



# Runners Shorts



## Committee News

AGM on Fri 26<sup>th</sup> Feb at the Olympic.

Update on where we are now and how we got there from Richard.

Awards given for Grand Prix and Handicap winners and runners up.

Club person of the year went to Michelle de Kisshazy. There was also a Young Club Person of the Year – well done to all!

## Events

**KFL** - Mar 14<sup>th</sup> –Swanley Park.

### Other Races

Apr 11<sup>th</sup> – Paddock Wood Half

April 14<sup>th</sup> – Handicap

Apr 18<sup>th</sup> – Darent Valley 10k

Apr 25<sup>th</sup> London Marathon

May 12<sup>th</sup> – Handicap

May 16<sup>th</sup> – Larkfield 10k

## Recipes

There is always an endless stream of information about nutrition, we thought it a nice idea to share some recipes. This is from Caroline and ideal for after a gruelling X Country!

### Fruit & Nut Flapjack

Melt together - 4oz Butter, 4 Tblspn Golden Syrup & 2oz Light Brown Sugar. Add to 10oz of Oats and dried fruit (1oz each of Sultanas, Raisins, Chopped Apricots, Nuts or whatever you fancy).

Mix all ingredients together, press into a lined tin and bake at 180 degrees/Gas 4 for 30 to 45 mins (depending on how firm you like it). When cool cut into squares and enjoy

## Achievements – PB's

We've had quite a few PB's set since the last issue – well done to the following:-

Canterbury 10 – Stuart, Andy, Matt, Bob, Sue, Anna &

Lorraine

Sidcup 10 – Caroline

Dartford 10 – Craig & Justin

Gloucester Marathon - Simon



## Coaches Tips from Brian

Aimed at Juniors

With the lighter evenings coming we will soon be back "home" at Swanley Park.

This will give the juniors a greater opportunity to develop the skills we have been practising thru the winter.

The first event that we will be focusing on will be the Swanley Relays. This will mean that in April, May and June they will be running further on Wednesday evenings than they have over the winter. It is important that they bring drinks with them and that they have eaten properly throughout the day and not eaten a big tea at 5.30pm! I would hope that all the juniors commit themselves to this event this year. We have a group of really good, enthusiastic, determined young athletes and this is a great event for them to race in.

I did try to get some to run in open track event last year, but not with much luck! Hopefully if some are competing with their schools they may get the taste and want to join in.

I also aim to have a handicap / time trial event once a month.

**Athlete Profile** – We have two this time. Why? Well both were at a milestone age recently, both went to the same school and both run for a great club, not to mention the hair cut is pretty similar!

### Keith Murless

**When did you first start running?** I started running about 1986 when I joined the territorial army to get fit you had to run 3mils in 20mins in combat boots and workdressed to pass as fit before that I had trouble to run 20yards.

**When did you join the club?** I joined the club about 2004

**What is your favourite race and why?**

My favourite race is the Beachy Head marathon, why because it is a good endurance run and it is cross country which I like cross country runs

**What is your top training tip/s?** Plenty speed and hill training

**What is your favourite running shoe?** Asics Kayano.

**What is your favourite music track to run to?** Anything lively.

**What is your finest achievement in running?** Getting 2nd place in the club handicap in 2006.

**Do you have an ultimate running goal and what is it?** I would like to do the Beachy Head marathon in 5 to 5 1\4 hours.

**Which athlete inspires you the most?** Paula Radcliff

**Can you tell us a little something about yourself that no-one else may know!** In 1990 I appeared on the news at ten training as a contestant for the Gladiators.



Happy  
50<sup>th</sup> to  
you both!



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## Sally's top tips to stay injury free...

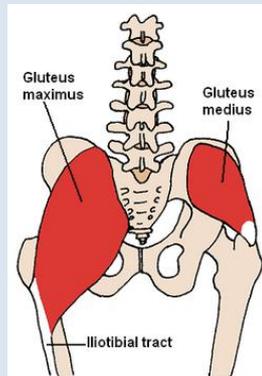


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What with marathon training in full swing I am seeing quite a few runners with a variety of aches and pains in their knees, ankles and lower legs at the moment! The importance of looking higher up the 'chain' with these problems cannot be emphasised enough. This month I want to highlight how strengthening a muscle in your bottom (Gluteus Medius) can help to keep your legs injury free.

Gluteus Medius is situated on the outside and upper part of your bottom.

A weak Gluteus Medius has been found to be a key factor in nearly all running related lower limb injuries. It is an essential muscle for efficient running. Gluteus Medius plays a vital role in helping to stabilise the pelvis and control the hip joint.



There are numerous exercises to help strengthen Gluteus Medius the one below is a first phase non-weight bearing example – as with any exercise it is essential you take time to get the starting position and technique correct. If you do this exercise correctly you will feel a deep ache / 'burning' in your bottom!

Do 2-3 sets of 8 repetitions. Try to keep your pelvic floor muscles engaged whilst doing the exercise to help stabilise your spine and pelvis:

1. Lie on your side with your knees bent 90 degrees and hips flexed to 45 degrees.

Your feet should be in line with your spine. Place your head on a pillow or prop on your arm.

2. Keeping you feet together slowly lift your top knee in an arc – without moving the pelvis. This is really important, do not let your pelvis roll backwards – imagine you are lying against a wall, all the movement should come from your hip.

3. Slowly lower you knee. Then repeat. It can take a few reps to feel this exercise working.

## Athlete Profile – Bob Tidmarsh



**When did you first start running?** Started back in around '84 a couple of mates talked me into it.

**When did you join the club?** I think around 4 years ago, the first ever training session was at Dartford track.

**What is your favourite race and why?** The Tunbridge Wells half is my favourite run for masochistic reasons, I like to test myself on that hill after 7 miles.

**What is your top training tip/s?** I never had any tips, Mike & Sally gave them all to me, but I enjoy and encourage others to "fartlick".

**What is your favourite running shoe?** 'Brooks' GTS shoes fit me best, I'm on my second pair but badly need another.

**What is your favourite music track to run to?** I don't have an I-pod at present but if I did any up tempo music would be good to run to.

**What is your finest achievement in running?** Best achievement personally-Feb this year TW half bustin 2hrs by 4 mins, 6mins if you take off starting tape time

**Do you have an ultimate running goal and what is it?** I haven't really a goal as I'm pretty clapped out myself but I hope one day to get Zena under 2hrs for a half, if her foot heals.

**Which athlete inspires you the most?** Eamon Coghlan as good indoor track runner as out (was called chairman of the boards). Second fastest indoor miler of all time, for a while almost unbeatable at a mile & 1500mtrs, tactical mistakes prevented him winning medals at the '76 & 80 Olympics but with a blistering sprint finish that he would often use at over 400mtrs out.

**Can you tell us a little something about yourself that no-one else may know!** Played in a semi-punk band laid down a demo tape with a view to making a record before realising we weren't very good. At school the art of survival was making the 'hard nuts' laugh by doing Alan Whicker impressions (as well as others) and playing rugby for the school with them helped me get away scot free.