

STRUGGLER'S POST



An Orange Perspective BY ROSS DENNIS

When you hear about clubs, your immediate assumption is that it is filled with people who are good at what the club offers and unwelcoming to people outside of their group. I tried running with a friend last year, and 2 miles was the absolute limit we managed to achieve in 6 months, so when I was hearing about exploits of the Strugglers from Paul and Mike at work I thought it was far beyond what I could hope to achieve and that I would be foolish to join a club that runs so far. But when I heard there was a beginners running group starting for people with little or no running ability, I figured this would be my chance at gaining some insight into this mysterious club setting and (if nothing else) improve my own running ability. So I went along to the beginners group, and was met with the promise that at the end of the 10 weeks I would be capable of running 5k-challenge accepted! Throughout the beginners group, we were all constantly encouraged and challenged to push ourselves as far as we could, as well as socialising and making good friends- something I didn't necessarily expect from an activity considered as competitive as running. By the time the beginners club had finished, progressing to the Strugglers proper was a natural step to take, having felt so good with my running and so accepted by the rest of the group, and I haven't looked back. I now run as many events as I can, whether that's a club race, relay or other races (such as Bideford 10k and Crediton Crunch), knowing I won't be winning any events, but challenging myself to put all I can into each race- hence the attempted sprint finishes- and to achieve the best possible time, as well as maintain friendly competition with Jack, who is of a similar ability to myself, and who I met through the beginners group. The importance of running to me was confirmed when I got injured, having had run-ins with space hoppers and lawn mowers and other such highly dangerous equipment, not being able to run made me realise how much I was missing it. Running is now a big part of my life that I thoroughly enjoy, and the Strugglers have made that possible, for which, I am very grateful. Moving forward, every finish line is a win and I hope to be running for many years to come, safe in the knowledge that I am part of one of if not THE best running clubs in existence.



Struggle T-Shirt Design Competition

We need you to help us come up with an exciting design for this years Struggle T-Shirt. The best design will be chosen by the judges and will be awarded a very exciting prize!!!

Rules
Entry Deadline: Wed 14th August

We need a SINGLE colour design for the front of the shirt, it could be an exciting graphic or just a slogan. If you want to incorporate the Struggle logo in the design then Richard can email a copy to you. If you're a computer graphics wizzard then you can submit your design in electronic form, otherwise get your crayons and paper out.

Hand your design to Richard Connett or email it to struggle@southmoltonstrugglers.co.uk

The T-shirts come in white, black, yellow or blue, so pick one that you think best suits your design.

Good luck!



Coaching Corner - Chris' top tip

Sometimes you just end up running races and training harder or faster or logging loads of miles but that's not all that running's about, don't forget about the joy of running. It can be hard to find any joy in it when your puffing your guts out. So every now and then slow it right down and try and take in the sights and sounds of the environment around you, if you want to stop and look at the view or walk up that hill then why not it might put a smile on you face instead of a frown.

NEXT MONTH ... North Devon Marathon Special

23 Strugglers took part in this years North Devon Marathon and we'd like to get hear the views of those who experienced it. Please send us a brief summary, maximum 50 words, to convey your feelings of the big day. We want to print as many different views as possible!!! Send to the email address below.

How It Used To Be

BY ANDREW JONES

I remember my first Wednesday evening (February 1999) as if it were ... well, Feb 1999. There I was feeling new, nervous and thinking everyone looked better than me (which turned out to be true). Sue told me there were (then) two groups, whizzies and the rest. Trying to look fit and wanting to keep face, I chose the former. It was a steep learning or running curve! In those days, the main whizzy runners were Richard, Duncan, Gerard O'Boyle and Derek Page. I remember being very impressed hearing Derek say he didn't want to go too far that evening as he had run nine miles that morning. (He was then training for the London marathon.) Some time later, I recall a conversation with Richard in which we both agreed that it had to be something extraordinary to make us run twice in one day. (I think I have done so twice in the last fourteen years.) Today, the club is vastly different. Then, the fast group was all men and remained so until about five years ago. And it has trebled its membership, most of the growth coming in these last five years.



Prevention is Better than Cure

BY JONATHAN LAWRENCE

We all have weak points in our bodies. After a run or during a run we will experience little niggles that may not prevent us performing. For example a patient of mine had soreness in his right ankle. It would start out by being stiff then ease during the run. Occasionally it would become more acute with swelling above the outside anklebone. Very occasionally it would prevent him running. One day the pain was so bad that he sought help at the practice. The examination showed that the leg and thigh muscles above were tense as was the low back. Examination of the ankle where the pain manifested showed no problem. This was a case of referred pain. One the muscles and back were treated the problem resolved. If this had been untreated then it would be likely that the intermittent problem would worsen into muscle damage and possibly arthritis and the end of his running. Traditionally in Chinese medicine you only pay the doctor when you are well. That is his job. He is failing if you develop a problem. Don't let those niggles get the better of you. Sort them out sooner rather than later. Happy Running.

Results

South Downs Marathon

CLAIRE CAMPBELL 04:04:14
10TH LADY, 1ST FOR AGE!

Bude Lifeboat Run

MIKE CLARK 00:37:31
3RD IN AGE

North Devon Half Marathon

JIM GOULD 02:03:47
BECKY HOPKINS 02:04:24
RICHARD WESTCOTT 02:04:55
CAROLINE SHAPLAND 02:13:11
DAISY ADAMS 02:16:51
KATE KILBURN 02:24:56
POLLY GOODMAN 02:27:25
TRINGA SIBTHORPE 02:31:40
SARAH ROGERS 02:40:19
AMANDA ADAMS 02:50:12
JON HIBBERD 02:57:59
SUE CARTER 03:04:01

North Devon Marathon

PAUL COOKE 03:44:01
STEVE ABEL 03:45:39
LUCY GOODMAN 04:01:56
CHRIS MURRIN 04:09:06
CLAIRE CAMPBELL 04:14:36
ELAINE FIELDS 04:22:46
RICHARD CONNETT 04:23:15
CHRIS SIMPSON 04:36:41
TINA MCCrackEN 04:42:11
RICHARD HORN 04:44:51
NIK WHALLEY 05:01:23

Upcomming Fixtures

17th Jul Tarka Relay
20th Jul Haytor Heller
28th Jul Seaview 17
31st Jul Three Bridges
3rd Aug Umberleigh Rural
4th Aug Totnes 10k
21st Aug Three Bridges
24th Aug Jurassic Coast 10k
7th Sept Bideford Bay 50k

An interview with ...

EVE PLUMMER

- 1. How/why did you start running?** I did a lot at school. Took it up again in 1995 ish – Derek hobson challenged me to run around cooks cross on new years eve (after a drink or two)
- 2. How old were you when you started running?** 43
- 3. Your pre race fuel?** I know its not normal – but always ate something bout half hour before I ran.
- 4. Recovery food/drink?** Water then something sweet like cake
- 5. Any pre race superstitions?** No not really
- 6. Make of running shoe?** Normally Saucony
- 7. Favourite race – and why?** Arlington Court Canter – its hard but loads of support and cake at the end!
- 8. Sporting idol?** Ed Moses and Roger Bannister (sorry Im getting old) Mo Farah today.
- 9. Recurring injuries?** Bad knees – had to stop running due to arthritis in both knees.
- 10. Running aspirations?** I now have to be content to watch.... And its hard!
- 11. Any other sports/activities?** I love to watch all sport especially athletics but only participate in childrens playing!
- 12. Why do you run?** I enjoyed the company but also it was lovely to be able to clear your mind and be in your own world on longer runs.
- 13. Best running achievement?** Taunton half marathon in 2004 in 1.54 and a 10k in 49 mins!
- 14. Closest club rival?** Never had a rival – just pleased if I wasn't last.
- 15. Favourite biscuit?** Shortbread.
- 16. Best excuse for not running?** Arthritis – not an excuse – a fact!
- 17. Who do you nominate for next months interview?** Maybe someone in the 30s – Paul Brayley!