

E-BULLETIN

27 MAY 2020



FUN IN THE SUN



AT THE VIRTUAL BINGO RUN

Chairman Chat

Phil Reay



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

I hope you and your families are safe and well as we continue to navigate our way through this tumultuous period. I wanted to share that as a club committee, along with input from several elected club volunteers, in accordance with England Athletics and Government guidelines we're reviewing what a phased return to track and sessions may look like. We don't know when this will be, but we can plan and be ready for when the day arrives which is what we're doing.

Until the day arrives when we can once again be together physically, there are more fun virtual events to participate in including the Strava Art run. What will the final phrase be, I wonder? Thanks to **Ian Giggs** for organising. Our Summer Relays event would have been celebrating its 30th year....and it still is, just virtually. Thank you **Kerri French** for adapting the event, updating the rules and managing this initiative. I've received messages from not only other clubs in the Thames Valley but also from across the country about all the virtual activities Reading Roadrunners are doing to stay connected. It's incredible and once again thanks to all the volunteers and to you, our members, for embracing the events and taking part.

In years to come we'll look back on this period in the club's history with a sense of pride regarding how we've navigated our way through it. Together. One team. Stay connected and keep following the guidelines all the way to the 'finish line'.

Phil

chairman@readingroadrunners.org

Summer Relays – with a twist!

Kerri French

Keep your eyes peeled for a Virtual Summer Relays event, taking place June 4th. The Facebook page is <https://facebook.com/events/s/summer-relays-with-a-twist/266934764507092/?ti=icl> and more details will appear here next week.

Between now and then – find a route of 2.5 miles, and figure out if you want to do this in a team of 1, 2, or 3!

Editor's Note

Ben Fasham

Dear all,

Apologies for the delay in getting this to you, the Bank Holiday knocked my routine sideways. Heaven knows how late this would've been if I'd taken part in the Virtual Bingo as well; that all looked very confusing, and tiring for some poor souls. **Sam Whalley** rounds up Monday's fun later on.

A couple of requests for newsletter readers. Firstly: **Coach Alexa** would like your feedback on her Strength/Balance columns. She's poised to write a whole load more and would like to know what YOU would like to hear about from her – more of something, less of something, specifics, etc etc. So do drop Alexa a line on coachalexa@readingroadrunners.org.

Secondly – I'm looking for **VOLUNTEERS** for a new Interviews section. Initially I'd like to pair people up at random, so there's very much a "Getting to know you" approach to it. Both participants will play interview and interviewee, so both should be prepared to ask 6-8 questions, and in return answer the questions put to them to a full enough extent that we can get about 400 words per person. You can ask anything you like, within the broader aims of the club of course, and it'd be appreciated if everyone who takes part can provide me with a couple of photos, with at least one in club colours if possible. Clear enough? The newsletter inbox (below) is now open for submissions.

This edition reflects the usual busy weekly life of the club; an update from **Rachel Helsby** on our continuing fund-raising for our charity of the year **Parenting Special Children**; an exhaustive survey of the Virtual Bingo Run; **Peter Higgs** tells us all about a day spent letterboxing round East Berkshire; and **Kathy Tytler** shows there's more to life than just running a lot – there's reading about running a lot, and then writing about that reading! And as ever we have Coach Alexa's column as ever to keep us literally on our toes.

There's also good news for **Mark Apsey**, but bad news for us – Mark's work has come out of Lockdown and he's now extremely busy, with the result that we'll hopefully be getting recipes from Mark fortnightly. If you'd like to fill the breach for Mark's off weeks, then send your recipes in! Michelin-starred standard not required (although I suppose it'd help if they're at least tasty...)

Looking forward to hearing from you!

Ben

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Club Charity of the Year Update

Rachel Helsby

'Blown Away': An Update on our Fundraising Efforts

This week, Reading Roadrunners and supporters have raised (at least) a massive £165 through the Virtual Bingo Run which was organised for Bank Holiday Monday by Sam Whalley and **Emma Caswell** (see below for more details).

PSC Chief Executive Ruth Pearce (@PSCRuth) tweeted 'Wow thank you Roadrunners yet again we are blown away by your energy, enthusiasm and determination during Covid-19 and the heat today to raise funds for Parenting Special Children – such a wonderful gift thank you!'

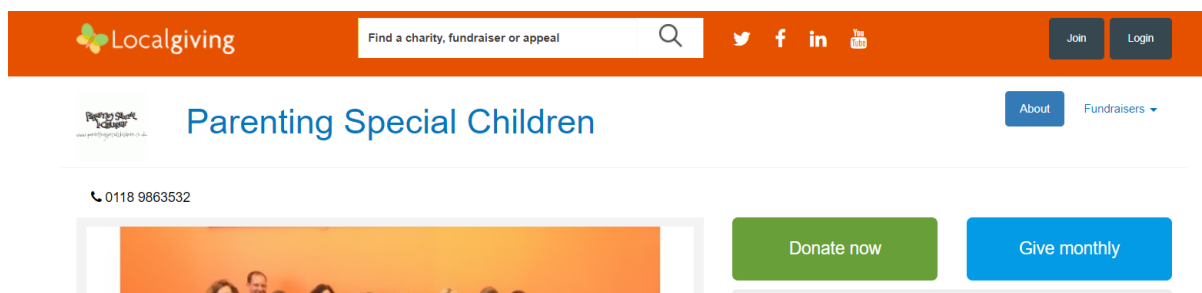


Donating Monthly for Parenting Special Children

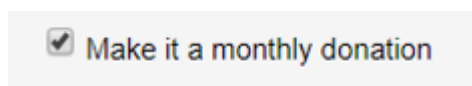
Some members have told me that they would like to give a small amount each month, perhaps in lieu of their subs. Please see below for full instructions on how you can do this. This is a **different** link to the one we use for fundraising at our events, and it is important that if, you give regularly via this link, you do mention Reading Roadrunners in the reference, as we can then add this to our grand total at the end of the year!

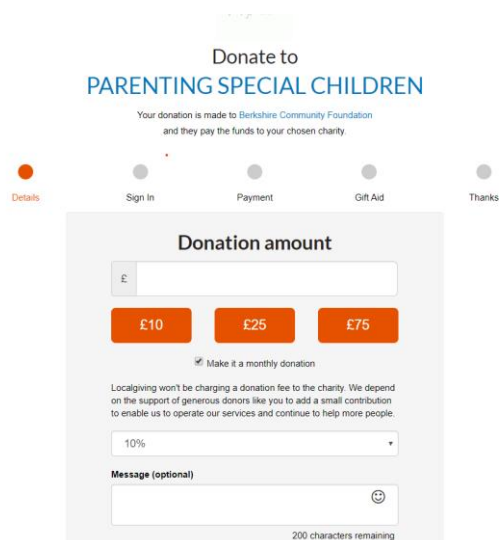
How to give monthly via LocalGiving

Click on the link <https://localgiving.org/charity/psc>



Click on the blue 'Give Monthly' box and it should take you into the donations screen where you can set up your donation. Note if it is a monthly donation you will need to ensure the box is ticked.





Donate to
PARENTING SPECIAL CHILDREN

Your donation is made to [Berkshire Community Foundation](#)
and they pay the funds to your chosen charity.

Details Sign in Payment Gift Aid Thanks

Donation amount

£

£10 **£25** **£75**

☒ Make it a monthly donation

Localgiving won't be charging a donation fee to the charity. We depend on the support of generous donors like you to add a small contribution to enable us to operate our services and continue to help more people.

10%

Message (optional)

200 characters remaining

Please write reference 'Reading Roadrunners' in the message box. Thank you again for supporting Parenting Special Children

Thank you to Tess Eagles at PSC who has provided the instructions.



www.parentingspecialchildren.co.uk

Virtual Bingo Run

Sam Whalley

Back in 2015 (so Facebook tells me), I flouted the concept of a Bingo Run amongst my running friends. I wasn't a member of Reading Roadrunners at the time, but my husband was, so those invited were a mixture of RRs and parkrunners.

We had seen the original idea online, at <http://www.runningandstuff.com/bio>. Billed as The World's Most Unfair Race, the unluckiest person would end up running 30 times around a 2.2 mile loop. I was entertained by their race review: "This is probably the most stupid, pointless and waste of time race I have ever done. See you next year!"

This quote does ring true, and over the years, despite being really glad when it's over (and that's with our version 'only' incorporating a maximum distance of around 20 miles), people have kept coming back. In a usual year, I will start to receive messages in the spring, from people trying to organise their race calendars, and not wanting to miss it.

The inaugural Bingo Run, in 2015, had a base camp at Southlake in Woodley, close to our house, and a lap of just under a mile, this being the perimeter of the lake. In subsequent years, we have relocated to our garden, which makes the lap a little over a mile, but does have the added benefit of access to shade, water, toilets, and a freezer full of ice lollies. People bring snacks to share, and, in recent years, we have held a raffle. Typically there have been around 30 teams each year, and some solo runners.

Team Name	Average Lap Time
Rehab Runners' Club	00:06:19
Mind the Gap	00:06:33
Three Go Loopy	00:06:40
Rumour Has It	00:06:45
Run, Forest, Run!	00:07:00
Erm, Where's the Merch?	00:07:11
Time to Fly	00:07:16
Team Thompson	00:07:20
Crazy Locks of Lockdown	00:07:23
The Sherman Road Shufflers	00:07:31
Life Begins	00:07:44
Fetch EveryONE	00:08:04
The Talfourdians	00:08:08
These Girls Can	00:08:18
Corona Bottlers	00:08:19
It's Als Reilly Really	00:08:21
2CM	00:08:21
Wokingham Beer Bandits	00:08:24
I'd Run from a Gun, but not for Fun	00:08:38
NHS Pharmacy	00:08:38
Jolly Roger's Crew	00:08:52
Winging It	00:09:00
The Chatterboxes	00:09:01
Whalley, Whalley, Whalley! Oi, oi, oi!	00:09:02
Wake me Up when Lockdown Ends	00:09:12
Tutu Ninjas	00:09:17
Team Bate	00:09:35
Jo Sollesse	00:09:58
Are we There Yet?	00:10:40
The Crazy Joggers	00:10:57
H&Ms	00:10:58
Team Higgysy	00:11:18
Dinton Steps	00:12:43



How it works, for those who have no clue as to what I am going on about, is that each team is allocated 3 numbers at random. These are 'their' bingo numbers, and are on their bib. They also have their own pouch of counters, numbered 1 to 20. In a relay, the members take turns to run a lap, then pick a numbered counter. If the counter picked matches one of the numbers on their bib, they cross it off. The relay continues until all 3 numbers have been crossed off.

So then came Bingo Run 2020, #6, the Virtual one. Was it even doable? One of the crucial things about this event is the social - sharing the joy and misery of picking/not picking a number you need, seeing the smugness of those who have finished and are tucking into the buffet, empathising with those who look like they could not run a step further. It was worth a shot.

Team Name	Total Time
Corona Bottlers	00:41:36
Time to Fly	00:43:39
Run, Forest, Run!	00:49:00
The Talfourdians	00:56:57
Fetch EveryONE	01:04:29
Jolly Roger's Crew	01:11:00
Crazy Locks of Lockdown	01:13:47
Wokingham Beer Bandits	01:23:56
Life Begins	01:32:52
Erm, Where's the Merch?	01:33:29
These Girls Can	01:39:33
Mind the Gap	01:44:47
Are we There Yet?	01:46:41
Winging It	01:48:03
Rehab Runners' Club	01:53:38
2CM	01:56:51
Wake me Up when Lockdown Ends	01:59:40
I'd Run from a Gun, but not for Fun	02:00:50
It's Als Reilly Really	02:05:09
Three Go Loopy	02:06:43
H&Ms	02:11:31
Rumour Has It	02:14:58
The Chatterboxes	02:15:11
The Sherman Road Shufflers	02:15:26
NHS Pharmacy	02:18:08
Team Thompson	02:19:29
Team Bate	02:23:43
Whalley, Whalley, Whalley! Oi, oi, oi!	02:24:25
Tutu Ninjas	02:28:25
Dinton Steps	02:32:40
The Crazy Joggers	02:33:16
Jo Sollesse	02:49:24
Team Higgys	03:23:19

Firstly, the route. Most people came up with a one-mile loop or out-and-back from their own front door. Some teams met in a suitable park or green space, where social distancing could easily be maintained.

Secondly, the counters. I was impressed with the variety of methods used for this - number generator apps, numbered discs, folded pieces of paper in a hat, and even an oven glove serving as a bag!

Thirdly, the admin. Again, I was entertained by the many 'offices' set up so that teams could track their laps, times and numbers crossed off. Thankfully, Emma Caswell offered to take on her usual role as lap ticker-offer, with the added challenge this year of tracking times, by people posting after each lap. Normally we just start a stopwatch and leave it running, with times measured a lot more roughly. How Emma managed this, I do not know. I had a look at the chat thread after the event, and there were around 500 messages!

Finally, the social. I set up a Zoom for the relaying of results, and general between-lap chat. It was so nice to see people's faces - particularly those who are not on social media so much - and to see the comings and goings throughout the event. It worked!

The results were almost incidental, but we did end up with a quite detailed spreadsheet containing individual lap times, number of laps completed, total time taken, and average time per lap.

Some set out hoping to run only 3 laps, and were surprised to learn that, in the previous 5 events, this had only happened once, to **Richard Morgan** and **Joanne Kent**'s team, in our first year. Some thought that there might be some kind of 'beginner's luck' involved.

Nope, not going to happen. Others were duped into thinking that pulling out one of their 3 numbers after lap one was a good sign. Again, no. They ended up running the full 20 laps. That's the beauty of the bingo.

First to finish were The Corona Bottlers (**Gary Clarke** and **Art Atwal**), who were done and dusted in 5 laps, after 41 minutes of running. Art felt less lucky after having to spend the remainder of the day doing some heavy-duty gardening. Last to finish, for the second consecutive year, was Team Higgys (Peter, **Gemma** and **Sophie Higgs**), who finally stopped running after 18 laps, and 3 hours, 23 minutes. Coach Higgys insists he will not be taking part again, if the weather forecast is for sun. Well, it has been sunny for every event so far, whether it has been in July, August, or now May, so we shall see.

There were two teams unlucky enough to have to run all 20 laps: Rumour Has It (**Jamie Smith**, **Mel Shaw** and **Chloe**



Lloyd), and Runners' Rehab Club (**Chris Burt** and **Rob Corney**). Despite being in recovery mode, RRC was also the fastest team, averaging 6.19 per lap. *Note that at the time of writing I am missing a couple of times for this team, but they are unlikely to be caught by the second fastest team, Mind the Gap (**Tony Page** and **Sarah Dooley**), with their average lap time of 6.33. The fastest lap of the day was run by **Alex Bennell's** son, U17 Reading AC runner, Laurie Baker, of Crazy Locks of Lockdown, with a very speedy 5.15.

There were only 3 solo runners this year. Run, Forest, Run (**Nicki Farrell**) incorporated her bingo laps into a brick training session, which meant running them after a 32 mile bike ride. Ouch. Fortunately, she 'only' had to run 7 laps. Fetch EveryONE (**David Caswell**) was, I hear, disappointed to call 'bingo' after 8 laps, so carried on for a few more. The unluckiest solo was **Jo Sollesse**, who had to run a whopping 17 laps! With the day getting hotter and hotter, and Jo reported to have also run 12 miles the day before, it was no surprise to see a picture of her with her feet in a paddling pool later on.

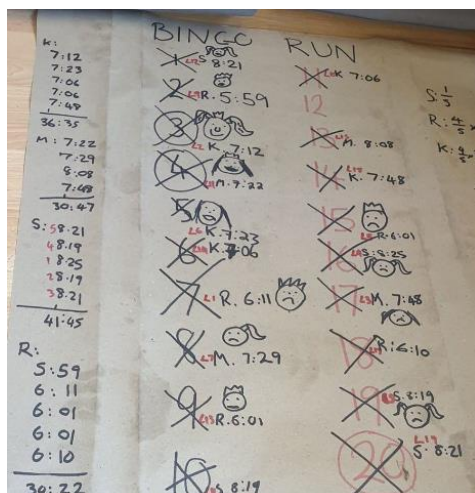
The (ahem) much-sought-after Bingo Run trophies will be with the winners in their own sweet time. Blame lockdown. It will be worth it. Apparently, **Brendan Morris's** prize for 'speediest solo' is the only race memorabilia he does not keep in a box under the bed; as a painted stone, it doubles nicely as a paperweight.

The average number of laps run per team this year was 13, fewer than the usual 16. There were no DNFs, but I did hear rumours of suspected cheating and sabotage in a household that will remain nameless. As far as I know, there was only one jogger - **Stuart Humphries** from Wake Me Up When Lockdown Ends.

My own team was able to hang up its running shoes after 16 laps. I was particularly relieved to not have to run one more time past the people in my road who were having a socially-distanced Bank Holiday natter, all day. I felt such a fool, tearing down the road in the midday sun.

Still, I'll be back to do it again.

Team Name	Total Laps
Corona Bottlers	5
Time to Fly	6
The Talfourdians	7
Run, Forest, Run!	7
Jolly Roger's Crew	8
Fetch EveryONE	8
Wokingham Beer Bandits	10
Crazy Locks of Lockdown	10
Are we There Yet?	10
Winging It	12
H&Ms	12
Life Begins	12
These Girls Can	12
Dinton Steps	12
Wake me Up when Lockdown Ends	13
Erm, Where's the Merch?	13
The Crazy Joggers	14
2CM	14
I'd Run from a Gun, but not for Fun	14
The Chatterboxes	15
It's Als Reilly Really	15
Team Bate	15
Tutu Ninjas	16
Whalley, Whalley, Whalley! Oi, oi, oi!	16
Mind the Gap	16
NHS Pharmacy	16
Jo Sollesse	17
Team Higgys	18
Rehab Runners' Club	18
The Sherman Road Shufflers	18
Three Go Loopy	19
Team Thompson	19
Rumour Has It	20



The hunt for Victoria and Edward VIII

Peter Higgs

I am really enjoying all the virtual events that our great band of volunteers has been arranging to keep us fit and active while we are away from the track, but little did I know that one of the events would lead to me cycling over 50 miles just to take a picture!!

When the Rainbow run came to an end and Sam organised a Scavenger hunt I thought this was a great idea, and so set about collecting the different things on the list even getting up at 4.30 am to run to Caversham and capture the Sun rising majestically into the sky.

One of the other items was a post box but not an EIIR!! Aren't all post boxes EIIR? A walk across the road to my nearest post box would reveal that it was a GVIR and not an EIIR, so that's that ticked off I thought, but that was too easy, it's not a hunt when you can see it from your window.

No, this wouldn't do at all. So I decided to Google post boxes and see what other ones there were beyond EIIR & GVIR. This revealed that the different markings on the front were Royal Cyphers, each Monarch having their own Cypher. The one opposite my house was George VI and dated from 1936 to 1952, intrigued by this fact I started to look for different Cyphers while I was out running.



I would spot a bright red object in the distance and pick up my pace to see what Cypher it had on it; most were a disappointment as they were EIIR (our reigning Queen) and dated from 1952 to the present day. Passers-by would hear me let out an audible "Ohh it's just an EIIR" or even worse I would discover it was a bright red dog poo bin!!



What I was really looking forward to finding was a Victorian post box (VR 1837 to 1901). Someone on another Facebook group (New and Old Reading) said they thought there was a Victorian post box on the Bath Road on the way to Calcot, so Friday afternoon I suggested that Sheryl my wife might like to do the shopping not at our usual place but at the one on the Bath Road near Calcot. While she was shopping I would go for a sneaky run, secretly hatching a plan to run down the road to find Victoria.

Once Sheryl was safely in the shop I headed on my way along the A4 looking for a post box and there by the garage I saw it - would it be a Victoria or just another useless EIIR? As I approached the box I had a feeling this could be the one I was looking for & it was.

On the front the Royal VR Cypher belonging to Queen Victoria.

When I got home I wondered if there were any of the very rare Edward VIII post boxes locally. Rare because he had only reigned for 1 year before abdicating the throne, but also because many of them had either been removed or defaced.

A quick Google search showed that there were only 160 made and fewer than 130 remained in the whole of the UK.

I asked on the other Facebook group if anyone knew of a location of any of the rare Edward VIII post boxes; someone said they knew of a Victorian post box with a vertical slot that dated from 1856 that was in

Windsor, while a Reading Roadrunner who was also a member of the group said she thought there was one in Ascot but did not know the whereabouts.

When I woke up on Saturday morning I decided on the spur of the moment that I would go and find one of these rare post boxes but I had to make a choice head out to Windsor on my bike to find the fabled vertical-slot post box in Eton, or head over to Ascot on the off chance that I might find the rare Edward VIII.

In the end I decided that Windsor would be the best bet as I had been told the Vertical slot post box was on Eton High Street and I knew where that was from having run TVXC races nearby.

I set off towards Windsor on a warm but very blustery morning.

When I finally arrived in Windsor I headed over the bridge to Eton in search of the post box, but riding up the High Street I could not post see any post boxes. I felt disappointed that I had had a wasted journey. Despondent, I turned and started to slowly ride back along the High Street, then there half-hidden by some building work I spied a shiny red post box... upon closer inspection it did indeed have a vertical slot in the front for letters.



I took the required selfie to record the find & started my trip back, but why head back went there was a slim chance that just up the road was my real prize, a rare Edward VIII.

A ping from my phone showed a notification, someone replying to my post on Facebook and he said as far as he knew the post box in Priory Road in Sunningdale was the one I was looking for. Well that had to be fate, and now I knew its location I set off on the short, or as it turned out not so short, trip to Sunningdale. A short 10 miles that was mostly uphill with a stiff breeze blowing in my face all the way...

Arriving in Sunningdale a quick socially-distanced chat with a local revealed that there was a post box outside Waitrose, a couple of miles up the road.

When I eventually found Waitrose and managed to manoeuvre myself and my bike past a long queue of mask-wearing shoppers waiting to enter the shop, I discovered that the post box was only a EIIR and a disappointed expletive left my lips. Turning to leave I saw a sign saying Ridgemount Road and underneath leading to Priory Road, so I headed off in search of Edward. Filled with new enthusiasm I climbed the steep hill, but could not see a post box in the near

vicinity.

I turned into the leafy quiet suburban road that was Priory Road but there was still no sign of any post box, was this just a wild goose chase after all? But wait - was that a flash of red I could see in the distance? Pedalling faster I headed off to see if it was the coveted Edward VIII I had been searching for.

Unable to see the Cypher I parked my bike and tentatively approached the box, could it be?... Yes! I was in luck; there emblazoned boldly on the front was the Cypher of Edward the VIII. I had found my prize.



If you had told me a week ago that I would have cycled what turned out to be a nearly 60 mile round trip just to take a picture of a post box I would have laughed in your face, but that's exactly what I did and I have to say that although the ride back against the wind was incredibly tough I felt a strange sort of elation that I had found a very rare Edward VIII post box.

So is my quest now over?, far from it I have heard that some of the post boxes have been painted gold in honour of our Olympic athletes, and Chelsea has a Victorian post box with two slots, one opposite the other to allow Chelsea Pensioners to post letters without leaving the grounds.

I feel a few more expeditions might be called for.

So next time you post a letter, take a look and see which Monarch's Cypher is on the front - there is a slim possibility that it could be a Victoria or if you are really lucky an Edward VIII...



Beyond Impossible by Mimi Anderson

Your Pace or Mine? by Lisa Jackson

Kathy Tytler



I am reviewing both of these books together, not just because I bought them at the same time, but because they represent two amazing women, but two very different runners.

I met Mimi Anderson at a workshop for ultra runners preparing for The Thames Ring 250. I was there as an interested observer for the Trail Running Association, although it was very good preparation for my role; volunteering at the checkpoints.

Mimi's book 'Beyond Impossible' follows her record-breaking journey on foot from John O'Groats to Lands End (the JOGLE), alternating with the story of her life and the early demons that she

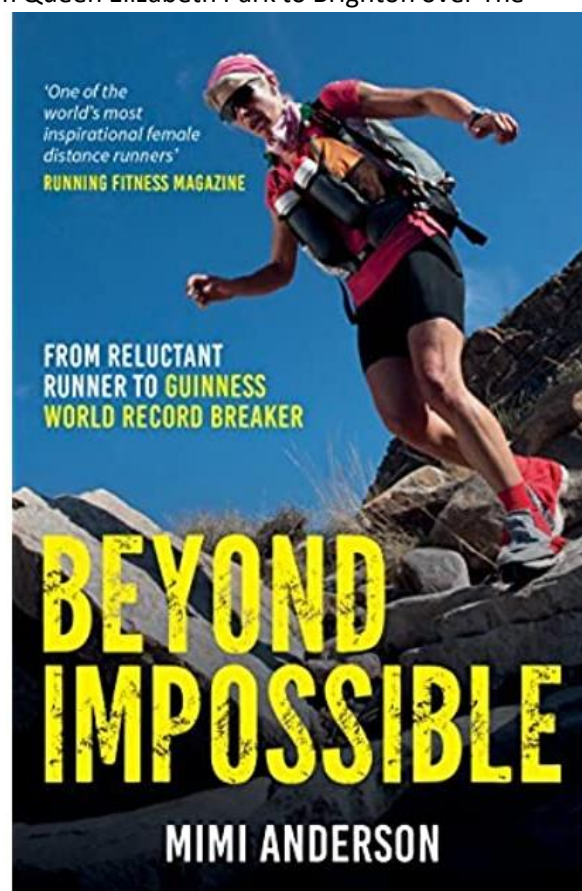
had to overcome, and her experience in several of the most gruelling ultra distance races; Marathon des Sables; Badwater; 6633 Arctic Ultra.

A very determined and talented runner, Mimi has broken records and won races; not just as first female, but first over all. She has also broken through pain barriers that most of us wouldn't even contemplate. She pushes herself to the limit in whatever she does. In 2017 her record breaking attempt running across the USA came to an end after aggravating a previous injury made it impossible for her to continue. She is now pursuing endurance cycling with the same determination.

One of her earlier events was Trailwalker UK in 2002. 100K from Queen Elizabeth Park to Brighton over The South Downs, where she was a member of the fastest mixed team. In 2001, I was in the fastest female team with Christine Usher, Gail from Bracknell Forest and Tess from Sandhurst Joggers (all four team members must run together). We finished in 17 hours 32 minutes. The race was organised by The Ghurkhas, and I still have the t-shirt which proclaims; 'I took on The Ghurkhas'.

Lisa Jackson is a different type of runner. As determined and hardworking, but there is much more joy and laughter in her running. Whereas Mimi is determined to win, Lisa does not mind coming last, and will often drop her pace to help a struggling runner, in the same way that many runners have helped her. To Lisa, the friends that she makes, the crowd support, the scenery and the snacks available at aid stations are just as important as the running, and more important than PBs

In the book Lisa's aim was to finish 100 marathons and join the 100 Marathon club. She was almost there when the book was published in 2016, so no doubt she has been a member for a few years now.

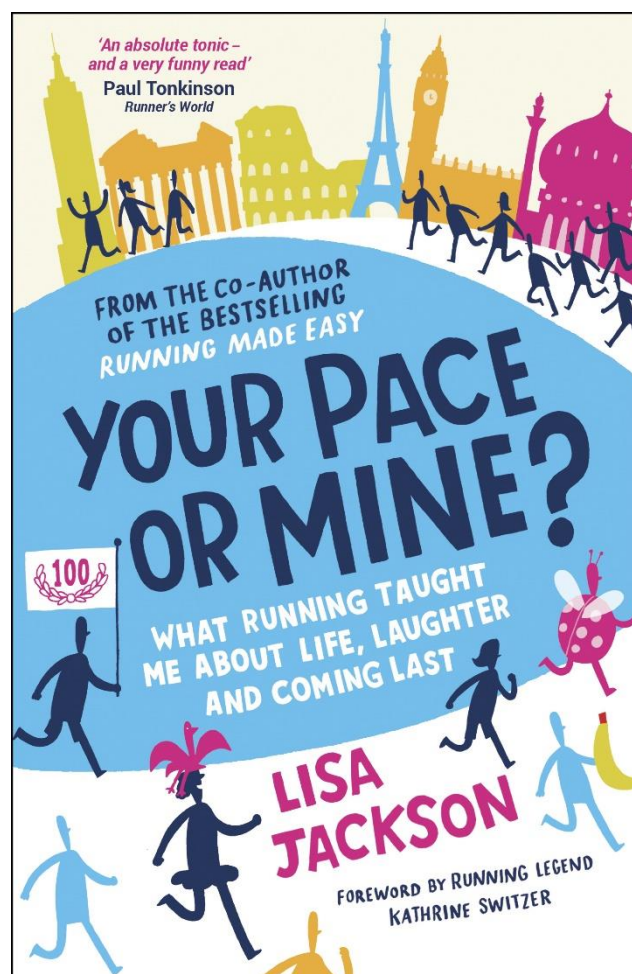


Lisa has run many of the races that I have run. I can identify with her feelings before, during and after events. She has run Comrades Marathon, completing it in 2009 and 2010. When I ran it in 2005, it was at a similar pace to hers.

I identify more with Lisa as a runner than Mimi, which doesn't mean that one is a better role model than the other. I recommend reading both books, but Lisa's 'Your Pace or Mine' would be my recommendation for non-running friends that I was hoping to inspire to take up running. Most runners are probably somewhere on a continuum between the two. All power to both of them in their achievements.

<https://summersdale.com/sd-book/beyond-impossible/>

<https://summersdale.com/sd-book/your-pace-or-mine/>



Balance Exercises for Runners

Alexa Duckworth-Briggs

Running is standing on one leg at speed, so balance is a key skill to develop to improve your 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.

For two of these exercises I use a bosu ball a great substitute for this is a sofa cushion. Take a thick seat of back cushion off your sofa (or use a deep pillow) to add more balance challenge to your squats and lunges!

Standing on one leg and variations

- The simplest and best way to start your balance work is to stand on one leg - often!
- Build up to 30 seconds standing (wobble free!) on each leg, you can work this into your day to practice regularly. When making tea, when brushing your teeth, standing in a queue etc
- Once you've mastered that try spelling your name with your opposite foot in large letters in the air, that will shift your centre of gravity around making balancing more difficult
- The next progression from there is to stand on one leg with your eyes closed! When you do this you are relying even more on your proprioception, your body's awareness of where it is in space, which is a great skill to develop!



One leg knee bends

- Start standing next to a wall/solid surface with your hand on the wall for balance lift the leg closest to the wall off the floor and do small knee bends with the other leg.
- Bend the knee until you can't see your toes any more and go back up slowly and with control
- Keep the knee pointing forwards at all times!
- When you've mastered this try without the hand on the wall for balance, ideally in front of a mirror as doing this whilst keeping your knees pointing forwards at all times will be more of a challenge!



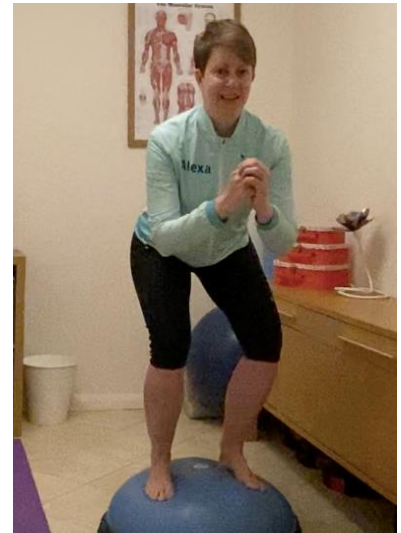
Lunges with instability

- With your front foot on a sofa cushion laid on the floor (or a bosu ball if you have one) try some lunges.
- Work really hard to keep the front knee pointing forwards!
- The keys are to keep feet hip width apart and to keep the front knee pointing forwards - no wobbling in and out!
- Lunge form recap:
 - 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



Squats with instability

- With both feet on your sofa cushion or bosu ball, squat slowly and not too deep to start with!
- Squat form recap;
 - 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.



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.

