



# Swanley & District AC Newsletter

*We are pleased to announce the launch of the new club newsletter – for those of you who remember The Footing, this will be similar.*

*The idea is to publish this every two months. We want this to be your newsletter and will be seeking your input.*

## Achievements

Girls won 2 out of 3 Joydens Wood 5k Team Race – in addition to the clean sweep of the Dartford Half Senior and Vet categories.

## Handicap Results

Girls - 1<sup>st</sup> Anna Willard, 2<sup>nd</sup> Michelle de-Kisshazy, 3<sup>rd</sup> Lorraine Barry  
Boys - 1<sup>st</sup> Andy Dunmall, 2<sup>nd</sup> Bob Tidmarsh, 3<sup>rd</sup> Matthew Woolston

**Competition** – What is this newsletter to be called?

What do you think?

We would like your ideas for a name for the newsletter – the winning entry will get a bottle of bubbly!

Suggestions to Anna or Andy (contacts below) by 01/12/09.

## Events

### KFL

Nov 8<sup>th</sup> - Swanley Park  
Nov 22<sup>nd</sup> – Nurstead Court, Meopham.  
Nov 29<sup>th</sup> – Rough Common  
Dec 20<sup>th</sup> – Oxleas Woods

6<sup>th</sup> Dec – Xmas Caper

12<sup>th</sup> Dec - Thai at Red Lion  
Deposits £10 to Jackie

## Coaching Tips

**Long Run.** Easy paced run between 8 - 10 miles if aiming for 10k, up to 12-16 for half marathons.

**Tempo Run.** Paced run over 30-40 minutes at approx 85% max heart rate/ effort.

**Rep Session.** Fast paced repeated runs, a typical session for 10k would be 10-12 x 1 minute with 1 minute recovery or 4-5 x 6 minutes with 2 minutes recovery.

**Rest Day.** Take a complete day off from training.  
Other days, recovery runs or cross training



## Athlete Profile

### Lorraine Barry

Q. When did you first start running?  
A. March 2004 as I had a place in the London Triathlon in August of that year.

Q. When did you join Swanley?  
A. October 2005 four months after my son was born. I wanted to get back into running after the pregnancy and to see what I could achieve. Paul Sims encouraged me to come along and give it a try

Q. What is your favourite race & why?  
A. All my favourite races are half-marathons. I had a great weekend at the Great North Run last year. Also love Hastings, Brighton and Tunbridge Wells half-marathons.

Q. Favourite running shoe?  
A. Asics Kayano

Q. Favourite music track to run to?  
A. Let me Entertain You – Robbie Williams

Q. Which athlete inspires you?  
A. Lance Armstrong for his single-minded determination and his ability to achieve “the impossible”.

Q. Tell us something about you that no-one else may know?  
A. As a young and very naïve employee for a firm of accountants one of my first jobs was to go and buy the sandwiches for the partners lunch. I thought avocado and bacon was a safe bet – Unfortunately I had never worked for a Jewish firm before!

## Committee News

New Club Jackets now available to order from Michelle at a discounted cost of £15.00

Marshalls required for Swanley KFL on Nov 8<sup>th</sup>, for the Kent XC league on Saturday 14<sup>th</sup> Nov and for Xmas Caper on 6<sup>th</sup> Dec.

Names to Michelle

Look out for Swanley AC “Feather Flags” at our club runs; we’ll be easy to spot.

Michelle has secured a £200 sports grant from Sevenoaks Sports Council which we are putting towards coaches training

## Panther News

Reminder that the Panthers now meet at 18:30 on Wednesday at Swanley Tech

Xmas break – 18<sup>th</sup> Dec to 4<sup>th</sup> Jan

### Junior KFL

Nov 8<sup>th</sup> - Swanley Park  
Nov 22<sup>nd</sup> – Nurstead Crt, Meopham  
Nov 29<sup>th</sup> – Rough Common

Brian has run two XC training events at Darenth Country Park in preparation for the junior KFL season.

KFL is a great competition for the kids; we look forward to seeing as many at the races as possible

If you still need your Swanley AC shirt, contact Michelle.