

Wilmslow Running Club

newsletter



JUNE 2013

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British Masters Relays

It was another typical May Saturday, cloudy and dull, when we set off for the prestigious relays event in the midlands. Participation in this event required only one thing, being over 35!! So after slapping on the anti ageing face cream and scheduling in a course of botox injections we travelled down in our various groups to Sutton Park.

The venue itself was nice, despite lack of signage to find it, and appeared pretty flat without any potential obstacles. Actually finding the car park caused a few problems but thankfully we had Craig and his local knowledge to help. Whilst waiting for Craig, Janine was able to top up her fake tan. Women are experts at multitasking!

Upon arrival the Wilmslow flag was flying proud, the Bygraves dogs were acting as unofficial club mascots and people began their various warm up routines, some in better shape than others after the gruelling Shining Tor race a few days earlier.

After a quick check of hair and make up the ladies teams were ready to go!! Sharon J and Nicky kicked off the event as first runners for their teams and the pace of the initial runners looked fast.

As second runner I was relieved to not have the pressure of starting with the pack and waited in the pen for my turn. As soon as I saw Sharon J storming up the incline I got ready and then I was off. The first few hundred metres were uphill, nothing that would normally be a problem but with a 5k race pace felt tough. I knew it would be important to recover quickly so I kept my breathing steady and once the path flattened out I was able to overtake 3 ladies ahead of me. As I was running the strength of the wind surprised me, it had felt sheltered back at the start. However with the support of the other ladies and the men's team I felt strong and able to push on. Just before the 2 mile mark we changed direction and the wind was no longer an issue so once again I managed to make up some places. The final few hundred metres were on an incline and in a final push I passed one more lady before handing over to Di B.

I waited at the start/ finish to glimpse Carolyn come in and Sharon Jones take over. Janine had the pressure of the final leg for the 35-45 team. However she handled it like a pro and helped to maintain our strong position. This was a fantastic, well organised event with a great course and it made a nice change to be working as part of a group. We fielded 2 strong teams and ran respectable times, but more than this is the commitment people show in being prepared to give up a large chunk of their Saturday for the club which allows us to take part and be successful in events such as this and XC. After stuffing our faces with cakes it was time for the ladies to head back. Well, who else is going to do the housework?!!

Di McVey

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Shining Tor

Nobody can ever write a race report with the grace and insight of ‘The Ashcroft’ but in his absence these are my humble observations.

The afternoon was typical of May, driving rain and high winds, looking out the window I really did wonder if it was wise to be running up 1200 feet of accent in a few hours’ time, however, the clouds began to clear and I remembered that a lot of people weren’t running. I’m a Summer Series Points ‘Tart’ (thanks Janine), and I am proud of it!!!

I have never run around Goyt before, my last attempt ended up with me getting lost in the surrounding hills and almost running out of petrol, so this time I was happy to be driven by John Porteous and his co-pilot Alan Turner.

Arriving in good time we were delighted to see but a few Wilmslow vests, half a dozen at most!! Our little faces lit up, all we had to do was get round and the points would suggest a run of greatness!! As the minutes ticked by our smiles faded as another 30 or so WRC vests appeared, lovely to see them all really, kinda.

The start is based around Errwood Reservoir, beautiful setting though the wind was biting into us as we decided how many items of clothing to wear. We were in awe of the bravery of Simon Bolton as he jogged past just in his vest, far braver than I. A t-shirt, vest and a jacket, that should do it, and of course he insisted upon full body cover, whistle, map and compass.

Group 3, that is where I live and currently I live mid-way in that table, however, tonight, No Louisa, No Janine, No Kate, No Steve Russell, if there was ever a chance of the Group 3 60 points this was going to be it, just needed Di Bygrave not to turn up and I fancied my chances, my hopes were somewhat quashed with just 15 minutes to go Di arrived, tried to convince her the race was full, she just smiled, she knows us too well. Chris, who always runs hill races brilliantly, I knew, would have to be watched.

The route had been changed this year that saw the course reduced to 4.2 miles with basically 2 big hills slap bang in the middle. The first half mile or so sees us set off down a slight hill then the ascent begins in earnest, the hill though is runnable, just, its hard though to keep momentum as the surface is tricky and uneven. I keep a few paces behind Di, I know downhill I shall be braver/madder and I will make up time, Tony only just a short distance ahead either means I've gone off too fast or he is injured, it would seem he was struggling with his knee as I soon pass him on the descent and not to be seen again.

I thought I ran down hills well, but I am a mere child in comparison to Chris Grime, I have never seen somebody run down a slippery wet jagged hill as he did, he must have put 200 yards between us in the space of 2 minutes, I had however got in front of Di and Chris by the bottom of the hill, and as we looped round I could see that I was around 300 yards in front of them, just enough I thought.

Fast downhill, a light stream running through it, mud, jagged rocks, a real ankle twisting affair, then came the second ascent. Not as bad or as steep as the first but on tired legs from just trying to stay upright it hurt. Chris Grime was a few hundred metres ahead by the time we got to the top, I knew he was uncatchable now, Chris and Di were 200 metres behind and I felt safe knowing that there was only the fast downhill to run.

A real twisting, turning, alternating terrain mile downhill, a few tumbles were taken, I went over on my ankle but managed to stay upright, unlike Chris Cannon who had a roll around apparently, the finish just in sight and a welcome cheer from Mike Marshall and the dogs, worryingly Mike says "just this sting in the tail to run Andy" and as I turned the corner I saw what he meant, only 150 meters, but uphill, steep!! In many ways a great finish, a great finish when you'd finished kind of thing.

Halfway up this final hill I hear Jeremy Bygrave shout "come on Di, you can catch him", I spin my head round as fast as lightening!!! Only to see nobody behind me.....I turn back and we both smile, my panic relinquishes.....

The finish sees us welcomed with water, jam donuts and a selection of treats, fabulous!! Only 4.2 miles but I found it exhausting, the climbs were hard but the downs were filled with danger and there was no let up on body or mind for the whole race.

I would love to comment on the other Groups but didn't really see anything more than the people mentioned, though it looks like Andy Whittingham continues to run brilliantly and Simon Fenton still runs down hills like Bambi.

Andy Dodd. 60 points – BOOM.

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and **More revelations ... from Shining Tor !!**

Life In The Fast Lane

Tony contacted me about writing a report in Ian's absence. I did point out to him that my role as unofficial uninvited sweeper precluded me from seeing anybody, therefore it would be difficult. Undaunted, he asked for the race from the back and he would get proper runners up the field to contribute.

Group 3 and 4 were well represented as we set off along a wonderful stretch of tarmac. Thinking I knew what was to come I settled in behind Carolyn and Cat knowing that I would run every step of the first climb and catch them. Half way up I noticed they were walking – along with Don further up – quicker than I was running it. By the time I had run every step of that ascent I was even further back. Through the stile at the top and into the first descent which was steep and either loose underfoot or slippery. Ten metres in and I was in full Michael Jackson moonwalk mode.

Halfway down Leanne, Trevor and the rest of the field dropped past me as thoughts of Stockpot A & E loomed large. I managed to catch Trevor on the 400 metres you could actually run - along the ridge - but once we were on the descent again it was back to moonwalking.

Great runs by Sally Price, Huma on a gammy knee, Angie using her marathon fitness and particularly Don after a torrid time with injuries. Patrick, Rachel and Sharon went for self preservation and keeping each other company right up to the finishing line. Carolyn is coming back to form after a good run at Chester, Cat does incredibly well on no training and Leanne showed confidence after her 10k pb. Trevor just kept going and deserved the points.

It was great to have a Bollington Nostalgia type finish with the gang at the top of the hill. They even saved me a doughnut. Andy Watts pointed out several people had dropped out and suddenly life got a whole lot better.

I tried a couple of fell races when I started running thirty years ago. I just couldn't get that enthusiasm fell runners get when lobbing themselves off hills so never went back. Trevor pointed out in the changing room the following night that "any fool can run up hills but it takes talent to run down them". This where I am going wrong, I most definitely have that the other way round.

Simon Fenton

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Performances of the month

The ladies' 35 – 45 team who came 6th in the British Master's Road Relays:

6th Wilmslow RC	1h 18.17m
Sharon Johnstone	18.44m
Diane McVey	18.32m
Diane Bygrave	20.16m
Janine Ellis	20.45m

Di also did a PB at Dunham Massey – 18.27 which is unfortunately still 2 seconds off the club record – just a matter of time!

Andy Whittingham	1.19 Chester Half PB
	35.44 Manchester 10k PB
	1 st WRC runner at Shining Tor

Matt Taylor

Leading the Summer Series
Good performances at Goyt, Dunham and Buxton Half.

Gareth Trimble

Good performances at Goyt and Buxton Half

Carolyn Hirons

Generally improved performances
23.03 at Dunham - PB

Chris Cannon)
Andy Dodd)
Chris Grimes)

Sheer grit and determination with their
suicidal descent of Shining Tor – not to be recommended!

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Carolyn’s Core Corner

May has seen some great downhill running – Buxworth, Shining Tor and Goyt Valley. You will certainly have needed your strong core and hip stability for those dare devil descents, for the confidence and control necessary to pass those road runners who are well out of their comfort zone!

For those who heard the eloquent and inspiring Steve Vernon last week, the core corner message remains the same; ‘a strong trunk (or core) gives you the strength to hold a good posture, keeping your lower limbs biomechanically efficient and less at risk of injury. And stretching helps to realign your skeleton, keeping your soft tissues at the right length and tension’. This can be enhanced by proprioceptive work around the ankles.... Maybe a topic for 2014?

May 2013 core exercise – double leg lift and lower

(NB: This month, balancing on a log amongst the bluebells is optional!)

This exercise will help you to strengthen your postural abdominals whilst also controlling your spine. If you do this properly, it is hard work.

Start: lying on your back, with your knees bent and your feet resting on the floor. Before you position, not arched or flat on the floor, but allow the natural curve. Place your hand in the small of your back to check.

Gently engage your abdominal muscles by pulling your belly button towards your spine **without** moving your back, hold this position and don’t forget to breathe.

When you move your legs, your spine **MUST** not move, therefore you should not feel any more or less pressure on your hand. You can use your other hand to check that your rib cage and pelvis stay static too! Now you’re multi-tasking.....

Slowly lift both legs to 90 degrees and then lower to ground again. If you have strong abs and feel no back pain, you can start and finish with your feet further away (see picture #3).



Repeat 10 times, 3 sessions a week. But remember, your abs must keep your back from moving during the lift **and** the lowering phases.

May 2013 stretch – lower back rotation

To compliment the strength exercise this month, we're going to stretch out the lower back. If your back is quite flexible, you may feel this stretch more in your hips or chest.... wherever is your tightest tissue.

Start: lying on your back, knees bent, feet on the floor, arms stretched out to the sides.

Drop your knees over to one side and hold for 30 seconds.

Bring back to centre, get into neutral then start again and drop to the other side. Hold for 30 seconds. Turn your head to the opposite side for an extra stretch.



For those of you who are mega stretchy people, you can increase the stretch further by straightening your knee on the top leg:

Core corner extra – foam rollers!

To self massage those niggling tight tissues you may wish to purchase a foam roller. Here is a link to a useful video <http://www.youtube.com/watch?v=ssOu7lB70oI>

And purchase from:

<http://compare.ebay.co.uk/like/321113671667?lwgsl=y<yp=AllFixedPriceItemTypes&var=sbar&adtype=pla&crdt=0&ff3=1&ff11=ICEP3.0.0&ff12=67&ff13=80&ff14=64&ff19=0>

Or

http://www.amazon.co.uk/dp/B002IKO2YU/?tag=hydra0b-21&hvadid=9556668189&ref=asc_df_B002IKO2YU

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Injury Update

Huma Rahman

Huma went to Wythenshawe Park Run on Saturday 18th May and sustained a foot injury which it now transpires is a fracture.

She was put in plaster for at least two weeks. This is all very frustrating for her after such a strong run at Shining Tor and currently heading League 4 in the SS.

Sue Strang

Sue pulled up during the reps at Castle Mill last week. The problem is a sprained plantar fascia in her foot which means rest, new orthotics, new shoes and difficult for a serial over trainer, patience. With that last comment in mind, she is hoping to train this Thursday!

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Spotlight - On Damian Nicholls

Which books are by your bedside?

I don't have any books by my bedside just my iPad, which is the future when it comes to reading books. I can just download whatever I like onto my iPad but I don't tend to read many books and if I do then it's usually a magazine of the fashion type.

Which famous person would you most like to have dinner with and why?

Scarlett Johansson. I will leave it to you to guess why!

Where would you spend your dream holiday?

It would have to be Miami. Sunning myself on South Beach, staying at the Mandarin and partying like I'm 21.

What was your favourite race of last year and why?

Unfortunately I spent most of last year injured so I didn't get to do many races. I got myself right for the cross country but I never enjoy any of them :)

If you could run any race in the world, which one and why?

I'd like to do the Sierre Zenal again, it's a 19 mile mountain race in Switzerland, I did it a couple of years ago when Mike Cooper told me it's dead easy and you'll enjoy it. I can tell you it was the hardest race I've ever done. So I'd like to train harder and go back to try and break 3 hours.

What music do you listen to?

I like lots of music, but most of the time when I'm out running with my iPod it's house music.

What is your signature dish?

I'm an awful cook, but when I do attempt cooking it's usually hand reared chicken with brown pasta, seasoned veg with a tomato and chili sauce. Nothing too special.

What is your favourite car?

I like the Audi R8. I had a track day in one once and it was so nice to drive. I could just see myself driving down London Road in one!!

What has been the most difficult running injury to get over and how did you do it?

Last year I got a hip bursa and it just wouldn't go away, I didn't run for properly for seven months. It has been very hard to get back to full training. I'm still lacking a few miles but I'm almost there, it's helped having Tony there to keep me motivated and to tell me I'm fat and I need to stop eating so much and run more.

What other sports do you enjoy, either spectating or actively?

To be honest I'm all about the running. I like cycling (well the Tour de France), watching the football but mostly it's running and my running.

There is a couple that I see at races who always cheer for me and asking how I'm doing and then there are the club members who are the best supporters and give me great motivation to succeed.

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A Day in the Life.... Louisa Harrison

Most of the hours in most of my days are dominated by a small boy carrying a large clock. My six year old son, Frank, has autism, and so accurate time keeping is very important to him, unlike the very nice ladies manning the funnel at the Dunham Massey 5k last week, whose 4 second delay in their reflexes cost me the sub-20 minute PB I am chasing this year.

I try not to be bitter about these things. It's just when your whole day is geared towards race preparation with such a high level of seriousness and commitment, you naturally have certain expectations.

So let's take last Friday as a typical race day example of what I mean. For me, Race Day Aim number 1 is to wake up fresh, well- rested and ready to take on whichever Wilmslow vests, I mean other runners, appear. Already screwed. My two children were busy taking turns through the night alerting me to various crises: duvet not exactly aligned with frame of bed, making sleep problematic (son); one of two available fluffy horses had definitely been LOST and must immediately be FOUND or the world would be sure to END (daughter).

Race Day Aim number 2 is to ensure I avoid a stitch during the race - something I get a lot, much to League 3 members' delight. So what to eat, when to eat, how to eat are knotty conundrums that take up much of my thinking time, while appearing to do any number of other things, such as being responsible for the education of 33 Year 4 children at a local primary school.

Now, multi-tasking at this level obviously takes certain skills: I've usually just about worked out by lunchtime that for an evening race, lunch has to be big and late; the hope being that if it's sufficiently big and late then I won't have to eat anything between then and the finish, thus ensuring stomach is empty enough to not bring on stitch. Already screwed. Last Friday I ate neither big nor late. The 2pm big, relaxed pasta meal I had so perfectly created in my mind was in fact a cheese and cucumber sandwich scoffed at pace at 12pm while walking down a corridor explaining to a child that 'the tallest man-made structure' did not necessarily mean a structure that was built by the tallest man in the world. But let's move on.

Race Day Aim number 3 is to get as far into the zone as my typical Fridays permit. This is a somewhat bumpy ride. But I get off to a good start: Frank is fascinated by pylons and some days after school we drive out towards Mobberley where, I can tell you, there are some good ones. It's calm, it's quiet, we talk about which ones are near, which ones are faraway. It's all very relaxed. As we leave however, Frank confirms what he's having for tea, just as my stomach confirms that a cheese and cucumber sandwich simply wasn't enough.

We collect my daughter, who's desperate for me to eat the biscuits she's been making at school. Despite my explaining to her that I'm basically a professional athlete and I can't possibly eat a biscuit two hours before a race, she shoves one in my hand and asks me again why I never win the gold medal. My zen state is evaporating.

Race Day Aim number 4 is to go out there and have a nice time. I'm not sure why, but I never get nervous before a race. I think it's something to do with the combination of enjoying running so much, while being forced to forget about the mix of intense, chaotic, busy, brilliant, stressful things that have almost invariably always taken place up to the point just before the claxon sounds.

So while I obviously want everybody to have a nice time, I'd prefer that next time it wasn't so nice that they forget to press their stopwatch. As I said, I'm not bitter.

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Newcomer of the month

Cristina Tanase

Cristina joined the club last September and ran with group 4 for several weeks before sustaining an injury which has kept her away until last week when she ran very steadily at Castle Mill.

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Quote of the month

"I don't make a decision every morning. I made a decision once, long ago, to run every day. When I wake up, the decision is already made." - Walt Guzzardi

"When inspiration's lacking, I get my inspiration from running" - Runner's Book of Daily Inspiration

Tom McGaff

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Gelling with gels

Wilmslow Half is my Blue Riband event of the year. Nothing specific, other than I like it and it's important to me. So for about the third year running, I got injured in November and had to abandon any hopes of a sprightly Wilmslow effort. As such, this year I rather randomly booked Chester Half as a kind of banker, something that would ensure my training didn't go to waste. Except I didn't do any specific training, I never have, now I think about it. Wilmslow came and went with an unexpected PB and then before I knew it, it was Chester within a week and once again I was left wishing my preparation was a little more targeted.

My strategy for a half, such as it is, is to set off with a less than ambitious pace in mind, and see how it pans out. The reality is that I'm usually swept along at a good 10-15 seconds/mile ahead of that pace and then essentially knuckle down and wonder how long I can keep it up for. On the back of Wilmslow I was left with a little more confidence, so pushed a little harder at Chester. All untested and very optimistic, but I do recognise that the sense of occasion does carry me, something that trudging up and down the Alderley bypass lacks. One thing I do always try to tackle is nutrition. I use the word a little loosely, as really I'm simply a gent who likes to snack on a long run, usually a couple of gels during a half, but for Chester I opted for three. It's the only time I use, or take a gel and my preparation merely extends to checking I have them on the race morning, along with everything else...hat, gloves, gels, toilet roll... ! It's only during the journey that I start to think it through and visualise how I'll carry these and administer them. You know how it is, that close to drowning sensation that taking a simple sip of water creates, once you've snared a cup or water bottle, another story.

Adding taking a gel into the equation is another level of complexity altogether. The process of spotting an approaching water station, locating and opening a gel, getting at least some of the contents in your mouth, trying to swallow and still breathe, then collect a bottle of water, open that, take a slurp to wash your mouth out, then a couple of sips for hydration, this can be quite a disruptive 4-5 minutes before you settle back into some kind of rhythm. But gel storage is my biggest issue. I've lost many a gel as they've bounced out of my pockets, trying to feign disinterest as I reach down to an empty pocket, grope around hopefully and then conceal inner panic as those behind me know what's just happened. I've tucked them in my waist band only to lose them down my legs, or lose them internally only to be retrieved later. I'm not a fan of a bum bag, and snigger inwardly at those kind of utility/ammo belts. And at Chester I didn't want to pack them in my gloves, something I've been doing with reasonable success, but is a constant distraction, along with a car key and phone! So I opted to use safety pins to tether the tab to my inner waist band and tuck three gels in between my shorts and pants. The plan was that I could simply reach down, pull out the belly of the gel and at the same time rip the top off ready to consume. Nice.

On the run, it didn't quite go to plan. I found the first one easily enough, but it was reluctant to let go. Progressive tugging was only serving to giving me an unflattering wedgie. A final tug ripped my shorts leaving the intact gel with a safety pin attached. I couldn't find the second, the simple task of placing my hand in my shorts and pulling out a gel was beyond me, but eventually it came good, but I'd passed the water station, so I was running trying to hold on to a mouthful of water ready to wash my gel down. The third and final 'seek and retrieve' went quite well. Gel found, opened and administered nicely in time for the water station.

However, shortly afterwards I felt a succession of unwelcome stabbing pains from around my groin. Subtle but urgent and somewhat focused probing revealed a displaced and open safety pin freely circulating deep within my pants. And yet you just keep running, despite periodic yelps and sharp intakes of breath. Once across the line, I didn't feel it again and was soon forgotten, until many hours later a pre shower strip down revealed the offending article lodged in my pants. Balls of steel? I'm not sure, but it does illustrate again to me how the simplest of cognitive tasks during racing is often a stretch too far for me. This is either a demonstration of my athletic focus or simple evidence that as a man I am

unable to multi-task. Either way, if any of you have an effective strategy for this most basic of nutritional requirements, I'm all ears.

Rich Hirons

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It's race day, but are you prepared?

It's easy, isn't it? You train, you put in the miles and you fine tune according to the race that you have entered...Ready to go!

Race day arrives and your body is prepared...Reflecting on the adage "20% ability and 80% attitude" suggests that there might be one big area overlooked.

While natural ability and a thorough training schedule is clearly a prerequisite, the difference between great and good...good and average is down to you in a far bigger way than you might have previously imagined.

Any training programme undertaken is to prepare your body for the rigours and demands that a race will entail. Your training conditions your body so that come race day it is prepared for the speed of a 5K or the stamina required by a marathon.

You may have packed your bag the night before and picked your favourite vest and shorts to wear...picked your lucky socks, perhaps some gels and a change of clothes...nothing left to chance or is there?

While we will always prepare our bodies, we far too often overlook how we prepare our minds (the 80%)...and as a consequence we waste the opportunities to be our very best. We have conditioned our bodies, our hearts and lungs, but have failed to condition our thinking. Conditioning draws on previous experiences hence the need to modify our training for specific races.

It is our mental conditioning that drives our beliefs (about any situation) which in turn create our attitude to situations that we face. Our attitude determines how we feel, our emotions ...and it is from here that we generate behaviors and performance. Performance on race day!

So we need to start with our conditioning...how we think about ourselves. Our minds are fed from our sub conscious which purely retains all manner of previous experience. But the key here is that it does not differentiate between fact and fiction, only experiences. So when we allow ourselves to be effected by a negative chain of events, the sub conscious will retain without question for the next time a similar situation occurs .A bad race or a poor training performance.

Fact or fiction, the subconscious does not differentiate and we can change the way we think!

We can condition our thinking. The more we stop listening to negative stimuli but replace with positive words and thinking, the more our conditioning will adapt and change for the better. Start by thinking about the many positive results you have had .A great performance, a personal best, the feelings that you enjoyed as a result! Use strong and expressive words and repeat them to yourself as you reflect on the performance. By doing so, you are leaving these thoughts in your sub conscious for the next time you need to draw upon them come race day.

Its 80% attitude and there are ways to train the mind. Time you started!

Nick Bishop

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Running With A Pulled Hamstring

Perhaps I have been fortunate, but I think I have avoided hamstring injuries since my miserable experience in the year 2000, when I started the Everest Marathon with a torn hamstring, and then tripped and tore it again in the race. That was until Sunday 21 April 2013. I had just come back from a geology field trip to the Monadhliath Mountains, SE of Loch Ness in Scotland. We had speed-walked with rucksacks about 10 miles a day for three days, mainly along tracks, and I did no running or stretching for four days. Getting home after lunch, I decided to do an 8 mile 'pushing' run along the River Bollin towards Mottram golf course and felt my left hamstring pull on the return. Taking running more gently over the next few days, I did Paul's new (and good) 8-mile Thursday run via the Bird in Hand, but felt a bad ache in the leg after a mile. So, instead of running the Snowdonia Half Marathon the following weekend, I restricted myself to walking 4 miles around Timperley to watch and support at the Manchester Marathon, and started taking Ibuprofen (although I never know if that does any good!). With the Summer Series **Buxsworth** hilly 5 mile road race coming up on 1 May, I just monitored the ache when running and walking short distances. In the race, I decided to speed-walk up the hills, and run gently down. This got me ahead of Gail and only just behind Leanne and Belinda at the halfway summit, but downhill was still painful and my finish was very slow. So, I learned that going uphill was Ok on the hamstring, but longer downhill strides were damaging.

Thinking about what I had heard over the years, the hamstring muscle groups receive a good supply of blood and oxygen, and so should heal quickly. My own previous experience is that the leg feels as bad during this healing process, because the resulting scar tissue causes a similar ache in the leg. Effectively, the hamstring is operating in a shorter mode, and so stride length must also be shortened to avoid more damage, which means running more slowly. Thus, whilst continuing to run is necessary to help remove the scar tissue, performance declines in consequence. How to speed up recovery, to avoid losing too much performance? The answer must lie in massaging the hamstring muscles, to promote blood supply and the removal of scar tissue. But, self massaging the hamstrings is not easy or very effective. Then, I remembered a device for massaging that was advertised a couple of years ago. This caused me to saw off the top 40cm of an old broom handle, and to use that to massage the back of both legs. It was quite painful at first, with a definite 'hotspot' about half way along the left hamstring. I did this about four times every day, followed by 40 seconds of stretching of both hamstrings, whilst also doing a few short and slow runs.

Rainow 5 Hill Race Wed. 8 May 2013 5 miles 750' ascent 12°C

This race confirmed that I could still run uphill with no problem, but had to be cautious downhill and at the flat finish. On a recovery walk next day, the ache had moved down behind the left knee.

117	Geoff Gilbert	46.00	3 rd MV60
200	Trevor Faulkner	62.12	1 st MV70
204	finishers		

Mount Famine Fell Race Saturday 11 May 2013 5.25 miles 1850' ascent 8°C

This was run in light rain. Described as a "horrid" race by one friend (it certainly is challenging), I ran many of the uphills, but still held back downhill. After this, the left leg felt almost better, after less than three weeks.

118	Trevor Faulkner	85.46	1 st MV70
120	finishers		

I still ran the Summer Series **Shining Tor Fell Race** on 15 May rather cautiously, especially on the tricky descents, and even when passing Simon. A slight leg ache seemed to move about a bit, starting from behind the left knee.

Bollington Festival Three Peaks Race Saturday 18 May 2013 9km 370m ascent 8°C

Starting near the front this time, I pushed away quite hard and only got caught by Nina and Sarah after 6 minutes, along the canal. However, I passed them as I attacked the first climb up to Kerridge, and then battled with some rivals from Goyt Valley Striders. Two of them beat me to the finish, as I was still not fully confident about racing downhill. Tony finished just 20 seconds ahead of the 3rd MV60; perhaps his ghastly pink top put the other chap off! Nina and Sarah enjoyed a lovely social run, in ideal dampish conditions.

87	Tony Hulme	54.09	2 nd MV60
165	Trevor Faulkner	69.09	
176	Sarah Miles	72.44	
177	Nina Birch	72.44	
184	finishers		

Vanessa Chappell Fell Race Wed. 22 May 2013 6.4 miles 1484' ascent 10°C

This race has been made about a mile longer at the start, to avoid long queues at early stiles. This is a great improvement to an already fine race, which only costs slow runners about 3 minutes extra. It was a fine clear evening, but with a cold north wind. The venue was at the same place as usual, but the hotel is now being converted into a boys' school. I ran hard all the way, but perhaps at a reduced performance level. Sarah was in a group that went off route a few times, and relied on the sweeper to shout out the way.

163	Trevor Faulkner	75.05	2 nd MV70
164	Sarah Miles	81.28	
167	finishers		

To summarise, the pulled hamstring was pretty well fixed in about three weeks. I will probably continue to massage (then stretch) both hamstrings using the broom handle trick, as a preventative measure. This means that I now need to do various exercises at home for 15 minutes a day, to keep the body fit for running.

Trevor

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WRC Race Rankings (12 months to end April 2013)

April 2013													Best 4 Events
	5k	5 miles	10k	10m/15k	Half	Marathon	5k	5 miles	10k	10m/15k	Half	Marathon	
Rob Downs	2		2	1	1	1	99		99	100	100	100	399
Peter Speake	7	2	1	2	3	2	93	98	100	98	97	95	393
Trevor Morris	3		5	4	4		98		95	94	96		382
Malcolm Fowler	5	4	4	3	9	3	95	94	96	96	89	90	381
Jim Pendrill	7	5	15	5	5		93	92	81	92	95		371
Andrew Whittingham	8	3	7	7	11		91	96	92	88	86		368
Mike Hill	14	7	9	8			84	88	89	87			348
Thomas Peers	13	6	14	14	14	9	85	90	83	75	82	60	340
Rob Gilbert	31	9	10	17	16	4	63	84	88	69	80	85	336
Robert Wilson	11		11	9	18		88		87	85	77		336
Diane McVey	24	11	13	11	12		72	80	84	81	85		329
Jeremy Bygrave	18	48	12		15	5	79	4	85		81	80	326
James Eyre	16			12	10	7	82			79	88	70	318
Graham Screawn	24	10	20	10	60		72	82	75	83	20		311
Craig Hunt	25	15	31	19	13	6	71	71	60	65	84	75	301

Richard Hirons	22	16	19	21	21			74	69	76	62	73		293
Sharon Johnstone	33		21	16	19			61		73	71	76		281
Paul Garnett	28		22	20	23	15		67		72	63	70	30	273
Paul Norris	32	17	23	23	25			62	67	71	58	68		268
Allan McCormick	17	13	51	15				80	76	33	73			262
Jon Bale	40	19	25		27			52	63	68		65		249
Janine Ellis	42	22	33	27	26	12		50	57	57	50	66	45	231
Gareth Trimble	38	21	28	26		13		55	59	64	52		40	230
Diane Bygrave	41		27	25	35			51		65	54	54		224
Richard Lawson	34		48	22	39			60		37	60	49		205
Matt Taylor	45		29	34	31			46		63	37	59		205
Alan Turner	43	31	30		34	19		49	39	61		55	10	204
Kate Sutton	52	24	36	32	37			38	53	53	40	51		198
Nicky Mowat	46		45	31	28	14		45		41	42	64	35	192
Rachel Peers	50	23	37	35	44			40	55	52	35	42		189
Patrick Grannan	55	29	43	29	38			34	43	44	46	50		183
Geoff Gilbert	36		49		29	17		57		36		62	20	175
Andrew Dodd	48	27	52	33	45			43	47	32	38	41		169
Chris Cannon	52	28	44	36	58			38	45	43	33	23		158
Gavin Mendham	55		61	30	36			34		20	44	53		151
Simon Fenton	61	34	54	37	54			27	33	29	31	28		121
Huma Rahman	65	40	53	39	49			22	20	31	27	35		115
Angela Maziere		35	55		53	16			31	28		30	25	113
Julie Lucas	63	36	58	40	55			24	29	24	25	27		105
Ian Ashcroft	58		56	42	61			30		27	21	19		97
Nina Birch	67	32	59		62			20	37	23		18		96
Carolyn Hirons	66		60	41	57			21		21	23	24		89
Peter Watson	77	37	73	47	56			7	27	4	12	26		71
Janet Wyles	68		62	46	66			18		19	13	12		63
Judith Davidson	71	41	65	50	68			15	18	15	6	9		57
Elsbeth Gibson	74	43	67	44	67			11	14	12	17	11		55
Gail Hill	76	46	71	48	73			9	8	7	10	3		33
Trevor Faulkner	80	47	72	51	72			4	6	5	4	4		19
Damian Nicholls		1	3		2				100	97		99		
Graham MacNeil	1		8	6				100		91	90			
Tom McGaff	9		6		6			90		93		93		
Barry Archbold	15	8			20			83	86			74		
Graham Taylor	20	12	16					77	78	80				
Nick Bishop	29	14	17					66	73	79				
Andy Watts		18	18		23				65	77		70		
Jonathan Dunkley	26				7	11		70				92	50	
Ian Smallwood	30		47		24			65		39		69		
Louisa Harrison	35	20	38					59	61	51				
Steve Russell	44		39		42			48		49		45		
Sally Price	57		47		47			32		39		38		
Sharon Jones	62		50		50			26		35		34		
James Gowin	56		66		52			33		13		31		
Owen Ashcroft	64		64	38				23		16	29			
Roy Pownall	72	42	63					13	16	17				
Catriona Marshall		45		43	65				10		19	14		
Claire McCluskey		44		49	64				12		8	15		
Don Bullough	75		69	45				10		9	15			
Rod Coombs	73		70	52				12		8	2			
Martin Wheeldon	81	49	75					2	2	1				

Leanne Byrne	82		74		74			1		3		1		
Michael Fairs	21			13				76			77			
Mark Bale	12		34					87		56				
Tony Hulme			24	18						69	67			
Matthew Hodgson			26		40					67		47		
Aron Myers	37		42					56		45				
Peter Bream	39	30						54	41					
Jamie Smith	49		40					41		48				
John Porteous	53				48			37				36		
Amanda Bradbury	59	33						29	35					
Clare Hawkes			57		51					25		32		
Dave Wheable					41	20						46	5	
Melissa Broughton		39				18			22				15	
Sue Strang			68		60					11		20		
Sarah Miles	79				70			5				7		
Belinda Carp	78				71			6				5		
Bradley Murphy	4							96						
Phil Smith					8							91		
Stuart Parrott	10							89						
Mark Bradbury					17							78		
Steve Dempsey	19							78						
Ray Eagle	28							67						
Jarrold Homer					30							61		
Adam Neale						9							60	
Paul Ratcliffe			32							59				
Pete Stock					32							58		
Becky Ellis					33							57		
Mark Bradbury					17							78		
Steve Dempsey	19							78						
Ray Eagle	28							67						
Jarrold Homer					30							61		
Adam Neale						9							60	
Paul Ratcliffe			32							59				
Pete Stock					32							58		
Becky Ellis					33							57		
Katy Green				24							56			
Vicky Jackson-Nocker						10							55	
Vicky McKinnon			35							55				
Simon Bolton		25							51					
George Livesey					43							43		
Christopher Grime	61							27						
Stefanie Sperring		38							24					
Sally Johnston	69							17						
Zoe Eyre					63							16		
Jess Brough	70							16						
Charlotte Godfrey					69							8		
Zoe Eyre					63							16		
Jess Brough	69							16						
Charlotte Godfrey					69							8		
Soraya Mason			80							5				
Stephen Feber			82							2				

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Races to enter (or put in your diary!) now

- 6th June. [Bowden 5k](#) (Summer Series). **Postal entry only** (no on-line entry or OTD)
- 8th June. [Bosley Fete Hill Race](#) (Summer Series). Entry OTD.
- 13th June. [Roaches](#) – Staffordshire Moorlands AC event. (Summer Series). Enter OTD
- 20th June. [Buxton Hilly](#). Staffordshire Moorlands AC event. (Summer Series). Enter OTD
- 22nd June. [Lymm 5k](#) (Summer Series). Postal entry or enter OTD.
- 7th July. [Fairy Freckled Cow](#) (Summer Series). Postal entry or enter OTD.
- 14th July. Bollington Nostalgia (Summer Series). Pre-entry preferred, but they don't have a link yet. Keep an eye on the Graham Fecit ['Race Results'](#) site. OTD entry if there are spaces.
- 20th July. [Burtonwood 5 mile](#) (Summer Series). Postal pre-entry, or enter OTD.
- 25th July. Wizard 5. [On-line entry](#), or enter OTD.
- 27th July. Meerbrook 15k (Summer Series). Looks like on-line entry only – see [their web-site](#). You can also enter by text, if so inclined!

Club Calendar

Get the full version [on the web-site](#) (Members' Area)

Thursday, 30 May	Thursday, 20 June
19:00 Club Run - Rugby Club	Buxton Hilly SS
Sunday, 2 June	19:00 Club Run - Rugby Club
09:00 Rugby Club - Sunday run	Saturday, 22 June
Tuesday, 4 June	Lymm 5k SS GP
19:00 Tuesday Training - Rugby Club	Sunday, 23 June
Thursday, 6 June	09:00 Rugby Club - Sunday run
Bowdon 5k SS	Tuesday, 25 June
19:00 Club Run - Rugby Club	19:00 Tuesday Training - Rugby Club
Saturday, 8 June	Thursday, 27 June
Bosley Fete SS	19:00 Club Run - Rugby Club
Sunday, 9 June	Sunday, 30 June
09:00 Rugby Club - Sunday run	09:00 Edge - Sunday Run
Tuesday, 11 June	Tuesday, 2 July
19:00 Tuesday Training - Food afterwards	19:00 Tuesday Training - Food afterwards
Thursday, 13 June	Thursday, 4 July
Roaches SS	19:00 Club Run - Rugby Club
19:00 Club Run - Rugby Club	Sunday, 7 July
Sunday, 16 June	Fairy Freckled Cow SS
09:00 Rugby Club - Sunday run	09:00 Rugby Club - Sunday run
Tuesday, 18 June	Tuesday, 9 July
19:00 Tuesday Training - Edge	19:00 Tuesday Training - Edge

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Goyt Valley 23 May 2013

Thursday, either head to the Rugby Club for an 8 to 10 miler or Goyt Valley for yet another of Malc's great races. As I got home from work I was still undecided. My usual Limo team all had other plans so I made a suggestion to wife and daughter 'do you fancy taking the dog for a walk to Goyt valley and pick some fish and chips up for tea ' this was greeted with approval, especially from the dog , so decision made . My wife was miffed when I told her I was running when we got there

I met up with Alan on the car park, discussion on how many layers to wear, end of May and still cold, strong threat of the repeat of the rain of last year, Gavin in his team vest and points in his eye, didn't realise until we were on the start line that it wasn't a summer series race. Gareth was still in marathon mode and was using it as a warm up for Buxton Half on Sunday. This was Matt Taylors debut race last year, last year I passed him twice whilst he stopped to fasten shoe laces and thanked him for holding the gates open for me, what a difference a year makes, he can now fasten his own shoe laces, doesn't hold gates open anymore and he is quite a bit faster .

At the start Tony took a few photos then sprinted off into the distance, Malc gave us the start line briefing then lined up and off we went.

This is the fifth consecutive year I have competed in this race, so contrary to my reply to Tony on the film clip I must enjoy it. The first half of the race is predominantly downhill along an uneven track with some quite deep puddles, it levels out after a couple of miles and we are now running across fields and through a small wooded area before we turn sharp left down a steep drop and over the bridge.

Not sure how Tony managed to film the race after the first half mile or so and then turn up at the 3 mile mark to continue filming, I would have been really ***** off if he had then beaten me back to the finish to film again. More hill work at training please Tony, you could see me struggling.

The second half of the race is tough, a very long steep uphill that never seems to end, the down hills are difficult to gain much of an advantage from as they are very uneven underfoot.

Memories of last year's race came back to me as I passed the spot where Jon the vet's leg gave way, that night we didn't get any fish and chips on the way home , we only just managed to get home.

It took me almost two miles to make up the 20 yards on the guy in front, I would close the gap to two yards only for him pull away on the inclines, we did however close the gap on the two runners ahead and in the last half mile I passed all three. My lead only lasted 300 yards as two of them both passed me on the last tough climb up the side of the dam. No mad 'sprint' for the finish, no points at stake, however, as Simon Carolyn and Louisa found out at Dunham Massey the following evening every second counts, crossed the line in 55.01, the time keepers could have just forgotten about the 1 second, couldn't they ?

Now then, by this time I could smell the salt and vinegar so didn't stay for the presentation, mistake, my first ever prize at a race, well, since I won a 100 house points at Parris Wood High School in 1970 winning the annual cross country, my prize money was spent on a couple of bottles of celebratory wine and the envelope is framed on my office wall.

You can't beat fish and chips, can you?

Chris

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Deal of the Month from Running Bear

Asics Gel2000 , latest model. £65.00 . limited quantity . Wilmslow Running Club members only. first come first served. Price Normally £103.00

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