

In This Issue

- Welcome
- London Marathon
- Top Tips
- Recipe – Fiona's Oat, Almond and Fruit Energy Balls
- Congratulations!
- Don't Forget!

Upcoming Grand Prix Races

Haytor Heller
13 July

Totnes 10k
4 August

Killerton Trail Races 10k
22 September

WILDCARD
Dartmoor Volcano
8 September

Check out the
webpage

www.southdevon.run

Welcome

Welcome to the eighth SDAC Newsletter. We hope that you enjoy reading it but we need to know what you would be interested in reading about, so if anyone has any ideas or would like to contribute in any way please contact either Heather Maddock or Steph Bartlett and we'll see if we can get you in print!

London Marathon



At the SDAC AGM on the 22nd November 2018, my name was pulled out of the hat for the SDAC London marathon, Club place. My reaction was a mixture of happiness and elation that I had a place at an event that I have watched on the TV in awe since I was a child and complete shock at the realisation that I would actually have to run all that way, a marathon - 26.2 miles!

I decided from that moment that I needed to focus on upping my

mileage and increase my weekly long run to 10 miles by Christmas ready for the London Marathon training to start in the New Year. I also decided I wanted to lose some excess weight to hopefully make it easier for me. I decided to eat three meals a day with healthy snacks. I must admit that I was totally focused and just thought I have got to run The London Marathon, I can't eat that! In the end I decided to use My Fitness Pal to log my daily calories, which linked to my Garmin. This enabled me to work out how many calories I needed to lose weight gradually and sensibly but also made sure I ate the right number of calories for the exercise I completed as it would automatically take the information from my Garmin watch. I also decided that I was going to give up alcohol from the 1st January until after the Marathon.

Heather recommended a Marathon plan from the Virgin London Marathon website, so I had a look and decided that the intermediate plan would suit

me. The plan was running four times a week, Tuesday, Thursday, Saturday and Sunday. On a Wednesday I went to a yoga class and had a day off on a Monday and Friday. The 1st January arrived and my London Marathon Plan started. 17 weeks to go and the first day was a Monday, a rest day - perfect. Each week the plan told me exactly what I needed to do and I followed it, marking off each run as I completed it. The plan consisted of Tempo, Interval, Fartlek and Easy runs. I had to learn what this was all about and what pace I was supposed to be running. Youtube and the Runners World website were both good for this.

The whole way through the 17 weeks I was completely focused on The London Marathon. I wanted to know that I could run the distance and enjoy the atmosphere. Everyone at the Club was so supportive, with great advice and company on the Sunday long runs.

The miles steadily increased each week but I stuck to the plan, whatever the weather and focused on what I had to complete that week and planned out the routes to follow. I really enjoyed following the plan. As the mileage increased past 14 miles, each weekend was full of nerves but it felt so good after each run as it was the furthest I had run, a new achievement each week.

Fuelling my runs was also a new experience and again was not sure what to do. I think it's a personal preference and practising on the long runs is really important on what to take as you don't want to try anything new on race day. In the end I decided to go with Jelly Babies and Lucozade Sport as this is the sports drink they would be handing out on race day. I got a running belt that held two bottles, one with water and the other with Lucozade in and a zip compartment for my phone and jelly babies. For breakfast I decided on Oats so Simple and a banana as I could make this on race day. I had this for my long runs each week and it seemed to be ok for me. I would also have extra calories on a Saturday evening before my long run on a Sunday.

One of the weeks I had to run 20 miles it the same week as The Granite 20 so I decided to enter the race. I was so nervous but the run was amazing, it was the first Sunday that the weather was kinder and the sun even shone! It was a lovely route despite being a two lap race as it is also a 10 mile race. This was my best training run and I really enjoyed it. I would definitely recommend it.

I also had a sports massage with Paul Rosatti every four weeks to help the legs. I had a twinge the week leading up to my longest run of 22 miles, saw Paul and decided that my legs were fine and to see how they felt and not to feel the pressure of completing 22 miles. I had done two previous weeks of 20 miles and nothing was worth getting an injury now. I decided to go along the bike path from Dawlish to Exeter and back with Shane as my support crew on his bike. I could stop if I needed to and Shane would get

the car and pick me up. I was fine and although it was a struggle I did finish the 22 miles. I felt confident that I could complete the Marathon distance.

Time to taper two weeks before and felt really strange saying to people that I only had to do 13 miles and 8 miles, usually this would be my long run!

After 16 weeks of following my plan with everything ticked off with no illness or injury, I was looking forward to the big day and a week of rest, lots of sleep and positive thoughts to go. Unfortunately, the Tuesday before I ran 3 easy miles and I started to get a pain in my right hip, when I finished it really hurt. Later that evening, I was getting a little concerned and started to panic. The next day I was starting to limp and needed to get some advice so I contacted Paul. Normally I would have time to rest and see how it was but I didn't have the time for this so he recommended contacting my doctor just in case I needed a scan etc. I managed to get an appointment for the Thursday morning. I did not sleep well at all that night. In the morning it did feel like it was getting better. I saw the doctor and I had a full range of movement in my leg/hip and where it was painful she didn't think I had torn or done anything serious but would usually recommend rest, hip exercises to stretch and strengthen, then going for a small run and see how it feels. Unfortunately there wasn't time for this so recommended rest and the hip exercises until the day and hope for the best.

After lots of ice packs/warm packs, ibuprofen, paracetamol and nights of little sleep, I decided I was going to complete the Marathon even if I had to walk to the finish. I had put too much into the last four months. I had the Club place and people had sponsored me to run The London Marathon, I couldn't not give it a go and I needed to cross the finish line. I just had to change my mindset going into the race, I just had to finish by starting off really slow and see how I felt and if my hip started to get painful, stop and walk as I was also aware that I didn't want to get a serious injury that could cause months of pain and rehab.

On Saturday we went up to London by train and went to the Excel Centre for The London Marathon Show to pick up my number and kit bag. It was very busy but a good atmosphere. I got my number and then went to the hotel. At check in they said they had a coach going to the start line and if there was a space for me, they would let me know. We dropped our bags in our room and went for something to eat. On the way back, I got a phone call from the hotel to say there was space on the coach and it was leaving at 7.15am. This was a huge relief as I was starting to worry about getting the train and what time to catch it etc so this took all the worry away. I just had to get my stuff ready, rest and hope my hip was going to be ok.

I didn't get much sleep again, a mixture of nerves and excitement. The big day had arrived I was going to take part in The London Marathon, all the

training was for this day. I had my breakfast and got everything in my kit bag. It was time to get on the coach. Shane waved me off. The smell of deep heat etc was strong and I started to think about my hip, perhaps I should of taken some ibuprofen or at least rubbed some deep heat on it. Was it going to be ok?

We got to the start area, and I made my way to the blue area, it was only 8am and it was freezing cold! I had a little wander round and sat down trying to shelter from the wind, wishing I had taken a long pair of trousers to put on. I knew I needed an old fleece after I handed my kit bag in but didn't think about my legs. There were big screens so I could watch the Wheelchair and Elite start. We eventually got called to Zone 7 and I stupidly took my fleece off and threw it to the side not realising it was still some time until we got to the start. It took me 45 mins to get to cross the start line at 10.55am.



Yay, I had crossed the line and I was running The London Marathon, all the training, my complete focus for the last four months was for this and I was going to enjoy it. My hip was ok, it felt a little stiff but just had to last as long as it could. I kept an eye on my pace as I wanted to keep it slow and I always get carried away at the start.

The atmosphere and the crowds were amazing from the start and I was so glad I put my name on my vest, my name was called out every step of the way, which really kept me going. I think I was smiling most of the way round and enjoyed giving lots of high fives. Such an amazing and emotional experience. The marshals were brilliant, my favourite were definitely the 'hump marshals' warning all the runners of all the humps along a long stretch of road. I think I smiled every time we went over one, they all had their own way of warning us of the approaching hump!

Running round I was constantly weaving in and out, I thought it might thin out as the miles progressed, but it didn't. I was happy with this though as it meant I didn't get caught up and go too fast and put pressure on my hip. I started to get a stitch around mile 16 but it died away after a mile or so. My left foot started to hurt where the laces are tied so thought I would just pull over just after the mile 18 marker and loosen my trainer. I just went over to bend down to untie my laces and a man came running over asking if I needed physio, so I said no, I'm fine thank you, quickly moved the tongue on my trainer and ran off. Luckily it was fine and my hip was fine the whole way round. From mile 23 it started to feel hard but there were only 3 miles to go and I was going to finish.

Eventually seeing the Buckingham Palace and turning the corner, the finish line was in sight. Amazing, I couldn't quite manage a sprint finish but I did have a huge smile on my face. I had done it. My time was 4:48. It was very emotional crossing the line and tried to keep it all in. I collected my medal and went over to get my photo taken. After I collected my t-shirt and goody bag I saw Shane the other side of the fence, went over to him and all the emotion came out with tears of happiness. I collected my kit bag and went out to meet Shane. I was buzzing and on a high, I had my protein drink and some food out of my goody bag. We staggered to the tube station, my legs were feeling stiff and trying to go up and down the stairs at the tube station was very slow. I didn't sit down on the tube as I wasn't sure I would get up again but luckily the journey was not long and eventually got back to the hotel.

I took off my trainers and socks and spoke to my children on the phone, they had been tracking me round on the app and messaging Shane to keep up with my progress. They were very happy for me and I was overwhelmed by the number of messages of congratulations. I was on cloud 9, such an achievement. I didn't fancy going out to eat so Shane popped out to the local supermarket and got an Egg sandwich and some snacks. I did my stretches and had a long shower. I then sat down, ate, answered a lot of messages and went to sleep.

The next morning, my legs were soooooo stiff, luckily the hotel had a lift down to breakfast and realised I wasn't the only one with stiff legs and found it difficult to sit down and get up again. Quite funny seeing people dotted around the room, all staggering around and making the same faces/noises as they tried to sit down/stand up. Most were wearing, me included, the London Marathon t-shirt.

We caught the train home and the children were fantastic, they even decorated a cake for me and gave me some flowers, my teenage children were proud of me. Very surprised and emotional! I had a smile on my face and was buzzing from the whole experience, my medal was with me, ready to show anyone I could. My team at work decorated my desk with Congratulation banners and printed off pictures and pinned them to the door to the office.

My legs were really stiff for three days, I had a sports massage on the Tuesday and went to yoga on the Wednesday for a good stretch. On Thursday I decided I could probably manage a couple of miles so went down to club to thank everyone for their support and show everyone my medal. I did a couple of short slow runs the following week. I then decided I should go back to step and do some strength training again and went to circuits. After both of these sessions, I was surprised my legs were sooo stiff but I guess it's using different leg muscles again. Two weeks after the marathon, I think everything caught up with me and felt really tired and hungry. I had a few days rest with no exercise which is what I needed. I

have then gone back to my weekly routine, slowly increasing the mileage and speed.

Crossing the start line, The Cutty Sark, Tower Bridge and crossing the finishing line were the emotional moments for me. I always watched it on the telly but to be there was the best.

The Big Day however, was the result of 4 months of training, dedication & determination. I didn't have any alcohol & kept to a good diet. I followed my training plan apart from the very last run on the Friday before due to my hip.



All of this would not have been possible without South Devon Athletic Club giving me the opportunity with the Club place and all the member's support & words of encouragement. I also managed to raise £750 for Rowcroft Hospice.

Anita Carpenter

Top Tips

All the coaches and run leaders what their 'top tips' are for running and racing and this is what they said:

Alan

My tips for a good race would be:

1. Warm up with a jog for 10 mins
2. In warm up run last half mile of race so you know the finish.
3. Do not go off too fast or your race will be over in the first mile.
4. Take on water before you are thirsty or it could be too late.
5. Stretch when you finish to avoid injury.

Brenda

1. My best tip which I have used and passed on is swing your arms like a pendulum, the faster you swing your arms the better your legs move. It's your arms that make you go faster.

Guy

1. Never trust your run leader when they say "There are no hills in this week's run"
2. Don't be a slave to times and distances, or Strava segments. Some runs are just meant to be enjoyed.

Heather

1. In a race don't start off too fast. If you do you're sure to pay for it later on and the longer the race the worse it will be. You never 'bank' time in the beginning, you just set yourself up to struggle at the end.
2. A marathon is 26.2 miles, it's best to do the .2 mile at the beginning as you get tired after 26 miles and it feels harder to do it at the end. This was told to me just before my first marathon and it did bring a smile to my face as I passed the 26 mile marker.

Kerry

Reply received from Kerry's husband Pete as she is currently away on holiday.

Regarding her recent experience with a torn calf muscle, I think she'd say:

1. If you feel it going, STOP RUNNING immediately, don't think you can run it off, you won't!
2. Don't try and come back too soon. (i.e. two weeks!) If you do you'll just be back to square one. It'll take at least six to eight weeks to repair sufficiently to do short runs. If they work out okay then you can increase your mileage.
3. If you have an older ex runner for a partner, listen to his advice. He may not run now but he did for decades, so he does actually know what he's on about!

Steve

1. Always remember to stretch after a run. Injury is a problem for a lot of runners, me more than most, and anything you can do to help your muscles recover is a bonus.

Sue

1. Always run your own race; even if you have trained with a partner or team, don't stick with them in a race. They may be ahead or behind you, you just have to try to run your best time for the race by yourself.

Vince

1. Always make sure you've tied your trainer laces up.

Recipe

As runners we love to eat!

If anyone has a recipe they would like to share let us know, this recipe is from Fiona Stephens

Oat, Almond and Fruit Energy Balls:-

Ingredients:-

135g Porridge Oats
80g Dried Mixed Fruit
100g Set Honey
100g Almond Butter
1/2 tsp Ground Ginger
1/2 tsp Ground Cinnamon
1tsp Vanilla essence
10g Wheat grass powder
10g Chia Seeds
35ml Coconut Water

Method:-

Put all the ingredients except the coconut water into a bowl and mix well.

Add the coconut water and mix to a sticky ball.

Divide into 12 and roll into balls.

Put on a tray and refrigerate until hard.

Easy to make and delicious



Congratulations!

For the following outstanding achievements!

Anita Carpenter - London Marathon – 4:48:49

Colin Peters - London Marathon – 3:09:47

Claire Cornish – Newport Marathon – 4:10:16

Jeremy Goddard – Thames Path 100 – 25:18:35

Keith Belt – Ivybridge 10k – 48:34 1st MV65

Juniors:



March – Maisie Bennett and Cohen Denham

April – George Milton and Hayden King

May – Theo Glew



Cruise round the Bay

Yo Ho me hearties!

Keep 20 July free in your diaries.

Colin is organising another Club Celebration cruise around the bay.

Last year we all had a great time so thought that we would do it

again. If you would like to join in the fun this year, put your name

down on the list on the club notice board upstairs in the Leisure

Centre along with the number of tickets you would like (bring your partner, family and friends).

The cost will be between £10-15 each, depending on numbers.

The more the merrier!