

Jogging Along

At the time of writing, winter has returned with a vengeance. Bang goes my training schedule for the London Marathon, with the wind, snow and ice cutting my weekly mileage into about  $\frac{1}{2}$  of what was planned. The trouble with schedules is that although they work well on paper, there are so many factors that affect us and our running that I find them impossible to keep to in practice.

I wonder how many other people find this difficulty with schedules? Is it just me? Or do we, perhaps, need a new approach to training methods? Any comments please to the editor - John White.

John White

Results

Snowdonia Marathon 31 Oct 82 - Some people would say this is the toughest marathon in the U.K., just the thought of it makes me feel weak. Congratulations to everyone who finished, especially Chris Gentry who actually achieved a Personal Best.

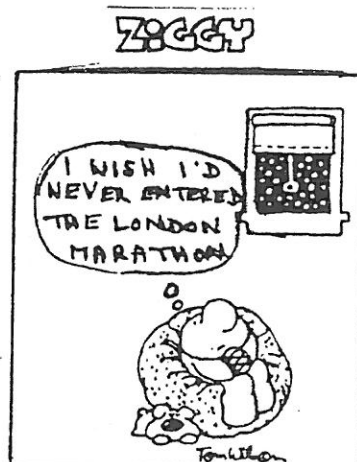
Steve Barrow 3.11, Derek Sawyer 3.39, Chris Gentry 3.45, Chris Wood 3.53, Peter Anderson 4.05, Martin Franzese 4.06.

Time Trials Sun. 5 Feb 83 - Very good support on such a cold and windy day.

4 Miles Mike Holt 24.03, Derek Elvey 24.52, Alan Edwards 25.00, Robert Holt 28.12, Brian Ridgley 28.17, Andrew Spinks 29.20, Len Spinks 30.28, Vic Smith 31.05, Robert Hoy 32.52, Barbara Hoy 34.28, Mary Simmons 34.58, Carmel Ballard 35.59, Mandy Youers 38.10, Michelle Edwards 39.15, Ashley White 39.40, Janice Kemble 39.50, Samantha White 43.40.

8 Miles Philip Stevens 52.05, Roger Collicatt 53.05, John White 53.10, Paul Griffiths 54.09, Brian Brown 55.22, Derek Sawyer 57.04, Chris Gentry 58.08, Esme Thomson 58.17, Chris Wood 58.40, John Tredwell 62.52, Bev Thompkins 63.03, Martin Franzese 64.10, Gerry Grosse 64.45, Tony Peers 65.13, John Spicer 66.35, Joan Gill 77.10, Dianne Spicer 78.50, Ray Harris 91.20.

The Reading  $\frac{1}{2}$  Marathon It's come to my notice that the Reading  $\frac{1}{2}$  isn't quite as flat as we were led to believe. At about 2-3 miles there is a sharp uphill climb for a good  $\frac{1}{2}$  mile. There are also a few other 'difficult' stretches. On the positive side there are several feeding stations and an anticipated field of 5,000 runners should help to carry you along.



**Brave Zoe's a go-go girl**

**BRAVE** Zoe Jameson completed a five-mile cross-country run for charity—despite having an artificial leg. Now the 12-year-old from Crabtree Lane, Sheffield, is busy collecting her sponsorship cash. She said: "I like sports and just love to run."

## Tips for Beginners

Over the past few years, I've had a surplus of spare time and have become quite a prolific reader over a wide range of subjects. It gives me pleasure to try and separate fact from fantasy. In every subject there are so called 'experts' who dress up their own biased opinions and present them as undisputable 'facts'.

This even occurs in the field of running, and makes it very difficult to give tips without becoming an 'expert'. A few months ago I advised beginners to concentrate on their style, to develop a fluid, easy, relaxed style before doing anything else. This view is also shared by Robert de Castella. After all, in other sports such as tennis, cricket and golf, much of the coaching is to develop style. I was therefore rather surprised to read a running expert advise "forget your style, don't even try to change it".

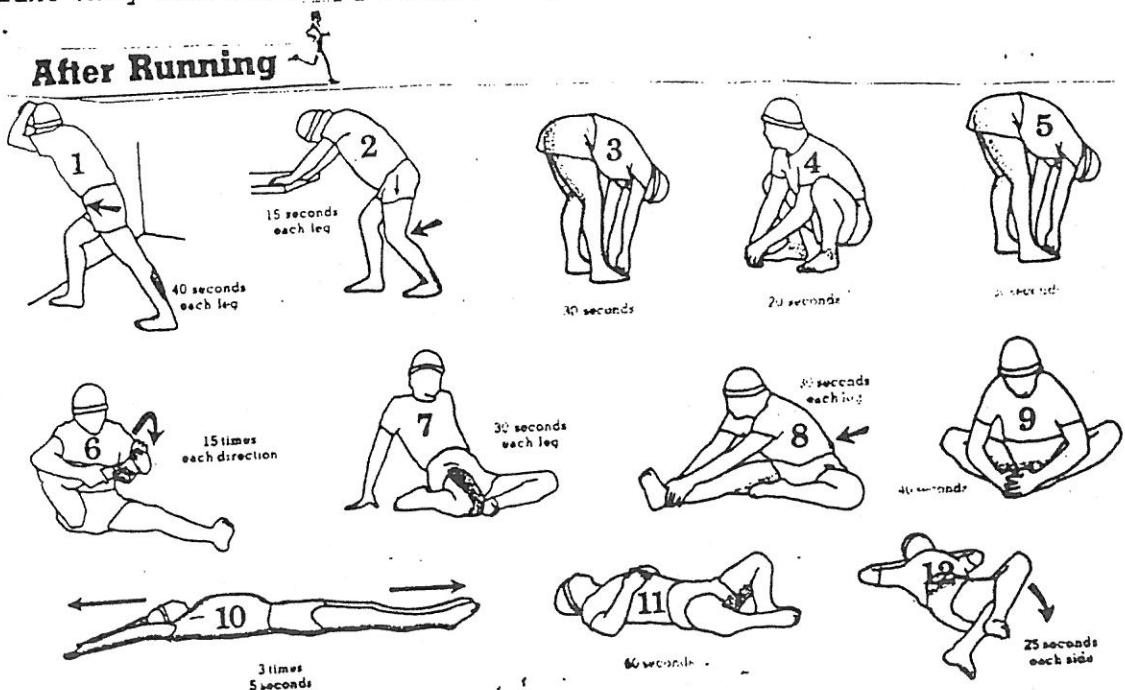
For every piece of 'expert' advice given, there is always another 'expert' to give the opposite. From carbo-hydrate loading to fasting. From drinking as soon as possible in a marathon to not drinking at all. From miles and miles of long, slow distance to interval training or even walking.. From high fibre diets to reduced fibre diets.

Very few, if any, of these tips are based on facts, they are based simply upon opinions and individual experience. That is not to say these tips are worthless, but remember they are only opinions. Every person is a unique individual, therefore drinking during a marathon will be good for some, but NOT everyone. Long, slow distance will be good for some, but NOT everyone, some will achieve better times by doing just interval work.

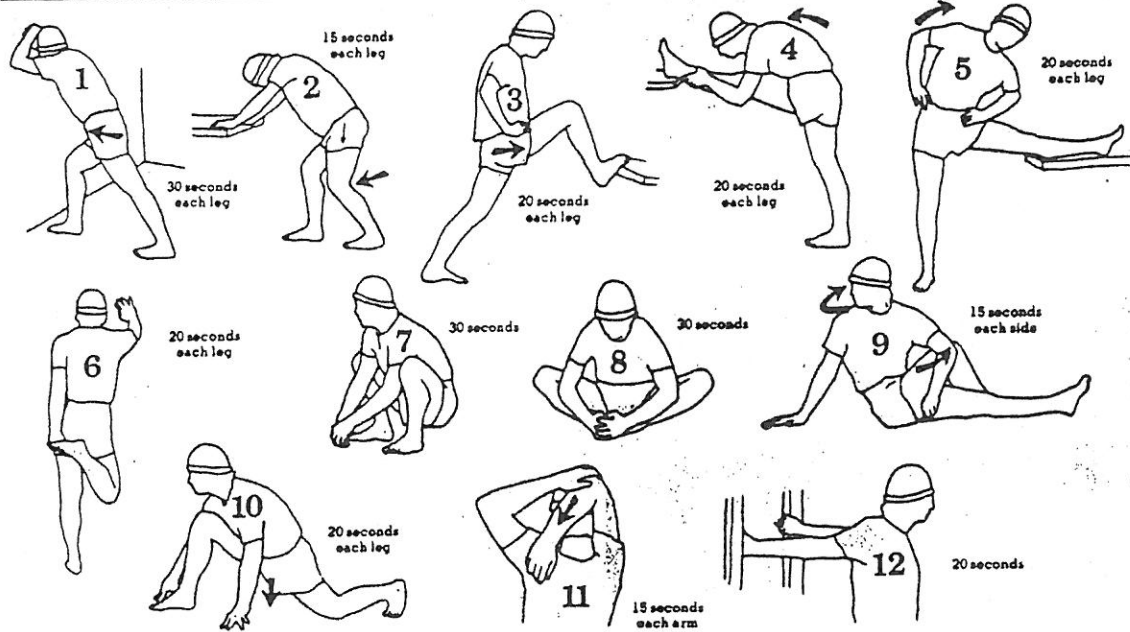
The point is that all tips and advice must be taken with a pinch of salt. As Fiona Richmond would say "if it feels good - do it". (Please don't ask me who Fiona Richmond is). You are a unique person who must find your own personal formula for success, mostly by trial and error (not forgetting the effort).

In this issue there is a series of stretching exercises for before and after running. Some people believe stretching is essential, claiming that it improves flexibility and performance and reduces stress and the risk of injuries. BUT, Jack Foster, who ran a 2.11 marathon at the age of 41, has never done a stretching exercise and thinks it is a waste of time.

If YOU think stretching may help, then give it a try. So this month's tip is "If it feels good - do it". Now I'll just wait for some joker to come along, someone like Mary Whitehouse, perhaps, to prove that if it feels good - it must be wrong.



## Before Running



### Forthcoming Events

Sun 13 Mar Reading  $\frac{1}{2}$  Marathon Starts 10am. Undulating course on City roads. Entry £2.50.

Sun 20 Mar Guildford Marathon Starts 10.30am. 2 lap course, mostly flat. Entry £3.50.

Sun 20 Mar Hospital  $\frac{1}{2}$  Marathon. Welwyn, Herts. Starts 11am. Undulating, country lanes. Entry £1.00.

Sun 20 Mar Firemans Fun Run '10' Hemel Hempstead, Herts. Starts 3pm. Almost flat. Entry £2.00.

Sun 20 Mar Watford '6' Starts 3pm. 2 laps, fairly flat.

Sun 27 Mar Stevenage '10' Herts. Starts 11am. Few gentle hills. Entry 70p.

Good Friday 1 Apr Maidenhead '10' Starts 3pm. Mostly flat, but one hill at about 7 miles.

Easter Monday 4 Apr Burnham Joggers Fun Run Starts 10am. 10k race + other family runs. Entry 50p.

Sun 17 Apr LONDON MARATHON

Sun 24 Apr Stanwell, Middx. Choice of either  $\frac{1}{2}$  Marathon or 5 mile Fun Run. Starts 10.30. Very flat course. Entry £2.00.

Mon 2 May (Bank Holiday) Abingdon Marathon, Oxon. Starts 11am. Flat course. Entry £3.00.

Sun 8 May Masters-Maidens '10'. Leatherhead, Surrey. Starts 12.00. Low key event, ideal for beginners. Entry £1.00.

Sat 28 May Leighton Buzzard '10', Beds. Starts 3pm. Pleasant course, fairly flat. Entry £1.00

Sun 24 April Handy X Handicap (Club Event)

Self handicap race of 5.000 metre (for those people born before decimalisation that is about 3 miles). Runners predict their own time BEFORE the start. The winner is the person closest to his/her own predicted time. How long it takes is not important, so the slowest person can still win. Watches are NOT allowed during the race.

## A.A.A. Membership

The H/X Joggers are now affiliated to the A.A.A. For individuals who wish to become affiliated the cost is £2 p.a. Membership cards are now available to all those who have already paid. Note: The London Runner has offered a 15% discount to all members who produce their membership cards. The following is a list of all paid up members.

### Men

Peter Anderson	Brian Brown	David Britnell	Paul Blake
Nigel Byrne	Steve Barrow	Tony Baker	Chris Daly
Kevin Duffy	Alan Edwards	Derek Elvey	Robert Farrier
Edward Hey	Ray Harris	Chris Gentry	Mike Holt
Vernon Martin	Chris Minall	Anthony Pears	Raymond Ridler
Derek Sawyer	Jeff Steeden	John Spicer	John Tredwell
Chris Wood			

### Ladies

Claire Ballard	Carmel Ballard	Barbara Hoy	Pauline Lynch
Eila Mansfield	Margaret Moody	Barbara Rippington	Marie Spin
Rosemary Simmons	Gillian Southall	Diane Spicer	Esme Thompson
Jackie Wood	Mandy Youers		

### A Bit on the Side

Aside from the serious business of running to the lighter side of social activity. I think it fair to say that the recent Fancy Dress Party was a huge success, even though a few men thought it was a Drag... I'm sure everyone who attended would like to thank all those who organised the food, fun and prizes etc. Several people have already asked me when we can have another one. Perhaps a fancy dress barbecue in the spring - has anyone got a big enough garden??

P.S. At the party, Chris & Jackie Wood lost a bag containing some clothes and a camera - does anyone know what happened to them?

Sun 17 Apr London Coach. We have two coaches taking runners and supporters to the London Marathon. There are still some spare seats if anyone would like to go. See Carmel for details. Cost £2.50.

Sat 30 Apr Annual Dinner to be held at the British Legion, High Wycombe. £7 per head for a good meal and a good night out. A good opportunity to brag about your London success, complain about your hard luck, or just swap agony stories. Gill Southall will fill you in (with further details, I mean).

### Running Shoe Guide

Nike have produced a nice, glossy booklet on the history of running shoes. Needless to say, it also contains details of their own current selection of shoes. It also explains about foot motion and how to choose the correct shoes for yourself. Unfortunately, the mechanics of running are extremely complicated, so I'm still not sure which category to put my feet in.

Still, I give them full marks for trying and the book is well worth obtaining, especially as it's FREE.

Simply send your name, address and a first class stamp to Brendan Foster, Dept A, Nike International, Hanson Lane, Halifax, West Yorks HX1 4SE.

That's it for another month. Jolly jogging. John White.

