

Up and Running September 2013

Perth 10K Sunday 25th August 2013

John Barclay writes

It's a rare occurrence for me these days to break 50 mins for a 10K. I think it was in 2006 that I first ran the Perth 10K, and I came in at 50mins 30 secs, frustratingly, and the following year 2007 I ran the same course in exactly the same time - true and a bit spooky. I had psyched myself up that this time it would be different.

I felt nervous because today in Perth, there could be no excuses. The weather was not too hot, not too cold, there was a new flat scenic course, perfect for a PB, and best of all just a zephyr light breeze – no battling, head down, into the usual gale, Edinburgh Park run. In addition I was now a member of Lothian Running Club.

It was time I got back something for all those intervals!

The tactics were spinning round in my head before the off. Keep an even pace, run each 1000k in just under 5 mins, expect a degree of pain, no braking effect heel striking. Unfortunately as well as the tactics spinning round my head so were the negative thoughts. Too old - I'll blow up – I'll have to stop for a toilet break. You name the negative thought I had it.

The gun went 550 runners were off, me too. That's odd, something strange was happening, after about 400 metres, I felt OK, the pace was about my Edinburgh Park Run level - I should be feeling worse. Don't tell me I am going to have a good day? Having a good running day - does that still happen?

Amazingly the first kilometre split was reached in 4.30. Half way 5K mark reached in 22.40. My thoughts at this time were – I don't believe this - something wrong with my watch? Well whatever, try and maintain this. That good feeling, which as runners know, is so good (running lightly) began to fade and I began to struggle about the 7k mark. People were overtaking me, I was slowing down. Now the only tactics were just survive to the next lamppost, next tree, puddle on the pavement. Try and stay with the person in front - all thoughts of overtaking out the window.

At 9K, only one K to go, I had a welcome boost from my daughter, camera in hand "Hurry up Dad you'll break 50 mins".

Hurry up? Easy to say it. I couldn't.

No sprint finish, it was a desperate survival shuffle, heel striking all the way to the line. I looked at my watch 46.34. Jessica said to me concerned "Dad what's wrong you look in a state of shock". I was. I still am. The watch wasn't faulty after all!

I would recommend this 10K. They have changed the route from previous years. The course is now flat, and traffic free. The race starts and finishes in the North Inch which is a huge scenic tree lined park in the North of the City centre. The route, a path, follows beside the river Tay upstream to Woody Island and then cuts back through playing fields to the North Inch. You get the feeling you're running in the countryside. There are good changing and shower facilities at the Bells Sports Centre in the North Inch. Participants get a T shirt or

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singlet, and a nice medal. There was a good friendly atmosphere, and hopefully I'll be back for more punishment next year.

Melrose 13.1K

Cake correspondent Jill Horsburgh writes

This race comes with a health warning "May contain hills", which I chose to ignore when in some sort of Entry Central induced madness back in June. A hilly race but not a hill race, a random distance of 13.1 kilometres and rumours of acres of sandwiches and cakes - sounded good.

Perhaps others had paid more heed to the words hills and less to the rumours of cakes because as the race approached I realised that only another 53 people had been foolish enough to enter. Still more cakes for me (as long as I'm not last) I thought. Scanning the list of entrants it seemed that only Edel, Mike Lieberman and Brian Reid had entered. However on closer inspection it transpired that Shona and Paul Young, and Fraser Welsh were running in disguise as FUDS along with their pal Joe. Also Mike had brought along his son Nick, so the Lothian contingent comprised a large share of a very small field.

Arriving in Melrose the weather was perfect - not too hot, fairly still and dry. After registering Edel, Brian and I took a stroll around the town. Brian eyed up the sausage rolls which were being laid out for the post-race feast and I glanced at the last runner marshal's jacket, thinking what a lovely job that would be. We dragged Brian away from the food and all did a warm up and recce of the last 500m of the route. The females of the party also managed to have a last minute toilet stop before the race briefing but some men who shall remain nameless disappeared to the toilet immediately after the briefing as we were being lead to the start a 10 minute walk away. We helpfully waited for them, then realised that we only had a very vague idea about where to go. Thanks to Mike's local knowledge we found the start just in time.

The race briefing had been very accurate - four miles of undulating country roads with an out and back to round up the distance just short of the two mile mark. We had been told it was someone's garden path but it appeared more like a driveway into a stately home, certainly more scenic than the out and back in the Forth Bridge 10k which takes you out to the scrapyard and back. Now I quite like out and backs because it give you a chance to work out your place in the field, although with so few runners that wasn't really too difficult. This confirmed my belief that I was 4th female, seeing Edel, then Shona being pursued by a Portobello woman, and also the fact that I was way ahead of Superman (minus the cloak) who had started walking on the first hill.

We continued to undulate for another couple of miles to the village of Bowden where there was a water stop and after which, we had been warned, it was uphill for two miles. Indeed it was uphill for exactly two miles, allegedly very scenic too. At exactly six miles the ground began to fall away and we descended as steeply as we had risen. For my ageing knees this offered little relief and to my horror at seven miles I was overtaken by a woman wearing a tee shirt bearing the legend "Jog Peebles, The Pink Panters" on the back. The only person to

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pass me after the first half mile and it has to be a Pink Panther. My lungs could have caught her but my knees couldn't.

Soon we were on the old railway track for a fairly flat last kilometre. Edel came back to cheer us all in, having managed to set a new women's course record of 53.24. The race finished at the old railway station and all the other runners waited on the platform to cheer the finishers in. Then it was back to the Corn Exchange to be let loose on all that food and watch the prize-giving.

Not many prizes in this race, just first male and first female as it's a fundraiser for The Brathay Trust. The organiser is doing 10 marathons in 10 days next spring and also organising a Christmas Pudding race in December and a marathon (including a relay option) in February. The Christmas Pudding race is the route as described, but in reverse. So you have been warned, but I can thoroughly recommend the cakes. Oh, and if anyone has any suggestions of a tee shirt back slogan that will really cheese off slower runners please let me know.

(Editor's note: Up and Running would welcome a reply from the pink clad lady, and is prepared to offer her equal space, in the interests of balance.)

Here are some races coming up in September (including club championship races) to think about:

Remember to wear your Lothian running vest and do us proud. Vests can be purchased from Dave Berrill. Contact Dave on: davidberrill@lothianrunningclub.co.uk

We also recommend our members to join Scottish Athletics and save money on race entry fees.

All these fixtures below will be on the **Scottish Athletics website** if you need more information on them.

Simon Wake Comrie Hill Relay on 1st September

Dounans Doodle Fun Run, Aberfoyle, 1st September, (In conjunction with Scottish Junior Selection Races and Open Race)

Bella 10k/5k on 1st September at Bellahouston Park Glasgow.

Murieston 6k trail race & fun run on 7th September 2013 (**CLUB CHAMPIONSHIP RACE**), Livingston Cricket Club

Self Transcendence 2 mile road race on Wed 11th September, The Meadows, Edinburgh starting at 7pm

City of Stirling 10km road race & 2 k fun run on Sunday 15th at Forthbank Stadium,

Cumbernauld 10k on Sunday 22nd September at Broadwood Stadium.

Carmondean School Open 5k Race on Sunday 29th September

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Linlithgow 10k and fun run on Sunday 29th September (**CLUB CHAMPIONSHIP RACE**)

Also Edinburgh (Cramond) and Falkirk park (Callander Park) 5K races are available every Saturday at 9.30am (Plus these park runs are **CLUB CHAMPIONSHIP RACES UNTIL END OF SEPTEMBER**).

Edel's General Training tips for September

If you are thinking of doing a race, let other fellow club members know- again this brings about a social and more fun aspect and as previously said, saves petrol

Always replace fuel stores soon after a training session by eating complex carbohydrate such as a banana or jam sandwich. Glycogen is a form of carbohydrate which is stored in the muscles and liver for energy. And it is the body's main form of fuel for long-term energy. When a person engages in an endurance sport or needs energy for long periods of time, the body continually uses the glycogen to fuel that activity so it needs to be replaced as soon as possible when used up. If you keep it topped up, you will have enough glycogen for 2-3 hours of continuous running so you have no need to top it up during a race or training session.

Core exercises are important to do. Every movement we make is stabilised by our core muscles. No matter what exercise or sport you do, a strong core will help you improve. When you move your arms or legs, your core muscles should be stable and strong to control the movement. The stronger your core is the better control you will have. In simple terms, it'll be easier and safer to move your arms and legs faster and with more power. That means better performance.

Reminder- Club Championship Races are coming to a close at the end of September. There is still time to complete 5 races to be with a chance for prizes.

Saturday 5th October. "Get ready for Cross Country"- West Lothian Clubs partnership. Deans High School 2pm – 4pm

An introduction to skills and techniques for junior and senior runners and helpers, who may be taking part in forthcoming Cross Country fixtures.

Focused around two informal mini events: a relay and an individual race, will cover:

For runners and team helpers:

Preparing for the race, information, clothing and footwear, looking at the course, race tactics, and after the run.

For race officials:

Marshalling on the course, start and finish roles.

Race safety.

Cross Country Fixtures for 2013/14

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It is hard to believe that cross country will be upon us soon again. It would be magic to get out lots of Lothian Teams (Generally 3 to score for Ladies, 4 to score for Men) for the fixtures below...

Cross country event for Jnr & Senior runners/race officials/team helpers on 5th October (exact date to be decided)
(information as above)

East Cross Country Relays Sunday 13th October In Livingston....LRC are hosting this at Dechmont so it would be great to get lots of teams out....it's on our doorstep with plenty of support. Also we need helpers to marshal the course (Contact Ted Finch)

East Cross Country League Saturday 19th October in Stirling - hill cross country at Stirling University

National Cross Country Relays Saturday 26th October in Cumbernauld- Lothian always have a few teams down for this one. Each team member to do 1 lap (4km cross country)

National 4k Champs Saturday 9th November 2013 Bellahouston Park

East Cross Country League Saturday 23rd Nov ? venue tbc

East Cross Country Champs Saturday 7th December in Dundee

Great Edinburgh Cross Country (inc Inter District) Saturday 11th January 2014

East Cross Country League Saturday 18th January

National Masters Cross Country Champs Saturday 1st February 2014 in Hawick

National Cross Country Champs Saturday 22nd February 2014 in Hawick

Inter-counties Cross Country Champs Saturday 8th March ?venue

National Y/A Road Champs Sunday 16th March 2014 Riccarton

National 6/4 Stage Road Relays Sunday 31st March 2014 Livingston- our home turf so hopefully lots of teams out again

Also look out for Borders Cross Country events:

3rd Nov Lauder, 17th Nov Gala, 1st Dec Moorfoot, 12th Jan Norham at Paxton,
26th Jan Tweed Striders, 16th Feb Dunbar plus prize giving
<http://www.bordersxc.com/>

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Your Club Needs You

Although the AGM is not for another few months, it would be good to start thinking about how you can help our club to run as efficiently as possible. There are always some vacant committee positions that need to be filled. Also, Lothian Running Club is always looking for more parent helpers and more coaches. If so, please contact any of the coaches if you want more information.

"It is better to look ahead and prepare than to look back and regret."

Quote from Jackie Joyner-Kersey (Ranked among the all-time greatest athletes in the women's heptathlon as well as the women's long jump)

How much do you know about Running?

(Answers on the next page)

- 1: Plantar fasciitis is a common injury to runners that causes pain where?
- 2: What's another word for speed training using short sprints?
- 3: Sore muscles the day or two after a run are caused by what?
- 4: Piriformis syndrome is literally a pain in the back. True or False
- 5: What is the fastest-run mile ever recorded?

Answers

1: Feet

The plantar fascia is a thick, fibrous band that runs from your heel bone to the base of your toes. When the fascia is placed under too much stress from overuse, it stretches too far and tears. This causes inflammation of the fascia as well as the tissues that surround it. Not only is it painful, but the tears can become scarred as they heal, creating even less flexible tissue, which makes the problem even worse. To prevent plantar fasciitis, mix up the type of cardio workouts you do, take days to rest, wear supportive trainers when working out, and stretch your calves and feet.

2: Fartlek

Fartlek is a Swedish word that means "speed play." It's a form of interval training that includes sprints varying in length from eight seconds to two minutes, and is mixed with slower-paced running.

3: Microscopic tears in your muscles

Sore muscles after a run are actually caused by microscopic tears in your muscles. When these tears heal, they result in stronger muscles.

4: False

It's a pain in your butt, to be exact. The piriformis muscle lies deep within the bum and is responsible for the external rotation of the hip and leg. When it becomes aggravated, it can lead to issues such as sciatica, as well as pain running down the back of the leg. This condition makes it difficult to sit for prolonged periods of time.

5: 3.43

In 1999, Moroccan middle distance runner Hicham El Guerrouj set the current world record for fastest mile with a time of 3:43.13.

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Date	Location	Session	Coaches
<p>No Sunday session today Sunday 1st Sept</p> <p>Or on 29th September</p> <p>Sunday session on 8th, 15th & 22nd</p>	Dechmont Law car park @ 10am	Intervals and varying activities off road in wood & field	Martin or alternative coach
<i>Tues 3th Sept and every Tues thereafter</i>	The Meadows, Edinburgh @ 7.30pm for 7.55 start	Choice of intervals	Martin
<i>Wed 4th Sept</i>	Inverlamond @ 7pm	Fiddlers Handicap Summer course	
<i>Thurs 5th Sept and every Thurs thereafter</i>	Craigswood Track 6.50 for 7pm start	Intervals	Steve
<i>Fri 6th Sept</i>	Craigswood Track	Intervals Intermediate Sprints	Scott Alan & Saran Rita
<i>Wed 11th Sept</i>	Inveralmond	Howden Park Reps Committee Meeting 8.15pm	Martin
<i>Fri 13th Sept</i>	Craigswood track	Intervals Intermediate Sprints	Scott Alan & Saran Rita
<i>Wed 18th Sept</i>	Inveralmond	Dechmont Law Intervals	Edel
<i>Fri 20th Sept</i>	Craigswood Track	Intervals Intermediate Sprints	Susan Scott & Saran Rita
<i>Wed 25th Sept</i>	Inveralmond	Oakbank recovery laps, or short intervals	Martin
<i>Fri 27th Sept</i>	Craigswood Track	Intervals Intermediate Sprints	Scott Saran & Susan Rita