



# HEANOR

## Running Club

### Newsletter - Summer 2006

#### Committee contact numbers:

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Treasurer – Pete Edwards	0115 8419234
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#### Guard against complacency

After the overwhelming success of both the Men and Ladies teams over the last 18 months, I feel that we must be very wary of not getting over confident regarding the local league scene.

All the other clubs will be watching us very closely trying to spot a chink in our armour, the opposition will be looking to strengthen their numbers and whilst I can't fault everyone's effort we still need a maximum turnout in numbers. The old adage of 'it doesn't matter if I run because I won't count' needs to be cast aside because everybody who runs for Heanor does contribute to the final scores.

Even if you don't finish in the top seven for the men or top three for the Ladies you will score points for the opposition by finishing in front of as many as you can, consequently pushing them farther down the list of finishers, therefore increasing the total number of points for whichever club they run for.

Hope this makes things a little clearer!

#### Members Meeting

A meeting has been called to discuss arrangements for the impending Heanor 5 mile road race and fun run. Meeting is on **Tuesday 18<sup>th</sup> July** 9pm at Heanor Miners Welfare, any volunteers/marshals/helpers please let Rob know of your availability ASAP.

#### Annual General Meeting

Here we are again, it's the time of the year when you can vote for a new Chairman, Secretary, Treasurer etc.

The existing committee will stand down before the election process starts, any nominations to be considered should be made in writing and handed in before the meeting starts.

**Tuesday 26<sup>th</sup> September** is the date for your diaries. 9pm at Heanor Miners Welfare.

The same applies to any matters to be raised for discussion in 'any other business' and the general meeting afterwards, these must be put in writing.

## Heanor Running Club

### Constitution Rules

**1) The title** of the club shall be Heanor Running Club

**2) The objectives** of the club shall be: -

To encourage the practice and development of amateur athletics, to provide coaching for members and to organise competitions. To organise teams to represent the club in Championships and Leagues, and in such other competitions as the management committee decide.

The club shall cater for: -

Cross Country Running

Road Running

Road and Cross Country Relay Running

Track Running

**3) Membership** shall be open to persons who are amateurs as defined by United Kingdom Athletics. Each applicant for membership must complete the official application form, and subject to any objection must then be proposed, seconded and elected or otherwise at a properly convened meeting of the committee.

**4) The Management** of the club shall be vested in a management committee who shall consist of: Chairman, Honorary Treasurer, and Honorary Secretary who shall be the officers of the club. All the foregoing shall be elected at the Annual General meeting and remain in office until the AGM of the following year. The committee shall have the power to fill vacancies if and when they arise. The committee shall also have the power to co-opt members for particular projects, co-opted members shall not have a committee vote.

**5) Annual General Meeting.** The AGM shall be held in the month of September for the purpose of:

- a) Receiving the annual report of the committee.
- b) Receiving the audited Statement of Accounts and balance sheet.
- c) Electing the officers and committee for the ensuing year.
- d) Considering any amendments to the constitutional rules of which due notice has been given to all members. The Chairman or Secretary must receive any proposed change to a constitutional rule by a full member at least 21 days prior to the date of the AGM in order that all members have sufficient notice of the proposal.

**6) Affiliations.** The club shall seek to be affiliated to the Northern Counties Athletic Association, the English Cross Country Association, and to such other amateur athletic bodies as the management committee consider appropriate in order to carry out the objects of the club.

**7) Subscriptions:** To be decided at each AGM. The yearly subscription must accompany the application for membership and thereafter is due on the 1<sup>st</sup> of October in each year.

**8) Non-Payment of Subscriptions.**

The committee shall have the power to expel any member whose subscription is six months in arrears, providing that one month's notice in writing shall have been sent by registered or recorded delivery addressed to the members last known address, informing of the proposed action of the committee.

The name and address of any person so expelled from the club shall be sent to the appropriate Area Association and entered in the 'Black Book' kept for that purpose. Every person whose name has been entered in the 'Black Book' shall be suspended from competing in any meeting held under UKA rules until the liability causing the expulsion, which shall not exceed one year's subscription, shall be discharged.

**9) Resignations.** Any member wishing to resign must do so in writing addressed to the Chairman or Secretary. The resignation shall be considered by the committee within one calendar month of receipt and will be held as effective on the date of tendering. Resignation's will not be accepted if the member is financially indebted to the club, i.e. has not paid his or her subscription for the current year, and acceptance will be withheld until the debt has been discharged.

**10) Constitution Amendments.** No Constitution rule may be altered, added to, or deleted except at an AGM, or at a monthly meeting and then only by a two-thirds majority of those present and voting.

## **Celebration**

An end of season night out has been arranged for **Saturday 12<sup>th</sup> August**, meet in the Standing Order pub at 7.30pm for a trip around the hot spots of Derby. No trainers needed on this club night out, just your wallets/purses. All welcome

It was proposed that the committee did not need to bring any money for drinks! Can we have it seconded please????

## **Top Ladies**

It really is making a significant difference to the club that we now have a Ladies squad who are winning races and team competitions on a regular basis, so much that in the club championship a real tussle is shaping amongst the women (all of it good natured I'm assured)!

Deserving of a mention is Jo Madeley who is improving with every run, bringing her times down quite regularly, Deb who is starting to recapture her form and fulfil her potential and Sam Liddle who is making a steady improvement and has great enthusiasm and attitude to training. Nice to see Angie back at the club and straight into the relay team, could she be the third vet we have been searching for, or maybe Heather who is turning in some decent runs. Good Heavens! we even have Yvonne, a page three model amongst us proudly wearing the Heanor colours in the Berlin ½ Marathon magazine, can it get any better?

Welcome to Lizzie Davies, who changed from second claim to first claim earlier this summer after much wrangling with her former club, the NoEAA came down on the side of common sense with Lizzie cleared to represent Heanor almost straight away.

## **Northern 6 & 4 stage relays**

This years Northern men's 6-stage and Ladies 4 stage road relays are to be held in Hartlepool on **Saturday 23<sup>rd</sup> September**.

We don't envisage the same problems we had earlier this year with regards to a couple of so called 'runners' wasting club funds by putting their names forward then not bothering to turn up, as was agreed at the last members meeting we will not organise coach transport unless we receive a non-refundable deposit of £5 per person.

As always the club will pay any race entry fees, but only upon receipt of the £5 deposit.

Unfortunately in situations like this the innocent are inconvenienced by the actions of idiots!

For those interested in making the trip up north, deposits can be paid immediately; the closing date for this venture is the day of the **Sam North mile-31<sup>st</sup> August**.

## **Annual Membership Subscriptions**

These become due on **October 1<sup>st</sup>** and can be paid anytime before this date, please be aware of the new ruling which was agreed at the last meeting about late payments! See Lee or Russ for clarification.

## **Invite from Rolls Royce Harriers**

The Moorways track has been booked between 5pm and 6pm on the following dates, all Wednesdays:

It is all pay on the day, I think it's only around a couple of pounds to run, if that.

19 July - 5,000 metres

9 August - 3,000 metres

16 August - 1,500 metres

23 August - 5,000 metres

30 August - 3,000 metres

6 September - 1,500 metres

## **Graded Official**

In line with England Athletics/UKA rules every club in England will need to have at least one graded official in order to function legally.

To organise a race most of you will be aware that it has to have a permit for insurance purposes, the new rules which will be introduced in January 2007 state that permits will only be issued to clubs who have a graded official.

No graded official=no permit=no insurance=no race!

Rob was invited to apply for the grading assessment by the Derbyshire County Athletic Association because of his considerable experience in organising and officiating at races and partly because Rob and Lee are regular attendees at the County Association meetings, showing an interest in what is happening in the world of athletics and what is likely to have an effect on you the runner at local level.

The paperwork was duly completed and a record of races and duties performed over the past three year's was submitted and sent for verification and examination, the grades start at level 2 up to the top level 5.

We expect to hear the outcome before the Pudding race in November!

## **Treatment Table**

The treatment table has been busy of late with Chris Riley, Lucy Edgell, Pete Edwards, Ryan Blake, Dale Brailsford, Sam Liddle, Gary Antcliffe, Kerry Belfield, Nigel Scollins, Luke James and Kathryn Spendlove all laid low with injury's of one sort or another, and we have Eric about to have his operation. A speedy recovery to all of you who are still suffering.

On the plus side it's nice to see Sam North back after his break! With Dale, Pete, Chris, Gary, Luke and Kathryn all steadily working their way back.

## **Speaking as a bloke...**

By Sam North

I'm a runner (no surprise there then), a vegetarian and, god help me, a bloke.  
That is to say - until overtaken by recent events:

- (1) I trained hard - and, when the results didn't come along (well, you know what I mean), I trained harder
- (2) I considered beans on toast, beer and the occasional orange to be an adequate diet
- (3) "A bloke". 'Nuff said really.

The origins of my sorry tale of arrogance and rank stupidity are rooted in the dark ages, but it will suffice to pick the story up from last October. I had finished way down the field at Chesapeake; even further back than usual, that is. On this occasion, an astute club-mate remarked that she thought I might be anaemic and that I should get a blood test.

Bloody cheek. Women hey? Well, naturally, I ignored this unsolicited advice and increased my training load. Furthermore, following a prolonged bout of flu over Christmas, I returned to a vegan diet under some vague impression that it would "purify my body" (who was I trying to kid?). Needless to say, my activities did not extend to any curtailment of my visits to the Red Lion. Well, they wouldn't would they?

By the end of March, I was grovelling. A mediocre training session in advance of the Berlin half-marathon left me hammered for days and I conjectured that, on the day, paying extra for the timing chip would be money wasted. For once, I wasn't wrong. By now my friend's utterance was ringing loudly in my ears. It had only taken me six months to hear the alarm bells. Not bad.

I submitted to the blood test and, one week later, my own GP informed me that I was "slightly anaemic" and that my (total) white cell count was low. Interestingly, he added that whatever I was eating (vegetarian or vegan) was doing me no harm and that he only wished he were as healthy as I. However. Because of this unusual juxtaposition I was to be referred to a haematology specialist.

My appointment was almost two months later and, during this time, I began eating a limited amount of dairy produce but took no specific medication as none had been recommended. I also stopped running. This was a very easy decision to make. Even for me. A no-brainer as they say. Oh yes, I nearly forgot. My GP also mentioned the possibility that I could be suffering from myeloma. I discovered that this is a serious condition.

Well thanks doc. My two months in limbo were a truly delightful time populated by occasional walks in the countryside, frequent trips to the Red Lion and serious thoughts regarding my, as yet, unwritten last will and testament. Good god, I'm fifty-three and a half and eight months retired following a lifetime of devotion to British industry. It all seemed so unfair.

May 25th saw my arrival at the haematology clinic at the DRI where I was interviewed and (carefully) prodded by an extremely efficient, young, attractive, female doctor. Speaking as a bloke, I can assure you that I'll never be able to look her in the eye again. Suffice it to say that she was very thorough and left no avenue unexplored. I was, however, relieved when this procedure revealed nothing of concern. We sat down to discuss the future. My future.

Firstly, at some unspecified date, this was to include the hose-pipe and camera down the throat. Secondly, it was to include the barium enema -and I'll leave you to fill in the blanks on that one. And at this point she added, "... of course, you are remarkably deficient in iron". Naturally, I asked for a replay in slow motion.

Ferritin is a protein found in the blood and it gives an indication of the amount of iron stored in the body. Normal ferritin levels vary widely it seems; between about 30 and 300 apparently. I omitted to enquire about the units involved but was interested to discover that my own level was a paltry 6 (six).

You will understand that I had expected to leave the hospital feeling depressed. In fact, my elation was matched only by the colourful nature of my language. Suddenly, what had seemed a desperate situation could all be explained by a prolonged inattention to my dietary needs. And, come to think of it, yep, this was a scenario that I was prepared to accept. Believe me, I clung to it very tightly indeed.

Since that day, and under doctor's orders, I have been consuming 600 mg of ferrous sulphate per day in tablet form and I have been told to continue with this regime until my next appointment at haematology on September 21st. (The RDA for iron is 14 mg.)

By the end of June, although still to experience the attentions of the gastro-inspectors, I was feeling considerably better and walking and cycling regularly. Soon, I'll be running again and I have no fears regarding the findings of my forthcoming tests. (I will go and hug some trees this afternoon, however.)

Lessons? I can think of a few. Naturally, there's nothing wrong with being a veggie and going to the pub. Obvious no-brainers. But let's just temper that with a few little thoughts. How's about reviewing your diet from time to time. I think I have demonstrated, fairly conclusively, that it is easy to slip into bad habits and, believe me, although anaemia is rather common worldwide (and much more so amongst women); you don't want to go there. I could include the old adage "listen to your body" ... but then, I always thought that I did precisely that!

Blokes hey?

## Heanor Running Club Diary

### JULY

Fri 14 <sup>th</sup>	Tara Kinder 10k	O15
Tue 18 <sup>th</sup>	MEMBERS MEETING at HMW 9pm (re 5 mile race)	All
Fri 21 <sup>st</sup>	Washlands Relays	O15
Mon 24 <sup>th</sup>	Pride Park 2 mile Relays	O15
Fri 28 <sup>th</sup>	Heanor 5 mile & 2 mile Fun Run	All

### August

Tue 1 <sup>st</sup>	Final Time Trial	All
Wed 2 <sup>nd</sup>	Rolls-Royce 10k	O15
Thu 3 <sup>rd</sup>	Cricket v Rolls-Royce at Shipley	All
Fri 4 <sup>th</sup>	Pub Run – The Abbey Pub	All
Wed 9 <sup>th</sup>	Booths League Race – Shipley Cricket Club	All
Fri 11 <sup>th</sup>	Jagermeister 10k	O17
Sat 12 <sup>th</sup>	End of season night out, Standing Order 7.30pm	O18
Thu 17 <sup>th</sup>	Cricket v Rolls-Royce at Shipley	All
Sat 19 <sup>th</sup>	Race the Train	All
Fri 25 <sup>th</sup>	Newstead Abbey Dash	All
Sat 26 <sup>th</sup>	Ilkeston double or quit 5/10 mile race	O17
Thu 31 <sup>st</sup>	Sam North Mile	All

### September

Fri 1 <sup>st</sup>	Pub Run – Dead Poets	All
Sun 3 <sup>rd</sup>	Chesterfield Spire 10 miles	O17
Sun 10 <sup>th</sup>	Lichfield 10k	O15
Sun 10 <sup>th</sup>	Mablethorpe full & ½ Marathon, 10k & fun run	All
Sun 10 <sup>th</sup>	Robin Hood full & half marathon	O17
Sun 17 <sup>th</sup>	Ashbourne ½ marathon	O17
Tue 26 <sup>th</sup>	AGM at HMW 9pm	All

If entering a race as a Heanor club runner to take advantage of the cheaper affiliated entry fee, then club colours should be worn.

## Fancy another swift half?



Following on from the success of Heanor Running Club's 2006 trip to Berlin, it's looking like a return trip is on the cards. If you fancy joining us next year and want to know more, well read on.

### **When is it?**

The date of the race is **April 1<sup>st</sup> 2007**. In the past we've flown out on the Friday before the race and flown back on either the Monday or Tuesday, although the dates you travel are down to you!

### **What's the race like?**

It's flat. If you can find a flatter one, then let me know! And it takes in most of Berlin's major tourist sites, including running through the Brandenburg Gate and the Reichstag. There's

fantastic support all the way round, its well organised and there's even FREE beer and a massage at the finish. Running isn't compulsory, but you'll enjoy it more if you do.

### **What about flights?**

RyanAir (<http://www.ryanair.com/site/EN/>) now fly from East Midlands Airport to Berlin Schoenefeld. The only other alternative is to fly with EasyJet, but they only fly from Luton. Booking your flight is entirely up to you. The RyanAir flights aren't on sale yet, but they should become available over the next couple of months or so. I'll put it on the club web site when the flights are launched so keep your eyes peeled!

### **What about the Hotel?**

Once you've got your flight booked then let me know your travel dates and I'll be happy to sort out your hotel for you. We booked as one group last time and managed to get a four star hotel (The Hotel Excelsior). It was quite handy for public transport (and had a decent bar area!) so if it's available I suggest we head back there. If it's not, then I'll try and get something similar. Once I've an idea of how many might be interested, I'll find out about hotel availability and costs. By the way I don't mind and won't be at all offended if you want to book your own hotel.

### **So what's it going to cost?**

The flights last time cost £50 per person return and the hotel cost £40 per person per night. So if the prices were to stay the same and you stayed for 3 nights it would cost £170 per person or for 4 nights it would cost £210 per person.

NOTE: These prices could be a more or less depending on the actual cost of your flight and the hotel rates for next year.

The good things about booking the hotel as a group are

- a) We get a group discount (approx 10%)
- b) You only need to pay a deposit with the balance only due 8 weeks before we travel.

Oh, and then there's the cost of entering the race (25 euros last year, but you do get a medal and t-shirt) and of course your spending money!

**How can I find out more?** The best thing to do is ask someone who's been. Feel free to ask (me, Rob, Lee, Russ and Glenda are just a few of those who went last time) and we'll gladly let you know more.

Also, the race has its own website, <http://www.scc-events.com/index.en.php> so you can find out more there.

### **What do I do next?**

If you do fancy going then you'll need to do two things:

- 1) Book your flight as soon as possible after they are released.
- 2) Pay me a deposit (£60 per person by the end of October) if you want me to book your hotel.

There's plenty to see and do in Berlin, so I'm sure you won't get bored and if the three previous trips are anything to go by, you'll be missing out if you don't go!

### **The Matthew Walker 10k Pudding Run**

This ever popular race is on **Sunday November 19<sup>th</sup>**, will you all please make a note of this date and be prepared to help out, the race limit this year has been held at 600 so we will need all the members to help out again as in previous years, hence please let me know ASAP if you can help out or want to run, if you want to run please ensure you can provide a marshall to take your place. Thanks!

## **Mind Matters**

So it's the morning of the race, and as you wake up the first thoughts of the day drift into your mind. You climb out of bed and maybe make yourself some breakfast or a drink, perhaps switching on the TV or some music.

After breakfast you get dressed or pack your kit, then it's either waiting for your lift or you get into your car to make your way to the venue. Again maybe you have some music on in the car or you may have picked a colleague up on the way and become engaged in conversation. It may have been a journey you have done many times before and it passes quickly or it could be a place you have never visited.

Upon arrival you become aware of the weather conditions and maybe check out the course, after which if you haven't already you change. Standing on the start line you may share a quick chat with a colleague or fellow runner, or just wait silently. All your preparation and training is complete, now it's time to go, you adjust your stance and with the sound of the starter you're off.

Quickly you settle into a rhythm, achieving a steady breathing pattern, maybe becoming aware of the sounds around you, your technique or how strong and controlled your running is. Your mind may drift to the music or events you experienced earlier.

You are totally focussed, you are in the zone, and now you become aware you are nearing the finish line, glancing as you do at your watch or clock. It's at this point you realise that you are about to achieve your best time, your personal best for this distance. Crossing the finish line you feel elated, maybe aware of the applause of others, the beating of your chest, and the aching of your limbs but never the less elated.

And so to your next race, you've trained as hard if not harder, your fitness levels are the same if not better, conditions are similar. You approach the race with great enthusiasm after the success of achieving your PB. You stand on the start line eager for the starter to sound, and off you go. Yet today, things don't feel right, as you run you start to feel as though you are running through wet cement, you're style is so undisciplined, you struggle round the course, and needless to say come nowhere near the time you set previously.

It's the same person, with the same level of fitness, on a similar course and, yet achieving very different results.

In the first race, events helped achieve the correct mental syntax, sending the correct messages to the brain. These are the very building blocks that together put you in the right frame of mind to achieve successful running. Many of us have read articles about positive thinking, and standing on the start line chanting a mantra may help some people, but this done in isolation will achieve limited success, you cannot fool your brain. What you heard, the feelings you accessed, your stance or physiology, all put together in the correct amounts and order, send signals to the brain to open the right mental attitude. With very simple techniques we can learn to duplicate this process, which in turn can greatly improve our performance, not just in a sporting context but bring success in other aspects of daily life.

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## Heanor Leisure Centre

Winter training will commence from Heanor Leisure Centre from **Tuesday 3<sup>rd</sup> October** (usual days and times).

## North Midlands Cross Country League

This year the Heanor event will be held on **Saturday 14<sup>th</sup> October** from Shipley Hall Cricket Club, the races will commence at 1pm. Everyone who was involved with last years races be it the planning or helping on the day, car parking arrangements have been agreed with the American Adventure management, your help would be most welcome again for this event, because without your involvement there would not be a race.

## 2006-2007 NORTH MIDLANDS CROSS COUNTRY FIXTURES

Date	Event/Venue	Host Club
14/10/06, 1pm	Shipley Hall Cricket Club	Heanor RC
11/11/06, 1pm	Markeaton Park	Derby AC
02/12/06, 1pm	Berry Hill Park	Mansfield Harriers
06/01/07, 1pm	Wollaton Park	Notts AC

Please note that a new timetable applies.

1.00pm	u15 boys/u17 women
1.05pm	u13 boys/u15 girls
1.25pm	Senior/vet Women
1.55pm	Senior/vet Men
1.57pm	u11s mixed fun run
2.30pm	u17 men
2.40pm	u13 girls

## Jagermeister 10k

We are trying to encourage as many Heanor runners as possible to go and support this race on **Friday August 11<sup>th</sup>**, Formula One are supporting many races that we put on and are kind enough to put Pudding run forms into the goody bags at this race.

I understand that they are halfway towards reaching the limit for entry's, so don't delay enter now!

Not a bad lot really considering they hail from the 'dark side' over the border!

## Swingers wanted

Heanor are once again taking on the submariners from Rolls-Royce in the annual cricket challenge (see diary). Gary is organising these matches and wants anyone who is available to play to let him know!

Last season we actually managed to win a game, so lets keep the good form going and swing that bat for Heanor.

Even though the games are on Thursday's, running training will continue as usual.

## Stop Press

Adam Grice won 1500m BMC race at Stretford in 3.59 taking 6 secs off his Pb. Top Man!