



Loughton Lines

Welcome to *Loughton Lines*. This issue includes news and reports from around the Club, plus the usual updates from our resident physio, Helen, and nutritionist, Lara. We also feature a spread on Runners Need, a chain of specialist running shops, just in time for you to pick up some Christmas pressies. As ever, let me know if there's anything you want to see covered in the next issue of *LL* – it's your Club, and your newsletter.

Loughton Women's Wight Wash...

...Well nearly, when you consider that the teams which beat ours came from the largest running club in the UK (Serpentine, with 2,000+ members). Our team of Lorna Gaffney, Anne Heeks and Jo Whiffen finished second overall and third in the South of England Fell Race Championships on the Isle of Wight.

The first race was on the Saturday morning and was a quick dash up St Boniface Fell from sea level up to 750ft and down again. Lorna was first in her age group and third overall, and Anne was second in her age group – and they finished the same in the afternoon's longer race over 7.5 miles and up and down 1500ft.



Sunday morning saw another 1500ft climb, this time spread over

13 hot miles, when further epic running from Lorna, Anne and Jo brought home the medals. There were men there too, and their performance was the best ever by a men's team from Loughton.

A special mention must be made of the record number of Club runners who ran all three races – in addition to the medal winners, Dave Tyson, Duncan Rayney, George Georgiou, Amanda Gibbins, Jon Whitehouse, Jim Whiffen, Richard Thompson and Duncan Forsyth all competed.

November 2011

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Oh, and Ted Martin and John Cash were fourth and fifth in their age group in Race 1.

Socially, the weekend was a great success for both the runners and their supporters; it mostly centres on the Spyglass hostelry just above the beach in Ventnor. It has, however, to be noted that the success of the women runners is now in inverse proportion to their alcohol intake and their ability to stay up after 10pm. It is up to the men now to keep the club's motto alive – 'The Drinking Club with the Running Problem'.

John Hart

Loughton Joins Southern Athletics League

It's all change for the 2012 track and field season, as for the first time in its history LAC's senior men and women will join forces in an athletics league. In 2012 we will compete as a joint team in the Southern Athletics League (SAL), rather than competing separately in the Southern Men's and Women's Leagues. This year the SAL included teams such as London Heathside, Havering Mayesbrook, Cambridge Harriers and our good friends Orion Harriers. The league is growing all the time, and has received a number of applications other than ours for the 2012 season.

George R will report back from the SAL AGM, which is due to be held (in a pub in King's Cross!) in mid-November. Let's hope that the seniors can follow in the vets' footsteps and put out a strong combined team in this league (and beat Orion!).

To find out more about the league, visit www.southernathletics.org.uk.

Update on the Lease and the All-Weather Surface

Those of our members with long memories might recall that discussions have been going on for years (yes, years!) with Epping Forest District Council (EFDC) and Loughton Town Council (LTC) regarding the renewal of our lease on the Clubhouse, and the grant to our Club of rights over part of tennis courts, to enable us to consider installing an all-weather surface.

Our last lease expired in 2004, and so those renewal discussions have so far lasted for more than seven and a half years.

At our AGM in March, it was reported that a solution to outstanding problems with the two Councils seemed unlikely, but in May a final effort was made to reach agreement and, via the support and assistance of the Town Clerk of LTC and her counterpart at EFDC, a breakthrough was made.

This has resulted in agreement over the wording of the formal documentation, which is now in the process of being drawn up and signed... a process that still is taking quite a while to complete!

Anyway, it looks as though the lease renewal will be completed soon (?), and that rights over part of the tennis courts will be included.

We shall then have the challenge of investigating once more whether we can raise enough funding to meet the cost of having the all-weather surface laid, and the starting point for this will be to obtain up-to-date costings for the work.

As they say, 'Watch this space'. But, at the risk of mixing metaphors, 'Don't hold your breath'!

David Hobbs

Christmas Shopping Special!

I know, I know – I didn't want to be the first to utter the 'C' word this winter! If you're one of those annoyingly organised people who has already done all their shopping, turn the page now. If not, here are some tips on what to buy the runner(s) in your family.

We haven't had a dedicated running shop in the area since Run-In closed last year. So I went a bit further afield and took a trip to Runners Need. They have branches across London (there's also one in Romford), all of which are staffed by runners – and best of all, they do a discount for Club runners. Manager Andy showed me round the impressive Liverpool St branch, which is only 25 minutes away on the Central Line.



Mary: So what do you have in the way of trainers? There's a big selection here...

Andy: We stock all the main brands, and a full range of shoes – 'regular' trainers, racing, trail, fell-running shoes, spikes, minimalist [lightweight, vastly reduced heel, less cushioned – basically to simulate running barefoot]. All our staff are trained in gait analysis, so we get you on the treadmill and assess your gait and foot strike as you test different shoes. Video feedback will let you see what we see, and show you how different shoes will work for you. From here, we recommend running shoes in order to make your running style as efficient as possible and help reduce the risk of injury. But whatever type of shoe you need, we will have at least a couple of models for you to choose from.

Mary: And how about clothing?

Andy: We have some great high-vis training tops – Adidas and Saucony are our most popular at the moment.

Mary: Yes, we usually all go out on the roads in our bibs, looking like workmen...

Andy: Well, we stock pink and orange tops as well as fluorescent yellow, so you can look a little more stylish. We also have a good range of compression clothing. This is made from tight-knit, graduated material, which helps move the blood back to the heart more quickly, meaning you recover quicker. It also 'wraps' round the muscles, helping to reduce muscle soreness.



Mary: Can you recommend some stocking fillers?

Andy: We have a whole range of energy gels, hats, gloves and technical socks. [And yes, Anna – they have long compression socks especially for you!] We also have arm holders and shoe pockets for your MP3 players, and running bags for commuters. And at the moment we're doing a nutrition starter pack, which contains £29 worth of items for £20.



Mary: And at the other end of the market?

Andy: We have a good selection of GPS running watches/heart rate monitors. The cheapest is £99, and they go right up to £360 for the top-of-the-range one.

Mary: Tell me about your discount for Club members.

Andy: We offer a 10% discount at all our branches, but we can offer LAC members a 15% discount on all full-price shoes and clothing at our Liverpool St branch until the end of November. We're only 5 minutes from the station, in Strype St (via Cycle Surgery), so come and see what we've got.

www.runnersneed.com



Loughton Lines

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Results from Here and There

The winter season is well under way, and you can see results from all the recent Essex and Chingford League fixtures on the website at www.loughtonac.org.uk. You can also see details of Helen and Tony's epic Ben Nevis runs. Well done to them.

Here are the final rankings for the summer season, showing the Club's top scorers in the SWL and SML, and the rankings for each event.

SWL Points Classification 2011

Seniors

M Knapman	92	J Hobbs	40
B Higgins	79.5	Y Mays	21.5
L Regan	71	G Keeling	18.5
M Davis	62.75	J Clark	15.5
M Hurley	62	I Petersen	14
L Gaffney	57	F Petersen	13
H Real	54.75	V Want	7
A Harrison	47		

U15s

A Clark	67
F Petersen	30
H Davis	12
T Atkinson	4

SWL Rankings 2011

Seniors

100m

M Davis	15.3
H Real	15.7
V Want	15.9

200m

Y Mays	31.1
M Davis	32.1
G Keeling	32.5

400m

A Harrison	67.1
M Knapman	70.9
L Gaffney	72.8

800m

M Knapman	2:31.2
H Real	2:38.4
Y Mays	2:57.5

1500m

M Knapman	5:16.0
L Gaffney	5:40.3
H Real	5:51.7

3000m

L Gaffney	12:10.0
H Real	12:16.7
G Keeling	12:45.8

400mH

A Harrison	79.3
B Higgins	1:59.5

Long Jump

M Knapman	3.93
A Harrison	3.81
L Gaffney	3.76

High Jump

L Regan	1.20
M Davis	1.10
B Higgins	1.05

Triple Jump

M Knapman	8.24
L Regan	8.23
M Davis	6.80

Pole Vault

L Gaffney	1.90
B Higgins	1.70
M Davis	1.60

Javelin

H Real	19.44
L Regan	13.48
L Gaffney	13.34

Shot Putt

M Hurley	6.33
L Regan	6.31
H Real	5.42

Discus

M Hurley	16.63
B Higgins	16.14
M Knapman	14.87

Hammer

B Higgins	19.54
L Regan	16.25
M Hurley	14.77

4 x 100

60.3 (Amie, Helen, Yvette, Georgina)

4 x 400

4:44.2 (Mary, Lorna, Amie, Helen)

U15 Girls

200m

A Clark 29.1

800m

A Clark 2.30.3

1500m

F Petersen 6.24.9

Long Jump

A Clark 3.73

F Petersen 3.45

Javelin

H Davis 18.43

F Petersen 11.35

Discus

H Davis 14.12

T Atkinson 13.10

A Clark 11.96

SML Points Classification 2011

G Harper 67

S Hurley 45

P Regan 33

H Sigrist 26

J Harrison 20

J McCabe 18

C Warren 18

R Sargent 18

M Bellham 13

L Wright 11

R Richards 5

S D S Brady 4

S Clark 2

D Tyson 2

P Chittock 1

D De Souza 1

T Casey 1

SML Rankings 2011

100m

J McCabe 11.9

P De Souza 13.2

H Sigrist 13.6

200m

J McCabe 24.5

C Warren 27.4

L Wright 28.5

400m

P Regan 56.1

J McCabe 56.4

R Richards 59.4

800m

P Regan 2:23.3

C Warren 2:40.2

S Clark 2:43.8

1500m

P Regan 5:12.2

S Clark 5:42.6

R Sargent 6:02.9

5000m

G Harper 19:39.6

D Tyson 20:40.6

R Sargent 21:18.3

110mH

L Wright 24.9

J Harrison 27.1

G Harper 29.0

400mH

R Richards 70.6

J Harrison 72.1

G Harper 73.3

3000mSC

G Harper 12:51.7

P Regan 13:43.0

S Hurley 13:50.0

High Jump

M Bellham 1.70

S D S Brady 1.10

C Warren 1.00

Long Jump

M Bellham 5.40

P Regan 4.42

C Warren 4.41

Triple Jump

C Warren 10.61

G Harper 9.71

M Bellham 9.42

Pole Vault

J Harrison 3.00

P Chittock 2.20

S Hurley 1.11

Discus

H Sigrist 20.01

P Regan 17.86

S D S Brady 15.88

Javelin

G Harper 32.15

J Harrison 31.32

P Regan 22.87

Shot Putt

H Sigrist 8.52

S Hurley 7.88

L Wright 7.34

Hammer

S Hurley 19.00

H Sigrist 17.88

L Wright 17.63

4 x 100

48.9

4 x 400

3:54.9



New Club Track and Field Records in 2011

Pam Ackland-Snow	WV45	JT	16.53	EVL final, 11 September
Mitch Bellham	MV40	TJ	11.15	EVL, 3 August
		HJ	1.71	EVL, 29 June (also a League Record)
John Cash	MV70	PV	1.38	Club Champs, 18 June
		SP	5.43	Club Champs, 18 June
Anna Clark	U15G	800m	2:30.3	SWL, 21 May
Lorna Gaffney	WV35	LJ	4.42	EVL, 29 June
Jim Harrison	MV40	400mH	70.2	EVL final, 11 September
		PV	3.00=	EVL final, 11 September
Barbara Higgins	WV55	80mH	22.1	EVL, 29 June
David Hobbs	MV60	HJ	1.15	Club Champs, 16 July
Jean Hobbs	WV60	TJ	5.41	SWL, 21 May
Amanda Rochester	WV45	100m	14.6	EVL, 29 June
			7:29.5	EVL, 29 June
			5:19.5	EVL, 29 June
			5:51.0	EVL, 29 June

LAC Kids Compete in Olympics!

Our under 12s were in action in the Mini-Olympics recently, an indoor athletic competition held at Lee Valley. It involved a series of track and field events, and competitors earned points for their performance, which were translated to gold, silver and bronze medals. The presentation was made by Anyika Onuora, who ran a PB of 22.93 in the 200m at the World Athletics Champs 2011 in Daegu.

In the LAC team were Marisa Sims, Charlotte James-Paywani, Caitlin Morris, Nathan Morris, Aimee Harper and Thomas McKeever (not in the photograph).



News from Charmaine Johnson

LL recently heard from Charmaine, a second-claim member who competed for the club a couple of years ago when she was a lodger chez Michelle and Scott Hurley. Charmaine's physio work takes her all around the country, but she has found time to compete at the European Champs in Ghent, where she notched up the following results to finish fourth: 60mH: 9.59; HJ: 1.45; SP: 10:82; LJ 4.64; 800m: 3:07.07. She also competed at the National Masters, picking up a gold in the W45 Shot and a silver in the LJ, going out to 4.79 – her best for some time. Well done, Charmaine!

Interview

This issue, LL caught up with Mitch Bellham, fresh from his successful track and field season. Mitch broke the Eastern Vets League High Jump record this summer and also became National Champion. He just had time to get his answers in before his paternity leave started...



Name: Mitch Bellham

Age: 40

PBs: High Jump: 1.90m; Long Jump: 6.82m; Triple Jump: 13.84m; 100m: 11.2 – all a long time ago now!

Where did you grow up? Some people would say I haven't yet!

What's your job and how long have you been doing it? I am currently a teacher at Roding Valley, where I have been for six years

What's your proudest sporting achievement? Lots when I was younger and more talented. More recently since becoming a master, national champion at high jump and breaking the Eastern Vets League record this year

Do you have any sporting regrets? I'm too old to have regrets now

Which sportsperson do you most admire and why? When I was first getting into athletics, Daley Thompson was a role model with his achievements. I was lucky to do a couple of training sessions with him where he was helpful towards the youngsters

Who is your tip for gold at London 2012? Ben Ainslie

If you were UK Athletics Performance Director for the day, what would you do?
Give myself a pay rise!

What is your favourite song? *18 Till I Die* by Bryan Adams

What's your favourite pub quiz question? Any round involving sport

And the answer? I know most of the answers

What would your specialist subject be on *Mastermind*? Olympic history

Which three people would you invite to a dinner party? Ricky Gervais to entertain us, Derren Brown and Barry Hearn – to see if I can blag a season ticket down the Orient

What would be on the menu? Pie and mash (lots of liquor)

What is your favourite restaurant? Nando's

Who would you be in another life? I'd be happy to come back as myself

What can't you live without? My wife Julie

Describe yourself in six words or fewer: Laidback, happy go lucky, sporty and innumerate!

Forthcoming Events

November

Sat 19	Essex League (all)	Benfleet	12:00(*)
Sat 26	Chingford League (all)	Alexander Palace	13:30(*)

December

Sat 3	Essex Cross Country Champs (Vets M&W)	Chigwell Row	12:00(*)
Sat 10	Ware Cup (S/V/U20, M&W)	Loughton	14:30
Sat 17	Essex League (all)	Colchester	13:00(*)
Tue 27	Mince Pie Relay	Loughton	11:00

January

Sat 7	Essex Cross Country Champs (S, U/15, U/13, M&W) (including 7-mile Men's club cross-country champs)	Basildon	11:00(*)
Sat 14	Essex League (all)	Chingford	12:00(*)
Sat 21	Chingford League (all)	Claybury or Chingford	13:30(*)
Sat 28	South of England Cross-Country Champs (all)	Brighton	11:00(*)

February

Sat 4	North of the Thames Champs (all)	Kingsbury	13:00
Sun 5	London Walks Champs (promoted by Loughton AC)	Victoria Park	13:00
Sat 18	Chingford League (all)	Victoria Park	13:30(*)
Sat 25	National Cross Country Champs (all)	Parliament Hill	

(*) Time of the first races. Contact your team manager for the start time of your race.

As ever, remember to wear your Club vest in all races. Barbara Higgins is now in charge of vests. All still priced at £10. Tel. 020 8508 3230.

Paulette Regan is now collecting both winter and summer trophies back in. The trophies for the winter 2010/11 and the summer 2011 seasons will be distributed at the double whammy trophy presentation on 27 December, which will follow the Mince Pie Relay. Please phone Paulette on 020 5802 1975 to arrange drop-off or pick-up if you have a trophy. And if you have the high jump trophy or know where it might be, please let Paulette know. Thank you.

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Physio Update: Chill Out!

Each issue, Club member and professional physio Helen Real treats us to an update based on both the latest research and her practical work. In this issue she tells us how to use ice on an injury.

If you turn your ankle in the forest on a Sunday morning run and it swells up, not only will you have tissue damage from the injury, but the swelling can also cause further muscle damage. But fear not: get your frozen peas out and follow my simple steps on icing your injury to limit the damage.

You might know the old acronym PRICE (protect, rest, ice, compress and elevate), but what's the best way to do the 'ice' part? Looking at the available evidence out there the specifics are limited, but study after study has shown that icing an area after injury is effective at reducing the damage caused by inflammation.

When to Use Ice

- Ice as soon as you can after an injury, whether it's a turned ankle or a muscle strain. Keep icing intermittently for the first 72 hours after you've picked up the injury, or until the swelling and heat have reduced.
- Only use ice on an area that has full sensation. If it's numb, or if you have pins and needles, don't use ice without first seeking the advice of a medical practitioner.

How to Ice

- Use some frozen peas (they mould nicely to any part of the body – just make sure you don't eat them afterwards!).
- Wrap them in a damp tea towel to prevent ice burns.
- Place the packet around the injured area (if it's on a limb, you can tie it with a long sock or cling film).
- Keep the area to be iced elevated.
- Check under the ice every 5 mins to make sure you aren't giving yourself an ice burn.

How Long to Ice For

- If it's a superficial area like your ankle or arm, 7–10 mins.
- If it's a deeper area like your thigh, or deep in your knee joint, 15–20 mins.
- Put the ice on for the appropriate time; then take it off and let the area warm up (about 30 mins); then put the ice back on. You can repeat this process as many times as you like.

Heat

You can use heat once the swelling has reduced. There are no rules on how long for and what to use – just make sure that you don't burn your skin!



If you have any queries relating to her article, do speak to Helen or to one of the club coaches. Note that the information given above is of a general nature. If you want medical advice tailored to your individual circumstances, consult a medical professional.

Across the Channel: News from Gurm

It's been six months since we waved goodbye to Gurm, as he moved to Holland with his family. LL asked him to bring us up to date with his news.

Hello everyone. First of all I want to thank everyone for my fantastic signed Loughton T-shirt and a great send-off, just over six months ago. Well, as you can imagine, a lot has happened for us since then, but slowly things are settling down, and Sarah's job is going well.



The first month was a little crazy as we tried to figure out where stuff was – you know, get the internet up and running and of course make sure that we had some English terrestrial channels – hooray for BBC1 and BBC2 (that's all we get in terms of English TV). Despite reports of the Dutch speaking very good English, we found that actually here in Arnhem their English is not that good; it's probably a different story in Amsterdam. So, as you can imagine, finding a school for Thomas was a little tricky, but I tried my best sign language and whatever else I could do to communicate. OK, it's not that bad, but put it this way: we are all quickly learning Dutch! Overall we are really happy and beginning to build a network of friends.

It was a big change for our boys, but you know what children are like – Epping is now a long-lost, distant memory, and all they really want to know is when they can go to the park, watch *Tom and Jerry* and when dinner is going to be ready! Thomas started school a day after his fourth birthday, on 4 October (I know, he's 4 – where does the time go!). The poor boy is in effect receiving an intensive class in Dutch every day, but they really do pick up the language quickly. The other day Thomas said to me 'Spreek je engels?' (do you speak English) – I said yes, just about... Logan is also well and I see the hurdler in him, so will start to hone in on that soon, followed by a bit of long jump!

So what do I do all day I hear you say? I won't bore you with the detail, but suffice to say I now appreciate a little more why Sarah wanted me home from work on time when she was on maternity leave – I am walking zombie by 6.30pm and just don't seem to be able to do story time with the same enthusiasm and zest as her...

Most importantly of all, it did not take me long to find an athletic club, which goes by the trendy name of 'Ciko 66'! I now have the opportunity to run on an all-weather track but I tell you what, I miss the grass – my legs are not what they used to be! I have joined the meerkamp group (multi-event group), the oldest member being me by a staggering 13 years, so I'm feeling a little old these days when I turn up for training. But I am managing to hold my own, just about, by gulping down lots of fluids after the warm-up session and drills – it's hard work, but no pain, no gain, hey. Could do with a little less pain and a little more gain though...! I would love to hear from you all, so when you get a minute, ping me an email at gurmukh.sahans@gmail.com.

Dag (bye), Gurm

Gurm Sahans

Across the Pond – Part 1: Two Years On

Each issue, our friend across the pond, Caroline Real, sends us a report on her exploits. Here's her latest instalment!

Well, it's been a love/hate relationship with my new country of residence over the last two years. Hard to believe that I left on 13 November 2009 – seems an age ago! So, as I am still carrying this basketball-sized stomach (baby due any day now) and unable to run (although Helen has taken on training for me and her both – well done Tony and Helen for the Ben Nevis), I thought I would put together some thoughts on the best, and the most infuriating, things about life in the good old U S of A.



Being an alien: Anyone who isn't an American citizen is classed as either an illegal or a legal alien. In the initial stage of my Green Card application I found this quite offensive; however, it's much easier once you learn to embrace the alien status and let go of the fact that it makes you sound like you have a triangular green head with pointy ears and a spaceship outside.

Culture shock: You can't walk into a shop without someone asking if they can help you, or telling you to have a nice day, or offering customer service in huge excess of what you need. I found this highly irritating at first, especially when you just want to browse, or you just don't want to be nice to everyone with a big smile all the time. However, two years in and I feel put out if I don't get the service!

The accent: This may sound hypocritical coming from an Essex/East London hybrid – I'll admit my accent isn't great; however, the LA accent is pretty annoying – more so for young females than males, I find. It's somewhere in the nasal high-pitched whine arena, interjected with 'yeah' and 'oh my gaaaad' and intoning up at the end of the sentence? Which I have also started to do? Sounds interesting with an Essex accent and American intonation I'm sure? I won't lose my Essex roots though; I refuse to convert to 'skedule', 'tomayto', 'rowte' or any of the other strange pronunciations.

Traffic in LA: This takes some getting used to. Imagine the M25 with 10 lanes on each side, completely blocked both ways most of the day and night. There is almost no public transport, so everyone is on the roads. The network of freeways is impressive, and would have been state of the art for the 2 million original residents in 1950; however, they are now highly inadequate for the 10 million people here. Sure Clark Gable and Carol Lombard never had traffic issues when they lived here (down my road)!

So, they are the key things. Other 'must-have loves' might include a truck (Nissan Titan for me), a Texan husband (wouldn't suit everyone!), guns (well we did live in a trailer park), a trailer (?), an earthquake kit (for that inevitable one when it comes) and a flight home once a year at least – for a Sunday roast and a run in the forest. Gutted to be missing the Mince Pie Relay – and the good old LAC teabag! Don't squeeze it too hard – I want my cuppa next year, please.

Caroline Real

Across the Pond – Part 2: California Dreaming

In the last issue of LL, we featured a report from Rob Sargent, who visited Greenville, South Carolina, on a running trip. We left him about to board a plane to Sacramento, the state capital of California, for the World Masters Athletics Championship. Here's how he got on...



I arrived in Sacramento to find it was hotter than Carolina. This made my decision to spend a week in Greenville first a good one, as I was more accustomed to the heat than my GB teammates. On my first full day in the city I had to register at the main stadium in the Sacramento State University campus. I then moved to the cross-country venue to support my British colleagues and check out the course for my event the next day. Highlights were seeing Zola Budd in action (she finished second in the W45 category) and GB winning the M80 team gold.

My race the next morning was at 9am and the temperature was already nudging the 80s. I ran a well-judged race and, after a good battle with a couple of Mexicans, finished 28th in 36:30 for the 8km event. I was next in action two days later in the 5000m at the Hughes Stadium at Sacramento City College at a scorching 11am. Pink Floyd played there in 1988.



I had another good race with one of the Mexicans in my heat, finishing in 21:29.02. This placed me 31st overall.

Over the weekend the weather cooled, so the daytime high was down to the low 80s. On Wednesday morning my 10000m was at 8am. At the gun it was just 56°F, a temperature I'm more familiar with! I enjoyed my 25-lap trip. My Mexican friend flew off and was soon out of sight. A few laps later he hadn't lapped me so I knew he had slowed. Soon he was back in sight so I tracked him and ran him down with four laps to go. Good fun! My time was a year's best of 42:54.52, for 18th.

A few quiet days and then it was time for the marathon. Marathon day was great; overcast, 60°F and windless, except it was 5am and dark! A lap of the Sacramento State University campus, and then out for five laps on the American River Bike Trail. I came home 112th, 12th in my age group, in 3:33.59 – 12 minutes faster than my run in London in April. I have no idea what happened out there but I carb-loaded with fish and chips on the Friday, and pizza the night before! *[Lara would have a fit! – Ed.]*

I enjoyed my stay in the Californian capital, but it seemed to have some of the big city problems. We were discussing this at breakfast one morning at our downtown hotel when I noticed in *USA Today* that the main story in South Carolina was that a stray donkey had been found in Anderson, about 20 miles from Greenville. How different life is there!

Rob Sargent

Nutrition Notes: Keeping Hydrated

Lara has been a professional dietician for nearly six years now and works across West Essex from her base at St Margaret's Hospital in Epping. She works with both adults and children who require specialist dietary advice on a range of medical conditions such as diabetes, obesity, malnutrition, irritable bowel syndrome and raised cholesterol. She enjoys combining two of her favourite things in life... sport and food!



One of the most important things to consider to ensure that you can reach your full competitive potential is to stay hydrated. Dehydration not only impairs performance but also has an adverse effect on health. After losing just 2% of your body weight due to dehydration, your ability to exercise will be affected.

The amount of fluid we lose will vary depending on how hard we exercise, how long we exercise for, the temperature and the humidity of the environment and our individual body chemistry and size. During an hour's exercise, the average individual may lose 1000ml of fluid. During more strenuous exercise in warm conditions, e.g. marathon running, you could lose up to 2000ml of fluid per hour.

What is the Difference Between Hypotonic/Isotonic and Hypertonic Drinks?

- Hypotonic drinks contain less than 4g of carbohydrate per 100ml and are absorbed faster than water.
- Isotonic drinks contain between 4g and 8g of carbohydrate per 100ml and are absorbed as fast as, or faster than, water.
- Hypertonic drinks contain more than 8g of carbohydrate per 100ml and are absorbed slower than water.

How Much Do I Need to Drink?

Always start exercise well hydrated. Drink 500ml of fluid 2 hours before exercise. Water or isotonic sports drinks are good options. There is little point 'loading up' on lots of fluid before an event as your body will get rid of the extra fluid. During exercise, start drinking early and at regular intervals – aim for 125–250ml every 10–20 mins. After exercise, replace any fluid lost by 150%. The easiest way to work out how much fluid you have lost is to weigh yourself before and after the activity. Work on the basis that a loss of 1kg is equivalent to 1000ml of sweat. For example, if you lost 1kg during the activity, you would need to drink 1500ml to rehydrate your body.



What Drink Should I Choose?

Water is a suitable fluid replacement drink for low- or moderate-intensity exercise lasting less than an hour.

Hypotonic (<4g of carbohydrate per 100ml) and isotonic (4–8g of carbohydrate per 100ml) sports drinks are suitable for intense exercise lasting up to an hour, as they can speed up water absorption, provide additional fuel, delay fatigue and improve performance.

Hypertonic (>8g of carbohydrate per 100ml) drinks also replace fluids, but provide greater amounts of carbohydrate. They are most suitable for prolonged, intense exercise (more than 90 minutes). Some athletes find that these are too concentrated and prefer to refuel and rehydrate using a combination of hypotonic/ isotonic drinks and energy bars/gels. Aim for 30–60g of carbohydrate per hour.



Commercial sports drinks can be expensive to buy; below are some recipes to make your own:

Hypotonic: 70ml fruit cordial/high juice, * 930ml water and 1–1.5g (1/4 tsp) salt (optional)

or: 250ml fruit juice or squash, ** 750ml water and 1–1.5g (1/4 tsp) salt (optional)

Isotonic: 140ml cordial/high juice, * 860ml water and 1–1.5g (1/4 tsp) salt (optional)

or: 500ml fruit juice or squash, ** 500ml water and 1–1.5g (1/4 tsp) salt (optional)

Hypertonic: 210ml cordial/high juice, * 790ml water and 1–1.5g (1/4 tsp) salt (optional)

or: 750ml fruit juice or squash, ** 250ml water and 1–1.5g (1/4 tsp) salt (optional)

* Choose one containing 40–50g carbohydrate per 100ml

** Choose one containing 11–14g carbohydrate per 100ml

What About Other Drinks?

Ordinary soft drinks have 9–20g of carbohydrate/100ml and fruit juices have 11–13g of carbohydrate/100ml. These are both too concentrated to be used as fluid replacers. Drinks containing caffeine have been shown to improve performance in both endurance and sprint-based events, as well as improving alertness and mood. A moderate and regular intake of caffeine will not dehydrate the body, but in large quantities (300mg – around 5 cups of instant coffee or 7 cups of tea), or when taken by those who do not usually drink it, it can have a marked diuretic effect and increase the risk of dehydration.



Read the next issue of *LL* for tips on managing your weight in the New Year.

Lara Regan (Registered Dietitian)

If you have any queries relating to her article, do speak to Lara. Note that the information given above is of a general nature. If you want medical advice tailored to your individual circumstances, consult a medical professional.

Calling All Marathon Runners!

Fancy having a go at the London Marathon on 22 April 2012? The Club has been allocated two places, so if you missed out in the ballot and would like to put your name forward to represent the Club in next spring's race, please add your name to the form in the Clubhouse. In line with the decision made by Club members at the AGM this year, we will be prioritising those runners who have turned out for the Club in league races over the past year.

Successful applicants will be informed after the Mince Pie Relay on Tuesday 27 December.

For more information, please speak to George Richardson:

george@richardsong.fslife.co.uk



Mince Pie Relay



Need to work off some Christmas dinner?

Christmas spirit wearing thin?

Fed up being in the house with hyperactive children?!

Come to the Mince Pie Relay on Tuesday 27 December!

The race starts at 11am, but please arrive in good time to sign up. Teams of three will be drawn at random, with each team member required to run at least one lap of the 1k course.

All abilities and ages are welcome.

Please bring mince pies to share afterwards.

The race will be followed by a medal presentation, plus the winter 2010/11 and summer 2011 trophy presentation.

See you there!