



HEANOR Running Club

Newsletter Winter 2008

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**The Yellow and Blue
December 2008**

**Run Hard
Be Strong
Think Big** (Percy Wells Cerutti)

Welcome to the winter edition or, to be more specific, the pre-Christmas edition of the *Yellow and Blue*. And there's plenty to grab hold of too, so a big thank you for all the contributions.

Well, another busy and, for Heanor Running Club, another *successful* year is now grinding its way towards a close, but not without a few notable annual landmark events. On the local scene our triumphant cross-country runners are, once again, making their presence felt. The Club AGM, though not well attended, took place on 2nd October and the Club's "Blue Riband" event "The Mathew Walker 10 km" (otherwise known as the "Pud Run") was another great success with some sensational performances on display. And, mercifully, we were rewarded with rather better weather than in 2007!

Meantime, anyone absent from the "Awards Night" on 28th November missed a real treat. The stage act was excellent, the introduction of fancy dress was definitely a winning move and JW showed that he is a talented DJ (even if he didn't have the B52's!).

Anyway, in this issue we have various race reports and a calendar for the next couple of months, a mini-quiz and two articles from our foreign correspondent in Chaddesden (Ken Wright to give him his full name) and a letter I received the other day from my old mate Ron Trainer (who, for some obscure reason, feels obliged to refer to me as "Harry"). This issue also represents a technological breakthrough in that Pete has produced an excellent update on the Warsaw trip *with colour photographs* (in the email version anyway). One wonders where this will end. Perhaps the next step will be to collect your free DVD from Derby Runner or, more appropriate perhaps, your free (half?) pint from the Old Oak. Well? It's just an idea.

At this point, I suppose I really ought to add something with regard to my report on the Doveda Dash. In simple terms, two points emerge:

- (one) I am a wimp
- (two) Lee Perkins isn't.

So read on and, who knows, some of you may even be tempted to put a few words together for inclusion in the Spring edition. (Please supply to Rob, preferably by end of February.)

And a very happy Christmas to one and all.

Sam North

And the 2008 winners are.....

A familiar night with a difference saw stars from film and TV take over the local Conservative Club to celebrate the Club's success throughout the year. Never in the club's history has it seen so many celebrities on its awards night, including Ali G (not Ali H), Batman, almost a complement of T Birds and Pink Ladies, Fred Flintstone's dad and at one point people were reported to have seen two Scooby Doo's (but I think that was the alcohol!). Winners on the night went to Lara Croft (aka Sam Liddle) and Ali G (aka Tim Simpson) following a stern judgment from the lovely Stacey (aka Cheryl Cole) from behind the bar.

Entertainment was courtesy of DJ Jonny W who shared his comic attributes with the audience throughout the evening and acted as compare to the voluptuous Vicky who shared her attributes of another kind. Acting like a dog on heat (or to a dog on heat (Joe)), she entertained with vocal performance whilst making some unnamed individuals feel slightly on the uncomfortable side (Thunder Bird, Bond, Victor Meldrew and Captain Jack Sparrow) by making them play with her maracas. (Photos online)

And so the awards for 2008 were presented, commencing with the Club Standards, this year 53 individual standards achieved from Merit awards for those starting their running quest to the odd rare Gold which is a huge achievement not to be overlooked. The 2008 award winners & runners up are as follows:

Senior Men Champion - Chris Rainsford
Runner up - Steve Ashmore

Veteran Men Champion - Tony Weatherson
Runner up - Steve Wardle

Veteran Lady - Jill Burke
Runner up - Glenda Alton

Junior Champion - Joe Rainsford

**Stuart Manning Trophy Time Trial - Steve Ashmore
Junior Time Trial Winner - Joe Rainsford**

Most improved male - Steve Ashmore

Most improved female - Jackie Hancock

Most promising newcomer - Gabby Saiz

Runners Runner - Chris Rainsford

London Marathon places this year went to Alastair Hobday, Gabby Saiz and Judith Grat (GOOD LUCK!!!)

The Club would like to congratulate again all the award winners and runners up and w everyone the best for the forthcoming year.

Membership

A big thank you to the 99% of you who have renewed your membership and for those who are to do so please remember the cost will increase by £5 after Christmas and membership will deemed as lapsed if not paid by the 1st January 2009.

In addition, we welcome to the Heanor asylum of running the following: Graham Whitt, St Heywood, Martyn Bell, Danny Turton, Pete Smale, Gabby Saiz, Heather Wesson and Nic Brookman.

Ken's Xmas Quiz

1 What is Ronald MacDonald's claim to fame? (If you get this *deep respect.*)

2 Who was the first runner to achieve a 4 minute mile?

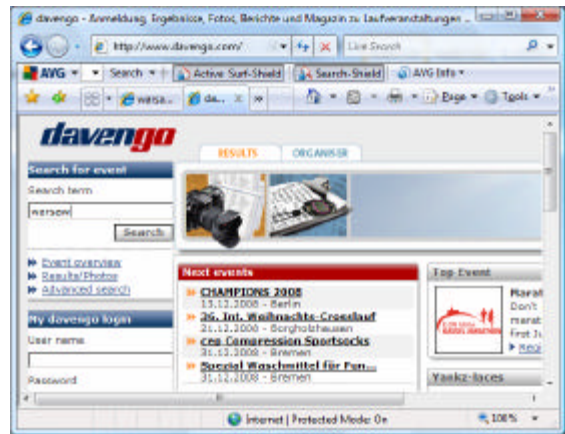
3 In the Oxford University Athletics Club versus the Amateur Athletic Association Match at Iffley Road Athletic Ground on May 6th 1954, who were the first three finishers in the Mile Race?

CLUB TRIP UPDATE - WARSAW 2009

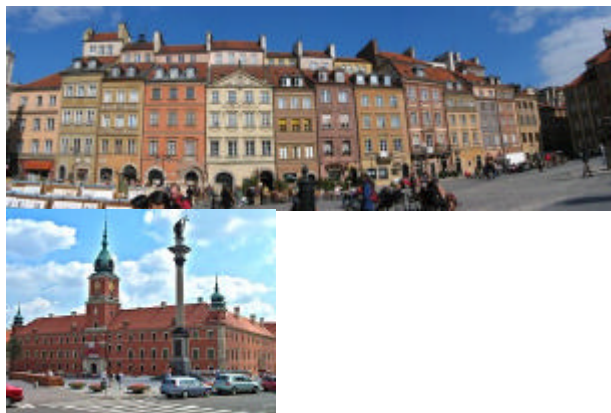
With (at the time of writing) only 109 days left till the start of the 2009 Warsaw Half Marathon, I thought it was high time I gave you an update.

Don't worry (too much) yet about the remaining balance, you'll each get an individual invoice sometime early January. As long as you pay this by early February I'll be happy. This will include payment towards a coach from the airport as well as the remaining balance for the hotel. To help with budgeting this should only be around £60.

Boring money bit over. I guess the next step is to enter. The best way is through the website below, www.davenqo.com. Just search for Warsaw in the top left corner and you can enter from there. Entry fee is 20 Euros and includes a t-shirt.



As for Warsaw itself, we're ideally placed with the hotel (Novotel Centrum) for both exploring Warsaw and for the start and finish of the race (just before the second right hand turn on the course map below). And it looks like there's no shortage of cafes and bars for refreshment after the run (and the sight seeing).



A bit of early wikipedia-ing reveals that 85% of Warsaw was flattened during WWII but the Old Town, for example, was carefully re-built using as many of the original bricks as possible in the process. And for the cultured amongst you, Warsaw was the home of Fryderyk Chopin (other Famous people include Marie Curie).

Course map for the 2009 Warsaw Half Marathon

Chris Rainsford's Leeds Abbey Dash Report

As we made our way up the M1 for the 25th running of the Leeds Abbey Dash, personal be certainly didn't appear to be on the cards. With the snow that fell beforehand and the wind & rain still coming down, things didn't bode well.

But then fate conspired with us. On arrival, the weather cleared and the sun decided to shine was still bloody cold mind, but near-perfect conditions for 10k road running all the same.

The race had sold out its 6000 capacity well in advance and the masses started to assem before the 9.30 start. After the routine warm up and last dash for the loo (unsuccessful though proved- I'd misjudged the situation, the queues were massive!), I got behind the line, ready rumble. Standing shoulder to shoulder with GB internationals, the horn blasted: watch started : chips activated, the race was well and truly on.

With a time in mind, I set off in pursuit and was bang on at halfway. Happy days!

A certain Adam Grice popped up along the way, giving me some much appreciated support. The course was an out-and-back, a little rise at 4.5k but mostly flat otherwise. Perfect really. As the race settled down at 4k, I found myself toing and froing the rest of the way with two other gu one obviously a vet and some other dude, from Rothwell according to his vest. It was nip/t between the three of us, none of us wanting to give an inch

Approaching the final kilometer, the time I wanted was still in reach. Up the final little incli encouraged by my coach and brother, I managed to get away from my two rivals with the fin line in sight. I crossed the line, drained and unsure.

The man on the tannoy was getting all over-excited as the vet I had battled with came striding he had just set a new VM55 World Record apparently. Fantastic.

I ambled across to my waiting team and a text message from the chip timing service five minu later told us the only thing we wanted to know. Time... 31.59!

Sam North's Dovedale Dash

The morning of Sunday 2th November dawned all too soon. I woke up, donned my hat and trie to stop my teeth chattering. A hurried breakfast of cold porridge (cooked the night before to sa time) and I was out the front door and off on the bike. Yes, it was one of those bright autumnal days beloved of poets and painters but a freezing cold easterly wind made it really tough and unpleasant for biking. Not to mention running. Anyway, I had vowed to be present as the entrants in the Dovedale Dash jogged their way through the river at the Stepping Stones and, being a Heanor man and therefore true to my word, at the appointed hour, there I was - *standi around waiting* - whilst the start was delayed by twenty minutes. Clearly, the organisers had scant regard for the significant number of individuals huddled together in despondent groups along the riverbank. Just looking at those steely waters was enough to send a shiver along the spine of even the toughest of spectators. I toyed with the idea of the slow hand-clap and a chorus of "Why are we waiting?" but this seemed in slightly poor taste and hardly consistent wi the honourable code of Bushido embraced by all true supporters.

So, uncomplainingly, we toughed it out and, shortly after 11.20 am, the joggers came through. Having splashed across the river (the Dove *is* rather shallow at that point - no more than 24 inches I was later informed) it was a cheering sight for us spectators to see everyone smiling a grinning so broadly as they trotted by. Particularly pleasing to note that Heanor was represent by Lee Perkins who was well to the fore. Seeing me as he went by he was able to offer a nod encouragement which helped enormously. Not wanting him to see how much this was hurtin put on a brave smile designed to thank him for his concern whilst, at the same time, conveying the impression that, *come what may*, I would remain in position until his return (along the other bank).

By the time the runners had negotiated the five miles of field, hill, water, mud and slurry-filled farmyard, we at the Stepping Stones were *really* beginning to suffer and, until the lead joggers

finally arrived, time had been dragging somewhat. Eventually, however, another successful staging of the Dovedale Dash came to a close and we, the hardy spectators who had stuck it out to the bitter end, were able, at last, to shuffle our way homeward.

Lee did rather well I understand. (With apologies to any other Heanor runners present. Sorry if you didn't see me.)

County Championship

The Derbyshire Cross-Country Championships are to be held in conjunction with Nottinghamshire at Berry Hill in Mansfield on January 10th. Please be aware the closing date is 15th December. Entry forms from the dcaa website.

Sunday Cross-Country League

The Booths Decorators cross country league is progressing as expected with Heanor topping men's and the combined tables with our ladies currently in 4th place. With two fixtures left need as many of you as possible to show your colours and saturate the last two races with yellow and blue.

The 'Northerns'

On Saturday 24th January we will be taking a good number of athletes to the Northern cross country championships which this time around will be in St Helens in Lancashire. A full timetable of racing across all the age ranges will be on show, it's always a good stand and an opportunity to race against some of the best runners in the North. We will be organizing transport in the new year, so if you want to reserve your place then tell F now.

The National Final

The Cross-Country National final will be at Parliament Hill in London on February 21st, we will be asking who wants to do this race as soon as we get the race information.

Christmas Team Race

The annual Christmas team race to the 'Old Oak' will be held on Monday 29th December with a 2pm start from Shipley Park. The usual format will once again take the range of abilities and draw out of the hat to have evenly matched teams competing. Afterwards we will be looking for volunteers to take the 'mince pie' challenge.

New Years Walk

The New Years day ramble will be starting at 12 noon and will be led by Brian Manning, who is in the process of deciding where we will be wandering. The event is usually a walk/stroll around two hours and may include a bit of 'off road' so probably not suited for pushchairs.

Keep checking the website for info.

Calendar

December

Tue 23 rd	Last Training session of 2008	All
Fri 26 th	Furnace Inn Boxing Day blast	All
Mon 29 th	Club annual team race to the 'Oak'	All

January 2009

Thu 1 st	New Years Day Ramble	All
Sat 3 rd	Grass session	All
Tue 6 th	Training sessions resume as per normal	All
Sat 10 th	Derbyshire XC County Championships	All
Sat 17 th	North Mids XC at Wollaton Park	All
Sun 18 th	Sunday XC league at Nutbrook CC	O14
Sat 24 th	NoEAA XC Championships at St Helens	All

Warsaw/London

As part of the training for either or even both of the above races, I know quite a lot of you will looking to get a ½ marathon under your belts in early February so after having a trawl through race diary's, I noticed one which could be quite a useful indicator of how the trainings going. The Watford ½ marathon is on 1st February and you can enter online through www.runnersworld.cc

Ken on televised sport.....

There has been a lot of sport on television recently, especially with the Olympic Games going on. It has been difficult to miss really, and I wonder just how much of the licence is going on all the paraphernalia that the BBC needs for the coverage. Still, it is probably better viewing that the present crop of programmes.

As an athlete who regularly runs distances from about 5k to the half marathon, there isn't a lot of athletics that I can relate to. Sprints and hurdles, field events and jumping are not really my thing and as there are only a couple of road races my interest does wane. OK, I have done some triathlons, fifteen hundred metres, three thousand meters and five thousand meters, but these events to me are a bit different from the usual races. I find them quite fun, but not like real racing. The fact that I am usually last is possibly a reason! There are no ten mile or half marathons to be seen. I did get up at half past midnight on a couple of times to see the marathons, because that's where my head is, although my body says 'no way'. Then again, these had very little in the way of hills, and there are very few road races that are flat, even the ones which are advertised as such. The runners could just as well have done 105 laps in the stadium, then more people would have been able to see them, and it would have been easier to show on television.

Having said that, I have got slightly interested in some things. The rowing looks quite exciting on television, with those long boats racing each other, but only television can follow the races all the time. I also find the cycling a bit confusing. There is the Madison, which reminds me of the fact that the whistle going about fifty years ago. How they can work out the winner is beyond me, but every runner involved seems to know what's going on. Then there's the race where the objective is to be second at the last bend, then go like hell. Once again, it seems to work. The Keiron is a bit of a puzzler, it appears to be six people dressed in Lycra and wearing big hats chasing a Pizza Delivery Man. I did manage to catch some horse competition that did get my interest. It was a four-in-hand competition, where the object was to get a team of four horses pulling a small cart with a driver and two outriders on board through an extremely tortuous course. It looked as exciting on television as I expect it was in real life.

Of course, I have no real right to complain, as sports on television are aimed at the viewers rather than the sportsmen and women. People who sit in front of the screens wearing size XXXXXXXX replica shirts with a can of lager in one hand and a yukkiburger in the other are the real audience. If a Briton gets a medal I suppose it is something to celebrate, but I can't get too excited if the sport doesn't interest me.

I sometimes think of those Derby County supporters last year with scowls on their faces after seeing what I considered to be disgraceful displays, when I had just got back from being last in cross country and being extremely happy with my performance. The enjoyment is being there achieving something rather than watching somebody else performing. Sport is a bit like sex, it's better doing it than watching it!

Ron Trainer

And now, grumpy old Ron Trainer writes from his hidden bunker somewhere to the west.

Dear 'arry ('e writes),

Brrrrr, it's getting a bit chilly round the nether regions in this neck of the woods 'arry. On the other day I was talking to a chap who runs with ARC (think about it 'arry) and it so happens that he does a lot of these big fell races in the Lake District (although, mercifully, he wasn't able to do the "Original" Mountain Marathon - he did Worksop instead). Turns out that one of his regular training runs is centred on Dovedale and culminates in a crossing of the Dove at the Stepping Stones. I'll leave it to your imagination to guess just how he knew that, on his most recent crossing, the water was exactly thirty inches deep! Something to do with his inside leg measurement I understand, although, as you can probably imagine, I didn't question him too deeply in this respect. (Inside leg measurement = 29 inches.)

'arry. It was that same weekend that, being over in Heanor, I thought I'd make one of my infrequent outings with the lads on the Sunday morning circuit. Trust your old pal Ron to pick the Worksop day - but, the weather was superb and Gary, Andy and (I'm delighted to say) Chris Ri did show. Being so damned early in the morning (despite the change in the clocks), I was nowhere near the pace and soon left them to it - but not before Chris had told me that the National Hill Climb Championships were to be held later that day on Bank Road at Matlock. And what a fantastic afternoon I had 'arry watching these 'guys' sloggin' their guts out on the climb. Interestingly, Pete Docherty was off No 6 (what an amazing recovery *he's* made) and he now rides for South Pennine Road Club. But no signs of Kate Moss, unfortunately. Anyway we all gave him a rousing chorus as he came by. "*Come on youth, you're fastest so far*". (You know something I've been pondering recently is that you can take a chap out of Heanor ... but, I'm afraid, you'll never take Heanor out of that same geezer.) Anyway, another familiar face was fit rider off (for Matlock CC). A lady I have seen win the main event in several of the North Mids cross-country events in recent years. (I've since discovered that her name is Christine Howard)

So, back to the morning, being deserted by all me mates, I struggled on at a snail's pace. But what about those new fangled gates they have at the entrance to the fields in Shipley Park?? Bloody 'ell 'arry. Have you seen those little signs pinned to the gate posts?? "*Please close the gate*". Jesus. First of all you need a bloody crow-bar just to prize the damned things open - by which time there's more potential energy stored in the bloody spring than in the gapir jaws of a swamp alligator. Just ask Gary. He was talking in a very squeaky voice the result of someone failing to hold the gate open for that vital extra second.

Gawd, love a duck 'arry. You know what a chiseller I am sometimes - well I've really gone and done it this time. Having joined ARC (second claim of course), I decided that I need some new gear to cement me image as a fast man who just happens to have fallen on hard tins - so I took a trip to Decathlon with a view to buying some "cheap" tracksters. *Twenty-three qui*

'arry. Stewth. Last pair I bought only cost me a tenner - but, looking back, I think they must have been some sort of special offer. Well, no way was I going to fork out twenty-three and, looking round, I spied these lycra running tights. *Twelve pounds ninety-five 'arry.* Much more I it. So I shuffled off to the changing rooms to give them a try. You know how it is. Does my bu look big in these etc. Well, truth to tell 'arry, they *are* rather close fitting but weighing this again a notional saving of ten pound and five pence, there was really no contest. Trouble is, I'm not thirty any more and I'm wondering if I've got the guts to show me face in 'em - so to speak. I suppose I look like a withered, white Linford - but that's where the resemblance ends. (I suppo I could always dig out the pair of flourescent green tracksters that have inhabited the bottom of my drawer for the last twenty years. Some wag bought them for me as I remember - presumat as a joke. Very poor taste I'm afraid.)

Anyway, better close now 'arry but, before I do, just a note about ARC. They're a real good bunch and a significant membership too. Many of them (I'm sure you get the inference immediately) will be doing the Dovedale Dash on Sunday (two days hence as I write) and, also the Cheddleton 10k (2 pm on a Saturday afternoon - civilised) is on the horizon (29th November so, obviously, I won't be available). The club meets just once a week and (I just love these guy does speed work *once a month at most.* Oh bliss. Course, I picked the wrong week for me fir appearance but you learn to live with these setbacks 'arry. Don't you?

A healthy old age: a realistic, achievable goal!

(from Ken Wright to give him his full name)

Presently, the over 60's represent a fifth of UK population and this will rise to approximately one third by 2030. Although increasing life expectancy is one of the greatest achievements of the NHS, a large amount of the health budget is spent on caring for old people. In a healthy person skeletal muscle makes up about half the body weight. However, as we age, even healthy age is associated with a significant loss of muscle mass and muscle strength, beginning in middle age (around 45 to 50 years old) so that by the age of 80 about half of the muscle mass has gone, which ultimately leads to decreased muscular strength and endurance, increased fatigue, a decline in joint stability and thus to falls and broken bones. Loss of muscle has also been implicated as a contributor to the rapid progression of many common diseases e.g. diabetes, heart disease and cancer. For many the effects of this age related muscle wasting can be debilitating, resulting in loss of independence, reduced quality of life and prevention of basic everyday activities, like going to the shop or getting out of bed. Thus the problem is an important one and there is a greater need of research to find out the mechanisms associated with this age related muscle wasting to prevent or slow down this process to improve the quality of life of our ageing population.

A team with over 20 years expertise, led by Michael Rennie, a professor in Clinical Physiology who has an international reputation in this field, from the Derby School of Graduate Entry Medicine and Health, attached to the University of Nottingham has been awarded a number of research grants to investigate the underlying causes of the loss of muscle and the role of exercise and nutrition specifically protein, on age related loss of muscle mass. Professor Rennie said "the ageing of the population is a success story in itself but the improvement in life expectancy should also be accompanied by better overall health and greater independence in older people".

Food is the key that switches on muscle-building and the team was the first to demonstrate that protein, and specifically the amino acids that make up the protein, increase the rate of muscle synthesis. However, our body takes in only the exact amount of protein that it needs to build muscle which is equivalent of a boiled egg's worth of protein. We recently showed that the one of the reasons of the muscle wasting is due to the fact that muscle in older people does not respond fully to eating the same amount of protein as the young. More recently the team have demonstrated that elderly women find it harder than men of the same age to preserve muscle - probably due to an even lower response to feeding than they had seen with elderly men.

Weight training is known to build muscle and the group recently encouraged a group of cancer patients to undertake some regular weight lifting exercises before their surgical operations with the result that the average hospital stay of patients following their operations was reduced by 1 day and their recovery was notably quicker. The minimum amount of weight training exercise required to build muscle is unknown however the group recently investigated the effect of weight training exercise of different intensities (from very high load to very light load) on muscle synthesis in 50 healthy young and elderly men showing that even at relatively modest intensities (e.g. 3 sets of leg extension at 60% of maximum load that can be lifted) with medium number of repetitions (8-10) the rate of muscle synthesis was almost doubled, suggesting that with the appropriate exercise protocol the elderly, and even the frail elderly can benefit from weight training. It is likely that combining moderate intensity exercise with eating small protein rich meals such as fish, eggs, chicken or milk can help minimise the loss of muscle as we age and maintain muscle mass, strength and function. Thus small changes in lifestyle may well be the key to a healthy old age. Preliminary data from a study investigating the effects of regular strength training suggests that similar gains in muscle mass and strength can be achieved in the elderly. Therefore even if you have never exercised before, no matter how old you are, it is still not too late to begin reversing the aging process with regular physical activity.

The immediate research goal of the group is to understand the best combination of exercise and protein feeding to maximise the response of muscle and the results can be applied to all ages and may also be of benefit to the sick and frail, particularly in diseases where muscle wasting is a contributor to morbidity and mortality.

The team would like to recruit healthy male volunteers aged between 18-30 and 65 - 75, who are able to come to the medical school on two days. The volunteers will undergo health screening, including a scan to measure their muscle mass and an assessment of their muscle strength. On two separate occasions, under the supervision of a doctor and scientists, they will perform moderate intensity exercises in the gym and take protein drinks. During these visits, blood samples and muscle biopsies will be taken, under local anaesthesia, from thigh muscle so the researchers can measure the body's ability to make muscle in response to the exercise and the protein feeding. Volunteers will also receive an honorarium to cover their expense. The team needs to recruit 40 volunteers over the next 6 months with the results expected by the middle of 2009.

Dr Vinod Kumar, who is currently recruiting volunteers, said: "I am really excited to be involved in this project as this type of muscle research can lead to benefits in many other areas such as with cancer and heart disease patients and athletes."

If you are interested in volunteering or need further information, contact Dr. Vinod Kumar on 01332 724632, or by email: vinod.kumar@nottingham.ac.uk

Afterthoughts

New kit in stock

A kit sale is on offer until the end of the year:

Long sleeved Ron Hill fluorescent training top and showerproof jacket for only £35 all sizes available.

I also have vests in all sizes male/female for sale at £13

Crop Tops £13

Showerproof jackets £30

Flourescent training tops £15

Please contact Rob with your order either e-mail or call 07963037991

Nice way to spend a Sunday

The Stepping Stones proved a gathering point for several hardy spectators on the morning of the Dash. I was very pleased to see Steve Carter and a mate of his (sorry, forgotten his name) from Shelton Striders. I've known Steve for some years now and I can confirm that he is both an excellent runner and a damned fine chap. Unfortunately, this year, both he and his mate had some injury problems which prevented their taking part in the Dash and, in particular, also prevented their "normal" warm-up run (from Derby) and warm-down run (back to Derby). A round trip of just 39 miles.

Smut

I am reliably informed by no less an authority than the landlord of The Shire Horse (pub quiz master *extraordinaire*) that "telesphobia" means "a fear of coming last". (*Stop sniggerin'!*) So I guess that, judging from the recent cross-country results, a significant number of our runners are in the advanced stages of this affliction. Actually, a more appropriate syndrome for them might be "a fear of not coming first" but I don't know what that might be called. (Any ideas?) However, I am going to the Shire Horse tonight. *Slow down Neddy!!*

Once a wrong 'un

And he looks such a nice, fresh-faced youth But how wrong can you be! The headline reads "Disgraced sprinter Montgomery admits to Sydney doping shame" but, hell's teeth, this was not the end of it. Amongst a seemingly endless stream of misdemeanours we have:

- links with the Balco doping scandal
- currently serving a 46 month prison sentence for involvement in a million-dollar cheque scam
- ahead lies another 5 year stretch for heroin dealing
- signing a £65k shoe contract with Asics while still in college (in violation of US college sports rules)
- he now admits that, like his former partner Marion Jones, he was doped in the Sydney Olympics

No doubt this latter "misdemeanour" will make him even more popular with his fellow relay medallists.

Calendar

2008 is rapidly drawing to a close and 2009 is in the starting blocks but wouldn't it be a good idea if we could look forward, in 2010, say, to the issue of our very own (*glossy!!!*) Heanor Running Club Calendar. In these days of digital cameras and desktop publishing, it is not beyond the realms of possibility. Just think of all those carefully positioned muddy trainers (mine are size 11)! And, of course, I'll happily volunteer to do the photo-shoot. (Well? It's just an idea.)

Answers to the quiz

1 Ronald MacDonald won the Boston Marathon in 1898 and represented Canada in the 1900 Paris Olympic Marathon finishing 6th. Sadly, he died whilst taking part in the Boston marathon of 1900. Strychnine abuse was rumoured. So or you know. (In retrospect, he would have been better off with Dianabol or recombinant-EPO. But that's hindsight for you.)

2 Derrick Ibbotson was the first runner to be timed at 4 mins 0.0 secs for the mile. (Sick as a parrot or what?)

3 First, of course, was Roger Bannister at 3 mins 59.4 secs (English Native, British National, British All-comers, European British Empire and World Records). Second was Chris Chataway at 4 mins 07.2 secs, and third was Tom Hulatt at 4 mins 16 secs representing Alfreton. Tom came from Tibshelf and was Northern Counties Mile Champion.

The Yellow and Blue wishes all its readers a merry Xmas and a happy New Year.