

Blues News...

May 2008

Welcome to the May edition of Blues News!

Diary Dates:

Wednesday 21st May:

2nd Handicap race - stay and have a shower and a drink - you might have won a prize!
Register by 7pm.

Wednesday 4th June:

3rd North Devon Relay at Torrington - doesn't matter if you haven't done the first two, it's the teams that count. Meet near Great Torrington Community School at 6:45pm and find Karen to register.

Wednesday 11th June:

3rd Handicap.

Wednesday 18th June:

4th Handicap.

Wednesday 25th June:

4th North Devon Relay here at **Bideford** - this means we need people to volunteer for **marshalling the course**. See Karen if you are able to help.

Wednesday 9th July:

5th Handicap.

Wednesday 16th July:

Last North Devon relay at the Tarka Tennis Centre, Barnstaple.

Wednesday 23rd July:

Last Handicap - bring a plate of food and stay for the presentation of prizes!

Don't forget

MARSHALLS are needed for all the Bideford events. Thank you to all those who regularly don the bib and marshall the routes. We couldn't host these events without you!

As a member of Bideford A.A.C I understand the club survives on volunteers to man the bar, marshal make the tea etc. Been there, still doing it and got many a t-shirt!! Imagine my surprise when at the last committee meeting I was asked to go and interview a T.V star on her performance in the London Marathon! Shaking, nervous and very honoured I knocked on Tara Horrell's front door and waited. Fear soon vanished as she welcomed me into her home. Not only did she make me a coffee, she even styled my hair for my sister's wedding whilst giving her interview.

Tara, how did you feel the morning of the marathon?

"Quiet, very quiet." {I'm led to believe this is unusual for Tara}

" Although no nerves, nerves crept in later as I was nervous that I wasn't feeling nervous. Compared with my last Marathon in 2006 I felt fantastic"

Were you pleased with how your training had gone?

" My training had gone so well, I felt really good on long runs."

Did you long run on your own?

"No I had fantastic training partners. Special thanks to Caroline, Jo and Lynne"

When did you realise you were on for such a good time?

"At half way I knew I felt good and I was in front of my goal by 4/5mins.

I knew I had it in me to do a good time and it also helps you get around knowing you have friends waiting for you at the finish. That feeling of showing them my time and the pleasure on their faces makes the pain worth while."

What part of the marathon sticks out in your mind?

"At 23miles I saw Blues jackets, then I heard my name being shouted. At that point I realised it was Judith, Gill and family. {They are known in the West of England rowing circuit for their loud cheering}. As soon as I saw them I had a few tears, in a way this got me to the finish and helped me run an 8.06 last mile"

If I had interviewed you 10yrs ago would you have told me "I'm going to be a Marathon runner?"

"No! I was 5'3" 12 ½ stone and certainly no intention of a marathon. I started jogging about 5yrs ago and I haven't looked back, well only to see who's chasing me!!!"

What did you do to celebrate your fantastic performance? {Please remember some of our readers are u/18 and others would be jealous}

"I had to lie down!!"

*Soak in the bath, rum and coke followed by more rum and coke, then food
NO PASTA!! Then off to bed.....*



ENGLAND ATHLETICS

INDIVIDUAL MEMBER REGISTRATION FEES

Dear Harriers,

Please read this letter it contains some very important information concerning all Harriers members.

Bideford A A C Harriers section pay an annual affiliation fee to England Athletics (the governing body of athletics)

England Athletics are also introducing an Individual Member Registration Fee.

The fee for a competing member is £5.00 for 2008/2009 season.

A competing member is defined as anyone aged 11 years or over who competes in an event organized under UK Athletics rules. First claim club only.

As a club we have to ask members for some information which will be put onto the England Athletics Data Base. This information will also go onto the Harriers data base and for this reason we ask you for a telephone number. The telephone number will not be sent to England Athletics it will be for club use only.

Each member will then receive a registration card to their address. This card will entitle you to a discount of at least £2 when competing in races.

The registration process will begin this May so we need to collect the information from our members as quickly as possible in order to avoid any delay in the receipt of registration cards.

On the back of this letter is a form for members to fill in with their details.

Please fill in the form, include a cheque for £5.00 made out to 'Bideford A A C Harriers.' Put it in an envelope addressed to the Harriers secretary and leave the envelope behind the bar,

Thank you for your co-operation,
Yours faithfully,

Stephanie Jenkins. (secretary)

INDIVIDUAL MEMBER REGISTRATION FORM

NAME					
DATE OF BIRTH				M	F
E MAIL ADDRESS					
ADDRESS					
POST CODE					
COMPETITOR	VOLUNTEER		IS B.A.A.C. YOUR FIRST CLAIM CLUB	Y	N
Y N	Y	N			

TELEPHONE NUMBERS FOR CLUB USE ONLY

home	
mobile	

Once you have completed this form put it in an envelope addressed to the Harriers secretary. Remember to include a cheque made out to 'Bideford A A C Harriers.' For £5.00. Then put it behind the bar for collection.

Ladies

www.sportsister.com is a new online sports magazine for women. They offer informed advice, interesting articles, daily news, a forum and an extensive what's on guide focussing purely on the women's perspective.

They are also looking for groups of women to take part in their tried and tested guides. They supply 6 items from different brands and you tell them what you think - you get to keep the kit, have your say and see your group on sportsister. If you are interested please email danielle@sportsister.com- They are currently looking for a group to test running t-shirts.



A reminder

Ladies- Please run safe.

Recent events have made us all question our safety while out running. Tell someone where you are going and how long you will be. Try and run with a buddy or in a group. Keep to populated areas and consider carrying a personal alarm if you run alone regularly.

The following is a personal viewpoint from one of our club runners about knees in the older runner that ache or nag

Obviously more serious problems with swelling ,pain ,and /or loss of function require professional help, although some of the tips could be included in rehabilitation ,if used following treatment .

Generally speaking , discomfort on the side of the joint is less serious than centrally in the kneecap area .

Knees are good for 40-45 years, then they need a bit of pampering , to allow running to be enjoyed !

SUGGESTIONS :

(1) WEIGHT

Quite obvious..watch the scales . Someone worked out once that the average runner can run 42 miles a week eating whatever and whenever he wished with no weight gain !

(2)GOOD MECHANICS

Ligaments and tendons get slack over the years ,and joints do not function as well with poor alignment. Consider your feet- if the arches have collapsed at all, commonly known as flat feet , your knees will be closer together than they should be. They could then hurt on the inside of the knees when running,with perhaps a flexing sensation towards the outside of the feet (4th Metatarsal region). You should be able with healthy feet to pass your forefinger between the bottom of your sole and the floor. .Orthotics to support the arch will stabilise the knee and should reduce discomfort . A Chiropodist /Podiatrist will make these up to suit . (I have never yet come across a running shoe that alone will combat flat feet). These Orthotics or Orthoses as they are sometimes known ,are best be worn all the time , not just for sport...In most cases a slight tendency to" bandy legs " is viewed as being preferable .The man who made mine ,which have corrected my knee problems greatly, told me that about a third of Premiership footballers, following Gait Analysis use these things. Wearing everyday shoes with good ankle support will reduce "slackness" in that area...trainers worn as regular footwear is probably not a good idea . We should be seeking tight alignment with as little uncontrolled lateral movement as possible from the pelvis down .

(3)TRAINING and LIFESTYLE

A rule of thumb with a history of problems is while training to bend the knee as little as possible when weight-bearing .Full squats with weights on the shoulder is probably not sensible with a history of knee problems !. Stepping on and off a bench reputedly puts three times the body weight on one of the knee joints...I don` t understand this either ! Bend your knees to your hearts content lying on the floor , in the pool , or on the rowing machine .

Obviouly there is flexing in running , but occasionally try short distances ,30 metres or so, with a bouncy stiff legged approach like a high jumper commencing his run-up -----the knees are locked in alignment . A similar effect could be obtained by hopping on alternate legs ,but this puts undue pressure on the legs.

The golden rule with most problems of the knee of course is to maintain the Vastus Medialis muscle of the Quadriceps in good health...but do try doing the leg extensions with weights with the toes of each foot turned in (pigeon-toed). This exercise incidently requires attention as well to the opposing muscles of the lower back and the ham-strings ,or there will be other problems created !

The Concept rowing machine lubricates the knee joint well . It is probably not necessary to use the "Paddles" ...just place the feet in the stirrups and slide gently to and fro maintaining posture and keeping the legs moving until you get bored .

Why not go to the pool, do your squats there in about four feet of water ,holding gently to the side . Cycling can be done on your back with full movement at the same

place and deep water walking carried out with a buoyancy belt---- these can be borrowed at Northam Pool .

I am not sure whether swimming helps with suspect knees ,especially if the front crawl is carried out and the discomfort is in the kneecap region, but perhaps, try it gently. There has to be reservations about improving knee health getting on the bike especially if lots of hills are on the route....the action of straightening the leg ,around the 130-140 degree position puts a lot of strain on the joint . Probably in moderation it is OK and of course there are lots of benefits in other ways .

What we eat and drink...does it matter ? I believe dried fruit in all its forms creates problems in the joints , especially where there is a weakness evident . It could be a type of gout , Alcohol certainly does not do any good , probably again the sugar , but , hey this is not a religion here!

Do supplements etc have a role to play ? Research has shown that Glucosamine aids cartilage repair and growth in the knee, and that it is 5 times more efficiently absorbed in liquid form rather than tablets ---but how does the body know where to place the stuff ? It could end up in the cartilage in the bridge of the nose ! I still continue to take it however....Julian Graves sells the liquid version in Green Lanes in Barnstaple fairly cheaply. Finally, and this may sound daft but a gentle run of two or three miles will often settle down a gnawing pain in my bad knee....

A couple of good books ;

"Heal Your Knees "...Robert Klapper and Lynda Huey

"The Knee, Problem and Prevention "...Vivian Grisogono

Thank you to **MIKE GILMORE** for an interesting and hopefully informative article.

Saturday 7th June: Jumble Sale

Karen is organising a Jumble sale in the clubhouse to raise funds for the main club. We need jumble and we need people to help out beforehand and on the day. Please see Karen if you can help in any way. Thank you.

Junior Harriers

Power of Ten Awards for 2007

Awarded by UK Athletics to Lauren Priest in recognition of her performance in 2007 and to her coaches, Andy Glover and Alan Bellew, in recognition of their work with Lauren helping her to reach her targets.

Lauren is one of our talented young athletes who specialises in the triple jump - we look forward to watching her progress and we wish her all the very best for the future.

Forthcoming Events

Wednesday	21	May	08	Club Handicap Race (2)
Wednesday	04	June	08	N Devon Relay Race (3) Torrington
Wednesday	11	June	08	Club Handicap Race (3)
Wednesday	18	June	08	Club Handicap Race (4)
Sunday	22	June	08	Devon League Track & Field Meeting - Braunton
Wednesday	25	June	08	N Devon Relay Race (4) Bideford
Sunday	29	June	08	N Devon A C Young Athletes Meeting - Braunton
Saturday	05	July	08	Young Athletes Trophy Meeting - Plymouth
Wednesday	09	July	08	Club Handicap Race (5)
Sunday	13	July	08	Devon League Track & Field Meeting - Exeter
Wednesday	16	July	08	N Devon Relay Race (5) Tarka Tennis Centre
Wednesday	23	July	08	Club Handicap Race (6)
Sunday	17	Aug	08	Devon League Track & Field Meeting - Plymouth

ROWING SECTION

Dart Head

The "long" Dart Head, covering nearly nine miles of the River Dart, which this year went "up hill", starting at Dartmouth and finishing at Totnes, saw the first competitive row of the season for the Mens Veteran four of Nigel Cann, Dave Byrne, Neil Pennington and Colin Pennington, with Chris Daniel as cox, and record a time of 1 hour 7 minutes and 37 seconds, the sixth fastest time of the day.

The water, apparently, was not too good on some of the early parts of the course, being very choppy, especially in the exposed parts of the river.

The Veterans escaped with being able to bail out as they went, but not quite so lucky was Adam Bright, competing in the Mens Senior C single sculls.

He caught some of the bad weather and capsized!

Luckily help was at hand in the form of the RNLI, acting as safety marshals on the day.

Adam, with their help, managed to right his scull, clamber back aboard and continue to the finish.

Considering what had happened a time of 1 hour 23 minutes and 25 seconds was very respectable.

Bideford Head

This event, of approx 4,800 metres in length, held on the River Torridge on Sunday 11th May, was held in two divisions enabling rowers and scullers to compete in different categories on the day.

The course started from Halspill, near Weare Giffard, finishing near to Bideford Police Station.

Competing in Division 1, there was no problem for Adam Bright this time sculling his way over the course in a time of 18 minutes 49 seconds, in the process beating a couple of fours crews, as well as two of his more senior colleagues "Aussie" Dave Byrne and Colin Pennington whose times were 19 mins and 37 secs and 21 mins 33 secs respectively.

Later, in Division 2, Colin and Dave joined forces with Neil Pennington and Nigel Cann, with Chris Daniel as cox, to row in the Mens Veteran fours category and set a time, on the out-going tide, of 14 mins 45 secs, the equal fastest of the day.

Also in Division 2, in their first outing of the season, the Mens Senior C four of Andrew Wilson, Matt Colwill, Adam Kelly and Nick Blight, with Michelle Lewis coxswaining, rowed the course in a time of 16 mins 28 secs.



WEBSITE AND FORUM

Log on at www.bidefordaac.co.uk

Or contact the club at

bidefordaac@hotmail.com

or join our [google group 'bluesviews'](#) .