



Footnotes

The Newsletter of Istead & Ifield Harriers
Newsletter No. 82, January 2008

www.isteadandifield.org.uk

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Happy New Year to you! Well, at least this edition made it in time for Chinese New Year. Sorry for the delay but I hope it was worth the wait. Personally, I think this one has turned out to be a bumper edition, jam-packed with more goodies than a Christmas stocking.

This club never fails to amaze me. Having crafted a witty and cutting intro to this 'should've-been-Xmas-but-now-it's-New-Year' edition of *Footnotes*, I found myself hastily re-drafting.

The reason? In an act of impertinence, I'd written an intro moaning at you all for not submitting any articles. But just as I finished my rant, articles flooded in.

So, now I find myself eating a huge helping of humble pie and thanking this edition's many contributors, particularly the first-timers, for taking time out to share their thoughts with us. I think you'll agree it really makes a difference. I hope it inspires you. Long may it continue.

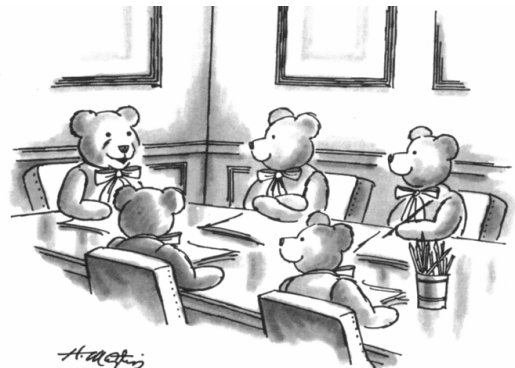
And - a word to Mr George - just because I was inundated with articles for this edition, don't think you're off the hook. Just ask Mr Champion. I never give up.

Our cover stars are **David Abery** and **Dawn McDonald**. David has reached the runner's zenith by gracing the pages of *Runner's World* (Feb edition). Read his Billericay 10k race report on page 11. Dawn has made a welcome return to racing and is already kicking some serious lady-butt at XC.

Kent Fitness League Relays

I&I are hosting the end of season relays on **9th March** at Shorne Wood Country Park, with presentations to follow at Cascades. Help is needed to organise and marshal the race. We will need at least 4 clerks (for Cascades and the race finish), plus course constructors, clearers and about 10 marshals. Please help if you can and contact our co-ordinator **Allan Giles** on 07816 869857.

Date set for our AGM



"I think, gentlemen, it's time to plan the annual picnic."

The club's Annual General Meeting will be held after training on **Wednesday, 12th March**. The bar will be open as usual and there will be a delicious buffet. Please attend if you can.

For he's a jolly good fellow

I&I send a hearty **THANK YOU** to Social Secretary **Steve Cable** who invested a lot of time and effort to make our Christmas party at *The Inn on the Lake* such a success. If anyone has any photos, I'd be grateful for some for the next edition of *Footnotes*.

Cross country update

Another XC season is almost over, but what a blinder. Yet again we've had a good turnout in the Kent Fitness League and Saturday's Kent League races have seen increasing numbers of I&I ladies. The highlight for me has to be the wonderful bog-fest at Minnis Bay - see the photos at www.imagesaurus.co.uk.

Kent Fitness League (Sundays)

At the time of going to press, I&I are 4th (out of 17) in the combined teams and the ladies are 6th with Swanley close behind snapping at their heels.

Kent League (Saturdays)

After 3 out of 4 meetings, our men's team is 9th (out of 18) and the women are 11th (out of 14). Don't miss the remaining meeting (for both men and women) on 16th February at **Nurstead Court, Meopham**, start at 2:00 pm.

Southern Championships - Parliament Fields

Six runners represented the club in shin-deep mud. No results are available yet, but finishing order was Sally Whitelaw and Alison Bell (8k), and for the men, Steve Cable, Andrew Archer, Mark Champion and Jurgen Imschoot (15k).

Kent Championships - Detling

Conditions for this race were hugely improved from last year's fog. I&I had 14 runners, with the senior men's team finishing 10th out of 13, with senior ladies (3 to score) 14th out of 15 and senior ladies (6 to score) 2nd out of 2 teams! But hey, at least we're on the ladder! Results appear on page 7.

Kent Vets and Clubmens - Sparrow's Den

Fourteen hardy I&I-ers took part in atrocious conditions. The weather was so bad that the later races were shortened. Isn't filthy weather what XC is all about? Our male V40 team finished 6th out of 9, ladies V45 6th out of 7, and senior ladies 2nd out of 3.

North Downs Run: I&I do it again!

Once again, the North Downs Run has made it into the Runner's World top 50 British races of 2007 as voted by readers. Well done to all those involved. Thanks to you the race was voted 3rd most popular and the organisation was credited as 'faultless'. This is a fantastic achievement. Here's to success in 2008.

Flora London Marathon - 13th April 2008



The draw for club places took place on Boxing Day. The lucky winners were:

**Judy Bain
Mark Caller
Jon Gurney**

We wish the very best of luck to all who run on 13th April and look forward to reading your race report in the next *Footnotes*.

Forthcoming races

Planning to run a race outside of our usual race radar? Let me know and I'll add it to the list (see Jon Gurney's article on pages 8-9).

| | |
|--|---|
| 9 th Feb | Brands Hatch Half |
| 10 th Feb | Sidcup 10 Dover Half |
| 17 th Feb | Ashford & District 10k Sussex Beacon Half Draycote Water Marathon |
| 24 th Feb | Tunbridge Wells Half |
| 2 nd Mar | Thanet 20 Steyning Stinger Marathon / Half Roding Valley Half |
| 9 th Mar | I&I hosting KFL relays at Shorne |
| 16 th Mar | Sevenoaks/Knoles Park 10k |
| 21 st Mar | Folkestone 10 |
| 23 rd Mar | Mid Kent 5 Tonbridge |
| 28 th -30 th Mar | Jurassic Coastal Challenge (see pg 8) |
| 30 th Mar | Paddock Wood Half |
| 6 th Apr | Darent Valley 10k |
| 4 th May | Essex PB 5 Basildon |
| 11 th May | Halstead Marathon |
| 18 th May | Larkfield 10k |

25th May Canterbury Half
 21st Jun Axe Valley Runners' Midsummer
 Madness (see pg 8)
 20th-21st Sep Run Round a County (see pg 9)

Every Saturday Bluewater 4k Time Trial (8am)

Please note that both the Bramley 20/10 and the Worthing 20 have been **CANCELLED**.

PB CORNER

Corner? More like 'PB Column' this issue!

| | | |
|---------------------|------------------------|---------|
| David Abery..... | Billericay 10k | 37:27 |
| Sue Beecham | Wilmington 10k | 48:32 |
| Sue Beecham | Maidstone Half | 1:46:23 |
| Steve Cason..... | Thanet 10 | 1:11:50 |
| Steve Cason..... | Benidorm Half | 1:35:51 |
| Lynne Champion.. | Wilmington 10k | 43:59 |
| Lynne Champion.. | Dartford 10 | 1:12:47 |
| Lynne Champion.. | Benidorm Half | 1:38:04 |
| MM Cowan..... | Billericay 10k | 54:52 |
| MM Cowan..... | Dartford 10 | 1:33:17 |
| Julie Fisher | Billericay 10k | 49:27 |
| Angela Hames | New York marathon | 4:18:00 |
| Jurgen Imschoot .. | Dartford 10 | 1:06:02 |
| Lesley Irvine | Wilmington 10k | 58:56 |
| Lesley Irvine | Dartford 10 | 1:31:54 |
| Emma Penfold | Great South Run 10 ... | 1:31:21 |
| Jon Penfold..... | Harlow 10 | 1:30:46 |
| Mary Penfold..... | Deal 5 | 45:02 |
| Rob Thompson..... | Wilmington 10k | 46:38 |
| Debbie Tyler | Deal 5 | 45:02 |
| Sally Whitelaw..... | Benidorm Half | 1:41:53 |

Please tell either your team captain or Lynne Champion when you run a PB so that you can be included in the next round-up. I don't want to see any sulky faces if you're left out! REMEMBER it's your responsibility to let us know.

Inspirational running quotes

Got any quotes that you'd like to share? Maybe I'm a sentimental old fool, but some of these give me goosebumps.

"Nothing splendid has ever been achieved except by those who dared believe that something inside them was superior to circumstance."

- Anon

"I love running cross country. You come up a hill and you see two deer going 'what the hell is he doing?' On a track, I feel like a hamster."

- Robin Williams, actor

"I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles."

- Christopher Reeve, actor

"Nothing's better than the wind to your back, the sun in front of you, and your friends beside you."

- Anon

(Although, as Mark added, if your friends are just slightly behind you, even better!)

"Bunch of freaks."

- Claire Gaskill, self-styled running yogi

"It's rude to count people as you pass them. Out loud."

- Adidas ad

"Some people don't have the guts for distance racing. The polite term for them is sprinters."

- Anon

"Running the London Marathon is like running in people soup."

- Mark Champion, husband

"Running is like mouthwash; if you can feel the burn, it's working."

- Anon

"Remember who you're running for."

- Stephen Cable, head cheerleader

Benidorm in pictures



Nick Claydon: *Moving so fast, he's a blur ...*



Mike Smith: *Finished*



Lynne 'Pocahontas' Champion, Sally Whitelaw & Mark Champion:
Like bad extras from 1970s Doctor Who ...

A huge THANK YOU goes to **Derek George** who worked tirelessly both before and during the trip, to organise us all.

Full results from Benidorm are on page 7.

New Year notes from 'Allan's Army'

By Margaret Mary Cowan

Allan Giles' merry band is ever increasing in numbers, both guys and gals, and we thought we should tell you what we have been up to. Firstly we should offer a big thank you to Allan for his dedication to our group and for his caring attitude towards our safety whilst out running.

Allan himself celebrated a significant birthday at the end of 2007 and the gang tricked him into attending a pre Christmas drinks party kindly hosted by Judy and Vickie. The best outcome was that Allan is now the proud owner of a lovely gadget for his bike to prove that we are actually running further than Allan ever tells us before we leave the building.

As far as the running is concerned all of us are improving and the PBs are increasing. This is probably due to the friendly encouragement of all runners in the Club from the longest standing members down to the newest members. Thanks for this - it makes a difference!

As this is the post Christmas edition of *Footnotes* I wondered what Santa had brought some of the members of the gang.

Jan - new batteries for Allan's Garmin (to ensure we keep our runs to less than 10 miles)

Emma - a Portaloo at every corner - no explanation necessary

Judy - a big rope (commonly known as a lasso) for keeping the group together

Rob - white lines along the pavement to keep him safe

Lesley - a steam roller to flatten the hills

Jason - thermal shorts to keep his legs warm

John P - Superman outfit for his services to the weak and wounded

That's all for now. Happy New Year to all at I&I.

The iPod debate continues ...

To iPod or not to iPod? That is the question

By Allan Giles



I'm not totally against the use of iPods whilst running. I can understand runners setting up iPods to inspire and encourage them to do better, but it is the timing of their use that is in doubt.

The wearing of iPods can distract the runner from any warning instructions or encouragement given by bystanders or marshals out on the course. Marshals are there for your safety and for iPod users to use them against the advice of the organisers is not only quite irresponsible, but dangerous to themselves and others. Failing to take advice from marshals risks causing an incident which could put the whole race in jeopardy for the coming year.

Last year, I marshalled at the Dartford Half along Green Street Green Road, a very fast, open road. Traffic was continuous and heavy at times with HGVs, cars and even pony and traps. The runners were able to run on a 10-foot wide path. One runner decided to run in the road until I shouted (as I can!), not once but a few times until they got onto the path. An iPod wearer? If there was an incident the race would be investigated to see if safety management had been carried out and I, being the only marshal in that position, would be in the spotlight.

Another occasion when an iPod was in question happened at our own North Downs Run. A runner asked if the wearing of an iPod would disqualify him from the race. He was advised not to wear it and listen to the warning instructions that may be given out on the course. This was very much appreciated to me by the same runner while I was out on the course around Luddesdown.

Looking on the lighter side I might possibly get an iPod. I too like Queen - very dramatic music. I can picture Freddie Mercury on stage. However, this music needs to be played at full volume to appreciate the

experience, so not an ideal choice for running. My other choices of music may not

be to the liking of others, but it does motivate me - some Tom Jones (I know he's old but I saw him as an up-and-coming artist, first at Bournemouth and again at the London Palladium). I do like *Lady in Red* by Chris de Burgh. There are a few more such as Kate Bush, Fleetwood Mac and Pink Floyd's *Another Brick in the Wall*. On the more relaxing side, I like Andrew Lloyd Webber and Elton John. There are many tracks I could choose from their albums.

In conclusion, I'd like iPod users to use them wisely. They should look after themselves and others, possibly only using an iPod while out training by themselves if they get bored by running. During past training runs over long distances, I so enjoyed the feeling of being out in the countryside, seeing and hearing everything around me, learning when to relax and when to put some effort in to maintain pace. Many times Jan and I have been out running in the countryside, not saying much but enjoying our surroundings. A few times we have nearly tripped because animals have suddenly dashed out of the undergrowth across our path. I really loved those endurance runs and cannot say I was ever bored.



Sshhh: It's amazing what you can see on the North Downs ...

Results round-up

GREAT NORTH RUN HALF - 30th September

Emma Penfold 2:06:50 15,597th
Jon Penfold 2:10:00 n/k
35,833 finishers

NEWQUAY 10K - 7th October

Derek George 38:02 32nd
Richard Dawson 55:21 299th
429 finishers

FLEET FEET MONTE SANO 15K - 13th October

Nick Claydon 1:10:36 50th
252 finishers

LEICESTER MARATHON - 14th October

Gillian Calliste 4:42:02 508th
571 finishers

PETTS WOOD MT 10K - 14th October

Robert Standing 51:08 161st
Lesley Irvine 1:04:25 366th
437 finishers

AMSTERDAM MARATHON - 21st October

Robert Standing 4:51:05 5,858th
6,514 finishers

LIZ HURLEY RIBBON RUN 5K - 21st October

Nick Claydon 21:46 46th
297 finishers

MAIDSTONE HALF - 21st October

Peter Gibson 1:28:42 48th
Andrew Archer 1:29:22 52nd
David Aberly 1:30:00 57th
Jon Gurney 1:35:49 105th
Steve Cason 1:36:57 115th
Stephen Hollands 1:40:26 160th
John Gillis 1:41:32 170th
Sue Beecham 1:46:23 231st 3rd FV45 *PB*
Rob Thompson 1:46:35 234th
Susan Holland 1:56:39 356th
Mary Penfold 2:14:27 478th
Debbie Tyler 2:15:20 479th
Jan Giles 2:21:43 492nd
539 finishers

BEACHY HEAD MT MARATHON - 27th October

Richard Standing 5:47:xx 740th
Vickie Goodchild 5:49:xx 748th
Judy Bain 6:19:xx n/k
795 recorded finishers

SNOWDONIA MARATHON - 27th October

Gillian Calliste 4:54:38 980th
1,175 finishers

WILMINGTON 10K - 28th October

Peter Gibson 40:20 53rd
Peter Burton 42:18 87th 1st MV60
Steve Cason 43:18 106th
John Gillis 43:51 121st
Mark Champion 43:58 125th
Lynne Champion 43:59 127th *PB*
Nick Claydon 44:57 148th
Rob Thompson 46:38 185th *PB*
Richard Storr 47:25 204th
Sue Beecham 48:32 235th *PB*

Bob Carter 51:17 302nd 1st MV70
Susan Holland 52:14 318th
Robert Standing 58:02 416th
Lesley Irvine 58:56 422nd *PB*
Helen Fooks 59:18 430th
Mary Penfold 59:29 431st
Debbie Tyler 59:29 432nd
Jan Giles 1:03:13 464th
490 finishers

GREAT SOUTH RUN 10 - 28th October

Jon Penfold 1:30:46 4,650th *PB*
Emma Penfold 1:31:21 4,805th *PB*
11,452 finishers

BILLERICAY 10K - 4th November

David Aberly 37:27 15th 3rd M40 *PB*
Alan Cowan 43:49 100th
Julie Fisher 49:27 236th *PB*
Margaret Mary Cowan 54:52 374th *PB*
576 finishers

DEAL 5 - 4th November

Steve Cable 30:15 12th
Stephen Hollands 34:59 69th
Bob Carter 40:06 165th
Mary Penfold 45:02 240th *PB*
Debbie Tyler 45:02 241st *PB*
332 finishers

NEW YORK MARATHON - 4th November
 Angela Hames 4:18:00 17,510th *PB*
 38,759 finishers

EPSOM 10 - 18th November
 Judy Bain 1:31:01 175th
 Debbie Tyler 1:40:20 210th
 Mary Penfold 1:40:20 211th
 Jan Giles 1:47:10 221st
 229 finishers

BENIDORM HALF - 25th November
 Derek George 1:24:13 116th
 Andrew Archer 1:24:51 128th
 Steve Cable 1:26:01 147th
 Mark Champion 1:26:51 161st
 Mike Smith 1:34:29 405th
 Steve Cason 1:35:51 481st *PB*
 Lynne Champion 1:38:04 32nd lady *PB*
 Nick Claydon 1:40:12 702nd
 Sally Whitelaw 1:41:53 47th lady *PB*
 Ian Creasy 1:45:35 926th
 Susan Beecham 1:47:13 82nd lady
 John Gillis 1:49:09 1,112th

Richard Dawson 1:59:36 1,478th
 Claire Reed 2:24:03 315th lady
 2,119 finishers (1,766 men & 353 women)

THANET 'TROPHY-FEST' 10 - 2nd December
 Mark Champion 1:03:41 10th
 Derek George 1:04:09 12th
 Simon Parrin 1:05:12 17th
 Peter Gibson 1:06:24 36th
 Alan Cowan 1:10:12 47th
 Steve Cason 1:11:50 58th *PB*
 Stephen Hollands 1:15:00 85th
 Lynne Champion 1:15:17 92nd 2nd FV35
 Ian Creasy 1:20:07 151st
 Barry Bell 1:20:37 162nd
 Sue Beecham 1:23:08 194th 2nd FV45
 Susan Holland 1:24:38 211th 3rd FV45
 Debbie Tyler 1:39:44 343rd
 Mary Penfold 1:39:47 344th
 Mark Caller 1:42:54 363rd
 Margaret Mary Cowan 1:38:36 336th
 Jan Giles 1:46:04 378th 1st FV65
 435 finishers

LUTON MARATHON - 2nd December
 Claire Gaskill 3:38:07 165th
 469 finishers

SWANLEY XMAS CAPER 4.2 - 9th December
 Andrew Archer 27:08 16th
 Peter Burton 30:18 54th
 Lesley Irvine 40:13 260th
 491 finishers

DITTON TURKEY MT 7ISH - 9th December
 Peter Gibson 44:00 14th
 Andrew Archer 45:09 21st
 Stephen Hollands 49:00 39th
 Steve Cason 49:37 44th
 Alan Cowan 50:54 58th
 Ian Creasy 51:55 61st
 Richard Storr 53:00 70th
 Sue Beecham 54:44 83rd 1st FV45
 Jason Beaney 58:18 128th
 Allison Thompson 59:40 135th
 Emma Penfold 1:03:31 159th
 Jon Penfold 1:04:12 161st
 Margaret Mary Cowan 1:04:27 164th
 Linda Baxter 1:08:44 190th
 Lisa Duce 1:09:40 197th
 227 finishers

KENT XC CHAMPIONSHIPS MEN 12.4k - 5th January
 Mark Champion 50:29 64th
 Andrew Archer 50:40 69th
 Steve Lelliot 52:29 88th
 Jurgen Imschoot 52:47 92nd
 Alan Cowan 57:33 143rd
 Chris Thompson 58:16 151st
 Ian Creasy 61:01 166th
 183 finishers

KENT XC CHAMPIONSHIPS WOMEN 7.2k - 5th January
 Dawn McDonald 35:02 41st
 Sally Whitelaw 35:31 45th
 Angela Hames 35:57 48th
 Alison Bell 37:49 58th
 Sue Beecham 37:59 59th
 Susan Holland 39:09 61st
 Vickie Goodchild 40:55 64th
 69 finishers

DISNEYLAND MARATHON - 13th January
 Vickie Goodchild 5:17:56 6,730th
 Judy Bain 5:49:00 n/k
 12,977 finishers

DARTFORD 10 - 20th January

| | | | |
|---------------------|---------|-------------------|------|
| Mark Champion | 1:03:34 | 28 th | |
| David Abery | 1:04:46 | 39 th | |
| Peter Gibson | 1:04:53 | 43 rd | |
| Jurgen Imschoot | 1:06:02 | 53 rd | *PB* |
| Alan Cowan | 1:09:48 | 96 th | |
| Lynne Champion | 1:12:47 | 146 th | *PB* |
| Ian Creasy | 1:14:08 | 161 st | |
| Dawn McDonald | 1:17:31 | 249 th | |
| Rob Thompson | 1:17:48 | 257 th | |
| Steve Cason | 1:18:47 | 279 th | |
| Barry Bell | 1:19:31 | 294 th | |
| Mark Scott | 1:22:10 | 347 th | |
| Sue Beecham | 1:22:16 | 351 st | |
| John Gillis | 1:24:36 | 397 th | |
| Susan Holland | 1:25:28 | 417 th | |
| Jason Beaney | 1:28:30 | 463 rd | |
| Emma Penfold | 1:31:26 | 507 th | |
| Lesley Irvine | 1:31:54 | 514 th | *PB* |
| Allison Thompson | 1:32:17 | 525 th | |
| Jon Penfold | 1:32:25 | 527 th | |
| Margaret Mary Cowan | 1:33:17 | 541 st | *PB* |
| Tony Watson | 1:33:47 | 553 rd | |
| Gillian Calliste | 1:34:07 | 558 th | |
| Bob Carter | 1:34:09 | 559 th | |
| Mark Caller | 1:41:44 | 646 th | |
| Robert Standing | 1:44:30 | 667 th | |
| Jan Giles | 1:45:10 | 671 st | |
| Mary Penfold | 1:45:39 | 675 th | |
| Debbie Tyler | 1:45:39 | 677 th | |

BENFLEET 15 - 27th January

| | | | |
|------------------|---------|-------------------|--|
| Mark Champion | 1:50:58 | 65 th | |
| Alan Cowan | 2:02:09 | 148 th | |
| Rob Thompson | 2:05:04 | 161 st | |
| Lynne Champion | 2:05:46 | 171 st | |
| Gillian Calliste | 2:30:02 | 392 nd | |

465 finishers

Pronation problem?

By Susan Holland

I was surfing the net when I discovered this *Runner's World* website. It has some useful tips on training, jargon, store locator, shoe finder (sorting out what foot type you are when you are buying new running shoes). Hope you find it useful.

www.runnersworld.ltd.uk/shoefinder.html

Something a little bit different?

By Jon Gurney

Anyone fancy something a bit different in 2008?

I'd thoroughly recommend the *Jurassic Coastal Challenge* which I ran last year. 75 miles along the coastal footpath of the Jurassic coastline in Dorset from Lyme Regis to Poole. This year's dates are 28th-30th March, consecutive days, approx 25 miles a day (never more), or you can do 1 or 2 days if you don't fancy the whole trip. You may have seen my report on last year's event - it was truly memorable, very hard work and takes in some stunning scenery (and I was going slow enough to take it in, but forgot the camera!).



Jon at last year's Jurassic Coastal Challenge: Not for the faint of heart or soft of foot

Secondly, how about a weekend away for the *Axe Valley Runners' Midsummer Madness*? An off-road event with a difference, along tracks, trails and footpaths starting and finishing in Seaton, Devon (just over the Dorset border). Total distance c19 miles with all drink stations in pubs. Option to take the run "wet" or "dry". Wet provides you with an alcoholic refreshment at each drink stop in addition to a random drink station in the middle of woods with beer and wine on tap and a surreal "lunch" stop for a Devon cream tea provided by the WI in a small village hall. In addition the course can be completed clockwise or anti clockwise so with about half the field going each way there are plenty of

people to see along the way. A very different, very enjoyable event which is run on a Saturday (21st June). A variety of accommodation is chosen by participants but by far the most popular was camping at a site with half decent shower facilities at £3 a night per person in a tent (walking distance to the start). I had a great weekend, even though it rained the whole time last year - I confidently predict a scorcher this year! I took the family down last year although they opted for a dry B&B while I camped and got wet! Despite the weather they want to go back.

Both events are available to walkers as well as runners - speed is not the essence on either!

Or how about the *Run Round a County*? This is a 17-stage MT race run around the Norfolk county boundary over a distance of 193 miles, taking in the Norfolk coastline, as well as medieval towns and villages. Last year there were 50 teams and 850 runners took part, taking between 21-30 hours to finish. How about getting a club team together? We'd need 17 runners able to run stages of anything between 6-20 miles or we could enter as a smaller club group and join forces with other 'casual' entrants to make up a team. Dates are 20th-21st September but we need to make a commitment early as entries open on 1st February and are limited to 50 teams. Camping at the start/finish is free of charge.

If anyone wants to know more about these events please contact me on 07775 540080 or at jon.e.gurney@barclayscorporate.com.

One year in Istead & Ifield

By Jurgen Imschoot

In a momentary lapse of concentration I said I'd write a contribution for *Footnotes*, and having completed my first year with the club seemed a good excuse to waffle on a bit. (Unfortunately I'm usually silent or waffling on; the intermediate setting malfunctions pretty badly).

In a modern equivalent of "*the dog ate my homework, honest Miss!*" I had actually written up something a while ago that just needed some tidying up, but then my computer's hard disk decided to die on me and take the document along to the digital afterlife. So with some delay we get there eventually ...

I don't know about the rest of the club's members, but I've had a jolly good time the past year. I'd been running a fair bit on my own, as after reaching my 30s, relative inactivity and liking a bit of food and drink I had put on a few pounds. Running seemed like a convenient way to exercise, even when travelling quite a bit for work. Trainers don't take up much space in the bag and even low-budget hotels usually have a road outside so no excuses to sit on your backside.

I ran a couple of races for unattached harriers when in the autumn of 2006 I thought: this running lark is all good and well, but in winter it would be nice to have some partners in crime, rather than just having my better half staring at me in disbelief "*you're going out in this weather?*" and turning the heating up a notch. Bless her and her South American lack of UK winter weather resistance genes ...

I remembered enjoying getting muddy as a kid (sliding tackles on soft pitches during footie are a particularly fond memory), so I mainly wanted to run cross-country during the winter, but weekly club runs appealed as well as this low threshold for cold was starting to rub off on me and getting through the door a particularly hard part of winter training. Given that I by accident stumbled on this local little race called North Downs Run and actually discovered the area a bit while running it in 2005, and was just recovering from 6 months out with a stress fracture after some overenthusiastic beginner training mistakes trying to get into somewhat decent shape before NDR 2006, joining I&I seemed like the only sensible thing to do.

I'll never forget the first time I came to Cascades, where Allan Giles mistook me for someone from the council he wanted to talk to about the defective lighting outside

(causing one of 'his' ladies to trip) and once that confusion got cleared up I got exposed to the likes of Steve Cable. Rather naively I made the mistake of admitting having heard of Spartathlon and almost got talked into thinking those kind of ultra marathons are a good idea. Thank God he was just kidding (Editor's note - he wasn't) and I still joined, so I guess I'm not that easily scared off.

My first XC season I ran just the Fitness League and especially the first few fixtures were, to quote my running log, 'a rough experience, racing when unfit'. As the season progressed, I did find some fitness greatly helped by some gruelling Wednesday night club runs where Ian Drew on a rare appearance and Zoe Harris quite regularly made me hang on for dear life. Probably not textbook training, but it sure worked. Improving XC results translated well to the road with a 10 mile PB early in the year.



I felt I gained true acceptance within the club when Claire Gaskill and Ian ribbed me for being a 'road running wuss' after choosing to run Canterbury 10 over Benfleet 15, but maybe I am just a bit strange like that.

Jurgen in action at Canterbury, Jan-07

The combination of hard Wednesday running, other weekday gentle running and weekend long runs came together nicely with a faster than expected half marathon PB in April. I remember going into that race full of confidence after surviving the Orion 15 quite well, a truly stunning off road race in March through Epping Forest, a beautiful if somewhat challenging run (why do those two always seem to go hand in hand?) which is well worth the trek up there.

Obviously a high is quite often followed by lower moments and late spring/early summer brought some lower leg niggles, despite which I felt optimistic for NDR 2007 as I ran the course a couple of times in training. I somehow wasn't 100% on the day and learned the hard way that attacking the course in the first 10k probably isn't the wisest way to run this race and I disappointingly dropped out at Upper Bush. You live and learn, and the lesson of the day was that on the NDR, you've got plenty of time to pour all your running out on the course, no need to do it from the off.

By then we were well into summer and the men's captains Andrew and Derek had quite a campaign going for people to join in the fun and games on the track. Being the impressionable kind, I fell for their sales pitch and actually, they're right: it's all good fun as long as you're willing to have a go at things to find out whether you're surprisingly good or predictably rubbish at them and more likely somewhere in between. I sat out the first meeting of the season at Battersea with lower leg niggles, but came along for support and hanging around; there's far worse ways to spend a sunny Saturday afternoon than hanging around a track yelling encouragement/abuse.

Despite my explicit requests not to do any events likely to break my legs on my first T&F outing for the club at Deangate, a very ill-looking Andrew asked me in his bestest sympathy-inducing "*look at me being ill and miserable*" voice to fill in for him at steeple chase. I'm simply not cold-hearted enough to refuse in those circumstances and only my pride took a dent when I went for a swim mid-race, but hey, why else would they put a pool in a running track? I actually enjoyed it and went back for more punishment twice over and improved from fairly embarrassing to almost acceptable over the next meetings (unsurprisingly it is actually considerably faster when you don't stop for a swim).

The other events were all a lot of fun too, especially the last 800m of the season, where I found myself in contention at the start of the last bend. Unfortunately, I couldn't

emulate Andrew's inspiring 1500m win at the start of the summer. But it's not often that a runner of my modest standard is at the sharp end of a race; it's quite a weird and exciting sensation so for a moment like that alone it was well worth participating in T&F. It was a good laugh having a go at events like the high jump, triple jump, etc too and there's a nice sense of being part of a team.

Late summer saw me ticking off the box on an old target that escaped me earlier during spring and summer with finally a sub-40 10k on the roads. A friend of mine peered over the results only to remark "decent result, but I couldn't help noticing you were only 5th Belgian, which isn't that great for a race held in Ashford". Damn those WALOs (Wase Lopers), a running club actually from roughly the area I'm from who chose to incorporate this race in their annual club weekend-trip. Nice chaps, albeit slightly surprised when addressed in Flemish away from home soil.



So now we're full circle and we've almost finished the XC season (the feeling in my toes has nearly returned after the Nurstead ice-bath) and hopefully it will set us up for a good running year in 2008. I'd better get some training in, because come spring I might get a bit distracted/sleep deprived (I wonder if Chris has I&I sleep suits in stock) ...

It's been a good, fun-filled and varied year and I gained some friends who think muddy fields are good places to meet during winter weekends. A very successful year, I'd say.

Jurgen Imschoot - STAT PACK
DOB: 19-Apr-1974

PBs:

| | | | |
|------------|---------|--------------|--------|
| 5 miles | 32:20 | Harvel | Jun-07 |
| 10k | 39:10 | Ashford | Oct-07 |
| 10 miles | 66:02 | Dartford | Jan-08 |
| ½ marathon | 1:26:53 | Paddock Wood | Mar-07 |

Billericay 10k Race Report

By David Abery

This was the race I never planned to do. I'd achieved all I wanted last year at this distance. Club member Julie (Fisher) however had had a patchy (10k) year interrupted by career, injury and a house move. She really wanted to leave a positive mark on the calendar but available free days for racing were limited which is how we ended up travelling way up north to Billericay on 4th November.

Two weeks before the race Julie, struggling across London laden with laptop and a case full of files, fell awkwardly and painfully causing unknown damage to her knees. There was no chance of her running for a few days. As the days went by kneeling and knee bending were still very painful and various medics were not optimistic in the short to medium term.

On the day before the race I ran the Bluewater TT then 'helped' youngest daughter move house. It certainly was training of a sort. Julie was van driver but did much lifting and shifting too. All being done against the clock as we had planned a surprise family do in the early evening for Brenda's birthday. The clock won so we finished the move early race day morning.

Julie despite not having run for about three weeks was fairly determined to run the race albeit very steadily and with the option of pulling out at any sign of trouble (Brenda and Sherbert the dog on rescue standby). The race had filled which of course meant that we would be depriving two other people of a run. So we were under a sort of moral obligation to run if at all possible. Julie promised not to run very fast and to protect what she had.

Because of the early morning 'furniture bothering' we were under time pressure and set out with very little to spare. Traffic conditions were favourable though and navigating to the race was quite uneventful. Parking was easy, right at race HQ.

The race looked promising before the start as weather conditions were perfect. As time

was tight I stripped down to racing kit for the warm-up rather than stay cosily wrapped. I found it hard in fact to get warm enough or loose enough.

A fairly strong police presence was a good pointer towards calm traffic. The start of the race was well organised with clear instructions given.

My race plan was to start harder than usual with a view to either taking a chunk off my PB or blowing up and learning something new.

Off went the klaxon and off went me quite briskly. After about two hundred metres I counted twelve in front of me. I planned to count those passing me early in the race and those I would pass later in the race. I soon lost count as a whole load flew by me, I guessed I was about thirtieth. Counting was a silly idea really and not in keeping with the race plan.

Soon after the start we climbed steadily for about three-quarters of a mile. By the time I had reached the top I'd passed some and was running quite well trying to balance making good progress with not blowing up too early. The first kilometres were covered in 3:47 and 3:53 and the hill was out of the way. The uphill was followed by well over a mile of gentle downhill which I took quite steadily, checking to make sure I was making good progress. Splits of 3:39 and 3:40.

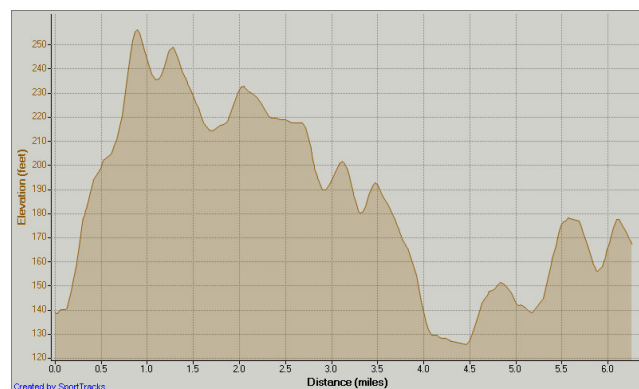
The next section was two kilometres of lovely undulations. I passed runners as they fell off the pack some twenty or thirty metres in front of me. In the second part of the section the situation had resolved into a small group (maybe two ladies and two men) in front of me, a lone male runner pulling away from them and another lone runner in front of him. The rest were out of sight. At the end of the section I had caught the small group which was beginning to spread out a bit. Somewhere along the undulating bit was a water station (I took two cups and emptied them on my head). Splits were 3:46 and 3:42.

We turned left onto the back (fairly sharply downhill) stretch, by the time the road had levelled out I think I had overtaken all of the

group though I could hear activity behind me. The rest of the race was lonely, those in front were out of reach and after a while there was silence behind me and the gap between applause directed at me and that directed at those following increased.

Despite much signage and clear verbal instructions from one of the many attentive and supportive marshals I managed to splash my way to wet (and heavy) shoes in the ford that the race pack had said was best avoided.

At 8.5k came a slope upwards back to edge of Billericay, half a kilometre and just a barely noticeable undulation to the turn onto the half kilometre of down sloping finishing (almost) straight. The crowds thickened, the noise increased but the finish line stayed hidden round a slight bend. How far was it? A slight increase in pace and an attempt to look fresh and bouncy as the finish line and the support crew (Brenda and Sherby) came into sight. One last not very successful effort to make it all look effortless and across the line for a 1m 46s PB. Splits 3:53 and 3:33, making 37:27 for the 10k.



I've added here the course profile as recorded by my Garmin on the day. At first glance it doesn't look that promising but after that first hill it's basically a downhill romp. Of course if you attack the hill too hard it may not be so pleasant but making steady progress worked fine for me.

Although I did get the big PB I was after I don't think I really went close enough to blowing up so still plenty to learn. I'm obviously very happy, even though I'm not entirely certain where it came from (or if it's staying or where it's going).

The weekly Bluewater 4k Time Trial has become a weekly tempo run for me, I think it must be a factor, that and avoiding injury. And running for fun. Slowly. And run-walking and who knows what. The fun is in the finding out.

Julie ran the sub-50 she originally planned! She ran fast but not hard. She had trained little and had lots of pain and problems with her knees so all in all did really well. I wonder what she could do given good run of training?

Well done to Billericay Striders for a great race.



I love this picture of me at the finish. It was taken by Chloe Adams aged 9, daughter of one of the race officials.

Arguments around the breakfast table

By Mark Champion

Early in December I was quietly enjoying a bowl of Crunchy Nut Cornflakes, when Lynne asked where I had finished in the Thanet 10 miler. “Tenth” I replied, to which Lynne retorted “well, I was 5th lady so I must be twice as good as you”.

As you can imagine this led onto a rather wider discussion as to the merit of Lynne’s statement. I also took time out at the I&I Xmas Party to discuss the topic with the ever logical Claire Gaskill.

Suffice to say there isn’t a definitive answer when comparing men’s and women’s race times, but it does lead onto an intriguing question. If you were a runner of the opposite sex, who at I&I would you be?

To be able to answer this question we need to be able to assess the differences between men’s and women’s performances. So, where to start? Well, why not with Lynne’s statement that she was 5th lady and I was 10th so she must be twice as good as me.

So, let’s look at the results of this year’s Thanet 10.

Total finishers 435, of which 129 were ladies, 306 were men, so:

5th lady out of 129 = 96.2%

8th man out of 306 = 97.4% (I was 8th man because 2 of the runners ahead of me were women).

So, pretty close then, but how close were we to the winners?

I was 8:07 behind the winner and 3:20 behind the 2nd placed man, whereas Lynne was 13:01 behind the ladies winner and 12:26 behind the second placed lady runner.

But that only compares us to the runners who turned up on the day, so what factors do the authorities use?

If you compare the UK Championship places at the London Marathon the qualifying standards are 2:45 for men and 3:15 for women, and when it comes to senior men and women, good-for-age qualifying times are 3:00 and 3:45 respectively. So, if you use these ratios to extrapolate my Thanet time an equivalent women’s time would have been as follows:

Championship

195 mins / 165 mins = 118%

So my 63 mins becomes 74 mins

Good-for-age

225 mins / 180 mins = 125%

So my 63 mins would become 79 mins

So, Lynne's time of 75 mins sits neatly between the two, but unfortunately it's well known that the London Marathon qualifying times are easier for women as they are trying to encourage more women to compete, so are these comparisons reliable?

The Kent Fitness League (KFL) has backwards qualifying standard, in other words if you are too good you can't compete and these limits are 34 mins for men and 38 mins for women. Using these figures, what does this tell us?

KFL 38 mins / 34 mins = 112%
So my 63 mins would become 70 mins

But where did this standard come from?

So, it seems to me that the only logical way to view these figures is to work off the world records. To get a representative split, let's look at 4 different distances and work out the % from that. I've ignored the sprints as I don't think any of us could consider ourselves sprinters, Jon Gurney and Dawn MacDonald aside.

| | Men | Women | % |
|----------------|---------|---------|---------------|
| 1500m | 3.26 | 3:50 | 111.6% |
| 10k Road | 27.02 | 30:21 | 110.9% |
| Half Marathon | 58.33 | 65:25 | 111.7% |
| Marathon | 2:04:26 | 2:15:25 | 105.9% |
| Average | | | 110.0% |

As you can see, the first three are all very much in line, but Paula's Marathon record of 2:15:25 at London (Apr-03) really bucks the trend, and overall the average comes out at a very convenient 110%.

I can't think of a better way to get to a comparison. Also I'm pleased that the result makes the maths easy.

So let's compare the times at Thanet using this method. Actual times recorded appear in **bold**.

| | Men | Women |
|------------------|-------------|-------------|
| Mark Champion | 1:03 | 1:09 |
| Derek George | 1:04 | 1:10 |
| Simon Parrin | 1:05 | 1:12 |
| Peter Gibson | 1:06 | 1:13 |
| Lynne Champion | 1:08 | 1:15 |
| Alan Cowan | 1:10 | 1:17 |
| Steve Cason | 1:11 | 1:18 |
| Stephen Hollands | 1:15 | 1:22 |

| | | |
|---------------|-------------|-------------|
| Sue Beecham | 1:16 | 1:23 |
| Susan Holland | 1:17 | 1:24 |
| Ian Creasy | 1:20 | 1:28 |
| Barry Bell | 1:21 | 1:29 |
| Debbie Tyler | 1:31 | 1:40 |
| Mary Penfold | 1:31 | 1:40 |
| Jan Giles | 1:36 | 1:46 |

So, on this day although Lynne didn't make it into the top 4 some of the other results are quite interesting. For one, I'm sure Steve Cason is pleased he's still ahead of the Flying Blade, and I bet Susan Holland will be pleased to be ahead of both Ian Creasy and Barry Bell.

Another race that had a large number of I&I runners was the Benidorm half, so let's have a look at those results:

| | Men | Women |
|----------------|-------------|-------------|
| Derek George | 1:24 | 1:32 |
| Andrew Archer | 1:25 | 1:34 |
| Steve Cable | 1:26 | 1:35 |
| Mark Champion | 1:27 | 1:36 |
| Lynne Champion | 1:29 | 1:38 |
| Sally Whitelaw | 1:33 | 1:42 |
| Mike Smith | 1:34 | 1:43 |
| Steve Cason | 1:36 | 1:45 |
| Sue Beecham | 1:37 | 1:47 |
| Nick Claydon | 1:41 | 1:51 |
| Ian Creasy | 1:45 | 1:56 |
| John Gillis | 1:50 | 2:01 |
| Richard Dawson | 2:00 | 2:12 |
| Claire Reed | 2:11 | 2:24 |

Apologies if I missed anyone.

On this basis, I did beat Lynne but only just. However, she can console herself with the fact that if she'd have been a man, she would've dipped under 1:30, and both her and Sally are ahead of Mike Smith. Some of the other results also make interesting reading.

So what does it all mean? In truth, not a lot. I don't suppose it will stop the endless discussion, but I do think it's always worth noting that the quality of our women's results do tend to get overlooked, added to the fact that they are rapidly improving so us lads had best get out and train.

One final thought: Bob, how about doing a combined Grand Prix next year?