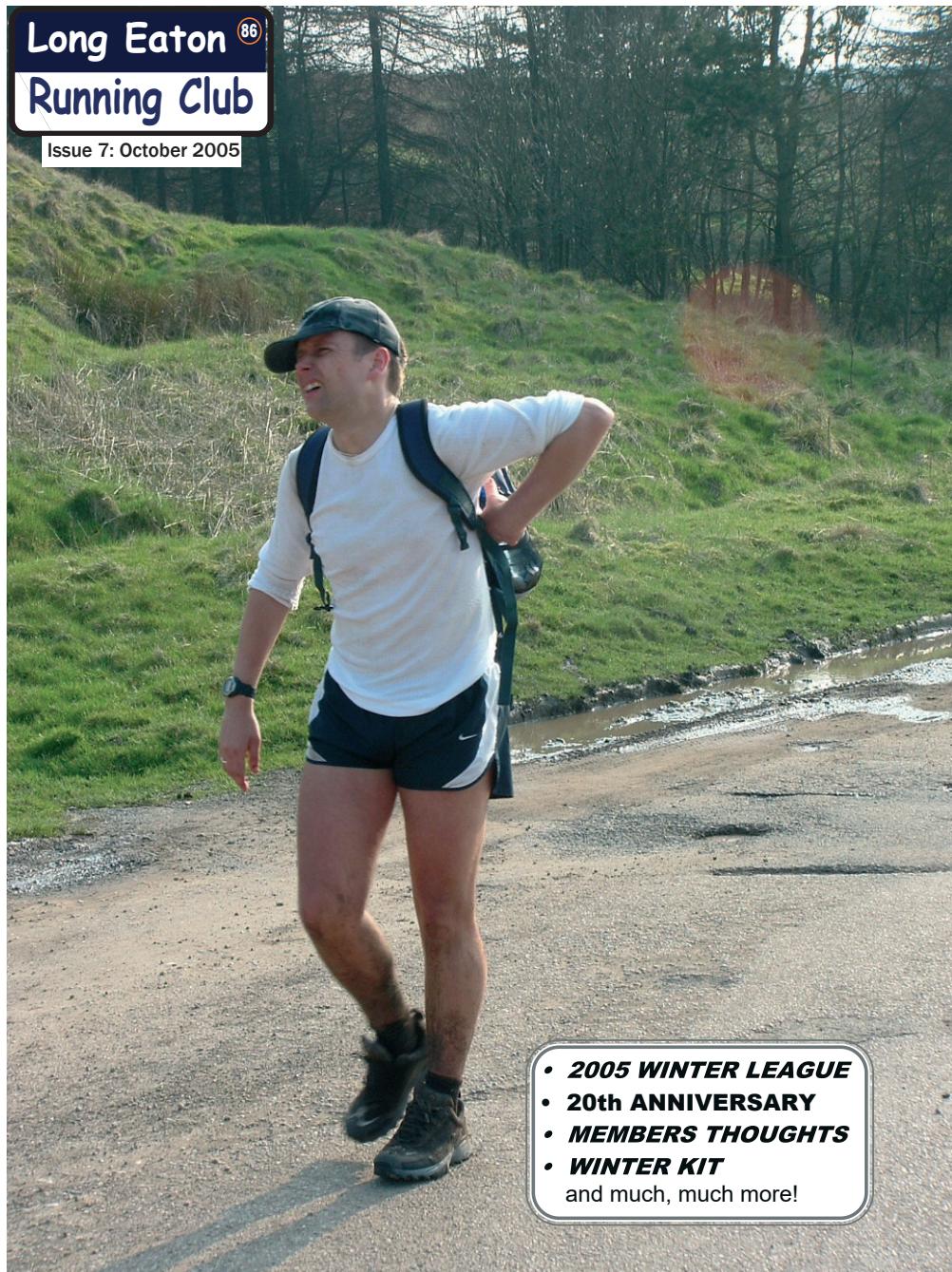


THE FINISHING LINE

Long Eaton ⁸⁶
Running Club

Issue 7: October 2005



- **2005 WINTER LEAGUE**
- **20th ANNIVERSARY**
- **MEMBERS THOUGHTS**
- **WINTER KIT**

and much, much more!



Chairman's Bit

Yet again the 'summer' period went well for the club; again we had major achievements from lots of members, notably at the 'Heritage' series where we had at least '70' members taking part.

And on most local races there were always a few Long Eaton members taking part.

Well done to those who took part.

Also lots of new members joined in the summer, so we must be doing something right at the club. New members welcome to the club. Having said this we

should never get complacent, we need to keep abreast of new ideas.

The Long Eaton 5 mile race also went well, highest number of entrants this year. From the report it seems the new course was favoured by all and there were good comments on the organisation of the race. Well done to Phil Wallis (race director), race committee and those members who helped out on the day.

On the 'forum' site we have had few ideas for the clubs 20th anniversary celebration, go and have a look but keep the ideas rolling in.

Perhaps the final selection will be discussed at our AGM meeting in October. More social events are coming, so keep an eye on the web-site/notice board. From me my final note is "Happy running". Ash

ABAC - Association of GB Athletic Clubs Limited

With the proposed restructuring of athletics administration in the UK, a group of concerned clubs have formed ABAC "to ensure that there is a democratic role for the clubs in impending and future initiatives ...". There is real concern that the democratic territorial associations (like Midland Counties AA to which LERC is affiliated) and AAAs are to be replaced by England Athletics, an undemocratically constructed body. And it is felt that there are serious financing concerns along with wasting of resources. A similar organisation is already in existence in Scotland (Scottish Athletics) which "requires a payment from Clubs/Athletes of £22 per athlete..." but there has been "little visible benefit from this increasing administration and athletics ... is in decline". Your Committee has decided that LERC should join ABAC to add our weight to the discussions - you will be kept informed of developments. In the meantime if you would like a copy of the ABAC newsletter please contact Ian Wallis.

Profile of a Long Eaton runner

LOUISE LEE



When did you join the Club? I joined the club in about 1998/99 although I started running a year before. I really wanted to get fit and to quit smoking - I tried a few times and found replacing smoking with training really helped the cravings, so I joined the gym and used to work out there every day, but found myself getting too bulky, and not fit. My Dad had been running for years, so I asked him if he could take me out. At first he thought it was very amusing, until I went on my first run with him and ran the whole 2 mile circuit. He put a lot of time in with me to get my fitness levels up and it was my Dad who suggested I join the club. He knew Ash from Siemens running club and had heard a lot of positive feed back about the club.

So was it as good as you'd heard? I remember my first night at the club, I was so nervous, it wasn't like it is now. There were hardly any woman to run with and Ash, as always, took me under his wing. At the time of joining the only ladies that came regularly were Zoe and Carole so when they weren't at the club it was a case of gritting your teeth and trying to keep up,

running a lot faster than I would have normally run. It built stamina I suppose! I think these days its a little less daunting for new members as there is more varied ability to back then.

What is your most memorable race? My most memorable race was my first mixed race. My very first was Race for Life which was nerve racking enough but my first mixed race, believe it or not was The David Denton Tour of Derwent Valley series. I ended up doing 3 out of the four races. The nerves at the start were unbelievable - I didn't know what to expect, I thought I would be last. I always used to be last in sports day at school, so just assumed this would be no different, but I was really surprised how many different abilities there were in the races. It was fantastic to be part of it.

Any memorable PB's? My most memorable PB was Scott King 5 mile 2001. I didn't feel good at the start, but that's normal, people who know me know I never ever feel good before a race. When the gun went off I ran hard wanting to try and keep Sue K behind me. She was beating me in every race! I got in front of her and kept going. It was a race where I felt good, everything went right for me and I finished in a time I still can't beat. I keep going back to Scott King to attempt the time. This is the only race time I haven't managed to break since.

So what of the future? I'm getting Married next May to Jon, which I'm really looking forward to, this obviously will take a lot of my time, but I have entered the London Marathon. I have already done Paris, but was put off by all the injuries I picked up along the way so I have no ambitions to do many Marathons but I would like to say I have done London. I would like to beat my 5 mile PB and also my Dad's half marathon time. I am nearly there and I am confident I will beat them.

My future aim as a Captain is to carry on what I'm doing and offer support and advice where I can. I feel this approach works well in the club and I think people are happy to approach me if they need anything.

I still go to the gym and also go to Pilates once a week. I have found Pilates helps with stretching and is good for building the core muscles. I am really glad I joined the running club, not just for the running, but also because of the people. I think the reason why LERC is so successful is the many supportive and friendly members it has. I have made a lot of good friends thanks to LERC.

To Join or Not to Join

Membership numbers are still on the up, so are we getting it 'right first time'? We asked 2005 new member Caroline Waterhouse for her thoughts on the first few months with LERC.

"I'm sick of hearing 'When I did the Robin Hood ...' , we're going to have to do it to see what all the fuss is about."

So I had 10 weeks to go from 0 to 13 miles. I can't pretend I enjoyed the experience but I love a challenge and I loved how fit I felt afterwards. A half-hearted attempt to keep it up over Winter led to a surprise decision to join a club. I turned up at LERC one cold February night only to get lost with 3 other 'newies' who each assumed the other knew where they were going. An inauspicious start exacerbated by my disappointment at following buses up the main road feeling the fumes were doing me more harm than the exercise was doing me good. Ho, hum! A parting shot from Carole Birch sounded more promising; "Did you know there are showers in here? A few of us go up to the bar after if you fancy it next time." Can't be too bad if a pint's involved.

Thursday found me in the 6.30 warm-up to 'suss it out' but then at the back of the run with Ash trying to convince me I was 'doing really well' as the gap in front lengthened. His pity in the bar was more appreciated when he made the effort to introduce me to some regulars from whom I heard about the last cross-country race off the season.

My appearance at Darley Park on Sunday morning with a "can I have a go?" may have surprised a few people but a vest was found and encouragement given so that I slid about, got suitably dirty and ran a respectable race.

And that was the breakthrough. Arriving early to get familiar with faces at the stretching; making the effort to stay for a drink to hear the gossip; going to races to share experiences and enduring training runs to find people of my pace.

After a few "you ran what time?"s I even got my lanky Yorkshireman into a pair of trainers - and the Waterhouse War commenced. His determination not to get 'chinned off a lass' and my annoyance that 'it was my Club first' keeps us focussed on Pbs (I may even invest in a watch but I enjoy annoying John Birch too much!). Friendly rivalry has helped form relationships and stopped races feeling lonely, so target someone, it turns a stagger for the line into a sprint!

Six months and 23 races later I feel like a real runner; I've been to places I'd never heard of; I can always find someone to chat to; I'm in a pleasing place in the league and I feel proud of 'our gang' when I join the sea of LERC vests at fixtures. It's amazing what a boost "Come on Long Eaton" from a stranger gives you and it's not long before they're shouting your name.

I risked Long Eaton town for the Indian meal and felt genuinely proud of the London Marathon runners; braved the presentation evening when I had no 'friend' to sit next to; felt more up to speed for the Chinese meal where I knew most people and enjoyed the bike ride (not just for Ash's bike or Ian's fall down the bank!). It takes time to get established but I've found plenty of new friends so persevere! It's great to see so many new faces this summer and be reassured you've made the right decision. It may not be my first sport but I've already invested in fell shoes and a wind-proof jacket and am rubbing my hands at the prospect of the cross country season ...!

Wise words about drinking beer

Sometimes when I reflect on all the beer I drink, I feel ashamed. Then I look into the glass and think about the workers in the brewery and all of their hopes and dreams. If I didn't drink this beer, they might be out of work and their dreams would be shattered. I think "it is better to drink this beer and let their dreams come true than be selfish and worry about my liver". - **Babe Ruth**

An intelligent man is sometimes forced to be drunk to spend time with his fools. - **Ernest Hemingway**

When I read about the evils of drinking I gave up reading. - **Paul Hornung**

24 hours in a day, 24 beers in a case. Coincidence? I think not. - **H.L. Mencken**

When we drink we get drunk. When we get drunk we fall asleep. When we fall asleep we commit no sin. When we commit no sin we go to heaven. So let's all get drunk and go to heaven. - **George Bernard Shaw**

Beer is proof that God loves us and wants us to be happy. - **Benjamin Franklin**

News of the latest development in digital cameras reached The Finish Line office the other day. The Japanese have developed the fastest shutter speed ever. They have even been able to photograph a woman with her mouth shut.

2005 Winter League and events

DATE	VENUE	RACE No	DISTANCE	TIME	COST
13/09/2005	CHEVIN FELL RACE	1	3 M	7:00 PM	£3.00
16/09/2005	QUIZ NIGHT			7:15 PM	
24/09/2005	6 STAGE RELAYS		5 K	12:00 PM	
02/10/2005	MERRILL	2	10 K	11:00 AM	£6.00
04/10/2005	LERC AGM			8:15 PM	
09/10/2005	BESTWOOD	3	10K	11:00 AM	£6.00
15/10/2005	MARKEATON X-C	4	10K / 5K	1:50 / 2:10	FREE
16/10/2005	SCOTT KING HUCKNALL	5	5 M	10:30 AM	£5.00
30/10/2005	FELL RELAYS				
30/10/2005	WORKSOP HALF	6	13.1 M	10:30 AM	£7.00
05/11/2005	HEANOR X-C	7	10K / 5K	1:10 / 1:45	FREE
06/11/2005	DOVEDALE DASH	8	4.5 M	11:00 AM	£2.00
12/11/2005	X-COUNTRY RELAYS			1:10 / 1:45	£3.00
13/11/2005	HIGH PEAK RELAYS			9:00 AM	£2.00
13/11/2005	HOLME PIERREPONT X - C	9		11:00 AM	FREE
20/11/2005	HEANOR XMAS PUDDING	10	10 K	10:00 AM	£5.00
03/12/2005	BERRY HILL X-C	11	10K / 5K	1:10 / 1:45	FREE

03/12/2005	BERRY HILL X-C	11	10K / 5K	1:10 / 1:45	FREE
04/12/2005	LONG EATON X - C	12		11:00 AM	FREE
11/12/2005	KEYWORTH TURKEY TROT	13	13.1 M	10:15 AM	£6.00
16/12/2005	LERC SUMMER LEAGUE PRES.			7:00 PM	
27/12/2005	QUEEN'S HEAD CANTER	14	5 K	12:00 PM	£3.00
31/12/2005	SOUTHWELL 10 K	15	10 K	10:30 AM	£4.50
01/01/2006	WHATSTANDWELL HANGOVER RUN	16	5 M	11:00 AM	£3.00
07/01/2006	KIRBY IN ASHFIELD	17	10K / 5K	1:10 / 1:45	FREE
08/01/2006	AMBERGATE FELL RACE	18	7 M / 3.5 M	12:00 PM	£3.00
22/01/2006	EREWASH X-C	19		11:00 AM	FREE
05/02/2006	CHARNWOOD HILLS (TBC)	20	12 M	10:00 AM	£7.00
12/02/2006	STAMFORD 30K	21	30 KM	11:00 AM	£10.00
19/02/2006	COLWICK WOODS X-C	22		11:00 AM	FREE
05/03/2006	SINFIN X - C (DARLEY PARK)	23		11:00 AM	FREE
12/03/2006	ASHBY 20 (TBC)	24	20 M	10:00 AM	£7.00
02/04/2006	BELVOIR HALF (HOSE) (TBC)	25	13.1 M	10:00 AM	£6.00
09/04/2006	WESTON (TBC)	26	5 M	11:00 AM	£3.50

Members gain points depending on where they come in the results; first for Long Eaton gets 150 points, second 149, third 148 and so on. Ladies are scored separately to the men and the current positions are displayed on the notice board at West Park Leisure Centre. Your best 10 results count and prizes will be awarded in various age categories at the Summer Social evening.

Martin Goodall was one of the founding members of Long Eaton Running Club. Here he reflects on it's current state and the trials and tribulations he's been through over the past few years.

Having looked through the April issue of the Finish Line it makes me very proud to have been a founder member, along with Don Pitman and Dave Munt. It's really great to read Ash's comments about the state of the club, the achievements of members, the charity support, training sessions, the 5 mile race, the new club kit and the Finishing Line itself.

I had a knee operation last August to sort the cartilage out and with rehab I was allowed to start running again in October. I explained to Carla I was going to train for the Robin Hood Full Marathon , running for charity. In January I had bronchitis, an ear infection and neuralgia and I also had planter fascitus which made running impossible. In late February I thought I had damaged my cartilage again - I thought that was it, no more running, but not being able to give up I went to my podiatrist who twisted my leg and explained I had pulled the muscles above and below the knee. So I went to my masseur who said it was the IT band and with a week of stretching and massage I was back running. Although I had now resigned myself to not doing the Robin Hood I decided to train for my other ambition - to win the Summer League in the club's 20th year.

I read about Rod Harris in the Finishing Line but wasn't too worried - he's a bit younger than me and a couple of pounds lighter but I've always been competitive so I thought I'd sort myself out and get on with it. Then I heard he'd run around 2.30 in London - absolutely brilliant. I think it's time for me to retire from running and I've heard there's a bowls club looking for new members (or we could start a bowls club). Anyway my plans seem to be scuppered for the 20th anniversary (thanks Rod) but I would just like to say a big thank you to each and every member for making the LERC the success it is and I hope you all have a PB year.

Kwestions for Kids

How would you make a marriage work?

Tell your wife she looks pretty even if she looks like a truck. (Ricky age 10)

What do you think your mum and dad have in common?

Both don't want any more kids. (Lori age 8)

It was 20 years ago today ...

Next year is the 20th Anniversary of LERC and Ashok has asked me to co-ordinate our celebratory activities. Suggestions that have been made so far include:

1. A weekend race abroad, maybe Holland, Belgium or Ireland.
2. A weekend race at home, such as Skegness, Keswick.
3. A 20 mile / 20k run from West Park, open to all but non-competitive.
4. A reunion beer/buffet evening for present and past members, perhaps in the garden at the Victoria in Beeston.
5. Free entry to our 5 mile race for ex-members to encourage them back on race day and go for a beer afterwards.
6. A long distance relay run, such as doing the Pennine Way, or in the Peak District.
7. A Club photograph.
8. A Club calendar - imagine a fold-out of Ash, ladies!
9. An orienteering event.
10. A hash - following a trail (with false paths to make it more interesting)
11. A special t-shirt.

More details and ideas can be found on our forum under 20th Anniversary, access it from the web site.

However, these events will not run themselves so I am also seeking volunteers to take charge of a particular event - if 2 or 3 people can get together to share the work then it should be a great year. Please let me know if you can help so that I can draw up a calendar of events. Any further suggestions are most welcome, the forum is the best place to put them so that everyone can have a say.

Thanks in advance - Chris Robson

Fell Shorts

Following the article in the last issue a few members were enticed onto the hills and fells and one or two have really got the bug. Although Winter sees a reduced selection of races locally the more experienced fell runners will be tackling the Langdale Horseshoe (14 miles, 4000ft) on 8 October, the

Roaches Race (15 miles, 3700ft) on 13 November and the Cardington Cracker (9 miles, 2600ft) on 4 December among others. For more information on any of these races please speak to Ian Wallis or Phil Walters. And don't forget David Denton's Ambergate Fell race on 8 January (it's in the league), a good introduction to running on the country.

Winter Running

Be safe, be seen

The dark nights are back and we will spend more time running on roads, mixing it with the traffic. It's important that we can be seen by drivers to avoid any unpleasant incidents and the Club has a range of clothing which can help. Contact Ian on Ian.Chant@boots.co.uk or Carole on Jandcbirch@aol.com



On the left is the long sleeve 'Winter' t-shirt. Made in Coolmax it has reflective print front and back and comes with the option of cuffs designed to unroll into mittens to keep your fingers toasty. Cost is £18. The ladies style is 'waisted' to give a very attractive fit.

The lightweight jacket (right) folds up into its own bum bag so is ideal for wearing when the weather's cool then taking off once you've

warmed up. It has a reflective trim and "Long Eaton RC" embroidered on the back. Cost is £32.

The larger jacket is not really designed for running in (although some do, or use it for cycling) more for keeping you warm before and after running. It's mesh lined, has a collar, hood, two zip pockets and adjustable cuffs. Like the lightweight jacket it has a Scotchlite reflective tape around the body and it has the small round LERC logo embroidered on the front. Cost is £35. The new style (middle) is available in small and medium sizes while the older style (bottom) is only available in large and X-large sizes.

Don't forget that wearing Club kit is compulsory for the cross-country league races and the Club has stocks of vests, crop tops and t-shirts in club colours.



Charity Quiz Night

On the 16th December we held our first charity quiz night in aid of this years two nominated charities, Macmillan Cancer Relief and the Multiple Sclerosis Society. Over 50 people turned out at The Old Ale House on Tamworth Road in Long Eaton and formed 10 quiz teams though disappointingly only a team of four came from the other Clubs invited but it was good to see some of our friends from Erewash Valley.

Quiz master John Birch presided over 10 sets of 10 questions (covering 10 topics) which were at just the right level to keep things interesting without it being too easy - no-one got 10 out of 10 for any round despite some generous marking by Zoe and Carole. Final scores were The Loafers (the Warburtons) 38 points, Densa 51 points, 3+1 53 points, Trotters 54 points, Bo-selecta 57.5 points, Wishfuls 59 points, Rampant rabbits 62.5 points, Last place 64 points, Plodders 68 points and Pickles 69.5 points.

Meanwhile Ash went round the room collecting money for the buffet while Barbara did an excellent job squeezing money out of LERC members for the raffle. A total of £112 was raised to be split between the 2 charities and this will be added to the money from our 5 mile race, tombola etc.

* The two charities to be supported each year will be selected by vote at the AGM. All members are encouraged to suggest their favourite charities for consideration in future years *

WEB WATCH

The web site has been continually updated and all the usual results and photos from races are on there. The new forum has really taken off with 43 registered users at the moment and growing steadily. All sorts of discussions take place there from types of running shoes to questions about races - there's even been poetry. The Tuesday and Thursday routes are also published on there and we have just started putting them on the web site too accessed from the scrolling marquee at the top.

Of course the web site also has the Winter League listings so you could check out your next race then go on the forum to arrange a lift. And keep an eye on the Social page where currently there's details of the Christmas presentation evening and the Lights and Pies run.

www.longeatonrunningclub.com



Finishing Line

Thanks very much to all those people who contributed articles, photographs or ideas for this issue of 'The Finishing Line'.

Apologies if there are any omissions, errors or if your pb/debut/etc was not included in a race report. If you want to see something in the magazine then please put pen to paper!

All contributions should be sent to Ian Wallis at imw40@tiscali.co.uk