

STRUGGLER'S POST



My London Marathon BY LUCY GOODMAN

When I think about my experience of London Marathon this April there are a few snippets of memory that stand out. It was mainly the build up to the actual day that was the daunting part for me, worrying about not being able to find my way to the start; wondering whether I could find everyone when I was finished (country-bumpkin!); and having Simon's words echoing around my head the week before, 'you'll see some horrific things by the side of the road when you're going round Lucy, just ignore and focus...' What were these horrific things?...and would I be part of them?!

However, all my fears subsided as the race started and I got caught up in the atmosphere of it all. Nothing could have prepared this London-phobe for the amazing experience that it was. My highlights were seeing the elite runners run past us on a switch-back about half way. So fast and not-sweaty looking! Also Mike and Tracey twice shouting 'Go Lucy Goodman!' and seeing Paul, his sister, her boyfriend and my sister screaming at me about Mile 20 gave me a massive boost as my legs were starting to turn to jelly.

Thank you to everyone who wished me luck, gave me advice (Phil and Tracey are a font of marathon tips and knowledge!) and Thank you South Molton Strugglers for giving me the confidence to run races.

Coaching Corner - Claire's top tip

Hills – love 'em or hate 'em you can't get away from them round here! But gosh how they stand us in good stead when we travel further afield!

You've all heard me hollering at you 'shorten your stride, go on the fronts of your feet and get a bounce in your stride'. Another tip is to keep your chin up, keeping your passage of air clear. If you don't want to look at the top of the hill watch the road about 1 to 2 meters in front of you, or pick land marks like a trees to reach and break the hill up that way – off road your eyes will be glued to the path anyways! Keep your chin up.

Another trick is to zig zag up a hill, or Chi running....lead slightly with one leg for a count of say 10 or 20 just a slight turn so one hip leads up the hill, then swap sides and onwards and upwards, it gives the muscle group a little rest while the counting takes your mind off it! genius! Keep your chin up.

And don't take your foot off the gas until you have passed the crest- what a great feeling as you feel the terrain give way to you! And when you do reach the top and are ready to fly down the other side just hold back a moment or two until you have regained control of your breathing, not recovered just control.....then open your stride, lean forward and run like a child with no fear and grin like the fools that we all are!!

Enjoy every run even if it's not until you've reached the end and smile.

North Devon Hospice Quiz Sat 18th May BY JULIE COLMAN

A fantastic turnout of strugglers at the Old Coaching Inn filled 17 tables for the annual quiz night and raised a whopping £476 for the North Devon Hospice in conjunction with our North Devon Marathon/Half Marathon runners!

A special mention to Sarah Rogers who kindly offered to assist with the questions this year and provide the best question round we've ever had.... Phobias.

I'm sure some of you will always remember the meaning of Hippopotomonstrosesquipedaliophobia. In case you had forgotten this is the fear of long words!!!!

Well done to all of those who took part and contributed to a very enjoyable evening and great fundraising! Now all you've got to do is run the marathon! Good luck to all of you taking part!

Race Reports

HARTLAND HARTBREAKER (May 5th) - The Hartbreaker and it's shorter sibling the the Hartacher proved to be very popular. Off road running in stunning scenery in perfect conditions. Lots of hills with the odd rope to help you get up the really steep ones. Many of Strugglers took part but well done to Paul Cooke 3rd overall and Claire Campbell 1st in age!

BLACK DEATH (May 12th) - A great turn out of six strugglers set off from the "Start of Hell" for the Black Death run hosted at Coombe Sydenham Country park. The start line did not lie, what a hell of a hill it was from the start, and there were quite a few more to follow in the 10 mile race .

BIDEFORD 10K (May 12th) - On the same day as the Black Death another 15 Strugglers showed their road running prowess at Bideford. Despite some tough weather conditions, the fast and flat course was the perfect event for Tracey Hulland to return to racing after more than 12 months recovering from injury and saw her secure a fantastic time of 46.59 and 1st in her age category. Lots of PBs and fantastic sprint finishes by Ross and Jack.

CREDITON CRUNCH (May 19th) - The sun shone on the start of the 2013 Crediton Crunch, a course that had both on and off road sections, in addition to many hills! This did not prevent Paul Cooke coming in 10th position, nor did it slow Lucy Goodman who claimed third lady.

SWIMBRIDGE 10K (May 19th) - Mike Clark was the only representative from the Strugglers but what a performance, coming in an impressive 3rd place.

Find Your Inner Ferret

BY RICHARD CONNETT

It's Friday lunch time, Julie pops up on Facebook and says "I've got something that you'll enjoy doing next week, Trail Ferret are paying people to run for a promo film shoot, give them a call". I always do as Julie says so I called them and booked my place despite not being entirely sure what I was letting myself in for.

Day 1 in the Trail Ferret house. Arrived at 8 on a lovely sunny day to be greeted by our leader Papa Ferret the inmates who had already arrived the night before and were staying for the 4 days. The base was St George's House in Georgeham, an activity centre set up by Christians. I joined the gang for breakfast where we were encouraged to try Chaiseeds mixed in water which is apparently good for hydration, the seeds swelled up and it looked like frog spawn, scrummy. We hopped on the bus and were taken to the Braunton Burrows. It now started to dawn on me that this wasn't just a film shoot with a bit of running, it was more a trial run of the full Trail Ferret experience. My fellow guinea pigs/ferrets were a mixed bunch but many had ultra distances in their blood and were kitted up as if to do 50 miles - multiple layers, compression gear, back packs with fluid on tap, I just had shorts and a Bideford 10k shirt to support me. First on the schedule was an hour of hill reps on the sand dunes, I think Strugglers horse shoe training helped here as I was able to stick near the front and i started to feel a bit more confident. Once the hour was up we headed out of the dunes and along the beach to Saunton. Here was the first of many pit stops where we met the bus and I could have a drink. Then we took the coast path round to Croyde, over the beach, round Baggy Point and back to Georgeham. A total of 13.7 miles but apart from the hill reps it was done at chatting pace so not too tiring. I was ready for lunch but before that we had the pleasure of the ice bath, an old bath outside filled with water pumped from the stream. No ice which disappointed this Rock Solid chap, cold enough though to be honest. After lunch we were supposed to have a core strength class, but that never happened as we were enjoying the chance to relax chatting in the sunshine. It had been a good day, I left slightly sun burnt but excited about what would happen the next day.

Day 2 started with a mini bus trip to Lee Bay from where we headed west along the coast path. As those who have completed the 2nd half of the ND marathon will know this section is very up and down. The views and banter made it a very enjoyable run however. We did so well that we got to Bull Point before the support bus. Morte point was looking gorgeous in the sunshine, the other ferrets weren't local and absolutely loved discovering the area for the first time. I assumed

we'd take the beach from Woolacombe, but oh no, Papa Ferret took us up over Potters hill to Putsborough then back to Georgeham for another ice bath. After lunch we had a sunny yoga session on the grass, most of us hadn't yogied before and assumed it would be relaxing, far from it, I stretched parts of the body I didn't know I had.

Day 3, we were bussed to Watersmeet from where we ran down to Lynmouth. I was amazed when Papa Ferret took us on the cliff railway instead of making us run to Lynton, he's such a softie. Yet more spectacular sun drenched coastal running took us to Hunters Inn. No ice bath available, but who needs one when you can sit in the stream instead, damn that was cold. We got back to base and chilled a bit in the sun before doing an outdoor core strengthening session, I now have a 6 pack, honest.

Day 4, last day, it's the big run. Lee Bay to Hunters Inn. 17 miles and 1000m ascent. This was a toughie, I was so glad to see the support bus at Holdstone Down. From there it was all down hill as we took the inland path down the valley to the finish. Papa Ferret had laded on some Bucks Fizz to celebrate the completion of the course, and yes back in the stream again!

The best weeks work I've ever had, great weather, wonderful scenery, fabulous new friends, thanks Julie!

I'd love to do something similar with the Strugglers. Who wants to come on the 'Strugglers Trail Camp' one weekend?

Upcomming Fixtures

26th Jun Bidef'd Relay
30th Jun ND Marathon
10th Jul Lighthouse Run

Results

Hartland Hartbreaker 17

PAUL COOKE 02:34:19 **3RD OVERALL**
 MIKE CLARK 02:50:18
 RICHARD CONNETT 03:08:30
 CHRIS MURRIN 03:09:41
 RICHARD HORN 03:20:12
 ELAINE FIELDS 03:20:37
 CLAIRE CAMPBELL 03:26:34 **1ST IN AGE**
 TINA MCCracken 03:45:01

Hartland Hartacher 8

KATE KILBURN 01:45:46
 EMMA HILL 01:46:58
 SUE CARTER 02:15:05

Bideford 10k

MIKE CLARK 00:37:37
 PAUL MORGAN 00:38:30
 PHIL PENNINGTON 00:45:54
 DAISY ADAMS 00:46:53
 TRACEY HULLAND 00:46:59 **1ST IN AGE**
 ELAINE FIELDS 00:47:33 **3RD IN AGE**

CAROLINE SHAPLAND 00:49:59

TANYA MARROW 00:51:36

Jo WING 00:55:15

GEOFF ADAMS 00:56:40

JULIA GLOVER 00:58:46

CAROLINE BENNETT 00:59:33

ROSS DENNIS 01:00:53

JACK FRIENDSHIP 01:00:58

AMANDA ADAMS 01:01:44

Black Death

NIK WHALLEY 01:36:51

JON HIBBERD 01:58:37

TRINGA SIBTHORPE 02:00:46

KATE KILBURN 02:01:42

EMMA HILL 02:02:50

SARAH ROGERS 02:16:49

Crediton Crunch 10k

PAUL COOKE 00:41:30

LUCY GOODMAN 00:46:24

NAOMI HUGHES 00:57:30

GEOFF ADAMS 01:05:34

ROSS DENNIS 01:09:55

JACK FRIENDSHIP 01:10:09

Swimbridge 10k

MIKE CLARK 00:40:16 **3RD OVERALL**



The Knee

Perhaps it is not surprising that the most common injury cited as the reason for giving up running is knee pain.

A surprising fact is that pain in the knee is often caused elsewhere in the body such as the foot, ankle or hip on the same side or the back.

Knee problems can result from cartilage or ligament damage. Both injuries may result from direct impacts or indirectly for example when the foot is planted on the ground and the body rotates straining the knee.

With runners the problem is often related to poor mechanics resulting in poor running posture with weight being borne abnormally by the knee.

Another common issue with runners especially those new to the sport is overuse. The thinking is 'the more, the better' and when pain occurs to run through the pain. Not always a good idea.

One coach I know always instilled the idea of three weeks hard training and one week easy training in that way rest is built into the schedule.

Most knee problems will resolve however with rest and treatment. Long term injuries though can accelerate wear and tear leading to osteoarthritis so it is always wise to seek professional advice.

Happy running!