

OCTOBER ISSUE 4 1994

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FREE

# LONG EATON

RUNNING CLUB



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THE 1994-1995 LERC COMMITTEE ELECTED WERE AS FOLLOWS :

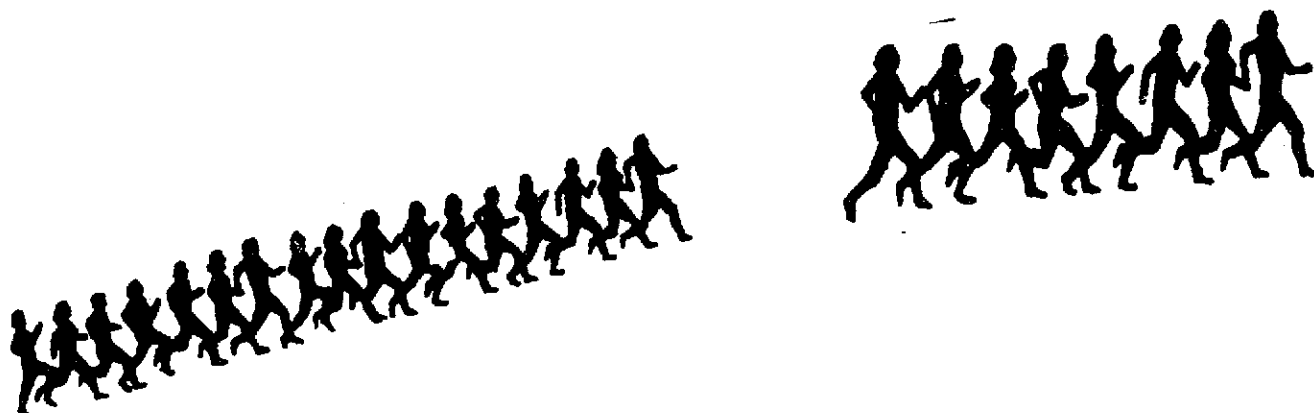
CHAIRMAN	- ANDY HEATHCOTE
SECRETARY	- LIZ POTTER
TREASURER	- AMANDA HEATHCOTE
MEMBERSHIP SECRETARY	- ASHOK PATEL
CLUB CAPTAIN	- IAN WHYTE
JUNIOR SECTION LEADER	- LAWRENCE PEAK

OFFICERS

COMPETITION ORGANISER	- JOHN FEE
PRESS REPORTER	- JIM WILLAN
ENTERTAINMENT ORGANISER	- WILLY HENDERSON

If any LERC members who wish to raise any business concerning the club then any of the above committee members should be contacted.

EDITOR	::	ASHOK PATEL
PRESS ARTICLES	::	JIMMY WILLAN
CARTOONS	::	KEV GUNN



LERC MAGAZINEEDITORS BRIEF

Welcome to 4th edition of the LERC magazine, yet again the magazine has lots of articles on most races that majority of LERC members took part. Again winter and summer season galore and disappointments are packed in. So read on and see the achievements of the club and individuals members performance. I must stress that not all achievements by individuals may have been printed. (just a got out clause for myself)

The Club position looks very healthy in financial terms and in membership. We are still growing, adding new members every year, which balance out the ones that has now left us.

The organisational structure of the Club is approving but if any members have any new suggestions please inform the clubs committee. We always strive to improve training, social events, Club league etc.

On the training side of the club, the enthusiasm of the members, both old and new, in all types of training is encouraging and the effort that members have put into their work is now showing, either improved times, greater endurance, or a feeling of being 'fitter'.

Lets hope to keep the good work continuing for LERC as has been.

Tuesday and Thursday is club nights and by now all LERC members should be aware that we now have monthly training schedule, which works on a rota basis. The type of session we do are as follows, but this depend on the weather or if any races are pending.

At the warm up session that are held at 6.30p.m Tuesdays and Thursdays we always start off by doing a general warm up for about 10 minutes. This is followed by one of the following three routines.

1: General circuit training

This is a session of about nine excises that are aimed at improving general fitness, improve stamina and help improve aerobic capacity.

2: Leg circuit training

This session is aimed at improving strength and flexibility in the legs and diaphragm (to help with breathing).

3: Stretching

This session is aimed at improving flexibility.

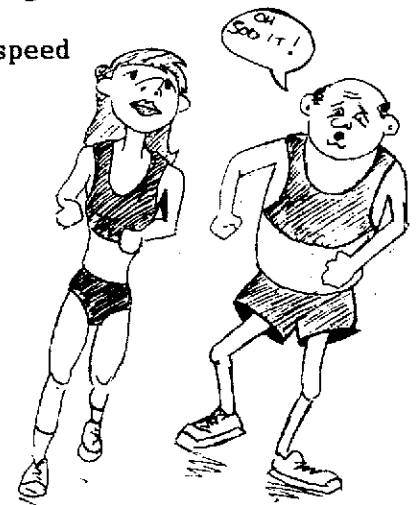
When we go out on running session, there are four basic types runs.

1: Hill work

Self explanatory, involves working harder than normal running uphill, with a recovery jog down. They vary in the length of run, amount of repetitions, and speed of the run.

2: Long steady run

Aimed at improving endurance and stamina.



3: Short fast run

Aimed at improving cardio vascular capacity, and to get ones body used to running quicker.

4: Interval/Fartlek run

Aimed also at improving speed running. Involves short bursts of speed either timed or over a set distance with as repetitions or a pyramid session.

Generally Tuesday night we like to encourage and assist old and newcomers to participate as much as possible in the club, which we hope will encourage the individual to join us and take an active role in the club.

Thursday night however is for those dedicated runners/joggers, this session is much harder, again encouragement is provided but at a higher level.

If you require a more in depth explanation talk to me or Don Pitman.

Sunday morning there is a long steady run, starting at west park at 9.30a.m /10.30a.m. This is an average run of 10 to 13 miles, but occasionally there will be more, this all depends who's down there and what distance the runners want to run. However the Sunday run is on volunteer a basis and any LERC members can nominate the course for the Sunday. The only criteria is that the course should have cut off points at various distances and notification on the notice board (preferable on each Tuesday night).

"If anyone has any new ideas on any aspect of training or is willing to take a session, then please don't hesitate to speak up and help everyone".

At this point I must thank Don Pitman on behalf of the LERC, that he is doing a tremendous job keeping the above criteria and enthusiasm.

CLUB KIT

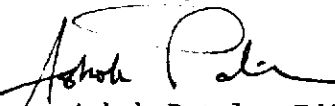
To be seen smart and elegance around Long Eaton area and in races than to all club members there is club vest & shorts, T-shirts and sweatshirts available (If in stock). They are simple, very functional and sensibly-priced.

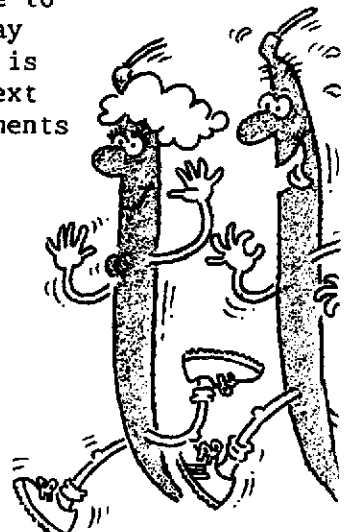
Also discount cards are also available from certain Sport shops (value up to 10%). See our treasurer he's got the lot.

On a sad note Ian Baxter passed away this year, He was a friend and a fellow runner to me and many club members, I am missing him and I am sure the club will miss him. But he said to me many time in the 'pub' conversation, "life has to go on !" and certainly we will carry on but Ian's memory will always be in our heart.

Can I make a request that, in the future issue of the magazine I like to see even more contribution from other members. Otherwise this mag may become one sided affair. It does not matter on the subject but if it is related to the club/running the better chance of publishing in the next issue of mag. I am sure there were further funny incidents, disappointments and achievements of members to report.

Thank you for your support throughout the years and I hope this will continue.

  
Ashok Patel - Editor



## SECTION 1:

CHARIMAN COMMENTS

Welcome to the most recent of our occasional magazine collections of humour and wit with the odd piece of useful information and advice thrown in for good measure.

Hopefully by now everybody in the club knows me, and I know everybody else. I do try to remember everybody's name but I do struggle now and again!

I'd like to take this opportunity to thank those people who accepted positions of responsibility within the club at the AGM. I'm sure that throughout the year they will all put in a great deal of time and effort for the benefit of the club. From time to time they may require support from other members, please bear this in mind and help if you can.

Recently at our AGM a number of changes were proposed and agreed the most significant of which were :-

Annual membership raised to 10 pounds and no weekly subs. for members. Non members will be asked to pay a visitors fee of 50 pence.

Club adoption of a local charity(annually), and the suggestion that all members should try to raise sponsorship for at least one race a year(any race they wish). This may be linked to the summer/winter points system. A separate bank account is being set up to hold all charity money. The beneficiaries this year will be Westbrook School

An annual award will be made to a club member, who must be nominated by one or more fellow members. The award will be to recognise such things as services to the club/exceptional achievements etc. and nominations will be assessed by a panel of three or more members appointed by the committee. This award will be implemented as a memorial to Ian Baxter who sadly passed away earlier this year.

The continuing success of the LERC is not measured in the number of trophies or size of the membership alone, but in the pleasure and satisfaction each individual member gets from the club training/racing/social scene. If anybody has ideas which may improve any aspect of the club please let me know, I'll do my best to give any viable suggestions an airing at future committee meetings.

Finally, enjoy your winters training/racing, get out there and do it even if it's roaring blizzard. You know you'll enjoy yourself, especially when you finally sit down in the bar after a nice (hopefully)hot shower, to discuss how deep the lovely mud was, and how the wind was in your face all the way.

Happy Running,

Andy H.



**SECTION 2: WINTER REVIEW 1992-1993**

**MARKEATON PARK X-COUNTRY(16th October 1993)**

This was the first race to start the winter schedule, a NMCCCL race (I guess you all know this by now).

A reasonable start for LERC men team but disappointing in the ladies section where we only managed to make a team.

The club's tent was pitched and the 'LERC' banner was erected for the first time. A welcome change from previous years to have somewhere to store bags and keep warm. Mind you the sun was out but it was still chilly.

The juniors were also out to represent the LERC in the under 15 age group.

Must thank Amanda Heathcote for the mars bar, we needed because of the late start of all the races.

Next time please remember to take a lunch pack with you.

**BRAMCOTE PARK X-COUNTRY(24th October 1993)**

First local X-country race for 1993/94 season, in the EMCCL.

The Senior team did very well, finishing second overall in the A & B division. We even had C & D mens teams this year.

The Ladies started with a tremendous effort, finishing 1st overall in the A & B division.

Must mention Diane Baines, her first X-country race, well done to her.

**REDHILL X-COUNTRY(6th November 1993)**

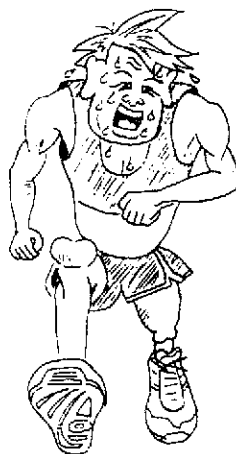
A NMCCCL race.

Martin Goodall and Rob Jackson had great run.

Christen Johnson had her first X-country run for LERC, she said she enjoyed herself.

**DOVEDALE DASH(7th November 1993)**

Apparently it was very muddy, no points for Pete Thorburn he used the stepping stones to cross the river.



### LINCOLN X-COUNTRY(20th November 1993)

A NMCCL race, which was first time visit for LERC members. The race involved running on a old racecourse.

The course terrain was muddy and bumpy and the runners needed go round three times.

'Red Rum' role in first for LERC,don't be be silly its was Rob Jackson, closly followed by Steve Wakefield, both had an excellent run.

Andy Heathcote hobbled round the course,good job there were was no race punters about otherwise he would have been shot down.

### MATTHEW WALKER CHRISTMAS PUDDING RUN(21st November 1993)

A race organised by Heanor Running Club, a 5 mile race.

The result :

2nd Kevin Gunn

15th Andrew McNeil

48th Nicola Swithenbank - 1st in the ladies category- Christmas hamper prize for her effort.

82th Liz Potter - 3rd in the ladies category,just missed out on a christmas hamper she was very disappointed.

119th Gordon Rowell

138th John Weaver

163th Stephen Ingers

210th James Stevenson - Yes! he is still running and going well.

224th Jan Hallam

### LONG EATON X-COUNTRY(28th November 1993)

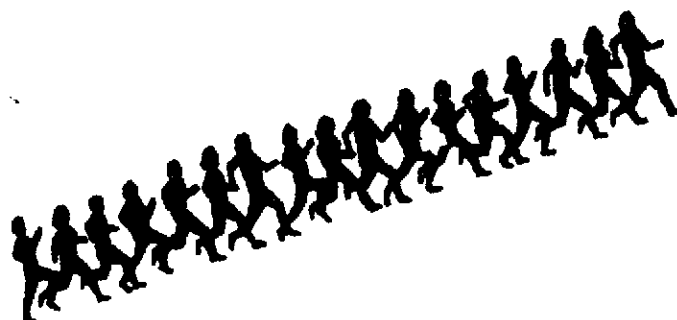
# Long Eaton run well in league

**LONG EATON** Running Club, the hosts, showed up well in the second round of the East Midlands Cross Country league.

The ladies' A and B teams were first and the men's A, B and C teams second.

There were good performances from Kev Gunn, N Birch, A Heathcoate, C Robson and N Swithenbank. Ruth, Jamie and Anna Selby dominated for the juniors, with Anthony Barker, Steven Foster and Richard Shripson were 1-2-3 for the boys.

**Athletics**



WOLLATON PARK X-COUNTRY(4th December 1993)

A NMCCL race, yet a again a course change. Different contrast from last year, that is weather wise speaking it was bit chilly but not miserable as last year.

LERC managed to get one men and ladies team.

I also managed to beat Don Pitman, mind you he was in a distress state, shall not mention his problem.

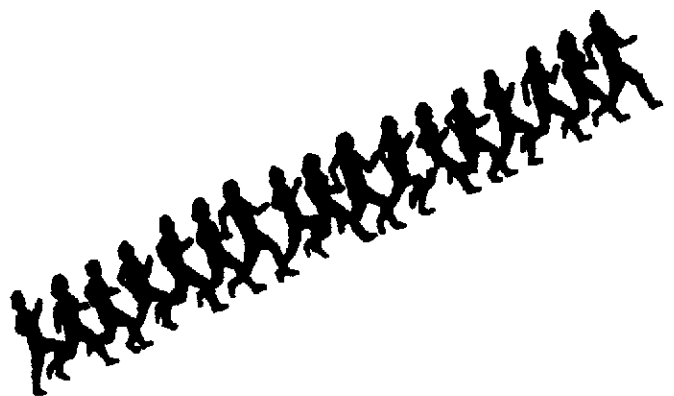
# **Carol picked for race**

LONG EATON runner Carol Holmes finished sixth lady at the county championships at Wollaton Park, Nottingham, and has been chosen to run at Luton in the inter cross country championships.

The event also produced good times from Liz Potter, Chris Robson and Ian Whyte. Andy McNeil was third male in the turkey trot at Keyworth and Liz Potter third lady in blowy, wintry conditions.

Long Eaton results:  
1, A McNeil; 2, J McNeil;  
3, G Jones; 4, C Robson; 5,  
A Patel; 6, N Rowell; 7, I  
Baxter; 8, G Rowell; 9, P  
Thornburn; 10, S Ingers; 11,  
D Pettifer.

Ladies — 1, Liz Potter.  
Long Eaton's Nicola Swithenbank won the Lakeside half-marathon at Lincoln, receiving the shield for Long Eaton ladies, once again showing the strength in depth of the Long Eaton Running Club.  
The club welcomes any new member to go along to West Park Leisure Centre on Tuesdays at 6.30pm.



NOTTINGHAMSHIRE COUNTY CHAMPIONSHIP(11th December 1993)

This year the championship were held at Berry Hill Park in Mansfield. Distance varied between 5 mile to 7 miles depending on the age category.

Carol Holmes came 6th and qualified for the Notts county ladies team, were as Liz Potter just missed out, she came 13th.

Ian Whyte thought he finished on the 4th lap, mind you it was a five lap race. Is this what happens when you almost turn forty ?



TURKEY TROT(13.1 Miles)(12th December 1993)

What a sunday mourning to run 13.1 miles in Kegworth, talk about monsoon conditions, Its was very cold, raining and extremely windy all the way round the course.

Questions were asked at tne end, did we made the right decision to enter the race so late into winter season. I guess the answer is 'yes' for LERC, Andy McNiel and Liz Potter finishing 3rd in there respective class. P.B half marathon run for Steve Ingers and Chris Robson. The course was well marshalled and lots of tea and soup at the end to warmup the frozen hands and other body bits.

Finishing the race you got a mug (I tell you this you felt like one today).

FESTIVAL 5 MILES(12th December 1993)

Few LERC member were out at West Hallam for some wine bottles. I sure it much easier to go round to the local supermarket,now that they are open on sundays. Kev Gunn finishing 2nd(Got a whiskey bottle for his effort, this was certainly needed after todays run).

REDHILL X-COUNTRY(19th December 1993)

Vengeance is so sweet, says the Red Hill Running Club! After running on their course I must agree with them. It was wet , very muddy and windy. After the Grandnational start of the race. The LERC ladies did us proud again, Carol Holmes,finish 1st,a close battle with Nicola Swithenbank in second place and Liz Potter in 7th place. We must not forget the other ladies who turned up and represented the club, Dot Smith,Ruth Oakes,Jan Hallam,Amanda Heathcote and Diana Bains.

The usual mens were their to represent the club,a average performance from them this year on this course.

Where was I ? Well I was on the cabbage field tieing my lace.



### GEOFFREY JONES NEW YEARS DAY MYSTERY RUN(2th January 1994)

After the Christmas festival and the New Years celebration it was time to get the running shoes on again and to start the training runs in a big way. Geoff Jones special run is for this purpose.

What is this all about? you may ask!, this is a long run involves running anywhere approximate to Long Eaton(maybe).

Well done to those fools who braved this run.

### CALKE ABBEY X-COUNTRY(16th January 1994)

The sun was out today and so were LERC members to represents us in the EMCCL.

An excellent turnout in both the ladies and men section.

Judieth had a excellent run came 12th overall.

### JOHN PORTER TROPHY(23rd January 1994)

Yes it was time again for the John Porter handicap race at Wollaton Park. Andy Heathcote the handicapper decided to use the 1992 course again, this involves running from the clock tower at the stables and round to the lake and back.

We are talking about 3.5 miles run in total for those who compete 3 laps. Not a tricky course but made difficult because of predestine to manoeuvre around and dogs to look out for(did anybody hear Liz screamed).

## RUNNING

# *Don collects race shield*

LONG EATON Running Club held its winter handicap race at Wollaton Park on Sunday with a total of 18 Long Eaton members taking part.

Don Pitman ran his best race for a long time and took the shield with first place. Ian Baxter was second and Pete Hayes third.

Neil Harris, Jeannie Hallam, Andy McNeil and Rob Griffen all ran well and thanks go to Andy and Amanda Heathcoate for

organising such a fun event.

#### **Long Eaton results:**

1, D Pitman 29.02; 2, I Baxter 29.14; 3, P Hayes 29.27; 4, N Harris 29.37; 5, D Bull 30.01; 6, S Wakefield 30.09; 7, I Harris 30.16; 8, J Hallam 30.21; 9, A McNeil 30.23; 10, G Jones 30.25; 11, R Griffen 30.30; 12, A Patel 31.10; 13, I Whyte 31.20; 14, L Potter 31.33; 15, P Thorburn 31.55; 16, C Willan 32.05; 17, C Johnson 32.21; 18, L Eddleston 33.46.



## HOLM PERRIPONT(20 February 1994)

The last race in the EMCCL series, once again the boys and girls were out to join in the fun.

A triple 1st position finish by LERC, We had 1st Junior(John Fee), senior(Tim Gardiner and ladies(Carol Holmes).



■ Pictured left to right are Judith Webster, Carol Holmes, Dianne Baines, Ruth Oakes, Dot Smith, Christine Johnson with Captains Amanda Heathcote and Nicola Swithbank at the front with the awards

# Winning run for ladies

LONG Eaton Ladies' Running Club has won the East Midlands Cross Country League trophies.

It's the second year running the 14-strong club, based at West Park leisure centre, has come in first.

The A, B and C teams all came home in first place in the run at Holme Pierrepont.

Captains Nicola Swithbank and Amanda Heathcote said they were very proud of all the Long

Eaton ladies who took part.

They said new members Judith Webster, Ann-Marie Lord and Christine Johnson ran very well along with regulars Liz Potter, Carol Holmes, Ruth Oakes and Dot Smith.

## Runners' triple win

THE Long Eaton Running Club had a clean sweep in the final East Midlands Cross Country League at Holme Pierrepont when first male, first lady and first junior ensured a triple win for Long Eaton.

Tim Gardiner, Carol Holmes, Barry Fee all came home first to give Long Eaton its best ever result while the ladies A, B and C teams won the Cross Country Shields again.

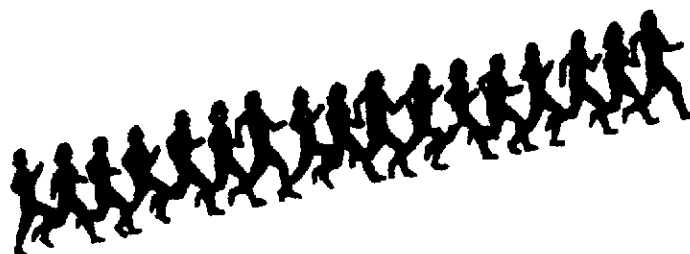
The men's teams did well with the A team third and the B team second.

Long Eaton results:

**MEN:** 1, Tim Gardiner; 2, Nigel Birch; 3, Geoff Jones; 4, Rob Jackson; 5, Andy Heathcote; 6, Matt Oglethorpe; 7, Don Pitman; 8, Neil Harris; 9, John Fee; 10, Willie Henderson; 11, Chris Robson; 12, Steve Wakefield; 13, Ian Harris; 14, Ashok Patel; 15, Ian Whyte; 16, Pete Thorburn.

**LADIES:** 1, Carol Holmes; 2, Nicola Swithbank; 3, Liz Potter; 4, Judith Webster; 5, Dot Smith; 6, Chris Johnson; 7, Amanda Heathcote; 8, Ruth Oakes; 9, Diane Barnes; 10, Jeanne Hallam.

**JUNIORS:** 1, Barry Fee; 2, William Park; 3, Anna Selby; 4, Jamie Selby.



SECTION 3:Winter League 1993/94 :: Final Standings

Well done Rob for being both strong and consistent all through the winter, and to Nicola who turned in some excellent performances.

Many thanks to everyone who represented the club during the winter. The effort put in resulted in the Ladies Teams conclusively beating all the opposition in the East Mids Cross Country League, and the Mens Teams being third and second in the A and B team leagues respectively (very nearly second in both).

I hope these successes can be built on during the summer season and look forward to seeing everyone on the start line at Holme Pierrepont on April 27th.

<u>POSN.</u>	<u>MEN</u>	<u>Points</u>
1	Rob Jackson	171
2	Andy Heathcote	164
3	Geoff Jones	140
4	Don Pitman	130
5	Chris Robson	123
6	Nigel Birch	104
7	Andy McNeill	90
8	Steve Wakefield	84
8	Will Henderson	84
10	Martin Goodall	70
11	Ian Harris	64
12	Dave Taylor	56
13	John Fee	52
13	Kev Gunn	52
13	Ian Whyte	52
16	Neil Harris	51
17	Mark Elliot	49
18	Ashok Patel	44
19	Justin Fowkes	43
20	Gordon Rowell	40
21	Jim Willan	36
22	Norman Rowell	34
23	Dave Munt	33
24	Martin Tilling	30
25	Matt Oglethorpe	27
26	Dave Bull	24
27	Pete Clewes	21
28	Tim Gardner	20
28	Pete Thorburn	20
30	Dave Cluley	14
30	Dave Limb	14
32	Adrian Rigley	13
32	John Hammond	13
34	John Weaver	12
35	Steve Ingers	10
36	Pete Hayes	9
37	N. Hammond	6
37	Paul Twells	6
39	Jim Stevenson	5



<u>POSN.</u>	<u>LADIES</u>	<u>Points</u>
1	Nicola Swithenbank	90
2	Liz Potter	72
3	Amanda Heathcote	69
4	Dot Smith	62
5	Carol Holmes	49
6	Judith Webster	31
7	Ruth Oakes	30
8	Chris Johnson	27
9	Ann-Marie Gardiner	26
10	Jeanne Hallam	23
11	Diane Baines	19
12	Ruth Selby	9
13	Lesley Eddleston	6
14	Liz Orrock	5



SECTION 4:SUMMER SEASON REVIEW 1993-1994RUDDINGTON(27th APRIL 1994)

This race suppose to have been held at Holm perripont, but due to the expense charge by the center this had to be moved to Ruddington Country Park.

A apharhzand start but what can you do on last minute notice, the organisers did well to put the race on.

Don Pitman made slight detour, end up in the Wick's car park in Nottingham, He did try to keep it quiet but you can't keep any secret in our club. We had Sean McReynolds with him to keep us inform.

What happen to Steve Wakefield ? let me tell you, he went to Holme Pierrpont and then visted the Nottingham University.

Nicky Lees came 1st and good run from Judith.

DERBY HALF MARATHON(8th MAY 1994)

Yet a again there was a route change, the route used this year was the Chellaston half(remember previous year was the last Chellaston half marathon).

A very fast half marathon course but not absolutely flat.

The weather was perfect for the run, the sun was out with a gentle breeze flowing. However there were still some runners complaining it was to hot.

A good turn out by LERC members, everyone were in very confident mood but bit apprehensive.

Records were broken, that is individual performances. Well done everyone.

Nickey Lee 1st for LERC(7th overall in the race).

Don Pitman	(PB run)
Chris Robson	(PB run)
Neil Harris	(PB run)
Sean McReynolds	(PB run)
Ashok Patel	(Not a PB run)
Pete Thorburn	(PB run)
Ron Badder	(Ran to the race, not a bad sunday effort)
Andy Heathcote	(Hobbled round part of the course)
Carol Holmes	(PB run, 4th overall)
Nicola Swithenbank	(PB run, 5th overall)
Gordon Rowell	(PB run)



## Seventh heaven for runner Nicky

IN THE Derby Half Marathon, Long Eaton's Nicky Lees came in seventh position with a time of 68.53, Don Pitman ran a personal best 1.17.54 and Chris Robson with 1.19.37.

For Long Eaton Ladies Carol Holmes was 4th lady 1.21, Nicola Swithenbank 5th 1.24 and Liz Potter 14th 1.38.

Juniors Richard Shrimpton, Daniel Trembworth, Ann Selby, all ran well in the Fun Run.

Other personal bests and good runs from Neil Harris, Sean Reynolds, Gordon Rowell, Dot Smith, also Kev Gunn and Tim Gardiner had superb placings of 8th and 13th.

Long Eaton Results:

Men: 1 W Lees, 2 D Pitman, 3 C Robson, 4 N Harris, 5 W Henderson, 6 I Harris, 7 S Reynolds, 8 A Patel, 9 I Whyte, 10 R Griffen, 11 G Rowell, 12 R Badder, 13 J Willan, 14 A Heathcote, 15 P Thornburn, 16 J Bowan.

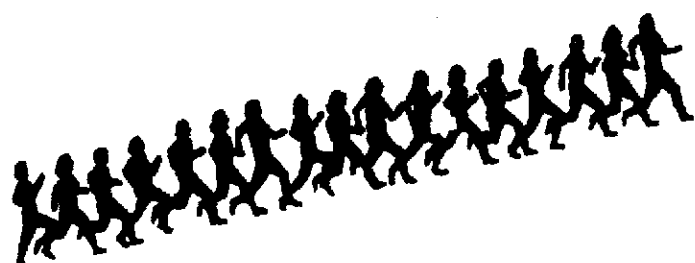
Ladies: 1 C Holmes, 2 W Swithenbank, 3 L Potter, 4 D Smith, 5 J Hallam.

Juniors: 1, R Shrimpton, 2 D Trembworth, A Selby, 4 R Selby, 5 W Peak. 6 I C Smith.

LERC Pot Luck Pairs Results 22/05/94

West Park - Wilsthorpe Island - Parry's Clock via Breaston - Left to the Reservoir - Nags Head - BR Station - West Park.

PAIRS	H/Caps	Race Time	Adj/Time	Tot/Time	Overall Position
Dot Smith Jim Willan	2:54 8:07	42:43 36:26	45:37 44:33	90:10	1
Martin Goodall Sean McReynolds	13:32 12:34	32:41 33:02	46:13 45:36	91:49	2
Ian Harris Amanda Heathcote	12:22 0:00	33:20 46:18	45:42 46:18	92:00	3
Pete Thorburn Ian Whyte	5:07 11:36	40:21 35:13	45:28 46:49	92:17	4
Jim Stevenson Chris Johnson	1:20 1:44	44:43 44:55	46:03 46:39	92:42	5
Will. Henderson Don Pitman	13:32 14:47	33:36 31:52	47:08 45:39	92:47	6
Carol Holmes Neil Harris	13:21 13:55	33:55 32:17	47:16 46:12	93:28	7
Judith Webster Rob Griffin	5:48 13:21	40:59 33:39	46:47 47:00	93:47	8
Jeanne Hallam Rob Jackson	1:44 13:55	46:22 33:23	48:06 47:18	95:24	9
Andy McNeill Ruth Oakes	17:24 0:00	31:31 49:01	48:55 49:01	97:56	10



# ROBIN HOOD ROAD RACE LEAGUE(RHRRL)

A set of 5 road races in this series at Ruddington(27th April 1994), Redhill(18th May 1994), Retford(15th June 1994), Erewash(13th July 1994) and finally the Mansfield(12th August 1994).

## RUNNING

# Runners show their real style

LONG Eaton Running Club showed well in the Retford Road Race last Thursday, with with good runs from Don Pitman, Sean McReynolds, Ashok Patel and Rob Griffen.

Running for the ladies were Judith Webster and Dot Smith.

On the same night at Castle Donington race track, Long Eaton's Kevin Gunn won the race with a time of 24.52 with Nigel Birch also showing well.

Long Eaton results — Retford (men) 1, D Pitman; 2, S McReynolds; 3, W Henderson; 4, A Patel; 5, M Tilling; 6, A Heathcoate; 7, R Griffen; 8, P Twells; (ladies) 1, J Webster; 2, D Smith; 3 A Heathcoate; 4, L Orricks.

Castle Donington (men) 1, K Gunn; 2, N Birch; 3, G Jones; 4, S Wakefield; 5, M Goodall.





# HERITAGE GRAND PRIX

Consist of four races in the series, these were are at Wollaton Park(28th June 1994), The Forest(30th June 1994), Colwick Park(5th July 1994) and Holme Pierrepont(7th July 1994). This I recommend for any newcomers because the distance varies between 4miles to 10K and different terrains and you get a T-Shirt at the end for your effort.

## SPORT RUNNING Strong team for Grand Prix

LONG Eaton Running Club once again had a strong team of 23 runners at Colwick Park for the 3rd leg of the Prix. Andy McNeil, Nigel Birch and Chris Robson ran well for the men. Judith Webster, the ladies, and the ladies ran well for the ladies.

LE Results Men  
1. A. McNeil 2. N. Birch 3. C. Robson 4. D. Pitman 5. C. Harris 6. M. Goodall 7. D. Corner 8. A. Patel 9. I. White 10. M. Tilling 11. A. Heathcoate 12. J. Willan 13. S. Ingers 14. B. Thornburn 15. G. Boen

Ladies  
1. J. Webster 2. D. Smith 3. C. Johnson 4. L. Eddleston 5. A. Hallam 7. R. Oakes 8. L. Orricks

The final race of 4 was at Holme Pierrepont 10K and there was a good turn out from Long Eaton. Nigel Birch stamped his place as best club runner over four races and there were also good runs from Don Pitman, N. Harris, Judith Webster was first Long Eaton lady then Dot Smith.

## Long Eaton club races to a strong finish

Park last Thursday, once again a strong team on a warm day, saw Andy McNeil come seventh followed by Nigel Birch, Don Pitman, Chris Robson and Don Percy.

For the ladies Judith Webster and Dot Smith ran well.  
Results: Men: 1. R. McNeil: 2. N. Birch: 3. D. Pitman: 4. C. Robson: 5. D. Harris: 6. N. Harris: 7. D. Corner: 8. M. Goodall: 9. A. Heathcoate: 10. M. Tilling: 11. I. Whyte: 12. A. Patel: 13. J. Willan: 14. S. Ingers: 15. P. Thornburn: 16. P. Twells: 17. J. Boen: 18. C. Johnson: 19. L. Webster: 20. D. Smith: 21. A. Heathcoate: 22. L. Orricks: 23. Next week Colwick Park and Holme Pierrepont.

## RUNNING

### Nicola's best

LONG Eaton Ladies runner Nicola Swinbank ran a personal best of 1-22-40 at the 10K race on Sunday winning the gold medal for the race. Nicola, who is finding the longer distance her favourite races, is now looking forward to this year's Nottingham Robin Hood Marathon in September.

LONG Eaton Running Club once again had a strong number of runners in this year's Nottingham Heritage Grand Prix. The first race, a six-mile at Wollaton on June 28, saw Nigel Birch come in 13th, Don Pitman 21st and also good runs from Chris Robson, Neil Harris and Dot Smith.



# HARRINGTON QUARTER MARATHON(15th July 1994)

Yet again a tremendous club turn up for the 1994 Harrington race. Some of our new members used this race as a platform to head their running career for LERC.

# EREWASH 10(4th September 1994)

The 1994 Erewash 10 mile race was choosen as the England Open National Championship for the men and women.

A prestige race and its always well organised by the Erewash Club.

It must be enjoyable to watch the Keyan's race, looked very impressive in their warm up jog(if you won't to call this).

A record turnout for LERC.

## *RUNNING*

# **CLASSIC TRIUMPHS**

LONG Eaton Running Club had 34 runners in the Erewash Ten Mile Classic on Sunday, a quality national race with runners from all over Britain and the Africas.

Long Eaton did well: Nicky Lees was 36th with 51.27, Andy McNeil 54.01, and there were also personal bests for Don Pitman, Don Percy, Jim Willan, Willie Henderson and Pete Thorburn.

Carol Holmes ran in tenth lady with a personal best of 59.06 and is surely now up with all the best local runners in the East Midlands.

The men's veteran team came fifth, with Don Pitman, Willie Henderson and Chris Robson all running well.

Long Eaton results: MEN: N Lees, J Hall, T Gardiner, A McNeil, D Percy, R Fox, D Pitman, G Jones, N Harris, W Henderson, A Griffiths, I Harris, M Goodall, R Jackson, D Corner, P Williams, M Tilling, T Forst, S McReynolds, N Rowell, J Willan, A Wakaturi, A Rigley, G Rowell, J hammond, P Thorburn, A Henry, I Whyte.

LADIES: C Holmes, D Smith, J Hallam, R Oakes, A heatncoate.

● KENYAN Joseph Kibor failed in his bid for a world record in the BUPA Erewash Ten Mile Classic — but destroyed a world class field of runners.

Kibor took it easy in the first quarter of the race but piled on the pressure from the seven mile point to romp home in 46 min 43 secs — one minute 11 seconds ahead of fellow-countryman Joseph Kamau.

Third place, in what doubled as the AAAs Ten Mile Open National Championship was Englishman Carl Udall.

The women's gold medal went Angie Hully of Leeds in 54.41, followed by Wendy Ore and Kewi runner Leslie Morton.

The day's top local performance was by Long Eaton Running Club's Carol Holmes. She joined the elite by coming tenth and finishing in 59.06.

Another Long Eaton RC athlete was the highest place local man. Nicky Lees finished in 36th place with a time of 51.27.

Although no world records were broken, in terms of finishing times it was the highest quality race ever held in the UK.



GREAT NORTH RUN(18th September 1994)

Some LERC members took the long trip up north to Newcastle take part in the Great North run.

Great atmosphere, 30,000 runners take part and you get a chance to run with one or two celebrity.

If you don't enter the London Marathon then this must be the second choice.

Well done Don Pitman, a personal PB run and the appearance on the T.V.

ROBIN HOOD HALF/FULL MARATHON (25th September 1994)

The final race of the summer schdule, the 14th Robin Hood Marathon.

Some LERC members did the fun run, others the half and the three fools did the full. A perfect weather for runners, bit chilly for the gallant spectators.

Yes ! every race has to have this blend of spectators and the 6,000 runners who took part in the race this year.

Well done everybody, Apologies if your name is not mention, very difficult to pick the names out from the newspapers.

Full Marathon

Chris Robson	2:52:58	-	SILVER MEDALLIST FOR NOTT'S AAA CHAMPIONSHIP(VETS)
Terry Rogerson	2:58:32		
Ron(Rocket) Badder	3:18:54		

Half Marathon(Men)

Andy McNeil	1:12:00
Geoff Jones	1:19:21
Nigel Birch	1:19:54
Ian Harris	1:23:07
Sean McReynolds	1:23:43(PB)
Ashok Patel	1:26:09
Rob Jackson	1:27:15
Norman Rowell	1:28:36
Martin Goodall	1:29:20
Jimmy Willan	1:29:36
Pat Williams	1:30:43
Martin Tilling	1:30:47
Andy Griffiths	1:31:18
Gordon Rowell	1:39:11
Pete Thorburn	1:40:40
Steve Ingers	1:52:18

Half Marathon(Women)

Christen Johnson	1:50:59
Lesley Eddleston	1:30:++
Jan Hallam	2:00:08



Well done to Kev Gunn(1:10:40) and Don Percy(1:15:22).

## Strong squad for marathon

LONG Eaton Running Club had a strong squad of runners for this year's Robin Hood half and full marathon

Andy McNeil (18th overall) was 1st male for Long Eaton (1.12.00) and personal bests for Norman Rowell, John Hammond.

Good runs from Ash Patel, Kev Gunn, Don Percy, Pete Thorburn. In the full, Chris Robson ran 2.52 along with Terry Rodgeron and Ron Badder. For the ladies Chris

Jan Hallam ran well, Long Eaton now look forward to a full winter season of cross country races.

### Long Eaton Results.

#### Men's half

1. A. McNeil
2. G Jones
3. N. Birch
4. I. Harris
5. S. McReynolds
6. A. Patel
7. R. Jackson
8. N. Rowell
9. J. Willan

11. M. Tilling
  12. A Griffiths
  13. T. Frost
  14. G. Rowell
  15. J. Hammond
  16. P. Thorburn
  17. S. Ingers
  18. G. Boen
- Full
1. C. Robson
  2. T. Rodgeron
  3. R. Badder
- Ladies' half
1. C. Johnson
  2. L. Eddleston

**SECTION 5:**L. E. R. C Mens Summer League 1994

NAME	TOTAL POINTS
1. Don Pitman	178
2. Nigel Birch	146
3. Andy McNiell	133
4. Neil Harris	124
5. Will Henderson	124
6. Sean McReynolds	116
7. Martin Goodall	111
8. Nicky Lees	107
9. Chris Robson	104
10. Ashok Patel	98
11. Martin Tilling	92
12. Rob Fox	91
13. Rob Jackson	84
14. Dale Corner	82
15. Andy Heathcote	80
16. Don Percy	79
17. Jim Willan	78
18. Pete Thorburn	62
19. Ian Whyte	61
20. Ian Harris	57
21. Steve Ingers	53
22. Norman Rowell	52
23. Gordon Rowell	48
24. Rob Griffin	48
25. Steve Wakefield	47
26. Paul Twells	46
27. Geoff Jones	43
28. Mark Elliot	38
29. Kev Gunn	37
30. Andy Griffith	35
31. Pat Williams	31
32. John Hammond	30
33. John Fee	29
34. Dave Cluley	28
35. Ron Badder	27
36. Troy Frost	26
37. Jes Boen	25
38. Terry Rogerson	20
39. Jerry Hall	16
40. Adrian Rigley	10
41. Barry Fee	8
42. Jim Stevenson	7
43. Dave Pettifer	7
44. Andrew Henry	6



GREAT NORTH RUN(18th September 1994)

Some LERC members took the long trip up north to Newcastle take part in the Great North run.

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  12. A Griffiths
  13. T. Frost
  14. G. Rowell
  15. J. Hammond
  16. P. Thorburn
  17. S. Ingers
  18. G. Boen
- Full
1. C. Robson
  2. T. Rodgerson
  3. R. Badder
- Ladies' half
1. C. Johnson
  2. L. Eddleston

L. E. R. C Ladies Summer League 1994

NAME	TOTAL POINTS
1. Judith Webster	82
2. Dot Smith	58
3. Amanda Heathcote	56
4. Lesley Eddleston	49
5. Jeanne Hallam	43
6. Chris Johnson	36
7. Liz Orrack	21
8. Carol Holmes	20
9. Ruth Oakes	19
10. Nicola Swithenbank	9
11. Liz Potter	8
12. Carol Willan	



PRESS SECTION

Once again with the growth and success of the club I had the privilege of reporting something like 46 times in the local papers in the last 12 months. This is tremendous news for the LERC.

In report writing there are mistakes occasionally, like wrong time, names miss spelt and on occasions miss out members who ran the race. This can lead to many a bent ear on club nights, but I assure all members that I endeavour to get this right.

I rather like to think that we should report many aspect of achievements, as well as the individual performances thus have a good balance to promote the club.

On a light note we all should adopt some KENYAN' type names so as to attract readers of our column.

i.e.

ASH WAKATURI
KEV GUNNGOOGI
MARTIN GOODUMBI
ROB JACKOZWAZO
STEVE WAKEYWELLI
JOHN FEEMUMBO
PETE THORBALDI
DON PERCYMEME
IAN HARRSHORY
LIZ ORRLORRI
DON KIPTUM

All in All the club has had winners this year in all the main events and Long Eaton Running Club is recognised as a force with other local Clubs.

I hope for the next year that there will even more achievements from the men, ladies and juniors to highlight in the papers, I am looking for some front page material.

My final message is, run well and enjoy running.

Jimmy Willan(The Flying Scot)



The ladies who run for Long Eaton  
Have vowed they will never be beaten  
There's Ruth and there's Dot  
Who must not be forgot  
Just two LERCs who run for Long Eaton.

Here are some more of our lassies  
Who are sure to stand out from the masses  
Carol, Lesley, the two Liz's  
Sharper than a pair of scissors  
To LERC lassies we say "Raise your glasses".

What about Chris and Amanda  
The last thing they do is meander  
They fly off the blocks  
In their brand new Reeboks  
Quicker than you can say "return to sender".

We pump out those side-bends and sit-ups  
Leg curly, knee-bends and more press-ups  
Don says we'll run faster  
So we'll need lots more pasta  
And we'll bring home more trophies and cups.

LERC ladies have fun on the run  
It's not just the races they've won  
Exercise keeps them sprightly  
Speed and hill work twice nightly  
Keeps them hip-happy, healthy and young.

LERC ladies have blue and white vests  
Always after more personal bests  
In the Wednesday night league  
Judith showed no fatigue  
Coming sixth, well in front of the rest.

At Mansfield Nicola Swith was on cue  
But now she must go to pastures new  
Carol Holmes won at Burton  
She's quite good, that's for certain  
So to keep up more hills we will do.

The East Midlands Cross Countrys we won  
Ann-Marie went off just like a gun  
We'll try and repeat it  
If the mud we can beat it  
LERC ladies have fun on the run.

LERC ladies have run well all year  
They deserve all their glasses of beer  
The Heritage they ran  
And that includes Jan  
They'll never quit running - no fear !!

(This ditty is by sexy Lizzie)





## BEST WAY TO AVOID INJURY STRETCH!

The most common source of injury is repetitive movement and overuse. Putting your legs through the same action, with each joint moving only through the middle of its range of movement, inevitably results in some kind of strain or tear if the joint is stretched out of its normal range.

Although the result may be only a simple muscle tear, which should heal relatively rapidly, there is always the risk that damage will occur to the joint structures. What's more, if the runner attempts to run on it, rather than the original injury, the injured tissue will become chronically damaged.

The way to avoid these injuries may be somewhat different to the original runner. He or she will have to take time out from running to stretch and extend each joint before and after training – a habit known as stretching.

Remember that adequate stretching must involve movement through the full range of the joint. We may not run with our knees touching our buttocks or our knees locked straight, but unless we have prepared every joint in this way, we are doing it wrong.

Try to stretch the joints of the lower limbs fully at least twice a day; your injury risk should decrease, if not disappear entirely. —PM



## BEST FARTLEK SESSION TIME IS THE KEY

When you don't feel up to a formal interval session, but you feel that you should do more than just plod round the roads, the easiest session (in the mental sense) is timed fartlek. After 10 minutes of slow running, start doing one minute fast, one minute slow (with two-minute recoveries if you are not very fit). Depending on your endurance, you run (for instance) six, eight or 10 of these and then switch to 30 seconds fast, one minute slow, for the rest of the run. If you don't want to look at your watch, do it by counting strides – a hundred right feet (a double-stride) is roughly the same as a one-minute burst. The distance will pass much more quickly, and you'll get some good work done. —PJ

## BEST WAY TO RECOVER FROM INJURY

# GET TREATMENT EARLY

If you get injured, don't ignore the pain or try to run through it. The result will undoubtedly be further, secondary injury. The secret of early recovery is early treatment – not always easy to obtain, but a worthwhile goal nonetheless.

RICE (rest, ice, compression, elevation) is still a runner's best first aid. The original injury will have caused internal bleeding, and ice is the best way to limit it. Immediate rest prevents further damage, and compression and elevation are simply ways of diminishing and opposing blood loss at the site of injury.

Knowing when to start mobilising the injured area is a matter of fine tuning – you must determine what each pang of discomfort indicates. At some stage, gentle mobilisation must develop into movement, and movement become stretching, so that you can regain a full, painless range of movement.

The golden rule? Know your body, recognise the signs of injury and obtain immediate and suitable treatment. —PM

## BEST PRE-RACE MEAL

# CARBS YES, FATS NO

Your pre-race meal can do just as much harm as good to your performance, so it's essential that you select the right combination of foods.

Eat a light meal based mainly on complex carbohydrate (starchy) foods such as pasta, bread and potatoes. These are easily digested, settle comfortably in the stomach and are a convenient source of the muscle fuel glycogen.

Include some sugary foods in the meal (such as honey or jam) if you wish, but don't overdo it – they can give an energy boost, but they can also result in low blood sugar once you've started running.

Avoid fatty foods – they take a long time to get through your digestive system and can delay absorption of fluid by the gut.

Drink plenty of fluids, even if you're not thirsty. Finally, always eat familiar foods before racing and allow plenty of time (two-four hours) for digestion. —PB

## BEST SHOE-BUYING ADVICE DON'T BE TOO CHEAP!

Look for value for money rather than cheapness. Of course, cost is a pertinent factor for anyone on a budget, but in the long run, cost is not necessarily a good guide to value. If you spend £35-40 on a pair of shoes and they are not appropriate, you will spend a lot more money and time fixing the problems they cause.

That is not to suggest that more expensive shoes are better: they may or may not be, depending on what you require. Seek out the best advice, usually from a specialist retailer, and follow it. If the advice conflicts with your budget, be prepared to follow the recommendation rather than pocket. A shoe which is suited to your requirements will ultimately provide you with the best long-term value.—CS

## BEST RACE DISTANCE

# FOCUS ON 10Ks

What is the perfect race distance? To put it another way, which race requires a training programme that allows you to run faster or longer races with only minimal adjustments in your training? Surprisingly enough, it's that old standby – the 10K.

That's because any runner with a shard of common sense will always spend some pre-10K training time running at their anticipated 10K pace. As it happens, 10K pace represents an actual intensity of 90 per cent  $\text{VO}_2\text{max}$ , the exact level of effort which is best for boosting your overall aerobic capacity.

Happily, training at 10K speed is also the most efficient way to raise your lactate threshold velocity – the tempo above which running begins to feel really tough. As threshold velocity climbs, race speeds in the 5K, 10K, 10 miles, half-marathon and marathon also begin to rise.

From a perceived-effort standpoint, it's relatively easy to move to 5K racing from a base of 10K training, since 5K pace is only slightly faster. It's also possible to move up in distance: 10-milers and half-marathons are no problem, since 10K running makes the speeds required to run those races feel fairly easy. Finally, the only major adjustment 10K runners need to make for a marathon is to include in their training some long runs of 15-18 miles, which aren't part of the usual 10K job description.—OA

## BEST TEMPO SESSION

# RUN AT RACE EFFORT

The best session is one where you can run at race effort for a long time, without getting bored. The surface you run on has to be something which does not vary too much with the weather, ie tarmac or a firm path. The distance should be whatever you cover in 10-15 minutes.

That way the session is a really good measure of your aerobic efficiency, because pushing yourself into oxygen debt cannot improve the time very much. It doesn't matter if the course is a bit hilly or if you don't know the exact distance: the important thing is that the session acts as a measure of your personal fitness. It will never lie to you.—RT

## BEST WAY TO RUN FOREVER

# FLEXIBILITY IS THE KEY

I set myself a different goal or target every year, and run on a variety of surfaces. I've always believed in having three months each year where I don't pressure myself into racing.

Keeping a perspective is also important. I work, I have a family, and I've got many friends with other interests. I don't diet religiously, and if I fancy a beer, I'll have one.

A final tip: stretch regularly – the main problem with getting older is declining mobility.—EM

## BEST SPEED SESSION

# ZAP THOSE ENZYMES

The last important session for most of my athletes before a big race is what I call 'Zap the enzymes'. The pace is quick – 1500m pace or even faster – but the distance is not long. This has a stimulating effect on the body without tiring it deeply. No oxygen debt is built up, because the runs are no more than 200 metres.

A typical session might be 8 x 200m for a young 1500m runner, or two sets of 10 x 200m for an experienced 1000m runner. The recovery is fairly short, 30-35 seconds, allowing time for the breathing to return to normal and the pulse to drop to 110 or less.—BT

## BEST WAY TO ACCOMPLISH YOUR RUNNING GOALS

# CONSISTENCY ABOVE ALL

Whatever your targets, you'll get closest with a consistent training approach. A patient build-up is the safest and most effective method – it's far better to log 52 weeks of moderate training a year than 10 weeks of mega-mileage and record-breaking sessions, interspersed with long periods of injury or illness.

Listen to your body – ease off if you feel under the weather, or have a niggles or an elevated heart rate. Everyone has a dream, but it cannot be reached unless there are steps leading to it. Success comes from focusing on the next step, which must be within the bounds of possibility, and then working towards it in a purposeful way.—JD/BT

## BEST ENDURANCE SESSION

# THE LONG RUN IS KING

A good endurance session is not the same thing as a slow plod. But apart from the enormous psychological benefits of completing a lengthy session, the physiological benefits are tremendous, provided that the intensity of the run is not too hard. The session will give the greatest benefits to your muscles, rather than the heart and lungs.

Not only will there be enhanced capillary supply within the muscles, but your aerobic capacity will rise because of an increase in the size and number of mitochondria – the organisms where aerobic metabolism takes place. This means that you will have a greater ability to metabolise fat, which is highly appropriate for distance runners as you are able to spare your limited carbohydrate stores when racing.

A session of at least an hour is suitable.—JD/BT

CROSS COUNTRY EVENTS 1994-1995

15-10-94	MARKEATON PARK	NORTH MIDLANDS LEAGUE
23-10-94	BRAMCOTE	EAST MIDS LEAGUE
13-11-94	SINFIN	EAST MIDS LEAGUE
19-11-94	LINCOLN	NORTH MIDLANDS LEAGUE
03-12-94	CORBY	NORTH MIDLANDS LEAGUE
11-12-94	BERRY HILL	AAA COUNTY CHAMPIONSHIPS
18-12-94	REDHILL	EAST MIDS LEAGUE
22-01-95	CALKE	EAST MIDS LEAGUE
19-02-95	HOLME PERRIPONT	EAST MIDS LEAGUE
11-03-95	LUTON	NATIONAL CHAMPIONSHIPS

ROAD RACES

20-11-94	HEANOR	CHRISTMAS PUDDING RUN
11-12-94	KEYWORTH	TURKEY TROT
11-12-94	WEST HALLAM FESTIVE 5	
08-01-95	BUTTERLEY BRICK	
28-01-95	CORBY	MIDLAND CROSS COUNTRY CHAMPS
12-03-94	RETTFORD LIONS HALF MARATHON	

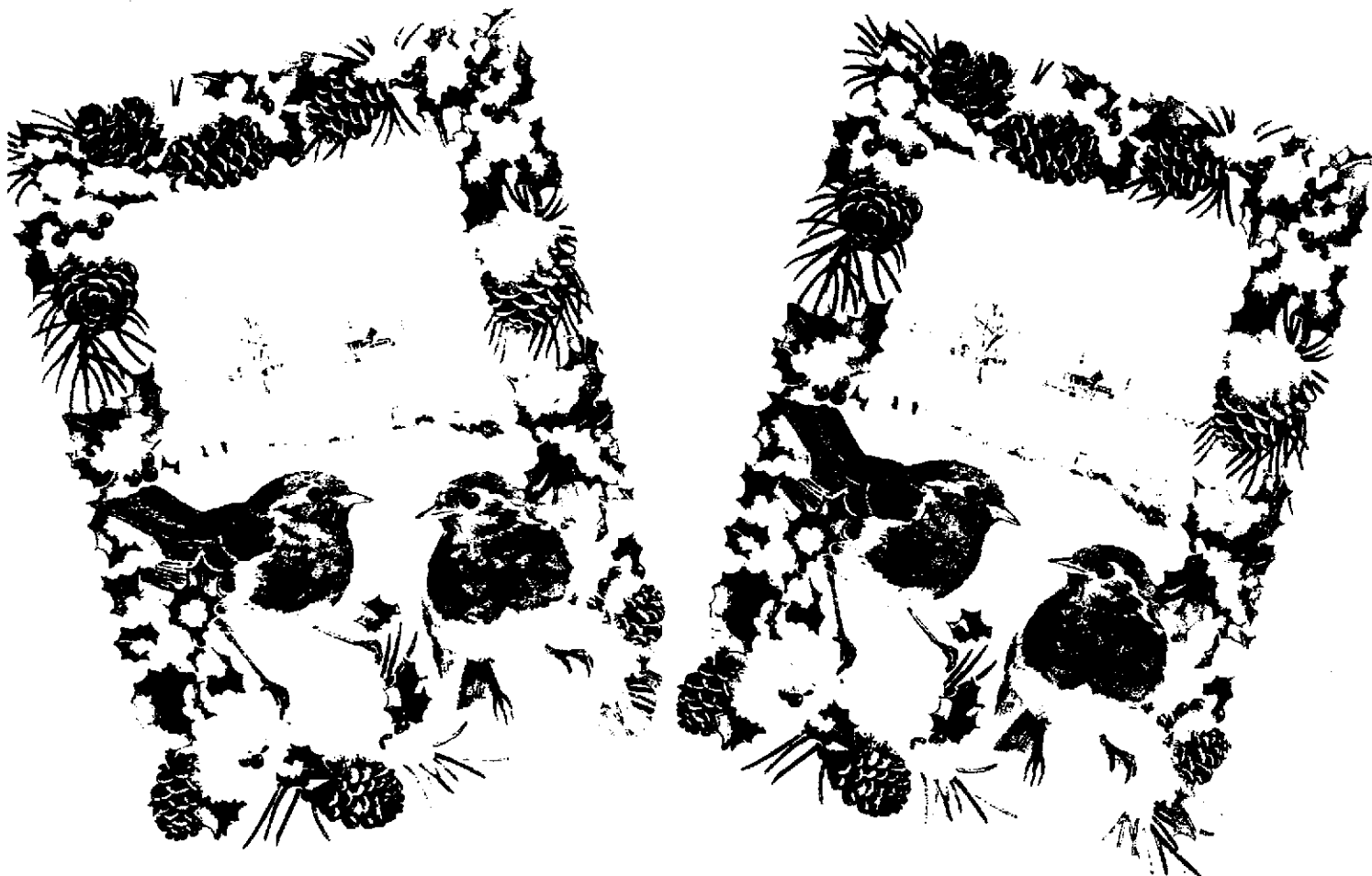
**TEN POINTS TO REMEMBER ON RACE DAY**

- 1 Be sure to allow yourself plenty of extra travelling time to get to the venue, and aim to arrive a good 30-40 minutes before the race is due to start
- 2 Do not race in any clothing which you have not tried running in beforehand
- 3 Make sure that you are equipped for the possibility of wet weather on the day. A dustbin liner is the best thing to wear over the top of your running kit, to avoid getting wet and cold while waiting for the race to begin
- 4 You should eat breakfast not less than three hours before the start. It should consist mainly of foods which are rich in carbohydrate - cereal, bread, bananas, etc
- 5 Drinking tea or coffee with your breakfast, or fruit juice, will give you enough fluid unless it is a warm day, in which case you should drink water during the morning and just before the start
- 6 Make your last visit to the loo 15 minutes before the start, so that you don't get stuck in a queue and start to panic
- 7 Line up in the place indicated for your probable finishing time, eg 1hr 30 or 2 hours. There may well be slower people ahead of you, but two wrongs don't make a right
- 8 Warming up. If you are into the Serious Stuff, you will need 20 minutes of warm-up, jogging, striding and stretching, before you launch into five minute/mile pace. If you are slower and wish to conserve your energy, 10 minutes of slow jogging and stretching is fine. If you are simply worried about finishing, jog the first three miles of the race as your warm-up
- 9 Having calculated your probable finishing time, work out your average speed per mile, and try to make your first mile no faster than this - there's plenty of time
- 10 Think of the race as two 10K races with a bit tacked on the end, and try to run the first 10K as close as possible to your target time - after that, your body will tell you exactly what it can and cannot do

SECTION 10:

ENTERTAINMENT & CLUB CHARITY

Yes! by popular demand, the Christmas dinner has been booked for our next event but members keep an eye on the notice boards there will be more events throughout the year, sensible suggestions are always welcome.



LONG EATON RUNNING CLUB X-MAS DINNER-DANCE  
AT THE TRENT LOCK GOLF CLUB  
23RD DECEMBER 1994

Booking and further detail can be obtained from Willey Henderson.



# CLUB CHARITY

Westbrook School, which accommodates physically disabled pupils of both sexes with an age range of two to sixteen years, was opened in May 1973. It was purpose built and has accommodation for ninety-two children, seventy-two day pupils and twenty residents.

The teaching accommodation consists of three main areas: a self-contained nursery unit for twelve children, which is also used for assessment purposes; an infant/junior area and senior area. The design of the teaching spaces is open plan with facilities for craft, home economics and science.

Most of the children live within Derbyshire but some are taken from out of county.

In order to learn about and interact with the environment it is important to help children to become more aware of their senses and emphasis is placed upon sensory stimulation in the nursery programme.

Further enrichment is provided in extensive visits to widen interest and encourage independence.

To aid this the club is raising funds to build a 'raised' garden for the residents.

The fund collection is to be an annual effort, members are invited to raise money from friends etc, the method is to use the clubs calendar races or any races if the members incline to.

Sponsor forms, club races and further detail can be obtained from the notice board or see any of the committee members.

The three principle steps ->

- 1: Collect the sponsor forms.
- 2: Select a race (additional incentive is that the charity jokers will gain double LERC league points).
- 3: Donated money is to be passed to committee who in turn will place the money in the charity account (list will be kept).

Further detail can be obtained from Jimmy Willan on the work carried out by Westbrook school.



SECTION 11:MEMBERS REVIEW1994 LONDON MARATHON

We were inspired to enter this premier road race for many reasons such as 'Heard the atmosphere is great', 'want the T-Shirt', 'Might get on TV(Dave did)', 'its a challenge', 'never done it before' etc. etc.

Having obtained our entries from personal/Club places the hard work started to build up from January.

Then thought turned to 'can we find the time to train?', 'Can we run the 26.2<sup>s</sup> miles?', 'Are we sure we wan't to?', 'isn't it even further then Jeff's New Year run?' .

Over the months we built up our distances and reduced our times. Eventually even those miles between fifteen and twenty become more comfortable.

We helped and supported each other and gained from the support of the other club members especially Don Pitman and Ron Badder(the distance man).

Thanks Don and Ron also thanks to wives and families for not only suffering neglect but helping and encouraging us.

Nervousness built up as race day approached, Ian, Steve Groome and I travelled to London on a coach and hotel package arranged through Rolls Royce. Thank to Steve Wakefield for booking us on to this. Registration at the Barbican on Saturday was our introduction to the very slick professional organisation which continued over the whole event. It was also part of the build up of the atmosphere for the event with approx. 30,000 participates.

The rest of Saturday was split over sight seeing in London, Football match(Fulham v Exeter) etc. etc. Then off to our hotels for an evening meal(no wines).

Ian and I did venture out to the Pub down the road(2x half pints). Not a good nights sleep doubts again, Ian Whtye snoring etc. etc.

The great day arrived, early breakfast and off to the start. Dry, cool, breezy morning. Adrenalin flowing and excitement building. Strip off and deposit kit bag(numbered) on appropriate lorry. Squeeze into an appropriate place in the line up and after a short time(seemed like ages) we were off(walking) towards the start gantry. The clock was running as were the elite runners but we were still walking.

After the start gantry the field opened out, we started running, nipping and tucking for space and the crowd atmosphere building. We really were doing the LONDON MARATHON.

The route took us past many notable tourist spots e.g. Greenwich Hospital, Cutty Sark, Tower Bridge, Canary Wharf, Tower of London, Victoria Embankment, Parliament Square, Buckingham Palace and the finish on the Mall.

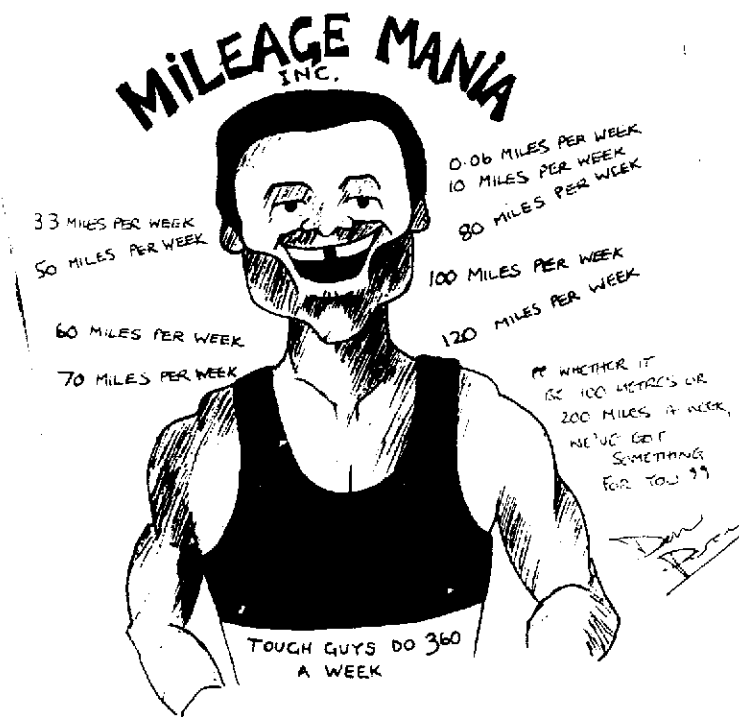
The spectator support all the way round the route was magnificent, parties and live bands at various points all added to the carnival atmosphere which kept us going.

Dave paced himself well and was comfortable up to 18 miles then it was more effort with tired legs. At the 19 miles point I teamed up with a GP from Norfolk about my age and also doing his first Marathon. We gave each other mutual support which helped the last seven miles to pass as well as the previous nineteen. We were both hoping to beat 4hrs and I will always remember him saying at 24 miles when the gantry clock showed approx. 3hrs 30min that if needs be we'd make it walking. We didn't(walk that is).

Birdcage walk seemed to be extremely long as the finish was in reach but after turning in front of Buckingham Palace it was very soon all over. Our numbers were bar coded and we were read in at the finish gantry like beans at the super market. When I subtracted my delay time to the start from the finish time I felt tears come to my eyes. The winner could not have been happier or more proud then I was. Pride may be one of the seven deadly sins but I think we should be forgiven it after an achievement like the London Marathon.

The slick organisation continued on the Mall as we quickly recovered our kit bags which were loaded in on Blackheath. Ian, Steve Groome and I met up with the rest of our bus party at the Festival Hall ready the journey home. Food, beer and telephones to ring the family and friends were all available in the Festival Hall. The admiration of the family, work colleagues and friend is something one learns to live with. I thought that this would be a one off peak to my running career but I'm applying again for next year. What about the rest of you ? It is an experience to be thoroughly recommended.

by Pete Thorburn



IF THE SHOE FITS ...

Got aching feet or niggling pain? Shoes looking tired and worn? Loosing your bounce? Then here's the article you've been waiting for. First of all lets look at your running style ...

**HEEL STRIKERS**

Foot Type, Stature:

Average build, normal foot shape.

Gait Description:

Lands at heels outer edge &amp; continues to move forward into the midfoot area, moving on to toe-off centrally.

Over-use Injuries:

Less likely to suffer many over stress running injuries as excess strain is not placed on any one area. Most common injury - Achilles Tendonitis.

**PRONATORS**

Foot Type, Stature:

Shallow arched, flat feet.

Gait Description:

Strike at the heel and rolls inward. Wear starts at the outer edge then moves to the midfoot area, finally toeing off at the inside edge of the forefoot. Shoes breakdown at the instep (medial side).

Over-use Injuries:

Knee injuries and lower back problems.

**SUPINATORS**

Foot Type, Stature:

High arched, rigid narrow feet.

Gait Description:

Strike at the heel and rolls outward. The wear tends to be on the outside of the shoe. Shoe breaks down on the lateral side.

Over-use Injuries:

Knee, Ankle, Tendon injuries.

**FOREFOOT STRIKERS**

Foot Type, Stature:

Generally lighter runners in weight and stature.

Gait Description:

Foot strikes in the middle of the shoe, the weight is immediately transferred to the forefoot. The heel hardly touches the ground.

Over-use Injuries:

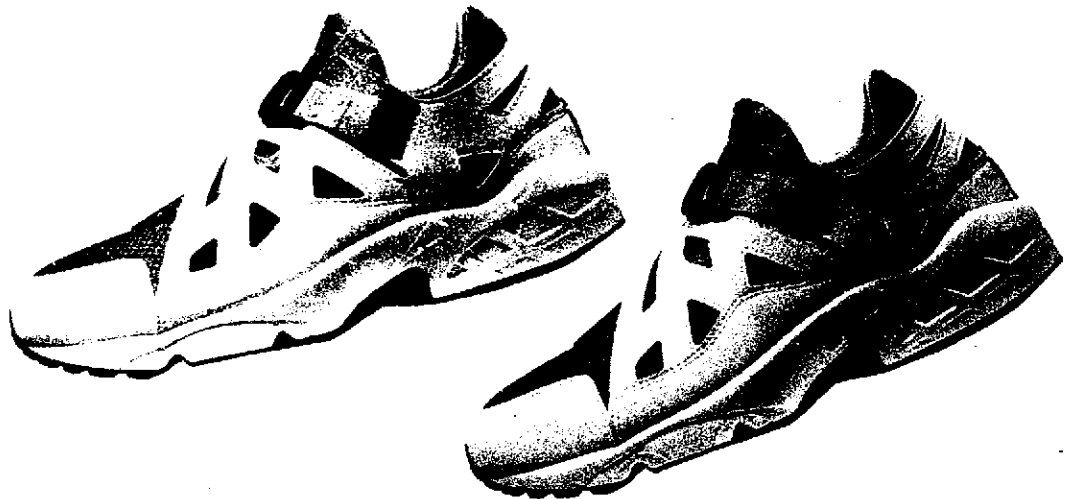
Calf and tendon injuries.



Tips on running shoes

1. Go to a reputable running shoe dealer such as The Derby Runner.  
You will have a better choice of good quality running shoes, get sound advice and probably a better price.
2. Take your existing/old running shoes with you - a reputable specialist should be able to advise you on what shoes you 'NEED' based on the wear on your old shoes.
3. Wear your normal running when trying on shoes to ensure an accurate and comfortable fit.
4. If you run more than once per day you need at least two pairs of running shoes. Shoes lose their sponginess after a heavy pounding and need several hours to recover. I have 3 pairs: one for mornings, one for evenings/longer distances and a third pair for racing.
5. If you do have two pairs of shoes on the go, try to have two different brands. If your feet get too used to a particular style, you may have trouble when changing to different shoes, or if the manufacturers alter the design.
6. Don't wear new shoes over long distances - guaranteed to give you blisters! Wear them in a bit first. If you want to keep them clean (poser !) while breaking them in try wearing them around the house or on the treadmill.

by Amanda Heathcote.



## RACE CLIPS

### RUNNING

# Cheers! Carol's brewery race victory

LONG Eaton's lady runner Carol Holmes, who last week won the ~~Stanford~~ 10K in 36.48, ran this week in the Wards Brewery 10km at Moorway's Stadium, Derby, coming home first with a personal best of 36.10.

Winning back-to-back races shows what a quality runner Carol is for Long Eaton Running Club.

Nicky Lees came sixth, Andy McNeil 18th, Don Pitman and Neil Harris also ran well in a quality field of runners.

#### Long Eaton Results

##### Men

- 1 Nicky Lees
- 2 Andy McNeil
- 3 Don Pitman
- 4 Neil Harris
- 5 John Fee
- 6 Ian Harris
- 7 Martin Goodall
- 8 Ian Whyte
- 9 Jim Willan
- 2nd Claim
- 1 Tim Gardiner
- 2 Kev Gunn
- 3 Don Percy

##### Lady

- 1 Carol Holmes
- All Long Eaton runners are now looking forward to the Erewash ten-mile classic on September 4.

# Good efforts at Stanley

LONG Eaton's Nicky Lees was 1st in Stanley 10K on Friday with a time of 25.35. Andy McNeil was 6th and Rob Fox 17th.

A total of 295 runners took part and good runs from Neil Harris, Dale Corner and young Barrie Fee. Judith Webster ran for Long Eaton Ladies on a very hilly course. Long Eaton 2nd claim Don Percy was 16th.

Long Eaton results: 1 Nicky Lees, 2 Andy McNeil, 3 Rob Fox, 4 Neil Harris, 5 Geoff Jones, 6 Willie Henderson, 7 Dale Corner, 8 Barrie Fee (jnr), 9 Chris Booth (jnr). Lady: 1, Judith Webster.

### RUNNING

# Heanor pudding run results

LONG Eaton did well at the Heanor Christmas Pudding 10k with Nicola Swithbank coming first woman and Kevin Gunn coming second man, Liz Potter came third and G Jones ran in a good vets position.

#### Results:

MEN: 1, K Gunn; 2, A McNeil; 3, C Jones; 4, C Rowell; 5, J Stevenson; 6, J Weaver.

LADIES: 1, N Swithbank; 2, L Potter; 3, J Hallam.

Long Eaton had eight runners at Lincoln in the North Midlands Cross Country League. Rob Jackson headed the Long Eaton list, followed by Steve Wakefield. Also a good run from Chris Robson. Amanda Heathcoate was Long Eaton's lady runner.

Many thanks to those who travelled to Lincoln to represent Long Eaton Running Club.

#### Results:

MEN: 1, R Jackson; 2, S Wakefield; 3, C Jones; 4, A Heathcoate; 5, M Goodall; 6, C Robson; 7, D Pitman.

#### LADIES:

1, A Heathcoate.

## SPORTSLINE

### Runners gear up for summer

LONG EATON Running Club did very well in the Chesapeake Cross Country Relays with the A Team finishing fourth out of nearly 50 competing clubs.

A strong team of Andy McNeil, Nicky Lees, Kev Gunn and Rob Woods showed a new strength coming from Long Eaton's Running Club this year.

The B Team came 12th with Mark Elliot, Chris Robson, John Fee and Steve Wakefield all showing personal bests. The club hopes these races will be a springboard for the coming summer race programme.

#### Fine run

At Stamford last Sunday, Geoff Jones was second Veteran overall with a fine run in the Stamford 30k. Chris Robson, Ian Whyte and Pete Thorburn also ran personal bests.

The club would also like to thank Nicky Lees and Gerry Hall for the invaluable and informative running seminar they gave to the club at West Park Leisure Centre last Thursday.

## Course record

LONG Eaton Running Club members Ian White, Peter Thorburn, Steve Ingers, Dave Petiffer, Malcolm Yongston, Colin Zagrebb completed this year's London Marathon in Long Eaton colours.

At the local Weston-on-Trent five-mile run Long Eaton runner Kevin Gunn was first with a new course record of 25.26, third was Andy McNeil while Don Percy finished in eighth spot. Long Eaton clinched the first team prize and the first veterans and there were good runs from Chris Robson, Rob Griffin and Ian Harris and also from Chris Johnson and Liz Orricks for the ladies.

## RUNNING Nicola keeps up

LONG EATON Running Club had a small team of seven at the Buterley Brick half marathon at Ripley on Sunday.

Nicola Swithinbank finished third lady to maintain her recent good performances. Neil Harris and Geoff Jones were well up for the men and Ian Harris ran well in the fun run.

Long Eaton results: Men — 1, Neil Harris; 2, Geoff Jones; 3, Chris Robson; 4, Rob Griffin; 5, Ian White; 6, Ian Harris. Lady — 1, Nicola Swithinbank.

## RUNNING Carol's ready to run

LONG Eaton Running Club member Carol Holmes was pleased to be invited to represent the Midlands this week at the inter area championships at Manchester. Reading, North and South Wales. North and South of England Carol ran a personal best 10m time of 59.00 to finish 4th lady runner.

The course was also hilly and a windy day and, following races at Stamford, Derby and Erewash, she is now relaxing before the Robin Hood Half Marathon on September 25.

## RUNNING Nicky clinches first place

Long Eaton Running Club achieved more success at the Steaford Half Marathon with Nicky Lees coming in first place to win for Long Eaton in a time of 68.50.

Andy McNeil was third with a personal best time of 70.57, Kevin Gunn was sixth on 73.18 and Rob Woods was well placed in his comeback race.

Long Eaton also won the first team trophy and will keep it for one year at West Park Leisure Centre.

The club is now looking forward hopefully to a winning season of road racing this summer.

## ROAD RUNNING

# Kenyan's gallant record bid fails

**KENYAN** Joseph Kibor failed in his bid for a world record in the BUPA Erewash Ten Mile Classic — but destroyed a top class international field to romp home an easy winner.

Starting from the seven mile point, Kibor built up a 71 seconds lead and broke the tape in 46 min. 43 secs, one minute 11 seconds ahead of fellow-countryman Joseph Kamau.

Kibor had aimed for a sub-46 minutes, which would have also won him a car donated by Sandcliffe.

But his gold medal in what doubled as the AAA Ten Mile Open National Championship was some consolation.

Omega Racing Club's Carl Udall was third in 47-56 on a day when breezy conditions and a slow pace proved handicaps.

Notts AC's Richard Ironmonger finished 24th in 50-31 to become the first local home.

The women's gold medal went to Angie Hully (Leeds) in 54-41. She needed to break 52 minutes to win a car.

Hully was followed by Wendy Ore (55-10) and New Zealand international Leslie Morton (55-36).

Redhill Road Runners' Linda Rushmere, the AAA half marathon champion, was first local woman home when finishing seventh in 58-19. Carol Holmes (Long Eaton) was tenth in 59-06.

Rushmere led Redhill to the team gold medal from Centurian RRC and Sutton in Ashfield Harriers.

Other members of the Redhill team were Diane Moss, twelfth in 60-15, and Lynn Flint, 21st in 64-41. Leading men:

1, Joseph Kibor (Kenya) 46-43; 2, Joseph Kamau (Kenya) 47-54; 3, Carl Udall (Omega RC), 46-56; 4, James Lewis (Swansea) 48-09; 5, Focus Wilboard (Tanzania) 48-13; 6, Paul Davis-Hale (Cannock and Stafford) 48-19; 7, Kassa Tadesse (Belgrave Harriers) 48-45; 8, David Payne (Tipton) 48-59; 9, Paul Sigel (Kenya) 49-06; 10, Darren Mead (Belgrave) 49-09.

### Leading women:

1, Angie Hully (Leeds) 54-41; 2, Wendy Ore (Cardiff) 55-10; 3, Lesley Morton (Westbury) 55-46; 4, Danielle Sanderson (Watford) 55-42; 5, Lucia Sabano (Kenya) 56-28; 6, Kathryn Bailey (New Forest) 58-07; 7, Linda Rushmere (Redhill) 58-19; 8, Jackie Newton (Stockport) 58-38; 9, Danie Underwood (Centurian) 58-49; 10, Carol Holmes (Long Eaton) 59-06.

Eddie Tennant (Redhill) was first local veteran home. His time of 54-57 led Redhill to the team silver medal. Notts AC's Graham Astill led home the county's men super veterans, while Elaine Mayfield (Mansfield) took the women's honours. Men open results:

1, Richard Ironmonger (Notts AC) 50.31; 2, Roger Hackney (Aldershot & Dist) 52.02; 3, Andrew Aked (Sutton-in-Ashfield) 52.10; 4, Robert Payne (Sleaford Striders) 53.01; 5, Derry Suter (Notts AC) 53.08; 6, Andrew Weatherill (Sutton) 53.21; 7, Stephen Davies (Tipton) 53.49; 8, Andrew McNeill (Long Eaton RC) 54.01; 9, V40 Eddie Tennant (Redhill) 54.57; 10, David O'Keefe (Mansfield RC) 55.04; 11, Jeffery Sheen (Berry Hill) 55.55; 12,

Peter Tallents (Retford AC) 56.05; 13, V40 John Wilcockson (Mansfield RC) 56.17; 14, Stephen Jennings (Notts AC) 45.43; 15, V40 Stewart Libelinski (Redhill) 56.50; 16, V40 Geoffrey Brown (Mansfield) 57.08; 17, V40 Robert Scott (Mansfield) 57.13; 18, Matthew Moore (Holme Pierrepont RC) 57.19; 19, V40 Paul Tilley (Redhill) 57.27; 20, Simon Elliott (Notts AC) 57.31.

Veteran Men V40+: 1, Eddie Tennant (Redhill) 54.57; 2, John Wilcockson (Mansfield) 56.17; 3, Stewart Libelinski (Redhill) 56.50; 4, Geoffrey Brown (Mansfield) 57.08; 5, Robert Scott (Mansfield) 57.13; 6, Paul Tilley (Redhill) 57.27; 7, Graham Astill (Notts AC) 57.58; 8, Donald Pitman (Long Eaton) 58.16; 9, Nelson Blackley (unattached) 58.18; 10, Kenneth Allen (Notts AC) 59.01.

Super Veteran Men V50+: 1, Graham Astill (Notts) 57.58; 2, Harold Billings (Sutton) 59.36; 3, Geoffrey Jones (Long Eaton) 59.41; 4, Terrence Lovett (Retford) 62.11; 5, Brian T French (Newark) 62.45; 6, John Morley (Road Runners Club) 64.33.

Women Open — 1, Linda Rushmere (Redhill) 58.19; 2, Ann Ford (Borough of Hounslow) 60.01; 3, Diane Moss (Redhill) 60.12; 4, Nicola Swithenbank (Redhill) 63.04; 5, Anne Goggin (Retford) 63.34; 6, Lynn Flint (Red-

hill) 64.14; 7, Heather Thornton (Heanor) 65.34; 8, Kate Else (Newark) 65.56; 9, Avril Allen (Kimberley) 67.34; 10, Angela Campion (Retford) 68.10; 11, Lina Robb (Notts AC) 68.48; 12, Judith Jeffers (unattached) 73.01; 13, Elaine Mayfield (Mansfield) 74.10; 14, Stephanie Langley (Redhill) 74.16; 15, Rachel Hofton (Kimberley) 74.47; 16, Sharron Chamberlain (Ripley) 74.49; 17, Louise Hayes (Redhill) 75.42; 18, Marion Cerrino (Sutton) 76.29; 19, Carol Leverton (Rushcliffe) 77.20; 20, Julie Rayson (unattached) 77.41.

Veteran Women V35+: 1, Ann Ford (Borough of Hounslow) 60.01; 2, Avril Allen (Kimberley) 67.34; 3, Angela Capion (Retford) 68.10; 4, Linda Robb (Notts AC) 68.48; 5, Elaine Mayfield (Mansfield) 74.10; 6, Carol Leverton (Rushcliffe) 77.20; 7, Maria Howard (Carlton Forum) 79.33; 8, Sandra Rooke (Holme Pierrepont) 79.48; 9, Ann Cole (Kimberley) 81.06; 10, Angela Naylor (Holme Pierrepont) 81.23.

Super Veteran Women V45+: 1, Elaine Mayfield (Mansfield) 74.10; 2, Carol Leverton (Rushcliffe) 77.20; 3, Sandra Rooke (Holme Pierrepont) 79.48; 4, Ann Cole (Kimberley) 81.06; 5, Christine Thorpe (unattached) 83.42; 6, Angela Hallam (Kimberley) 85.21.