

# E-BULLETIN

## 6 MAY 2020



# GOING THE EXTRA MILE



## Chairman Chat

### Phil Reay

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*Phil joined the club in 2010 and from 2016-18 was the Men's Team captain. Outside of running he works in Marketing, Sales and Business development roles. Phil enjoys long distance running and has completed over 59 marathons, including the ultramarathon Marathon des Sables in 2016.*

[chairman@readingroadrunners.org](mailto:chairman@readingroadrunners.org)

We have adjusted well together as a team of 587 to the situation enforced on us. We will continue to adapt, learn and adjust further. There will be more challenging moments ahead but we will continue to stay united and strong.

The virtual events have been a revelation for keeping us connected. I'll shortly head out to record my timed mile. Thank you to Men's Captain **Jamie Smith** for organising this and to our club 1,500m record holder **Jack Gregory** for his words of advice and encouragement to all. My thoughts are with several members who are unfortunately unable to exercise outside – with this in mind, Women's Team Captain **Sam Whalley** has organised a team relay to include legs (static bike, circuits) which can be done at home – thank you Sam for the superb all inclusive initiative. Please contact Jamie or Sam at [teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org) if you've any questions or ideas for future activities.

It's a weekend which under normal circumstances we would have been hosting our flagship Spring event, The Shinfield Races. A huge thank you to Event Director **Colin Cottell** and the race committee for all their work in the build up to the event and for taking the decision early to cancel. Those vendors who support the race have been incredibly supportive and accommodating which is testament to the relationship built up over many years by our fantastic volunteers.

This weekend it would also have been the Reading Beer Festival, which is popular with many of our members. The event has obviously been cancelled but focusing on what they can do, **Kerri French** and **Dean Allaway** will be hosting a Reading Roadrunners Virtual Beer festival to include beer bingo, craft beer reviews and a quiz. Our event takes place on Saturday, please email [socialsec@readingroadrunners.org](mailto:socialsec@readingroadrunners.org) for details and **Liz** will help you join in the fun.

We're fortunate to have a regular drumbeat of activity, which also includes virtual strength and conditioning sessions from our coaches **Katie Gumbrell** and **Peter Higgs**, newsletter articles from **Alexa Duckworth-Briggs**, recipes from **Mark Apsey** and the weekly ebulletin from **Ben Fasham**. It's wonderfully consistent and reliable, which in uncertain times acts as a source of reassurance and stability. Thank you to all our volunteers.

Virtual events and socials aren't the only way we're adapting. This week we held the club's first ever virtual Committee Meeting. I'm delighted that all members of the outgoing 2019/20 committee were re-elected at the AGM and will volunteer on the 2020/21 committee. I'm a firm believer that this continuity is good for the club, we work well as a team, all have a passion to serve our members and have a genuine desire to give back to the community. Thank you for entrusting us in our roles. Here is an image from the Reading Roadrunners Committee Meeting:



Clockwise from top left our committee is:

Jill Dibben (Treasurer), Phil Reay (Chairman), Liz Johnson (Social Secretary), Alice Carpenter (Ex-Officio), Paul Monaghan (Webmaster), Claire Seymour (Ex-Officio), Vroni Royle (Coaching Liaison Officer), Bob Thomas (General Secretary), Anne Goodall (Membership Secretary)

It's a pleasure to be a part of the committee and part of Team Reading Roadrunners.

Stay safe and I look forward to seeing many of you at our Virtual Events as we remain connected.

Phil

[chairman@readingroadrunners.org](mailto:chairman@readingroadrunners.org)

## Editor's Note

Ben Fasham

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Dear all,

I hope everyone's well and not getting too excited about Sunday's potential announcements regarding the easing of the lockdown – I'm sure we'll all still be pounding the pavements by ourselves for a few more weeks yet. Sitting in your sweaty running gear in the Portakabin at Palmer Park for a refreshing Hopping Hare might have to wait a while yet.

However I can see that plenty of people have been keeping themselves motivated during these strange times by taking part in the various Virtual Racing challenges that our captains Jamie and Sam have been cooking up for us – it's been so nice to have something else to focus on beyond a daily 5-mile plod, work, and family stuff. I'll be having a crack at my Roger Bannister mile tomorrow (Thursday), and hopefully plenty of others will be as well – as we've got Jack Gregory's tips for running the distance in this week's E-bulletin. Apologies to those of you who might have missed these pearls of wisdom before doing your effort – but I'm sure they'll help somewhere down the line. Jack obviously was listening to himself as he notched a pretty impressive 4.30 this morning...

Elsewhere we welcome our new Mental Health Champion **Nicki Farrell** to these pages, with some timely tips on dealing with the current situation. Nicki is also featured elsewhere in this edition – let me know if you can spot her.

Meanwhile we have a message from our Charity of the Year, [Parenting Special Children](#), and an update from **Rachel Helsby** on the club's fundraising efforts so far. Well done to every for such an effort up to now.

Coach Alexa has two sets of exercises for us, and Mark Apsey brings us a simple and delicious-looking classic, based on leftover bread. Those of you not on the Facebook group might not have submitted any pictures of your efforts so far, but if you've taken photos then do please send them to the address below. **Kathy Tytler** provides us with an ode to Corona, and **Tom Harrison** casts an eye ahead to happier times and overseas Marathons with a few linguistic tips for getting around.

As ever, all contributions are welcome, and encouraged, and they can be cast in anyway you see fit. A vague association with running and health would probably be best but with Reading Beer Festival being celebrated Virtually this week, there's room for other stuff too.

All the best,

Ben

*newsletter@readingroadrunners.org*



## Charity update

Rachel Helsby

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### Smashing our target

I am delighted to report that so far we have raised almost £3,000 for **Parenting Special Children**, our charity of the year. Much of this has been match funded (meaning donations are doubled) and all of the money will go to support children with special needs and their families who are struggling with sleep.

I met with the charity this week and they are busy putting together a new bid for a project which will be match funded. We also discussed some ideas about fundraising which I hope to share with you soon. I will share all of this as soon as I can. PSC's new Business Development Manager Tess has sent me the following note to acknowledge the funds raised so far.



In the meantime, members can continue to donate via our new local giving web page: <https://localgiving.org/fundraising/readingroadrunners/>. In due course this link should enable club members to donate regularly - a few members have been contacting me saying that they wanted to give their subs on a monthly basis. So this will be one way to do it!

Thank you again from PSC and from me. Stay safe!

Rachel - Charity Co-ordinator of the Year.

*Hi, my name is Tess Eagles and I have recently started working part-time for Parenting Special Children as their Business Development Manager. If you recognize my name, I used to work for Me2 Club, a charity Reading Roadrunners supported 5 years ago, I remember those Saturday early morning starts for the car boots well!*

*Thank you to everyone who has generously donated to Parenting Special Children sleep services, every penny will make a difference in helping local families. Listening to our parents we know that sleep is a major issue during COVID-19, and the service is crucial to supporting parents and their children. I will be liaising with Rachel, to help promote your challenges/social events.*

*Thank you Reading Roadrunners - you are Amazing.*



## Women's Captain's Report



*Sam joined the club in 2015 just after her first marathon. She has 3 teenagers, 2 dogs and one husband; she works part-time as a secondary school teacher. She is a huge fan of XC running, doesn't mind swimming and is a fair-weather cyclist. When not running, she will quite often be baking.*

[teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org)

We have had some more lovely weather for running, so I hope you have been managing to get out there and enjoy it.

**Kathy Tytler** has been keeping herself motivated by NOT running. Over the past few weeks, Kathy has NOT run the Ridgeway Challenge, the London Marathon, and the Reading Half Marathon. Instead, Kathy has spelled out the names of these races by visiting local roads beginning with each letter (see below), and raised money for charity in the process. Well done, Kathy!

If you're struggling to get motivated, why not just pootle along to your nearest woods and admire the bluebells? They can't fail to lift spirits. I haven't yet managed to spot a woodpecker, but I have heard many.

If you're feeling lonely, join us for one of the many Zooms we are hosting. Refer to your emails or the Facebook page for more information.

And if you're looking for a lockdown life hack, I hear that tonic water is just as effective in Pimm's as lemonade. Thanks to **Joanne Kent** for that tip.

Stay safe.



## Men's Captain's Report

Jamie Smith



*Jamie has been a club member since 2015, but has been involved in the running community in Reading for over 15 years; he most proudly started Reading parkrun 10 years ago. Jamie became men's team captain in October of 2019.*

*His current goals are to run a sub 75 half marathon, and a sub 2.50 marathon.*

*[teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org)*

Another week of lockdown has passed by, with a few chinks of light being dangled by the media – fingers crossed! I have tried to maintain a normal routine throughout the lockdown but must admit it has become somewhat repetitive. So, I have been looking for new routes this week and challenging myself to increase the pace on my steady runs.

It is always a good thing to reflect on where you have come, what you can improve and know where you want to go. My goals have not changed that I set myself at the beginning of the year, it is just a shift in time when they can be achieved I am still aiming towards them with the training that I am doing right now.

This week see's the club take on the magical one-mile distance (or 1,760 yards/1,609 meters), an historically important distance for every single runner.

When Sir Roger Bannister was looking to break the 4-minute barrier, that was his goal and he was constantly told that it was impossible for the human body to achieve this. In fact, runners globally had been chasing the sub 4 barrier seriously since 1886 – Bannister was not to break it until May 6<sup>th</sup>, 1954.

Bannister was a solo runner— a full-time student who had little use for coaches and devised his own system for preparing to race. The British press constantly ran stories criticizing his solo approach. The governing bodies and experts told him to follow a more conventional regimen of training and coaching.

When the barrier fell, the circumstances defied the confident predictions of the best minds in the sport. The experts believed they knew the best conditions under which the barrier would fall. It would have to be in perfect weather and no wind. On a track and in front of a huge crowd cheering the runner on to his best-ever performance.

But Bannister did it on a cold day, on a wet track, at a small meet in Oxford, before a crowd of just a few thousand people. What took many decades to be broken was then also again broken just 46 days later by Australian John Landy – who said seeing Bannister break down the barrier and prove it could be done, gave him the confidence he also could achieve the feat.

Then, just a year later, three runners broke the four-minute barrier in a single race. Over the last half century, more than a thousand runners have conquered a barrier that had once been considered hopelessly out of reach.

So, how is that so many runners quickly smashed the four-minute barrier after Bannister became the first to do it? Was there a sudden growth spurt in human evolution? Was there a genetic engineering experiment that created a new race of super runners? Was there an evolution in equipment technology? No.

What changed was the mental approach. The runners of the past had been held back by a mindset that said they could not surpass the four-minute mile. When that limit was broken, the others saw that they could do something they had previously thought impossible.

What does this mean for us as club members looking at a mile, a parkrun, a marathon, completing couch-2-5k?

It shows us not to be limited in our own performance, chase the goals that we decide on and do not be put off by either injury or failure along the way and certainly to not be put off by anyone who challenges your dreams.

There is a wonderfully written book by John Bryant - 3:59.4: The Quest to Break the 4 Minute Mile, that I would thoroughly recommend for any enthusiast of our sport.

Facts of the mile:

Current world records – Male = Hicham El Guerrouj 3:43:13 Female = Sifan Hassan 4:12:33

At the end of 2018, the 4-minute barrier had only been beaten by 1,497 humans compared with the 4,638 who have climbed Mount Everest

With that in mind I asked current multiple club record holder Jack Gregory to share some of his thoughts on running the mile distance and how his current his training has been affected by the lockdown.

### Staying in shape and running fast in lockdown!

Jack Gregory is the current club track record holder over 1,500m and 5,000m. He has raced for both Reading Roadrunners & A.C since he was a teenager and has competed numerous times for Berkshire.

Whilst away from running he also turns his hand quite well to golf (he has a pretty decent handicap), cricket and sometimes football. I asked him how he has managed to keep up his training so that he can run a superbly quick time of 15:34 & 15:46 for the recent virtual 5km TVXC and National relays:

“The main reason I run is to compete against myself and others. I am a very competitive person and therefore not having any races indefinitely is proving tough. However, through the virtual events put on by our captains, this is helping me to stay on it with training. These little aims give me a chance to push myself somewhere near how I would in races, especially when competing for the club in the National 12 stage and TVXC 5k.

Training at the moment is about consistency for me. The intensity of running and in particular in sessions, is slightly less than it would be normally. There is no point nailing yourself with no racing coming up and also putting your immune system at a slightly higher risk.

My view now is to give myself the best aerobic base possible so when we get the greenlight to race, the blocks and sharpness can be added, and results can hopefully come quickly!

I have set a goal of running between 50-60 miles per week which is roughly where I would be normally but lots of these miles are chilled running. I am normally mixing this up with a fartlek where the Wednesday track session would be, a tempo on a Saturday and then a longer run on a Sunday. This has not been quite as far as normal. I have been far less worried with pace which has been nice and just run to how my body feels. I am lucky where I live to have miles of country lanes with few people around and obviously the weather has been pretty decent!

Overall tips would be; have a rough plan that is adaptable but you can hold yourself accountable to, keep a session per week included, just to give that increased intensity and try and have fun with the virtual events or little challenges - I may try a downhill mile (idea for captains? ;) ) next week after this week's Bannister Club Mile.

Listen to your body, keep your distance, and enjoy your running!”

Current Lockdown “normal week” training:

Monday: Easy 5-6 miles

Tuesday: Easy (maybe some progression) 6-7 miles

Wednesday: Fartlek/Interval session: WU, 1k on/off 3:20/4:05, CD OR WU, 6\*2 mins, 4\*75s, 2\*45, CD



Thursday: Easy 6-8 miles

Friday: Easy 5-6 miles

Saturday: Tempo session: WU, 45 mins tempo (5:40 per mile), CD OR WU, 2\*10 mins, 1\*5 mins, CD

Sunday: Long run: 12-14 miles - pace fully dependent on feel.

Strava Profile: <https://www.strava.com/athletes/14999017>

## How to Run a Mile

Jack Gregory



Running a fast mile is different to what most of us Roadrunners are used to. Mile reps may be done in training, but these are very rarely (if ever) run at maximum effort. The shortest most of us ever race/run hard is 5k at parkrun. The shortest road race seems to start at 5 miles. Therefore, running a mile at maximum effort is something that will feel quite different.

Feel: A flat out mile should feel hard from early on. You are only running for between 4-13 or so minutes. The mile is an aerobic and anaerobic\* distance. Breathing will therefore be hard but try and control this. If you want to gauge on an effort level, I will split the mile into four (400m).

The first 400 should be at roughly 85% of maximum. The second should feel between 85-90%. The third at 90-95% and the final 400 at 100% effort. This should allow an even pace across the distance. Basically, working harder to maintain the

same pace. It should feel like almost sprinting the whole way! You will feel the lactic acid hit in the last 600m and it will be different to the last few miles of a marathon!

Pacing: Personally, I do not look at the watch much in this short of an event. However, as it is a bit different from the norm, try and work out a pace and keep an eye every so often. To work out a target pace, a good rough estimation is to take off around 20 - 60 seconds to mile. For example, if you ran 22 minutes for 5k, this is 7:05 per mile. Therefore, you should be targeting approximately 6:20 for your mile. The gap is dependent on ability as the quicker you are, the harder it is to take off as much time!

Mental: The mile is short, and there really is not too much time to think about anything in particular. When racing on the track, I have a tactic of telling myself - "next time I am here (on the track), I will only have 300m to go" for example. It sort of tricks me and makes the 700m I have left seem a bit shorter! Secondly, as mentioned it is a very short event, so the other simple tactic is to keep telling yourself it will all be over very quickly!"

\*The difference comes down to oxygen. With aerobic exercise oxygen is carried through your breath to the muscles giving them the energy needed to sustain the effort. Oxygen is not present with anaerobic exercise.

## Mental Well-being

### Nicki Farrell – Mental Health Champion

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I thought I would provide an insight into the scientifically proven benefits of cultivating an “attitude of gratitude” – an effortless routine of acknowledgment that can transform physical and mental well-being.

Practising daily gratitude effectively increases happiness and reduces depression and/or low mood – you may question this given the current situation but I feel this quote summarises the “why” quite well:

**“There is light somewhere, it may not be much light but it beats the darkness” Charles Bukowski**

When we look for things to be thankful for (however small), we begin to focus more on the positives in our lives and change our brain chemistry. Recognising all that we have to be thankful for, even in the worst of times.

#### Top 5 tips to cultivate a daily attitude of gratitude

1. **Write a gratitude list** – each morning write a short list of 3 things you are grateful for. If you have children, include them in the routine as a positive start to the day!
2. **Keep a gratitude journal** – reflect and write 3 things you are grateful for at the end of each day. Spending a few minutes noting down grateful sentiments before bed will help you sleep better and for longer
3. **Look back and acknowledge** – in your gratitude journal, make a note, perhaps weekly of things you have accomplished and feel proud of. For example, baking your first loaf of bread or making one of Mark’s recipes!
4. **Give thanks to others** – at the end of the day, make a note of people who have inspired, helped or supported you and remember to thank them. You have the power to lift someone by two little words – “thank you”
5. **Gratitude Board** – create a collage of all the things you are grateful for, no matter how small they are. A visual reminder of all you are proud of – heathy children, a heathy body, love & security.

**“Enjoy the small things, for one day you may look back and realise they were big things” Robert Braulte**

Credit: Mind.Body.Miracle – Jaclyn Dunne

**Further support:**

Family & friends can play key roles and can help by listening, encouraging and providing practical and emotional support. Alternatively, below are general mental health organisations:

Samaritans: 116 123

(24/7 freephone)

[www.samaritans.org](http://www.samaritans.org)

Provide emotional support for people 24 hours a day, 365 days a year. They allow people to talk about feelings of distress and despair. Confidential and non-judgemental support.

Mind: 0300 123 3393

[www.mind.org.uk](http://www.mind.org.uk)

Mind provide a wide range of services relating to mental health, including information, support as well as research and campaigning work.

## Glute Stability Training

### Alexa Duckworth-Briggs

Have you ever noticed your feet flicking out as you run? Or perhaps your shoes graze past the inside of your calves or you get knee pain when running? Strengthening and stabilising your glutes muscles will help you, and any runner looking to improve their strength for running!

For all these exercises start with 8-10 reps and build to 12-15 reps, rest for 30 seconds and repeat twice more. So you do three sets of each exercise. For those where you hold the movement start at 30 seconds and build from there. Focus on good form, if you are unable to keep to the form cues then stop. Do the exercises slowly and with control, this is more effective than a fast approach and will mean you are more likely to be doing them right!

If you can it's useful to have a mirror nearby so you can check your form for the exercises.

### Sideways Band Walk

- Stand with your feet hips width apart and (if you have one) a resistance band around your legs just above the knees
- Keeping a slight bend in both knees step one foot out to the side and then back in, slowly and with control
- Do the same with the other side
- Keep the knees slightly bent throughout and it's important that the knees keep pointing forwards, not rotating inwards or outwards. Doing the exercises in front of a mirror helps with this



If you don't have a resistance band;

- Stand side on to a sofa or radiator, bend the knee nearest the surface to lift the foot off the ground. Bend the knee of the other leg slightly
- Press the side of the knee into the sofa/radiator firmly, and hold for up to 30 seconds. The leg you are standing on will be working hard to stop you from moving



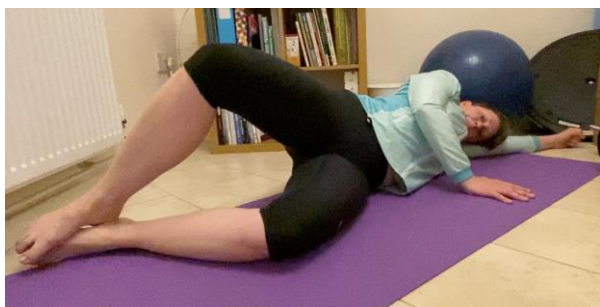
### Toe Taps

- Standing on one leg with a slight bend in that knee
- Slowly tap your other foot out behind you and back (your torso will lean slightly forwards here)
- Then tap your foot out and back at a 45 degree angle
- Then tap your foot out to the side
- Keep the muscles in the bum switched on a squeeze them with each movement
- It's really good if you have a resistance band around your knees that you can use for this exercise but you can do it without



### Clams

- Lying on your side, if you can use the edge of a mat, rug or a wall as a straight line to line up against.
- To start you want your spine and pelvis along that straight line and your knees bent so the soles of your feet are also on the same line
- Lift and lower the knee, keeping the feet together and without moving to tilting the pelvis
- Then move the knees upwards so your hips and knees are at 90 degrees, again lift and lower the top knee without moving the pelvis
- If this is too easy add a resistance band around the legs just above the knees



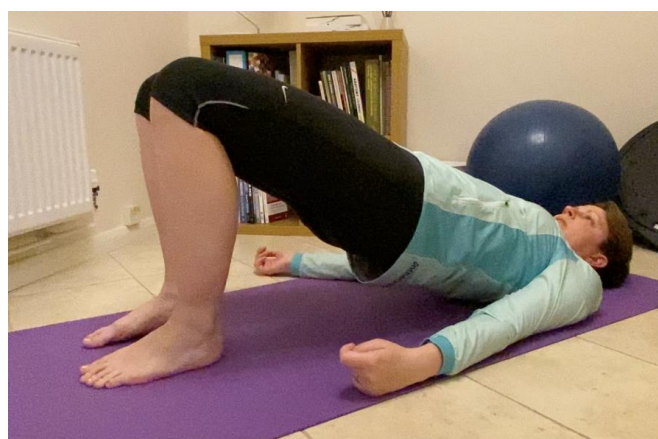
### Side Leg Lifts

- Still lying on your side along that straight line, bend the bottom leg for balance and put your top leg on the floor
- It's even more important to keep the pelvis completely still here and not hitch it up
- Lift and lower your top leg as high as you can without the pelvis/back moving. Only the leg should be moving from the hip socket



### Bridge

- Lie on your back with your feet flat on the ground near your hips and knees bent. Shoulders and arms are relaxed on the floor
- Switch on the glute muscles by squeezing the bum and lift your hips so that your knees, hips and shoulders are in a straight line. Slowly lower back down
- Keep the knees and feet hip width apart, and the knees shouldn't move side to side
- The pelvis should keep level, not dipping to one side or wobbling side to side
- To make this more difficult you can add weight on top of your hips; hold on to it though as it may slide towards your face when you lift your hips!
- If you have a resistance band you can pop that around your knees
- Or, once you've mastered these, you can start to move one foot further away so the leg that remains close does more work and gradually build up to doing them on one leg. The key here is to keep that pelvis perfectly level!



## Poems in the Time of Corona

Kathy Tytler

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### Love in the time of Corona (following official advice)

It's a testing time for affairs of the heart,  
For those with new lovers, or living apart.  
Do you meet outside, obeying the 2 metre rule?  
And go for a walk, keeping your cool,  
Or do you take the plunge into a shared household,  
Moving in with your lover, will you be that bold?

Or stupid?  
Just because Cupid's arrow has hit.  
It doesn't mean that mischief maker gives a shit  
About differing views of hygiene or sharing the chores.  
Or whether you will find each other to be crashing bores?  
Will you get on each others' nerves and row  
Wishing you'd kept to separate households now?

But the need for intimacy may be strong,  
And although it may not be morally wrong,  
In the current climate it's not allowed,  
Not even holding hands in the street, showing off proud.  
Will you have a secret meeting behind the bikeshed,  
                    or round by the Co-op bins,  
For a kiss and a cuddle – and maybe other things!  
                    Until the 'social distancing' police arrive and discover your sin.

Will it be worth the £60 fine  
Or should you save yourself for another time?

## Those Continentals

Tom Harrison

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In a while you folk locked up in your lock down may walk free again and revert to your marathon running around Europe. As you run past the locals may I suggest a suitable greeting so that they know that you are at one with them.

Swiss Alpine Marathon? I found that the route involved a couple of railway track crossings, never mind a pb, it is not wise to cross the track if the red lights are flashing. Schwyzertueesch, say it: Svitzerdoosh, (always they are getting their fees and their foubleyues up-mixed), is a strange sounding tongue, try "Gruezi" (Hello), or if there are two of them "Gruezi mitenand", (Hello and another one). Switzerdoosh is a sort of German dialect, but be sure not to tell them that. The route runs through the Engadine where a few speak Romansch, a Latin based language. Try "Bun di", (say it boon dee), Good luck with that one.

Tirolean Marathon? They will be running in lederhosen inherited from their grandfather, the things are completely indestructible. "Gruss got" (God's greetings). Waiters should be addressed as "Herr Ober" (Mr Head Waiter) and waitresses as "Frauelein", (don't forget the umlaut alters the pronunciation so say it: "Froyline". If the waiter appears to own the place try "Gnaedige herr" (Master) or for a lady Gnaedige frau (Highborn lady).

Wiener Marathon? (Vienna). For a man "Hab die honor" (I have the honour) or for a woman ""Kuss ihr hand madam" (Take the lady's hand, bow forwards whilst standing to attention and kiss the back of her hand). In Vienna that will not be over the top. But do remember that the Viennese have never quite got over the collapse of the Habsburg Empire and the loss of all those Strauesse, so all this formality must be carried out in three/four time.

Berlin Marathon? This is Prussian territory, so click your heels together and make a slight bow. The heel clicking should be practised beforehand as if you get it wrong you can do yourself some serious damage.

Stockholm Marathon? As any Dane will tell you, wait to be introduced before speaking to a Swede.

Hamburg Marathon? Here they speak Plattdeutsch, (flat German) and manage to make their home town sound like Harmboyish. Try "Hummel Hummel". Should they reply "Mors, Mors" (say it Muss Muss), an abbreviation of "Klei me an mors", you need to check the expression on their face. It could be a light-hearted reply, but my bowdlerized translation would be "Up yours".

Brittany Marathon? Bretons can easily be recognised by their floppy berets and the string of onions draped around their neck. They speak a Celtic language, but it sounds French, try Salut. If she is pretty you could try "Petra eo da Anv?" (What's your name?)

Kosice Marathon? (Say it: Kosh-e-tay) Natalia suggests "Servus" which comes from Latin via German, but having thrown off the Russian yoke and followed that by chucking out their brother Czechs, Slovaks are certainly not going to admit to it dating from their days as part of the Austro-Hungarian empire. Kosice claims to be Europe's oldest marathon, first run in 1924, but I hae me doots.

Groningen Marathon? "Goedermorgen" This is a really tricky one, because the Dutch have managed to turn a simple G into a sound like Kh. So saying Good morning and Groningen in the same sentence risks damaging your epiglottis. For a girl that you know, a kiss on the cheek three times is suitable, just be



certain to start port to port and try to avoid wearing glasses as they are sure to catch in the girls' pigtails. Think about this marathon carefully before you sign up as it is combined with the ancient Frieslander sport of Stockspringen. This is pole vaulting over the canals, but the pole is not quite long enough.

Have a good run and if all else fails, just keep smiling.

Tom Harrison



## Strength Training for Runners

### Alexa Duckworth-Briggs

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For all these exercises start with 8-10 reps and build to 12-15 reps, rest for 30 seconds and repeat twice more. So you do three sets of each exercise. For those where you hold the movement start at 30 seconds and build from there.

Focus on good form, if you are unable to keep to the form cues then stop. Do the exercises slowly and with control, this is more effective than a fast approach and will mean you are more likely to be doing them right!

If you can it's useful to have a mirror nearby so you can check your form for the exercises.

#### Calf Raises

- Rest a hand on a wall or stable surface for stability, lift one leg off the floor.
- With the other leg lift your heel off the floor and full extend your ankle to straight; going up on your toes.
- Slowly lower back down and repeat.



#### Lunges

- Take a long step forwards, making sure your feet remain hip width apart (not stepping closer to your centre line so you are wobbling on a tightrope!).
- Drop your body downwards by bending both knees until you reach a 90 degree bend in both knees. The back knee should just be hovering off the floor.
- Check you've stepped long enough; your front knee shouldn't have moved forwards of your toes
- Push off with the front foot to step back to your start position and step forwards with the other side
- To progress this you can put your arms forwards and rotate away from the front leg at the bottom of each lunge; if your right leg is forwards rotate left. Make sure the front knee stays facing forwards
- You could also use a backpack full of books, water bottles, cans etc to add weight once you've mastered the technique
- The keys are to keep feet hip width apart and to keep the front knee pointing forwards - no wobbling in and out!



### Squats

- Start with feet slightly wider than hip width apart
- Begin the movement by driving your bum backwards and downwards, ideally until it reaches level with your knees. Imagine you are trying to hover over a dirty loo you don't want to sit on!
- Slowly lift back up again
- The knees should track in line with your toes and should not drive forwards of your toes as you drop down.
- For each set take the feet slightly wider, keeping the toes pointing slightly outwards
- If you struggle to drop the hips to knee height try putting two books (the same width) under your heels
- You could also use a backpack full of books, water bottles, cans etc to add weight once you've mastered the technique



### Plank

- Lie on the floor on your front. Position your elbows under your shoulders with your forearms on the floor and hands together
- You then lift your hips and move into a plank, the easier option is with the knees still on the floor. The more challenging option is rising up to be on your toes
- With either option you want the muscles in the bum and tummy to be engaged (imagine pulling your tummy button back towards your spine) and hold the position steady for up to 30 seconds to start with
- If this hurts in your lower back then stop. Aching shoulders, bum and tummy are fine!
- Imagine your head and feet driving in opposite directions and make sure your bum is in a straight line with your shoulders, not lifting or dipping. A mirror is handy to check side on.
- Rest for 30 seconds and repeat twice more
- When you've mastered that you could try side plank (below)!



### Side Leg Lifts

- Start lying on your side with your torso and top leg in a straight line. You can lie against a wall if it helps to keep you straight.
- Bend the bottom leg and place the top hand on the floor for balance
- Lift and lower the top leg, slowly and with control.
- Make sure only the leg is moving, not the pelvis or anything else. Also make sure the leg is moving straight up and down, not forwards or backwards



### Bridge

- Lie on your back with your feet flat on the ground near your hips and knees bent. Shoulders and arms are relaxed on the floor
- Switch on the glute muscles by squeezing the bum and lift your hips so that your knees, hips and shoulders are in a straight line. Slowly lower back down
- Keep the knees and feet hip width apart, and the knees shouldn't move side to side
- The pelvis should keep level, not dipping to one side or wobbling side to side
- To make this more difficult you can add weight on top of your hips; hold on to it though as it may slide towards your face when you lift your hips!
- If you have a resistance band you can pop that around your knees
- Or, once you've mastered these, you can start to move one foot further away so the leg that remains close does more work and gradually build up to doing them on one leg. The key here is to keep that pelvis perfectly level!





## Apsey's Recipes

Mark Apsey



*Mark is a self-employed chef specialising in high-end dinner parties, and a former Head Chef at L'Ortolan Restaurant in Shinfield – so not only is he one of Berkshire's top runners, but also one of its best culinarians. In a semi-regular series for the E-bulletin, Mark brings us a delicious, healthy recipe. Do let us know if you've tried any of them, and enjoyed them!*

### The Recipe:

250g Bread, brioche, etc.

250g Milk

50g Soft brown sugar, or another sugar if you don't have this in your cupboard (if using brioche, put 10g less in)

1 Whole egg

75g Peanut Butter - smooth is best, but it's not the end of the world.

Handful of chocolate buttons - I've used dark but anything goes

Handful of peanuts

- Tear the bread into rough chunks
- Mix the egg, peanut butter and sugar together.
- Heat the milk until hot, but not boiling, and pour onto the peanut mix and stir in until dissolved.
- Pour over the bread and scatter the chocolate and peanuts over the top.
- Toss together lightly and bake on 160c for around 15 minutes, or until the liquid no longer runs.
- Allow to cool, then store in the fridge.

Another week, another Mile, all in the name of Sir Roger. Still no knowing of what the imminent future holds with food and dining out. It still looks a while before pubs and restaurants will be allowed to reopen, but once lockdown has been released, all current rumours point to me being able to return to cooking in my amazing customers homes and bringing the party to them once more.

This week, is one for the bakers again. On the face of it, it's a treat, but there's also a deeper value here. Again, it's directed at those running and training, building a calorie deficit. Packed with protein and carbs.

This is my take on a British classic. My Bread and Peanut Butter Pudding!

This is about as simple as I'll make any recipe, and is great for using up ingredients in your cupboards, even those leftover ends of bread. Personally, I choose to use brioche for mine, it's richer, higher calorie and all in all, I'm worth it!



This is great for eating an hour before a run, whilst out on a bike ride or as a post run pick me up.

Enjoy x

