's.



Not wanting to miss out on any chance to soak up the local atmosphere (and alcohol) we headed straight out to find a local Tapas bar for some pre-race carb-loading.

Things get a little hazy at this point but apparently half of us decided to return to the hotel for a respectable midnight



bedtime and the others headed off to sample more of the local nightlife; returning to the hotel sometime just before breakfast where they recounted stories of the wonderful range of cocktails available, of night clubs offering "guaranteed no plastic" and other strange attractions!



Luckily, race day was not until Sunday so those who had overindulged had a day to recover while we sampled the sites of Palma, registered for the half-marathon, collected our race goody bag (yes, before even racing!) and finally relax by the hotel pool (where the bar served a wide range of alcoholic beverages as well as tea and coffee!). After an evening spent at the hotel restaurant and bar we all retired early (well before midnight, just) to get a good nights sleep before race day.

Race day dawned with thankfully lower temperatures and a cooling breeze (*cont*)

Clifford Wallis **NRC clean sweep at Palma (cont)**

and we all headed off to the race start (eager to get the race out of the way and back to the hotel pool!).



Despite our best attempts to handicap our running ability we all managed to complete the race (some of us finishing on the same day!) and agreed that it was a well organised and enjoyable race to run and given the opportunity we would all like to return and run this race again.



Wisely we had all booked Monday off work and stayed in Palma soaking up the sun (and alcohol) until late on Monday when regrettably we had to catch our flight back to the cold and damp of Nailsea.

Cliff

Mike Coupe **Vets International XC (cont)**

Being an ordinary 'club' runner, with no previous international experience, I was concerned that I'd suffer a dose of humiliation. But somehow I managed to win £15 for first V70+ in the 6K Open. Was it worth it? Oh yes. Everyone was really friendly. The team managers were professional. The supporters enthusiastic and loud - especially the Welsh and Irish. Like the English, the Scots were a bit more 'buttoned up'.

The evening banquet, with 480 seated, was a riot of whoops and cheers when the medals were handed out. England swept the board in the team prizes - except for one female only event that Ireland won.

Ireland continue to impress. Despite having a small population of about four and a half million, they've managed to produce a string of great runners such as Eamonn Coghlan and Sonia O'Sullivan. Not forgetting cyclists like Stephen Roche and Sean Kelly. Forgive me for this - some of my family are originally from Ireland.

My red and white 'England' sweatshirt will be proudly paraded on my ageing body whenever there's any remote excuse and I'm looking forward to next year when the next Vets International Cross Country is staged at Colwyn Bay in North Wales. Here's hoping that I'll be 'between injuries' and be selected once again for the England squad.

Mike

Race Calendar 2012/13

Date	Day	Time	Event	Comment
Dec 15 th	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Dec 20 th	Thur	730pm	Weston Prom 5-miler 4 th of 9 races	Weston AC
Dec 22 nd	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Dec 26 th	Wed	Tbc	Clevedon 4 miles NRC LEAGUE RACE	Clevedon AC
Dec 29 th	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Dec 30 th	Sun	1030am	Seven Sins Challenge (Forest of Dean)	http://www.sevensinsrun.com/
Dec 30 th	Sun	1pm	Old Father Time 8.10k – Vets only	lescroupiersrunningclub.org.uk
Jan 1st	Tues	11am	Clevedon Hangover 10k NRC LEAGUE RACE	Clevedon AC
Jan 5 th	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Jan 12 th	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Jan 13 th	Sun	11am	Rough and Tumble 10 M/T	http://www.grassrootsevents.co.uk
Jan 13 th	Sun	1030am	Oh my Obelisk!10m M/T	http://www.dawlishcoasters.co.uk/
Jan 17 th	Thur	730pm	Weston Prom (Race 5 of 9)	Weston AC
Jan 19 th	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Jan 20 th	Sun	11am	Riverbank Rollick	Thornbury RC
Jan 20 th	Sun	1030am	Gloucester Marathon	beyondthelimitations.co.uk
Jan 26 th	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Jan 27 th	Sun	950am	Slaughterford 9'ish multi-terrain	Chippenham Harriers
Jan 29 th	Tues	730pm	Bridge Inn Winter 5k series	Bristol & West AC
Feb 2 nd	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Feb 3 rd	Sun	11am	Moorland M/T 10k approx	tach.org.uk/moorland11.pdf
Feb 3 rd	Sun	11am	May Hill Massacre 8.75mile multi-terrain	www.mayhillmassacre.co.uk
Feb 3 rd	Sun	10am	Longleat 10k	www.209events.com
Feb 3 rd	Sun	1030am	Hestercombe Humdinger 9.5mile or 5k hurtle	thehestercombehumdinger.co.uk/
Feb 7th	Thur	730pm	Burnham 5k	http://www.bospool.com
Feb 9 th	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Feb 10 th	Sun	930am	Bath Run Series 10k	www.bathrunseries.com
Feb 10 th	Sun	930am	Four Trigs Challenge 16 miles with a few hills	Sidmouth RC
Feb 10 th	Sun	1030am	Dursley Dozen	Dursley & District AC
Feb 10 th	Sun	10am	The Wiltshire 10 Road Race	http://www.stampedesports.co.uk
Feb 10 th	Sun	9am	Get up and Go Gloucester 10k	http://www.gloucester10k.co.uk
Feb 16 th	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Feb 21 st	Thur	730pm	Weston Prom (Race 6 of 9)	Weston AC
Feb 23 rd	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Feb 24 th	Sun	11am	Tough Ten	http://www.toughten.co.uk/
Feb 24 th	Sun	11am	Ironwood Challenge NRC race	<i>marshals and cakes needed</i>
Feb 24 th	Sun	1030am	Bourton-on-the-Water 10k	Bourton Road Runners
Feb 24 th	Sun	1030am	The Terminator – approx 11 miles	Pewsey Vale R.C
Feb 26 th	Tues	730pm	Bridge Inn Winter 5k series	Bristol & West AC
Mar 2 nd	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Mar 3 rd	Sun	1030am	Bideford Half	http://www.bidefordaac.co.uk
Mar 3 rd	Sun	11am	Bath Half Marathon **SOLD OUT**	http://www.bathhalf.co.uk/
Mar 3 rd	Sun	1030am	Hogweed Hilly Half	Hogweed Trotters
Mar 7th	Thur	730pm	Burnham 5k	http://www.bospool.com
Mar 9 th	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Mar 10 th	Sun	1015am	Mad March 10 and 20 mile	www.zoomtri.com
Mar 10 th	Sun	1030am	The Grizzly ***SOLD OUT***	www.axevalleyrunners.org.uk
Mar 16 th	Sat	1pm	Rhayader 'round the lakes' 20m road race	rhayaderac.org.uk
Mar 16 th	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Mar 17 th	Sun	10am	Reading Half Marathon	www.readinghalfmarathon.com
Mar 21 st	Thur	730pm	Weston Prom (Race 7 of 9)	Weston AC
Mar 23 rd	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Mar 24 th	Sun	10am	San Domenico 20 mile road race	San Domenico Road Runners Club
Mar 24 th	Sun	10am	Forest of Dean Half NRC LEAGUE RACE	forestofdean-halfmarathon.co.uk
Mar 30 th	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/

Robert John

November 2012 Race Results


Ashton Court Park Runs
10.11.12

Martin Bird	19.10
Sally Johnson	20.46
Paul House	21.23

17.11.12

Paul House	21.24
Richard Stockham	25.12
Andrew Archer	26.54

24.11.12

Martin Bird	18.57
Sally Johnson	20.45

Sodbury Slog
11.11.12

John Rooney	1.07.32
John Mallone	1.09.35
Paul House	1.13.36
Steve Crayzer	1.18.44
Dermot McCann	1.35.21

Brent Knoll Run
25.11.12

Martin Bird	47.05
John Mallone	48.22
Sally Johnson	52.39
Jonathan Newby	56.19

Weston Prom 5mile
15.11.12

Cliff Wallis	32.32PB
Martin Brasher	34.21
Liz Nuttall	34.31
Jonathan Newby	35.29
Mike Salisbury	38.49
Chris Elliott	39.21
Heather Mountcastle	41.21
Rachel Millener	41.34
Bill Charnock	41.56
Andy Weeks	44.28
Mary Collins	44.54

Diary dates

14th Dec NRC Xmas Do CANCELLED

2013

24th Feb Ironwood Challenge **

24th Mar Forest of Dean Half Marathon (Club trip*)

23rd May Tyntesfield 10k **

26th June Nailsea Festival 10K **

*coach organised. Get yer names down!

** NRC races. Volunteers needed

Ran a race in a far flung part of the country recently?

E-mail Robert with your results (no making up races now!) at rlj@talktalk.net

Thank you to this month's contributors:

Richard Cadwgan
 Mike Coupe
 Robert John
 Nina Killick
 Cliff Wallis

Got something to say? A story to tell? E-mail the editor by Monday 28th January 2013 at horfieldharriers@gmail.com
 Photos particularly welcome!