

Ex-Hausted

Volume 4

May 2003

Exmouth Harriers AAC

Odds and Ends

Exeter Arena Open Meeting : Tuesday 27th May is the next of the monthly track meetings, these run through the “Summer” months, and are a good opportunity to give the world of track racing a try, these are very friendly, and not at all intimidating, so if you fancy a go just turn up and register on the night.

“Summer Nights” : Now the warm balmy nights of summer are with us, if you have any suggestions for different routes on club nights, then please talk to me, and we will add them, to next months runs, they need to be 6 to 7 miles ish, so get your thinking caps on.

Articles for Ex-Hausted : Any items of news, comment, or stories please send to me, perhaps someone might like to do a piece on their debut, at a particular race. Or would like to share a favourite route they run, in the summer, with the rest of the club. Thanks to Roger and Andrew for their articles for this edition.



May Club Nights

Exmouth Harriers

May Club Nights

Thu 1st Sandybay, Gore Lane, Maer La, sea front

Tue 6th railway, ting tong wood & back

Thu 8th Westdown Beacon & Railway Line

Tue 13th Foxholes to Sandybay time trial 7:15 start foxholes

Thu 15th a lap of squabmoor reservoir via withycombe & St John's road.

Tue 20th 4 firs run 7:00 at club (cars to 4 firs) for 7:15 start

Thu 22nd Sandybay, Gore Lane, Maer La, sea front

Tue 27th Hill Reps on cliff 6 x long hill

Thu 29th Alternative RedBarn

PETER ELLIOT'S ENDURANCE WORKSHOP

Maurice Ault writes

On a wet cold day in December I took part in an endurance training workshop at the Plymouth Brickfields track. My interest was that of a coach and it was indeed stimulating.

Peter Elliot will be remembered as that typical Yorkshire tyke who could match Seb Coe, Steve Ovett & Steve Cram. He won Olympic & Commonwealth Games medals at 800 & 1500 metres. His 800 metre time was 1 minute & 42 seconds. Presently he is a Director of Nova International the company that stages the Great North Run. I remember him as a racer with real grit. No wimping out for him if the going was tough. Pain was just something you put up with if you were going to win.

As a school boy he won virtually all his age group championships and his ambition was to become a Senior English Champion for 800 metres. Trouble was, that he had to beat any of the other big three that might take part. To be English Champion you had to beat the best in the World. Competition not for the faint hearted. He became Champion and got many other major Championship medals.

Throughout his pathway to the Championships he worked full time in a steel works at Rotherham. Before going to work he did his endurance run (getting up at 5.30 am) and after work cycled to his local track to do his coached speed training. Today's athletes would not like that daily regime. When he lined up at the start of a weekend race he had but one thought "If I get beaten today then meeting my work mates on Monday morning would be tough with any amount teasing and leg pulling". He was always highly motivated. Many of his home spun thoughts on motivation were inspirational.

He is also remembered for being injury prone and having major problems with Achilles tendons & knees. He spent a fortune on physiotherapy & general treatment. The Doctors said "Peter you have a terrific world class racing heart and lungs but your body is not really up to it". He certainly rose above the pain levels to be a world beater. Now at 38 he can only run 3 or 4 times a week easy paced 3 – 5 miles just to keep fit. His words not mine!!

He studied and qualified as a UK Athletics Senior Coach specialising in middle distance running (800 metres up to about 10000 metres). Currently he acts as advisor to several of the UK's top athletes. He has also been to Ethiopia & Kenya to train and study their coaching regimes. What is particularly interesting was, although living at altitude and having natural athletic ability are significant factors in their speed performances, the African athletes were, in the main, coached and managed by Europeans.

Peter's workshop consisted of 90 minutes, in the class room, with talks and discussion followed by an hour of actual track side coaching led by him. I learned much from this workshop which I will pass on others through my coached training sessions. Particularly I noted his very firm view that one should always have a full warm up session before one trains or races. Food for thought??

Summer Sandybay Time Trial

Tuesday 15th April saw the welcome return of summer, well the summer Sandybay Time Trial anyway, with a hesitant response at the club house at about o'clock I set off for the start at Foxholes car park I was not expecting a great showing, after all it was the first one and it was a bit cold. But I should not have worried Exmouth Harriers appeared from all directions, and the field grew to a satisfying 18, here are the times.

NAME	START TIME	FINISH TIME	ACTUAL TIME
Stef	00:00:00	00:28:06	00:28:06
Dawn	00:00:00	00:28:22	00:28:22
Les	00:00:30	00:29:37	00:29:07
Alistair	00:00:30	00:23:25	00:22:55
Hanah	00:01:00	00:26:50	00:25:50
Nigel	00:01:00	00:26:49	00:25:49
Mike	00:01:30	00:22:27	00:20:57
Oliver	00:01:30	00:23:23	00:21:53
Anthony	00:02:00	00:23:12	00:21:12
Martin	00:02:00	00:20:38	00:18:38
Shaun	00:02:30	00:25:17	00:22:47
Steve	00:02:30	00:27:18	00:24:48
Tom	00:03:00	00:29:37	00:26:37
Francis	00:03:00	00:25:40	00:22:40
Aiden	00:03:30	00:25:39	00:22:09
Jim W	00:03:30	00:29:12	00:25:42
Phil B	00:04:00	00:27:48	00:23:48
Gary	00:04:00	00:24:33	00:20:33

There was some confusion over the new finish. It had been suggested by some that the finish last year was a bit hairy running down the narrow path, and finishing in the car park, so I modified the finish, asking runners to leave the cliff path at the top of the zig zag, and run through Foxholes houses, on the road and finish on the road above the car park.

On the night confusion reigned, with runners finishing from all directions, but it does not matter, the purpose is to gauge your own performance, so as long as you run the same way each time, all will be well!!!

Next one is Tuesday 13th May, same place, Foxholes Car Park for 19:15

Thanks

My London Marathon
by
Andrew Kyle

We were very fortunate and had a very enjoyable day and completed the course with no injuries.

Our training suggested we could achieve about an 11 minute mile over distances of up to 15 miles but as we were only prescribed one run of 20 our performance over more was not tested. This gave a marathon completion time of around 5 hours.

On the day we were to schedule to mile 15 when I got a fit of stomach cramps and it being the East end of London not Woodbury Common had to join the loo-queue and take an enforced break of nearly half an hour. Feeling rested but a little dehydrated we joined the bands of fun-runners that had now overtaken us, including a large green telephone called Dave who always seemed to be between us and where we wanted to be!

At the water points we took time to consume as much liquid as possible and tried to make progress through the bands of fun-runners who appeared to be taking the task of impeding our progress very seriously including adopting the tactic of walking five-abreast in front of us holding hands!

Who cares we were having fun. At about mile 20 I got cramp in my calf muscles and attempted to walk it off over the next couple of miles. On approaching Westminster the fun runners seemed to have thinned out and we were able to put in a convincing and enjoyable run to the finish.

As we were running for St John Ambulance we were invited to a reception at South Africa house in Trafalgar Square. One of the "goodies" on offer was a massage which we both took advantage of. The journey back to Bayswater was relatively pain free as was the excursion to Tiger Lils restaurant in the evening.

I am sure that without having a husband to slow her down Margaret would have made the anticipated time of 5 hours but at least we avoided injury, had a great time, and feel much fitter as a consequence of our London Marathon experience.

My London Marathon
by
Roger Rowe

The London Marathon, 13th April, 2003. My 35th attempt at the distance. My first London since 1999, but my 10th London in all. I have good memories of the London race having again and again managed creditable performances. I worked for years in 'The City' and trained day after day on portions of the course... so I know every bend, incline, twist and cobble [and the carpet at the Tower is not on the right line, I always avoid it!]

My computer system says I am 95.02% fit, the third fittest I have ever been for a marathon... and remember I have run 34 in the past 20 years. My predicted time is 2:50:34... the question is can I run a 6:30 pace marathon at 58 years of age?

This is how my race panned out. On course all the way to run the predicted time always around 20 to 30 seconds inside the splits... at 20 miles I was 33 seconds up on the schedule, and at 22 just one second up (something over 87%).

But, as has happened to me now in my last two marathons, at 25.5 just before we reached Big Ben, I had severe cramp in my right ham-string, and so for the last mile-and-a-half I was reduced to a (relative) shuffle. Not to worry, but I did lose a minute-and-a-half in that time, to finish in 2:52:42 (official), 6:35 pace. All on what was a pretty ideal day save for the last 10k when we all 'boiled up' rather in the sun (you ought to see my shoulders).

All that meant that I ended 5th Vet/55 (3rd Brit). All 4 of the lads in front of me were just 55, so at 58 I was rather pleased. On checking on the LM-website I saw that no-one in front of me in the whole field was older than me, so a moral victory... or am I grasping at straws? All that works out at 86.06%, in percentage terms my best ever marathon, so I can hardly be churlish and complain can I?

When Is a Hill Not a Hill

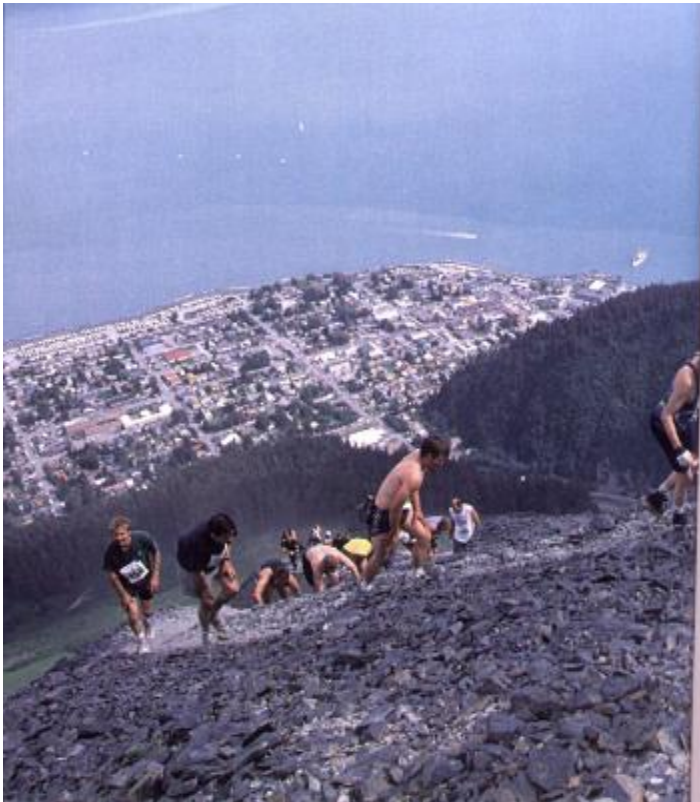
I noticed just recently a rash of emails on the subject of hills, or rather not hills.

For those without the faintest idea what I am talking about, let me explain, I seem to remember that Mandy was the starting point, when she asked “what is Red Barn” in relation to a club night run.

The route was explained, but comment was passed regarding the slight undulation towards the end called “Wotton Lane”.

Which was then followed by reference to the “Hayes Barton” run, that is reserved for Sunday mornings, due its length, and slight incline from East Budleigh to Pine Ridge.

Well I have just opened my copy of June’s “Runners World”, and can therefore settle the matter once and for all, they are both slight slopes in comparison to this one.



The Mount Marathon race is only 3.45 mile long, but goes from sea level to the summit at 3022 ft, and back down.

If you are interested it's in Seward Alaska

Flexibility

We all could do with more flexibility, but Why?

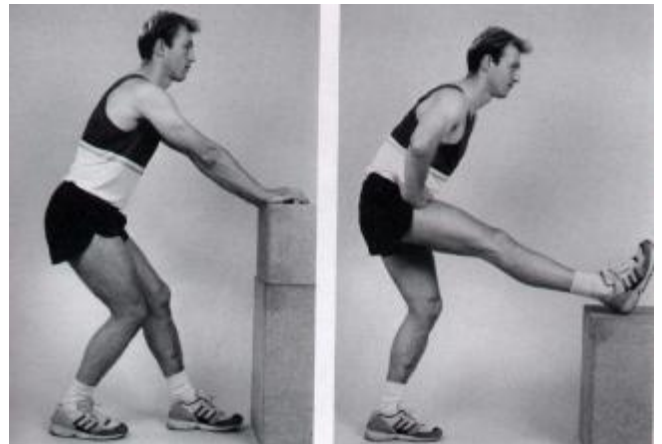
By increasing a joint's flexibility, the potential of that joint to produce an effective movement pattern in sports performance is significantly enhanced, In addition, it is widely believed, that by increasing a joints flexibility, the potential injury risk to that joint is decreased.

That's the Why, but what about the When?

After a run, or better still a session on it's own.

OK but what about the How?

Well here are a couple to try.



One on the left is a Supported Lower Calf stretch, note the rear leg is bent, and a slight sitting position is adopted, this is a very important one for runners.

One on the right is a Supported Hamstring stretch, note the rear leg is again bent, hands on hips to support spine, lean forward to feel stretch, it is important the lean comes from the hips, not the spine.

Give these a try, limit the range of movement, and duration, to your own level of comfort, and see how you feel, keep them up for a week or two, and you will notice the difference.

I am afraid no guarantee on the injury prevention front, but what do you expect!

Source; Flexibility for Sport by Bob Smith.