

Riverside Relay

Riverside Runners Regular Roundup

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Late Publication

Sorry for the delay in publication—caused by a hard disk failure and no back-up during final editing.

Riverside Relay

Whilst Riverside Relay is one of the methods that the club uses to communicate to all its members – be it via the website or through the post – not all the contents in it are necessarily the opinion of Riverside Runners, its committee, membership as a whole, or the editor of Riverside Relay. Sometimes they may be the opinions of just one person or even just included to test opinion.

Welcome to Riverside Relay...

...from our Chairman

Congratulations to all the award winners at our recent Presentation Evening. Very well done to everyone. Thanks to Helen and Norma for organising this and to Tony for sorting out the trophies. I was personally very pleased to be awarded the Clubperson of the Year award. I thought my days of winning awards were over and to win this again after 19 years, I was really chuffed and thanks to those who voted for me.

That's another year over, but the running years seem to blend into the next these days with races and events available all the time. Not only was there some very impressive individual performances at all levels in the club last year, there was also a lot of Club successes. We won the Frostbite League, won the Masters Class at the Round Norfolk Relay and organised three very successful events, The St. Neots Half Marathon, our Frostbite Race in Priory Park and the Cambridgeshire Cross Country Championships, well done to all who contributed to these successes.

If there is one thing that has been disappointing it is the current Frostbite. We decided to enter two equal teams this season and unfortunately the numbers turning out has dropped considerably which resulted in some disappointing race positions.

The New Year does bring a new championship year. Paul Meadows suggested a new format but did not realise that by doing so he was also volunteering to run it for 2010. Please support Paul in submitting your qualifying results to him as required. Thanks Paul we are all looking forward to seeing who will get their awards at next year's Presentation. Thanks also to Maurice who organised last year's.

Another new club initiative (or should I say Maurice's initiative) is the Monthly Handicap

race which will start from Longsands College, starting approx 6:30pm, in intervals, with the intention that everyone finishes together at 7:20pm. This should be a fantastic way to measure personal progress throughout the year.

We have an overseas trip this year. Mark Beagley is organising a tour to Zagreb, Croatia where there is a Marathon and Half Marathon. The trip is on the weekend of 8th to 11th October, so far 20 people have committed to go. If you are interested contact Mark quickly. If past trips are anything to go by it will be a great weekend, sightseeing, socialising, eating, maybe a few drinks and even some running for those who will take the 'Running' tour seriously.



Kenny Leckie
Club Chairman

I have already announced that I do not intend to run for Club Chairman next year, so we need a volunteer to fill this position, I have announced this early so that we can identify someone well in advance of the AGM so that a gradual handover can take place. So if you fancy it give me a call.

Another post that is becoming vacant is the Treasurers. Vicky is moving to Yorkshire soon and we need someone to take over from her as soon as possible and also after the AGM. Once again, please get in touch if you would like to do this very important job for the club. I would like to thank Vicky for her efforts over the last two years when she carried out her duties in a calm and efficient way. We all wish Vicky, James and Emily the very best for the future in their new home. We hope you will keep in touch. If you would also like to be on next year's committee, please give it some thought and ask any committee member what is involved.

I hope you have a successful and injury free 2010.

Yours in Running, Kenny

A weekend in the life of a race committee

An article written by Helen describing the frantic weekend managing the Riverside Half Marathon event.

Well yet another great St Neots Half Marathon this year. The weather came good in the end and despite waking up to heavy rain, the sun came out and shone on the runners. The race went off without a hitch as far as the runners and spectators were concerned, but behind the scenes it was another story entirely.

Preparation had begun early in the year when the entry system was opened. It didn't take long to fill up and entries were closed in mid-May only six weeks after they were opened. This shows the popularity of the event. This was a PB.

Whilst many of you run or marshal and your race is over in a matter of a few hours, for the committee the race weekend started on Friday 13th November 2009, when about 20 people turned up at the Rowing Club to pack the goody bags. Was it the lure of the beer and pizza or do they really enjoy packing bags – hmm who will ever know. After setting up the items, two production lines got going and once in full swing the job was done in an hour and a half which is another PB. So van loaded with 1,200 bags and three boxes of t-shirts, eating and drinking began.

Saturday morning and the rain was lashing down. Spare a thought for the guys setting up the course, Paul, Keith and Pete. There is much to do, collect the vans, go to the garage, build the urinal, put the signs up, collect the tables, load the water, collect bananas, and on and on and on...

Saturday afternoon was when the phone

calls started and things appeared to be going pear shaped. The builders were in at the rec centre and there was nowhere to erect a urinal, and nowhere to put the portaloos. If only the Manager had told us in advance life could have been a whole lot simpler. Then I had a phone call to say Kenny was ill and unable to help out in his usual role of setting up the start/finish area. John was on call so I wasn't sure if he was coming either. A few phone calls and a few new recruits later in the guise of the Turnbull brothers and all was sorted – or was it.

Pete still has much more preparation to do which would take him into late Saturday evening. *Preparing new entry lists for our chip timers, re-labelling all the race packs*



for the transfers that occurred during the last few hours of Saturday, produce race lists for chief medical officer, baggage area

and notice board (all slightly different), prepare an entry list and race results system and prepare the website for the results the next day. Phew.

Race day arrives and at 6am the rain is still tipping down – will it ever stop? The same three guys along with Mark and KP are out on the course again getting a soaking – ah bless!! In the meantime myself, Barbara and Norma are nice and dry in the warmth of race HQ. At 7.30 the



Back at the finish area, the barriers had not arrived and Phil assured us he had ordered them. So we improvised with cones and tape, which actually worked out quite well.

Runners were now

portaloos arrive – so where to put them without taking up too much parking space – what a dilemma. Quick scout around the area and a new place was found by the Astro turf. I then directed the driver to the finish, and walked across to meet him. Half an hour later and he’s still not arrived – how hard can it be? Meantime call from Barbara in a panic so had to return to the HQ and hope the Portaloos man found his way! Back at HQ runners had started to arrive and not all the signs were up so mad rush to get this completed as swiftly as possible. Number

collection was in the small hall next door and all was set up and ready to go in there.

9.15am and the Marshalls start to arrive for their instructions and then head off to their respective posts armed with Hi-viz tabards, instructions and bin bags. Except they weren’t given bin bags – oops!

starting to assemble at the start as we were trying to get the PA system to work 10 mins to go and there’s no power – oh dear! Eventually by the skin of our teeth we managed to get it working, and Liz did a great job of welcoming the runners. Then the Scrutineers arrived – who invited them – oh that’s right they invited themselves.

And they’re off...

....with Shorty in front on the motorbike and Norma in the lead vehicle, armed with



bin bags to chuck at each marshal on passing. Rob was at the tail end as the sweep vehicle – yawn yawn with Keith and Mark in the sweep van ready to clear up behind the runners.

Back at the start there's much clearing up to do, bottles, t-shirts, bin bags etc etc and take the flags down, move the PA system and then off to the finish to set that up.



*First home in 1h 10m 57s
Stephen Watterson Serpentine
Runners*

Norma is sending reports back to Vicky and Liz on the progress of the first runners, and after an hour we know the leader is about 10 minutes away. And sure enough he comes in at around 1hour 10 – not a course record but fast just the same! The second and third place runners follow soon after and then a few minutes later the rest of the runners start to come in. At about the same time we get a report that Tracey is the first lady – come on Riverside. Another PB!

So after 3 hours the race is complete, the presentations done and you all go home to your roast dinners, but our work is still not



done. Clearing up had already started on the course, but there was still the finish area, the remaining goody bags, HQ, vans to be returned to Bedford, and results to be published. I finally got home at 4pm. Yet another PB.



We had some fantastic feedback from runners on the day and afterwards on the website. So I thank the committee, Peter Bissell, Paul Veitch, James O'Gram, Barbara Reading, Dr Dave and Keith Ritchie for their time and dedication not only on the day but throughout the whole year and I thank the rest of you and your family and friends of whom there are far too many to mention for your help on the day and at bag packing. It is because of all of you that the race is as successful as it is. We reached number eleven in Runners World top 50 races and once again retained our gold BARR grading.

And finally – a certain someone must like a certain silver boot. It transpires that Mr Redden had a very senior moment – he did in fact order the barriers as he said he had, however, he ordered them for the following weekend – oops! But thanks Phil, you actually did us a favour!

*Above Stephen Watterson
Below Tracey 1h 25m 35s*



Helen

Membership Matters

There have been seventeen new members who we welcome to the club since the last edition of Relay was published. They are :

Chris Bates	Chris Crowley	Junior Latiff
Samantha Bathgate	Hazel Ferreira	Pippa Moore
Joe Boast	Rick Frolich	Jonnie Prouse
Leslie Carroll	Matt Gooderham	Serina Squirrel
Neil Carmfield	Minnie Hall	Annabel Thompson
Vicky-Louise Chapman	Abigail Howarth	

Welcome to you all.

Recent Star Awards

Since the last edition of *Riverside Relay*, the following new Star Awards have been earned and presented at the club meetings in October, November, December & January. The following Riverside Runners richly deserve their "15 minutes" of fame :



Tracey Patmore	Marathon
Tracey Patmore	Half Marathon
Tracey Patmore	10m



Tracey Patmore	10k
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Keith Pritchard	Half Marathon
Andrew Moraghan	10k
Maurice Hemingway	10k



Alison Cooper	Marathon
Dan Vajzovic	Half Marathon
Ian Cameron	Half Marathon
Ruth Chamberlain	Half Marathon
Simon Boothby	Half Marathon
Ian Cameron	10k
Neil Stevenson	10k
Ruth Chamberlain	10k



Oliver Wright	Marathon
Joanne Owen	Half Marathon
Kevin Hickling	Half Marathon
Steve Childerley	Half Marathon



James Bolm	Half Marathon
Paul Miller	Half Marathon
Nicki Cartwright	Half Marathon
Kevin Hickling	10m
Naomi Goldsmith	10m
Noel Betts	10m
Peter Daum	10m
Allison Farrar	10k



Ruth Chamberlain	Marathon
Alison Farrar	Half Marathon
Ian Cousins	Half Marathon
Karen Childerley	Half Marathon
Liz Hiner	Half Marathon
Lucy Boothby	Half Marathon
Michala Forster	Half Marathon
Russell Scrivener	Half Marathon
Lucy Boothby	10m
Michelle Byatt	10k



James Bolm	Marathon
Joanne Owen	Marathon
Lucy Boothby	Marathon
Jenny Dowling	10m
Sarah Bates	10m

What is Speed Work?

Technically any session which helps to improve your overall running speed can be considered as speed work and therefore, using this definition, it covers the majority of the running you will do. However this does not help if we are trying to evaluate training or make plans for the future. Fortunately it is possible to categorise any run into one of four areas related to how fast you are actually running and what distance you are covering. These areas are Speed, Speed Endurance, Distance Specific Speed Endurance and Continuous.

The first two, Speed and Speed Endurance, are about running as fast as you physically can over short distances, less than 300 metres, repeated a few times and separated by a recovery period. The subtle difference between the two is that Speed allows for a full recovery between efforts and Speed Endurance doesn't.

Next we have what most people consider as speed work, Distance Specific Speed Endurance. This covers the sessions that are chosen to specifically target improvements related to your chosen race distances or running aspirations.

The last, Continuous, covers the remaining running that you do. It should account for the majority of your weekly mileage and includes the long slow run, easy runs, recovery runs, progressive runs and tempo runs.

As most people consider Distance Specific Speed Endurance to be Speed Work we will now look at this in a bit more detail. In general runners will describe their speed work as either Repetitions or Intervals, so what are they ?

Repetitions

The key part of a Repetition Session is the distance and/or time for the individual effort. Each effort is followed by sufficient recovery to enable you to complete the following effort in the same time. The aim of the session is to ensure that all the repetitions are completed in, or very close to, the desired time. The recovery permitted between repetitions may be determined by time, distance or heart rate, and needs to be appropriate for the individuals fitness level. Overall the total time for the effort part of the session can be as high as 30 minutes although it is more commonly in the range 16 -20 minutes for club runners. Repetitions are used to build a good aerobic capacity, VO2 Max for the technically minded, as you repeatedly work at or around your current aerobic limit.

But aerobic capacity is only one half of the equation, the other is aerobic efficiency or, put more simply, what you actually do with the oxygen in your blood. The common measure for this is your

Intervals -The recovery interval time is fixed at a level that does not permit a full recovery and so interval training increases a persons tolerance to lactic acid build up. Usually 2 or 3 units effort to 1 unit recovery. More suitable to 5k and below but occasionally for longer distance athletes

Repetitions -The repetition specifies the time to do the effort and the recovery must be sufficient to all the full set to be completed. Up to 25-30 minutes of effort work in a session depending on ability and suitable for distance as it builds aerobic efficiency or VO2 Max.

Fartlek -Unstructured speed work. Run as you feel maybe changing pace at physical objects, street furniture, or as you feel. An easy introduction to different running paces.

(Continued on page 7)



Star of the Month : Sept 2009

The September 2009 award was given to **Gary Wale** following his incredible ride around the Round Norfolk Relay route of 194 miles accompanying many of the Riverside Runners and filling in as cyclist for another team between Horsey and Great Yarmouth.



Star of the Month : Oct 2009

The award for October 2009 was given to **Tracey Patmore** for her outstanding run in the Amsterdam marathon where she recorded a sub 3hr time giving her a new PB of 2h 59m 56s. Tracey was the second FV40 at Amsterdam



Star of the Month : Nov 2009

The award for November was given to **Ron Eastoe**. Ron was manning a water station for the St Neots Half Marathon and when the last runner came past, Ron decided to jolly them along and provide them with a little company for what would otherwise have been a very lonely second half of the race all the way back to the finish.



Star of the Month : Dec 2009

The award for November was given jointly to **Anne & Richard Furbank** in recognition of the outstanding challenge that they undertook in the Himalayas. Camping for almost three weeks to acclimatise and prepare them both for the higher altitudes—and then Annie ran a marathon distance over the rough terrain at altitude in the cold. Madness.



Star of the Month : Jan 2010

The award for January was given to **Lucy Boothby** for her first “longer distance road race” when she completed the Folksworth 15 in under 2½ hours. Lucy then went on to complete the Stamford Valentine run of 30kms (almost 19 miles) in just over 3 hours.

(Continued from page 6)

lactate threshold, the pace at which you can tolerate lactic acid accumulation in the blood, and this is where intervals come in.

Intervals

The key part of interval sessions are the recoveries, they are designed so that you do not have time to fully recover from the previous effort. A well designed session will have the correct balance of effort and recovery so that all the efforts can be completed at the same intensity. One main difference you will find with intervals, compared to repetitions, is that they generally hurt. When the session is complete you should feel that you wouldn't be able to complete another effort.

Now we have a basic understanding of speed work we are in a position to look at building a running schedule. That will be the topic for a future article.

Garmin 405cx Vs 305



A technology review by David Irwin looking at Garmin sportswatch development from a user perspective.

I have always been into gadgets and running and it all began at school. I was the first in 1970s to have a Casio digital watch. It was quite something. For the first time I could accurately record the time I was running and started to adopt the “hand on the wrist” movement we all do at the end of a race. There was no other equipment apart from the heavy manual stopwatch carried by the coach. It still brings back memories of running Cross County races in caterpillar tracks for my school, competing as to who could get the muddiest!



David from 2001 as one of the Riverside Runners Vikings in the London Marathon

Top left pic—David in a staff photo

It was a very long time before anything new really came into running. In the early 1990s Polar brought out a heart rate monitor. So much better than counting your pulse and for the first time I had something beeping on my wrist telling me to slow down as I went into the wrong heart rate group. It was a fantastic way of teaching you long distance running: start slow and get slower.

At a similar time there was the pedometer. I could never get on with them as they were never accurate. The newer ones do seem to be so much better and that is what the iPod+ is based on. How else can something in your shoe tell you how far you have run when your running style changes during a race?

Then in 2005 the Garmin Forerunner 101 came out. Wow! Has anything revolutionised running in such a way as this new wrist operated GPS gizmo. Yes it was huge, heavy, slow to pick up the signal and liable to lose the signal and give up frustratingly during your run. But you could download it to your computer and see where you had run and accurately work out the distance. I just loved it and could plan my routes and distances. Garmin then brought out a bracket for the bicycle and I was away. It still needed batteries but lasted anything up to 20hrs.



Above Forerunner 101

Left Forerunner 305



In 2006 I was persuaded to buy the 305. You will have noticed I always like the heart rate monitor attachment. It is supposed to slow me down at the start! It was great and I really got on well with its smaller more watch type design. It did everything the 101 did and attached to the computer with a cradle. By then the sounds of my 101 have given up the ghost and its bulky design was frustrating when it got hot and sweaty and the computer connection was getting dodgy. The 305 had easier buttons to use on the front. It exchanged data to and from the computer and had facilities for other activities such as

walking or skiing which I used from time to time. In reality I was perfectly happy with it. Its 10 hour battery life was a great improvement.

Tempted by an upgrade...

If an upgrade comes then I am always tempted and yes I splashed out on the 405CX in 2009. So after six months of use is it better than the 305? Well yes and no! It is complicated and you need to read the manual or watch the *YouTube* clips on the Garmin web site to understand it. It looks like a watch and could even be used as one. Its battery is not great and needs regularly charging up. Battery life is only 8 hours or 7 days in power saving mode and not the 2 weeks that claimed. It has a touch sensitive



Garmin 405CX

Left—405 showing heart rate detail

Bottom—310XT



rim that enters you into the programmes called a bezel. That bezel will do your head in as you get lost in some page that you never knew existed. The screen is smaller than the others (only 2.7cm diameter). That is why I still use my 105 on my bike (3.5x2.5cm screen). The bezel has a horrible habit of jumping pages especially if you get hot and sweaty and when you running you can do without that, so locking it is essential.

I like to see the distance, HR and time, so have them on rotating screens with the bezel locked. It is also so quick at picking up the signal and I have never lost a signal even running in an underground car park. It downloads so easily with the new wireless ANT dongle and loads up on the Garmin site with Google mapping. Like the others you run against yourself (virtual partner) and even wirelessly pass on routes to other 405 users (not tried that yet but sounds fun!). For those tech minded you can even download training programmes such as for a marathon. I would like a vibration alert as well as a tone alert as it can be difficult to hear at times and the Garmin website can sometimes be down but other websites are compatible and some say are even better. I have though never lost any data from my Garmin.

So is the 405 better than the 305? At £290 for the 405 or £150 for the 305 or only £99 for the 205, which is a 305 without the heart rate monitor (Sweatshop prices) if you just want a GPS to simply record distance time and speed - no way! The 305 or particularly 205 is such good value at the moment, so grab it while you can.

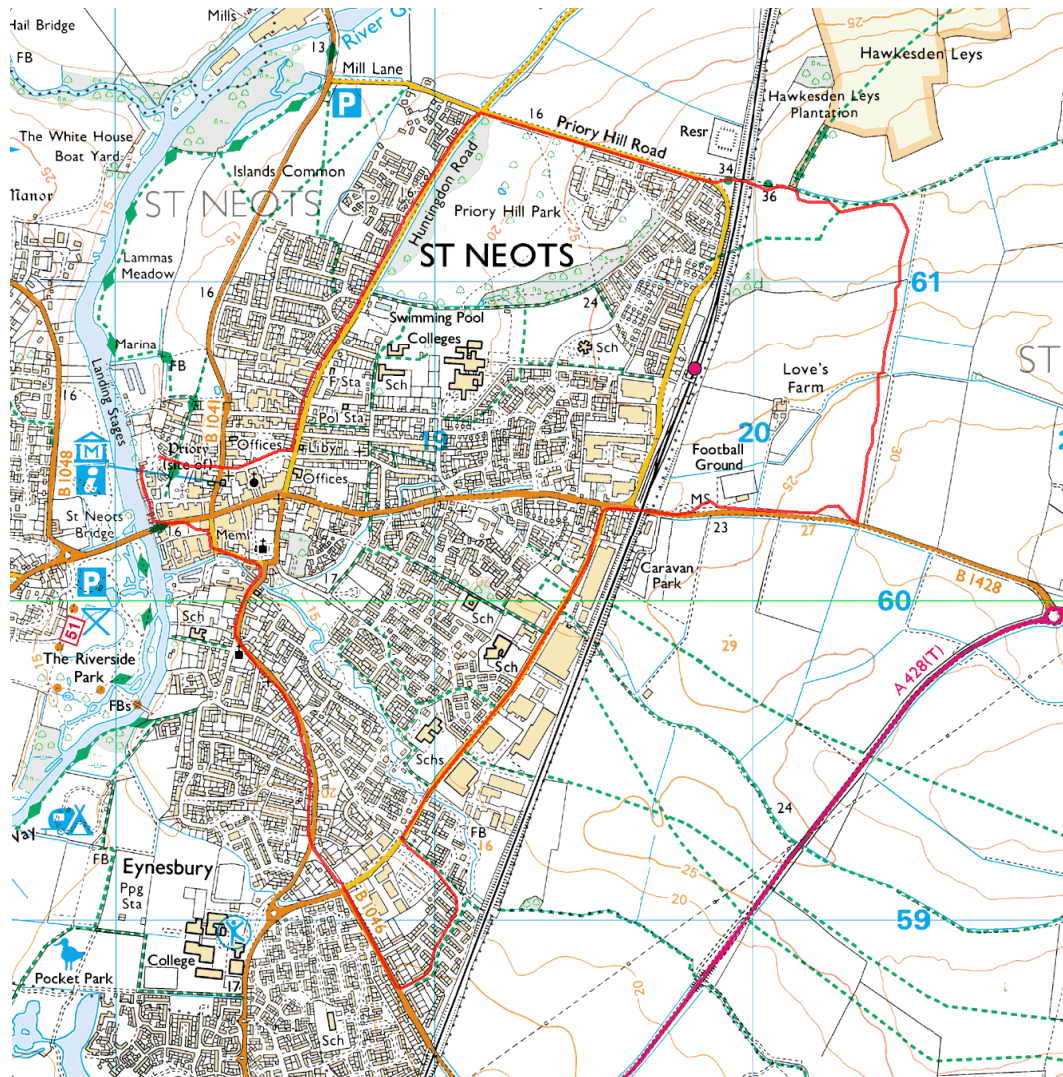
Now I hear there is a new Garmin 310 which is both waterproof and has a battery life of over 20hrs.....

Click here for
a YouTube
310XT Review



Norma's Riverside Runs Number 5

A run that can be undertaken in failing light and when the ground is waterlogged because it remains on firm surfaces throughout – 5½ miles with only two short climbs.



From Rowing Club, wend your way to Huntingdon Street and then up Priory Hill. At the top of Priory Hill cross the road and also the railway line to get to the back of Loves Farm estate. About forty metres after crossing the railway go through a narrow gate on to the estate perimeter footpath. Stay on this footpath around the edge of the estate until you get to Cambridge Road. Back under the railway and then turn left up Cromwell Road as far as Howitt's Lane. Follow Howitt's Lane and Howitt's Gardens round to Potton Road.

Go straight down Potton Road and cross Cromwell Road at the bottom into Mountfort Close. Then turn right down Berkley Street into town, crossing Market Square and back to the Rowing Club.

This was the Thursday run chosen by Dr Dave on 25 Feb 2010. Sadly my maps do not have the Loves Farm estate on them, but running around the perimeter of the estate is not a navigational hazard so long as you keep the houses on your right at all times.

Now you've seen the latest Riverside Relay...

Now you've seen this latest Riverside Relay, if you want it to continue, please let us know what you want to see in it and send in some articles, comments, photos, features etc. Let us know if you want it only to be future looking or if you think it should have some race results. We are sure that you would like to see some race reports and photos - but we need people to write them. Send them to Maurice at :

maurice@riverside-runners.com

We will aim to produce the next edition Riverside Relay sometime after Easter.

A few of the forthcoming events

Sun 7 Mar 10	Frostbite Huntingdon
Sun 14 Mar 10	Silverstone Half Marathon
Sun 14 Mar 10	Bedford Clanger 27
Sun 14 Mar 10	Muddy Marvel 5, Cambridge
Sat 20 Mar 10	Huntingdon Town Races (Orienteering see www.waoc.org.uk)
Sun 21 Mar 10	Clavering 5k & 10k (and 1k kids run)
Sun 28 Mar 10	Oakley 20
Sun 28 Mar 10	Thorney 10k
Mon 29 Mar 10	Riverside Monthly Handicap
Sun 11 Apr 10	Sandy 10m (& 3k FR)
Sun 11 Apr 10	Cambourne 10k
Sun 18 Apr 10	Flitwick 10k
Sun 25 Apr 10	London Marathon
Mon 26 Apr 10	Riverside Monthly Handicap
Sun 2 May 10	Langtoft 10k
Sun 2 May 10	Titchmarsh 10k (& 3k FR)
Sun 9 May 10	Eye 10k (& 3k FR) (see http://www.eye10k.co.uk/)
Sun 23 May 10	Edinburgh Marathon
Fri 18—Sun 20 June	Colworth Marathon Challenge

Don't forget the Peterborough 5k Grand Prix Series Weds 9 & 23 Jun, 7 & 21 Jul & 4 Aug (incls 3k U15 & U13 events)

Your Committee

Chairman.....Kenny Leckie
Secretary.....Helen Liddle
TreasurerVicky O'Gram
Captain & vice chairman.....Martyn Blackwell
Membership secretary.....Norma Leckie

Ruth Chamberlain
Tony Hainsby
Maurice Hemingway
Paul Ridley
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