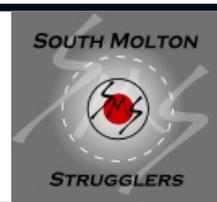


STRUGGLERS POST



25th Anniversary Celebrations

On the 19th January over 80 past and current members came together in the Coaching Inn to celebrate the 25th Anniversary of the creation of South Molton Strugglers running club. Unfortunately some key members couldn't make it as they were victims of the snow, but those who did come had a great evening. It was a night for reminiscing about the good times and for those of us relatively new to the club an opportunity to learn about the history of the Strugglers.

The main focus of the evening were a couple of presentations by John Hulme and Sue Carter introduced by club chairman Nik Whalley.

John Hulme took us on a humorous journey of memorable moments from the creation of the club in 1987. He invited fellow founding members, Steve Pierce, Ron Kingdom, Alison and Mike Ford and Sue and John Carter onto stage to highlight their parts in the story and generally embarrass them. We heard about the adventures to the Great North Run and the Paris to Versailles race which included a visit to a sex shop, that wouldn't happen these days, or would it? John highlighted the role that Del Hobson had in starting the North Devon 10k run which was the predecessor to the Struggle and how Del became certified in course measuring which made him an important figure in the south west making sure many road races were of an accurate distance. Throughout John's presentation he emphasised how the club was intended to provide a friendly running environment where people of all abilities could come together and have fun, it's testament to those foundations laid down at the start that the Strugglers is such a great club to be part of today.

Finally John told of how Mike (Micky) Ford was not a fan of the kit colour chosen by the club members and would turn up to races in green, so to heal any hurt John presented Micky with his own special green running vest.

Sue Carter was presented with a bouquet of flowers by John for her tremendous work over the years. Proving that great minds think alike she was also presented with some flowers by Nik and Julie on behalf of the current members.

Sue had managed to find many old photos which provided a lot of laughs during her presentation. Impressively she was able to name all those who appeared in the slides, including the members children who had managed to get into shot. The images not only showed what a fine bunch of athletes have been in the club but also how much fun can be had. It was great to see some of the early members in their prime, some like Richard Westcott are still in their prime of course. Some of the outfits were interesting, from the team of elves to Sue and Steve looking good at the carnival. For those ladies that want to check out Steve again the slide-show is now available online: <http://flic.kr/ps/2pTStV>

Eve Plummer produced a couple of fabulous celebration cakes for the occasion each decorated with team photos. The honour of cutting them went to new club captains Chris Murrin and Lucy Goodman.

New Members

We would like to welcome Lisa, Naomi, James and Ian to the club as well as all the brave souls in the new beginners group

The room was decorated with early running vests, a fantastic collection of medals and many photos to provide talking points and bring back memories. Thanks go to Sue and Julie and the many helpers who organised the evening and to the Coaching Inn for providing the buffet.

The Chairman

NIK WHALLEY

Hi everyone,

It's great to see a new initiative to resurrect the club newsletter. A big thanks to Julie and Richard for the work in getting this up and running (*sic*). Hopefully it will be a big success as a way of communicating club news, a bit of training and running related health guidance/advice and providing a sounding board for the views and stories of the club members. I'd encourage anyone with something to say, an interesting view or a tale to tell to make the effort and get it down in writing.

Despite the recent weather, it's great to see the evenings starting to draw back again and the appearance of snowdrops confirms that spring is on the way. It would be great to read, in the next issue, one or two stories from those of you who were motivated to get out the door and find the signs of spring...

See you out there! :-)

Nik

Coaching Corner - Jacks top tips

Running uphill – Get up on your toes, straighten your back, pump your arms fast and don't look up the hill! Keep pushing beyond the brow an extra 20m without easing off! Pushing hard over the brow not only gives you a physical advantage but also a psychological edge over your rivals!

If you want to supply articles or have ideas for future issues then please email strugglerspost@gmail.com or speak to Julie Colman or Richard Connett. The deadline for the next issue is **Friday 1st March**.

The Beginners Boom!

Four weeks in to the beginners' course and the group is going from strength to strength. The first week saw 21 rather nervous individuals venture down a rather unfamiliar and daunting path (and a very nervous coach preparing to motivate and lead). What a difference four weeks makes!

Gone are the nerves (well most of them) and these have been replaced with enthusiasm, energy and an increasing ability to run and run well! Even the snow and ice was not enough to put off 11 of the group who were just as keen to run in the cold weather in week three!

The reasons for such a positive response to the ten week programme vary hugely between individuals – some are coming to get fit, lose weight, to meet new people or to run their first 10k. Despite the wide range of personal incentives, the overall goal is the same – to be able to run 5k in ten weeks – and enjoy it! Parkrun here we come.

So far so good! A training programme designed to accommodate the true beginner has enabled the group to start with a simple 20 minute run/walk covering just over a mile in their first week. Comments after the first week included 'it makes such a difference running with other people – so much easier' and 'I never thought I would be able to run that far already'. By the end of the second week one runner said 'she had achieved the unachievable – completing two weeks of running and enjoying it'.

Each week the format has changed to increase the distance covered and vary the training techniques including 1,2 & 3 minute pyramids and meet in the middle and beat your partner back. By week four the distance covered was just under three miles – a huge (and very surprising for some) improvement from the first week – making the goal of a comfortable 5km by week ten an achievable target.

So what will the next six weeks bring? No doubt the group will continue to develop and improve – although week 6 – 'an introduction to hills' will no doubt throw up a little challenge. But if you live in North Devon it's important to face the hills and learn to beat them. Most importantly, at the end of the 10 week programme I hope the beginners will have enjoyed their challenge, satisfied their own personal goals and hopefully most, if not all will continue to run – maybe with the Strugglers as we're not too scary!



Race Report

BRAUNTON 10

The benefits of running are enormous. This low cost exercise gets you out in the fresh air whilst developing your heart, lungs and muscles. It has many health benefits including improving mood, sleep and love life!

Nearly all the runners I know are both fit and have weaknesses that manifest from time to time as injuries. The longer those weaknesses are present the more likely the damage is to become permanent.

How can one optimise the fitness aspect of running and how much can one minimise the injuries?

In the next few newsletters I will be giving tips and advice on this subject, looking at psychological and dietary factors as well as training tips and exercises. I will also discuss where and when to seek help and what help is available.

I will also be happy to answer any queries you may have on the subject. Contact me via the club, facebook page or at the clinic.

Jonathan Lawrence

This race has a reputation for throwing the worst of the weather at runners each year but it seemed that this year would be different, apart from a heavy shower on arrival the clouds parted and it was a pleasant 8 degrees. Wisdom is a fine thing though and it was Richard Westcott who warned of a strong headwind for the exposed 4 miles at the end and boy was he right.

Despite that the Strugglers put in some strong performances, Paul Cooke came an impressive 15th overall and Lucy Goodman got another prize for her ever growing trophy cabinet as 3rd lady. Paul, Lucy and Chris Murrin all had PBs for the race. Richard Westcott was 2nd in his age group and ex-Struggler Derek Page was first in his.

Upcomming Fixtures

20th Feb	Streetlights
3rd Mar	Bideford Half
20th Mar	Streetlights

Results

Braunton 10

PAUL COOKE 1:06:12 PB
LUCY GOODMAN 1:11:39 PB 3RD LADY
CHRIS MURRIN 1:13:29 PB
RICHARD CONNETT 1:17:50
ELAINE FIELDS 1:22:35
RICHARD WESTCOTT 1:23:28
TINA MCCrackEN 1:25:18
ALICE GIACOMINI 1:27:00
EMMA HILL 1:44:19
SUE CARTER 1:55:28

An interview with ...

SUE CARTER

- 1. How/why did you start running?**
Neice bet I couldn't run 300m
- 2. How old were you when you started running?**
25
- 3. Your pre race fuel?**
Banana
- 4. Recovery food/drink?**
Nothing....chips?
- 5. Any pre race superstitions?**
None
- 6. Make of running shoe?**
Nike or Saucony
- 7. Favourite race – and why?**
London Marathon- under 4 hrs
- 8. Sporting idol?**
Steve Redgrave/Matt Pincet
- 9. Recurring injuries?**
Sore knee – maybe due to age!
- 10. Running aspirations?**
Not coming last
- 11. Any other sports/activities?**
No
- 12. Why do you run?**
Enjoy it/social/people/friends
- 13. Best running achievement?**
Sub 4 in London marathon
- 14. Closest club rival?**
Jon Hibberd
- 15. Favourite biscuit?**
Shortbread
- 16. Best excuse for not running?**
No excuses!
- 17. Who do you nominate for next months interview?**
Elaine Fields