



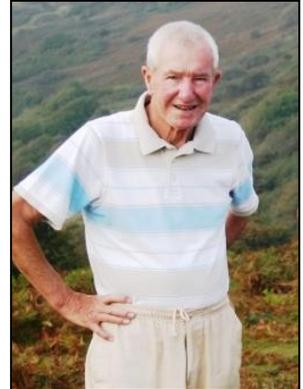
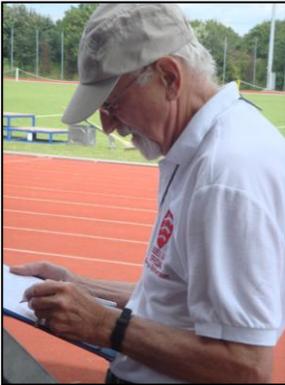
Loughton Lines

Welcome to *Loughton Lines*. This issue includes news from around the Club, plus a week-in-the-life report from Jo Ryan and all our usual features. As ever, let me know if there's anything you want to see covered in the next issue of *LL* – it's your Club, and your newsletter.

Loughton Ladies Pay Tribute to George and Teddy

The Club's annual Christmas get-together in the form of the Mince Pie Relay took place on 27 December. After the well-supported six-lap relay race – which saw Paul Regan, Michael Hunt and Sandy Yamaguchi take Gold – the ladies Clubbed together to present George R and Teddy C with some well-deserved alcoholic treats in recognition of the

efforts they put in throughout the winter season. Jean H said: 'Teddy is always there with a smile and encouragement at the end of our races, and George braves the elements with his trusty stopwatch. We are very grateful to them and all the officials in the Club, without whom we would be in complete chaos!' Only one thing left to ask, George: did we make the final?!



March 2012

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More Medals for Loughton Athletes

This must surely be a record for any Club in the UK: at the county and regional indoor athletics champs on 11 and 12 February, Anna Clark won silver in the 800m with a new PB. She's in the U17 age group. In the same championships, Peter C romped home for another silver for Loughton, in the senior men's walk – he's actually an M70. Well done for doing Loughton AC proud, you two – and *LL* will get on the case and find out what the biggest age gap is between medal-winning athletes from the same Club at the same championships. Well done, too, to Jean H for winning the V60 category in the Essex County Cross Country Championships, held at Basildon in January, and to Gay on her 3rd place finish in both the County Championships and the Essex League overall standings this winter.

Marathon Reps

This year's Club London Marathon spots are to be filled by Gavin H and Dave T. Good luck to them with their training. Good luck also to Hayley A and Tracy H, new Club members who have been training with David and John's groups respectively this winter and are taking part in their first London Marathons. Also taking part is Alex C, who joined the club during the summer and runs with the weekend groups. She will be running in her second London Marathon.

Southern Athletics League Update

The fixture list is now finalised, and we will compete in Division 2 North East, against clubs including Basildon, Ipswich, Ryston and Woodford Green/Essex Ladies. The dates are 21 April, 19 May, 9 June, 14 July, 1 September. Please put them in your diaries now!

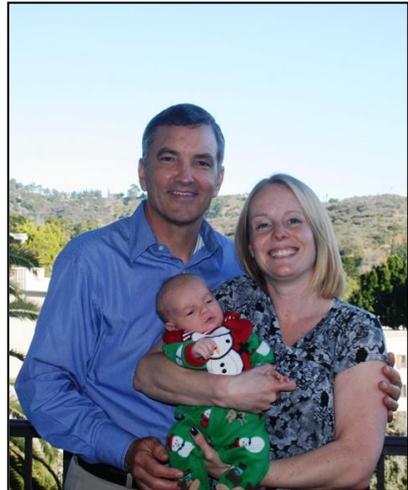
Calling All Coaches

Gavin would like to remind all coaches to check their status: it may be that your licence is about to run out. If this is the case, please speak to Gavin, or phone him on 07745 206589 and he can tell you what you'll need to do to renew it.

Oops...

Big apologies to my mum, Jean H, who put pen to paper to write me a lovely report about the Vets League final – which I promptly failed to include in the November issue (the pen and paper thing threw me!). So, cast your minds back to the balmy late summer and relive the glory by reading all about it on page 5.

Good Month for... Caroline and Helen Real, who became a mummy and an auntie respectively to Tobin Touchstone Jr...



Bad Month for... David Hobbs, who took a tumble in the Chingford League and ended up caked in mud from head to toe. Don't worry – you spend a fortune at a spa for that!

Olympics Countdown: Medals Tips

In case you hadn't heard, it's Olympics year! Only 180 days to go at the time of writing... So, let's get the debate started – LL wants to know who you think can win GB's track and field medals in August. Send your tips to maryknapman@yahoo.com and we'll print them in the next issue. In the meantime, here are my picks for Gold, Silver and Bronze – and why.

Gold

Jessica Ennis

Age: 26

Event: Heptathlon

PB: 6,823 points

Russian rival Tatyana Chernova will be hot on her heels and Jess will need to be at her best or better than her best in every event, have a lead of at least 250 points over Chernova after day 1 and beat her Javelin PB. If she can do that, she'll win.



Silver

Holly Bleasdale

Age: 20

Event: Pole Vault

PB: 4.87 indoors; 4.70 outdoors

She no-heighted in the 2011 World Champs and will have learned a lot from that, she's improving all the time while some of her rivals may have had their day (she smashed her own indoor PB at the end of January) and, if she can consistently vault 4.80+ in the run-up to the Olympics, she's my pick for a sneaky Silver.

Bronze

Perri Shakes-Drayton

Age: 23

Event: 400mH

PB: 54.18

I could have gone for Tiffany Porter or even Paula or Mara for this one – Perri is a bit of a heart versus head pick! She's from Bow, runs for Victoria Park & Tower Hamlets and has competed against us in the Chingford League in previous years, so I have a soft spot for her. But if she can break the 54s barrier and find a smidgeon of Dai Greene's determination (see below), she might do enough for Bronze. That's if she can make the final first!



Gold

Mo Farah

Age: 29

Events: 10000m; 5000m

PBs: 26:46.57; 12:53.11

Mo made the step up from being a pretty good athlete to superstar athlete after he moved to the US to be coached by Alberto Salazar early in 2011. If he can continue the form he showed at the World Champs in Daegu, he can go one better and win double Gold.

Silver

Dai Greene

Age: 26

Event: 400mH

PB: 47.88

I hope he gets Gold; and if I wasn't following the 1-2-3 format I'd say he will win. I love this guy's attitude – he says all the right things, and just works really hard. My only worry is that he'll need to go faster to win Gold in London – his Gold medal-winning time in Daegu was the slowest ever for 400mH in a World Champs. But although he might not top the event's rankings list at the end of the season, he's a competitor, and that's what will count in London. Come on, Dai!



Bronze

Lawrence Okoye

Age: 20

Event: Discus

PB: 67.63

Like Holly Bleasdale (see above), Okoye is a relative newcomer to his event (he was a Rugby Union player before taking up Discus in 2008) and, after a mediocre World Champs in 2011, he should have learned enough to step it up in 2012. He may find the German, Harting, and the Estonian, Kanter, too strong, but he's got an outside chance of Bronze.

2012 AGM

The LAC AGM will take place on Monday 19 March 2012 at the Loughton Club, Station Road, Loughton at 7:30pm.

An invitation is enclosed with this edition of LL.

Please make every effort to attend. This is your chance to express your views or to ask questions about Club matters.

Results from Here and There

As promised, here's the report from the Eastern Region Vets' Final last September.

Once again, both the men's and women's teams reached the final at Bedford International Stadium and a great day was had by all.

Our 'young ones', Michelle and Mitch, and Simon (where have you been these last 10 years, Simon?!) competed magnificently, showing no signs of nerves beforehand on such a big stage! Although the men's team were without their captain able to run, Tony organised such a great team tactically that most events were covered, with Mitch winning his 100m race and high jump, and David victorious in his 200m event. The team finished seventh overall, a great achievement, proving that every point counts.

The ladies, although few in number, covered nearly every event, with some exceptional performances. Pam won her javelin and discus, and what the rest of the team lacked in winning performances they made up for in effort and enthusiasm – including Lorna making her debut in the 100mH! The last leg of the relay was a sight to behold when Amanda, setting off like a bullet out of a gun on the final 400m leg, took the team from last to first! Chelmsford won the match and our ladies team finished fourth, only 1 point behind Ryston in third and 5.5 points behind Milton Keynes in second – and all the teams much bigger than little old Loughton.

Well done all the vets!

Jean Hobbs



Back to the winter season now – you can find all the results of the recent races on the Club's website, www.loughtonac.org.uk, but it's worth highlighting a few of the noteworthy performances from LAC athletes.

Anna Clark made the Essex cross-country team as a result of a good finish in the Essex Schools race, and then represented Essex in the Southern Counties schools cross-country champs, where she finished 53rd. Well done to her.

The ladies finished fifth in the overall standings in the Essex League, with the men tenth. And we had a bumper turnout in the Chingford League race at Chingford on 21 January, with newcomers Ben, Tracy, Debbie and Mike all having a great debut run. The ladies romped home in first place – a great achievement.

Loughton Lines

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Please send any LL articles or feedback to Mary, and any photos to Tony.

A Week in the Life of Jo Ryan

This issue, LL cornered Jo Ryan, who has joined a new training group at Lee Valley this winter and has been working hard with coach David H in preparation for the summer season. Jo missed last season through injury, but is now fighting fit. She was ranked 16th in the UK over 400m in the 2010 season, with a PB of 54.01. LL asked Jo to make a record of all her training over the course of a week, as well as what she ate and what she did to relax. Here are the results!

Monday



Wake up around 8am. I'm not a morning person, so this is earlier than I'd like! Have a glass of pineapple juice, porridge with honey and 2 slices of toast. The coach at Lee Valley sent me to a nutritionist when I started with him, and David and I got a meal planner so I know what to eat to complement my training.

Head over to Pickett's Lock. My overall programme is set by Jonas – he's one of the UKA sprint coaches at Lee Valley, who helps look after Rob Tobin – and me! My sessions at the moment are all planned to 'manage' the knee condition I developed last summer. Warm up with a 5min run, drills and dynamics. Do a session for strength and conditioning: medicine ball throws, 5kg 2x5 then 3kg 2x5, with 3mins between each set.

Then I do an acceleration technique session: 3 sets of pull sled – 2x20m with sled (loaded with weights), 1x30m without sled, 2mins rest between each rep and 5mins between each set. Then 3 runs of about 50m without sled, with 3mins rest between each run. I snack on a protein shake with fresh fruit, blended as a smoothie. Lunch is a chicken wrap with salad and avocado.

Next I do a gym (weights) session. I have a set session from the Lee Valley coaches. They have a folder with all the sessions in it, which tells me what exercises I have to do. I do weights sessions pretty much every day for strength and conditioning. I'll be doing these sessions right up to competition time. I have a personal weights coach, Sam, who comes down to Lee Valley. He's a former pole-vaulter turned weightlifter. He coaches weightlifting and strength conditioning using weights. Today I do the 'Bodybuilding' session: head pulls, bench flies, a seated pull 'pyramid' session and lateral pull-downs. I snack on ginger cake and rice cakes.

I train with Bethany Woodward, World 400m Paralympic Champion in the T37 category. We see Marlon Devonish at the track today – he's always laughing at how much Beth and I chat!

Tired from being at the track for 5 hours, so in the evening I have prawn risotto for dinner and chill out with my boyfriend, Paul. He's a chef, but luckily he doesn't mind my 'athlete's meal plan' too much!



Tuesday



Lay in ☺ till 9ish. Have porridge with fruit, then toast with peanut butter.

Session is in the afternoon at the track. Do my warm-up run, drills and dynamics. Then it's a bike session, aimed at improving my strength and speed endurance, but through non-impact work. First set is 1min on with 1min off x 5, 5mins rest; second is 2mins on and 1min off x 5, 5min rest; third is 1min on and 1min off x 5 – all in gear 8/9. Rest and have physio for 30mins. Snack on a protein shakes. Then I do my gym session (weights) – rack pull x 4 with 65kg, loaded step-up 4x5 with 10kg dumbbells, cable pull-through 4x8, single-arm dumbbell squat 4x8 with 4kg, front plank 1min on and 1min off x 4.

It's been a hard week so far and I'm showing signs of fatigue, so Jonas plans an aqua-jogging session for me for tomorrow, which is a recovery session that I tend to do midweek if I need it.

Salmon, rice, spinach, sweetcorn and carrots for tea, then a hot bubble bath and bed with a DVD on, as it's very late.

Wednesday



Wake up at 8am. Have 3 Weetabix, 2 slices of toast with peanut butter and a glass of pineapple juice.

Head to the pool for aqua-jogging, 1min on, 1min off x 10. I have a float that goes around my waist to keep me afloat so that I can run in the water; it's a non-weight-bearing exercise. Have a sardine salad with avocado and a cheese salad wrap.

Sandra Alaneme (triple jumper) and Beth are my BFs at the track – we head off shopping together for the afternoon. Then I pop to my friend Kirsty's house for a Wii night!



Bethany Woodward winning the T37 400m final at the world championships in New Zealand

Thursday



Wake up at 8am. Brekkie is porridge with honey, and 3 slices of toast with Marmite.

Session is in the afternoon today: warm-up run, drills and dynamics. Then I do a bike session – the same as the one I did on Tuesday. No full-on weights session for me today – just a med ball. It's called 'Pedestal', and it's from the folder. It's 1x10 core exercises – a bit like the circuits session at Roding Valley. Next I do the 'Hamstring' circuit. I snack on a protein shake with fresh fruit. I see Christine Ohuruogu, Christian Malcolm and Rhys Williams while I'm training. (He's super friendly – he even helped clear the snow off the track for me last Saturday morning!)

After my chicken and avocado wrap, I go to Pilates for an hour in the afternoon. Because of the conditioning benefits of Pilates, Jonas referred me to a Pilates expert in Golders Green, where I go for a one-to-one session.

After beef stew for dinner, I head to the cinema with Paul.

Friday



Wake up at 8am, and have porridge followed by toast with scrambled egg.

Head to the track. Do my warm-up run, drills and dynamics. Do 2x3x30m dribble runs with a tall hip – aimed at developing the technique of driving through the floor, to get a full extension through the whole leg and hip. Have a protein shake.

Next up is a bike session: 10x30sec on and 90sec off, really fast, with resistance of between 8 and 10 – this is for speed and speed endurance, and it's non-impact. Then I do the 'Hamstring' circuit and a gym session ('Bodybuilding').

Tired, as usual, after a full-on day at the track, so it's a DVD night with Paul tonight.

Saturday



Wake up at 8am and have porridge followed by scrambled egg on toast, with pineapple juice.

Head to Pickett's Lock. It's just a gym session for me today. Andy Turner, World Champs Bronze Medallist, says hello.

I'm looking forward to doing more running next week – I know Jonas is planning 4 sets of 6x100m, 20secs rest between each 100m, 3mins recovery between the 4 sets. For my running sessions, my warm-up usually takes around an hour. Another session coming up is an acceleration session with the sled – 2 sets of 4x30m, first 2 with the sled and second 2 without, with 3mins between reps and 8mins between sets; then, after a 15–20min recovery, 1x300m with maximum effort. That will be the first time I'll be wearing spikes since September 2010, which will be weird.

After the gym I go shopping at the new Westfield with my friend Zoe. In the evening I catch up on the week's soaps that I've missed!

Sunday



Rest!

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Press Officer:

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Forthcoming Events

March

Sat 17	Chingford League X-Country Relays (all) + presentations Essex Road Relays (S/V/U20, M&W)	Highams Park Chelmsford	13:30 14:30
Sat 24	Orion 15	Chingford	10:30
Tue 27	Physical Shield Road Relay	Loughton	20:00

April

Sun 15	Loughton Town Council Charity Fun Run Loughton (<i>Course set by Loughton AC</i>)	Loughton	
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April

Sat 21	Southern Athletics League	Watford	
Sun 22	London Marathon	Greenwich	
Wed 25	Eastern Vets League (HOME)	Lee Valley	

May

Wed 9	Eastern Vets League	Southend	
Sat 19	Southern Athletics League	Colchester	
Tue 22	Club Champs Day 1: 10,000m (S/V M&W)	Loughton	
Sat 26	Club Champs Day 2: 100, 200, PV, SP, LJ, DT	Walthamstow	14:00
Tue 29	Club Champs Day 3: Walks (All)	Loughton	

June

Sat 9	Southern Athletics League	Bury St Edmunds	
Wed 13	Eastern Vets League	Chelmsford	
Sat 16	Essex Schools Championships		
Tue 19	Club Champs Day 4: Endurance (S/V M&W)	Loughton	
	Woodford Open Meeting	Ashton PF	
Tue 26	Club Champs Day 5: 1500m	Loughton	

July

Sat 7	Club Champs, Day 6: 200, 400, HJ, HT, TJ, JT	Walthamstow	14:00
Wed 11	Eastern Vets League	Chelmsford	
Sat 14	Southern Athletics League (HOME)	Lee Valley	
Tue 17	Woodford Open Meeting	Ashton PF	
Tue 24	Club Champs Day 7: 5000m (S/V M&W)	Loughton	

August

Fri 3-Sun 12	Olympic Athletic Events	Stratford	
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September

Sat 1	Southern Athletics League	Ipswich	
Tue 11	Woodford Open Meeting	Ashton PF	
Sun 23	Eastern Vets League Final	Milton Keynes	

Start Times

For start times of league fixtures, please ask your team manager.

All Senior Men's and Women's Club Championship races held at Loughton begin at **7:30pm** on Tuesdays. Young Athletes Club Championships will begin at **7:15pm** on Tuesdays. All competitors must wear a number, and they must report at least 15 minutes before the start time.

As ever, remember to wear your Club vest in all races – except Club champs. Barbara Higgins is now in charge of vests. All still priced at £10. Tel. 020 8508 3230. The summer fixture card is enclosed with this copy of LL.

Details of the Essex County Track and Field Championships are on page 16.

Physio Update: When to Seek Help for an Injury

Each issue, Club member and professional physio Helen Real treats us to an update based on both the latest research and her practical work. In this issue she tells us when to seek medical advice for an injury.



Pretty much every runner occasionally feels the odd niggle, ache or pain as a result of running. As much as we hate doing so, we may sometimes decide to take a few days off training, to help the body to heal. This is often enough to sort the problem out, but if that's not the case it's decision time: should you seek help from a medical practitioner?

Some of the more common problems runners come across are knee pain, Achilles tendinopathy, muscle strains and sprained ankles.

Knee pain can result from something simple like overusing your thigh muscles, but it might be down to a muscle imbalance or a problem within the joint. Muscle strains can range

from a minor niggle to a partial tear; Achilles pain could be a simple reaction to something new that you did, but could be a bigger problem within the tendon; sprained ankles can be minor but can be more serious, like a partial tear. How do you know if it's a minor problem or something more? Well, the simple answer is that you don't! However, time and the correct treatment will assist you in deciding if you need further help.

The general rule when you first feel pain is to follow the 'PRICE' recipe (protect, rest, ice, compress, elevate). If you feel your injury when you're doing simple activities like walking, going up and down stairs or jogging for the bus, then don't run; as soon as you can do those simple activities you should try going out for a gentle jog and see how it goes. If after five days you are still unable to do simple activities pain free, then you should seek advice from a medical practitioner (GP or physio).

Sometimes it isn't as easy as suddenly noticing a new injury, and in most instances the pain creeps up on you. This is where it becomes more difficult to decide what to do. Being sensible is the hardest part, but if you're feeling your symptoms on a daily basis when you're doing those general activities, or if you're feeling pain every time you run, you'll need to seek help, as the problem is unlikely to go away by itself.

Other signs and symptoms which indicate that you need to see someone include a large bruise forming, dramatic and immediate swelling, the affected joint giving way so that you fall down, painful clicking at a joint or locking of a joint rendering you unable to move it.

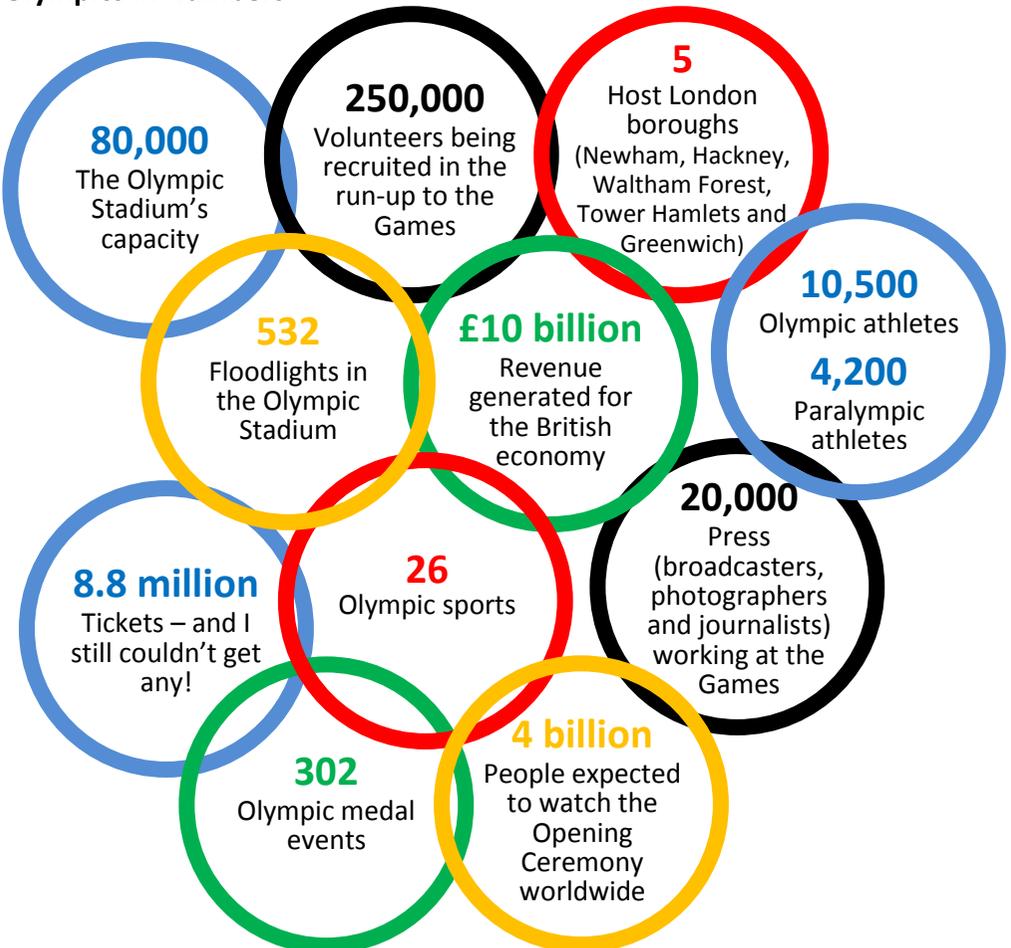
Checklist

- If you feel pain when doing general daily activities, stop running for a few days.
- If you feel pain when doing daily activities which does not ease with rest, seek advice.
- If you feel pain that comes on each time you run for more than a week, seek advice.
- If you have bruising, swelling, joint locking or painful clicking, or if your joint gives way, seek advice.

Helen Real

If you have any queries relating to her article, do speak to Helen or to one of the club coaches. Note that the information given above is of a general nature. If you want medical advice tailored to your individual circumstances, consult a medical professional.

Olympics in Numbers



Across the Pond – Part 1: Still Across the Pond... And Swimming

Each issue, our friend across the pond, Caroline Touchstone Real, sends us a report on her exploits. Here's her latest instalment, now that she's knee-deep in 'diapers'!

So, it's been a while! Baby Tobin Touchstone Jr arrived on 9 November 2011 by C-section, and running was off limits for 4 weeks. Finally, the doc signed me off for work and exercise, and I started furiously with both! Tobin (Senior!) and I made a start on training again – it helped having my motivated little sister for on-site support and military-style encouragement (and she took the buggy up the hills for us!). After a few weeks back in the swing of things, and with a few traumatic hill sessions under our belt, we decided to run our annual LA Kings 5k race – you may remember this is our local ice hockey team.



Last Saturday we took to the streets of LA with our BOB (Beast of Burden) running 'stroller' (with shock absorption), in absolutely torrential rain, and Tobin Jr took part in his first race. We managed to pull the stroller sunshade down far enough to shield him mostly, and I covered his feet with my jacket. I had opted not to purchase the rain cover as 'it never rains in LA' – typical. Junior was very excited and slept through the preliminaries, the race and the awards ceremony. He did wake momentarily to have his photo taken with the Kings mascot, Bailey, though. It was interesting running with the buggy; obviously we started at the back so as not to ram everyone when the gun went off. We quickly realised that we were still running faster than a lot of people though, and went cruising along the edge of the course, taking it in turns with the buggy. There were a couple of other buggies on the course, and that competitive edge kicked in as Tobin said we could not be beaten by another stroller! On lap 1 we were overtaken by a keen dad with stroller, but we quickly upped the pace and he stopped to tie a shoelace, and we took the lead position again. We made it to the finish line in 27 minutes (not so unrespectable for our first race back), absolutely drenched; and Junior had wet feet and spray on his face but was still sound asleep! We definitely made it first in the stroller category, and Junior won the 0–3 months age group also!

That's about all the excitement for now. Junior is looking forward to making it back to the UK for his first Olympics in August – spectating, not competing, obviously! Although, I have just heard a nasty rumour that babies need tickets for the Games? I will have to research this. Hope to make it to a running event so that Junior can meet you all soon!

Caroline Touchstone Real

Across the Pond – Part 2: Return to Greenville

Thanks to Rob Sargent, who sent LL this report about his latest trip to Greenville, South Carolina, on a running trip.

I had arrived on Sunday and race day was not until the end of the week, so I had plenty of time to prepare for the race and meet up with friends from the Greenville Track Club (GTC). Monday night was tempo training. The session was 12 laps of the track at 10km pace. They do the same session every week, which may be why attendance was low – boredom! Interesting point about the track was that it was tarmac!



Wednesday evening is track night in Greenville and about 20 runners turned out for the session held at Greenville High School. With the big meet on Saturday and most entered into the full or half marathon the session was only 5 x 400m, with 400m jog recovery. However, it was made more interesting for the locals as regular coach Mike Burchett allowed me to introduce them to my warm-up and warm-down. This went down very well!

Friday was race registration and exhibition at the Greenville Drive baseball stadium. I met up with race director, Ed Hughes who, true to his word, gave me a complimentary entry to the marathon. I spent a few hours there meeting old and making new friends – it can be fun to be the ‘English guy’ – before returning to my hotel to prepare for the pasta party. This was held at the Marriott Hotel. I bumped into Reggie, a GTC marathon debutante whom I had met at track training, in the bar, who had gathered a group of out-of-towners together, including someone from Hornchurch! (He now lives in the States.) The evening went well and included a motivational talk by Jeff Galloway, a leading US coach.



Friday had been chilly and windy after a fine week, but as race day dawned the wind eased, although the temperature was still a little low for my liking. The races started outside the baseball stadium. We started without a rendition of *The Star-Spangled Banner* (unusual) and I kept my pace under control. The first 4 miles were around the town, with a nasty climb up from the river to the Swamp Rabbit Railroad Trail. My time at 5 miles was at

39mins, and was 79mins at 10. There was then a loop around undulating Green Valley and I passed halfway in 1:45. I joined up with the 3:30 pacing group (about 4 runners) through Furman University and, as we returned to the trail for the run back to the city at 19, I picked it up. The 20-mile mark went by in 2:37 and I picked a few off. The pacing group rejoined me as we climbed up to the baseball stadium but I outsprinted them to cross the line in 3:29.19, my best in 2011.

This earned me 52nd spot out of around 500 and, by some strange workings, second ‘Grandmaster’. I was second in my age group by nearly 30 minutes and lost my race M50 record to Dennis Funk, who ran an awesome 2:59.58 at 55 years. I was well pleased with my morning’s work. In saying that, there will no marathons for me for at least 18 months, and you may slap me around the head if I say or attempt to do otherwise!

Rob Sargent

Nutrition Notes: Weight Matters

Lara has been a professional dietitian for six years and works across West Essex from her base at St Margaret's Hospital in Epping. She works with both adults and children who require specialist dietary advice on a range of medical conditions such as diabetes, obesity, malnutrition, irritable bowel syndrome and raised cholesterol. She enjoys combining two of her favourite things in life... sport and food!



How are the New Year's resolutions going?! I thought early February would be an appropriate time to write about one of the most popular New Year's resolutions made: to lose some weight. Having spent a lot of my time over the past few years supporting many people who are trying to lose weight, I know it is not as easy as it seems, but the important thing is that it is also not impossible. Below are a few tips to help anyone who is trying to shed those excess Christmas pounds.

Am I a Healthy Weight?

The first thing to work out is your Body Mass Index (BMI). This simple calculation tells you whether you are roughly the right weight for your height.

$$\text{Weight (in kg)} \div \text{height (in metres)} \times \text{height (in metres)}$$

For example, if someone is 5'6" (1.65m) and weighs 9.5 stone (60kg), their BMI would be:

$$60 \div (1.65 \times 1.65) = 22\text{kg/m}^2$$

A healthy BMI is between 20 and 25kg/m². A BMI below this range is classed as underweight; a BMI above this range is classed as overweight.

Rapid Weight Loss

Rapid weight loss can result in excessive loss of lean tissue, dehydration and reduced ability to train and compete. The recommended weight loss is 1–2lb per week. Research shows that people who lose weight rapidly are likely to regain all the weight they lose and will sometimes weigh more than when they initially started. Those people who lose weight gradually are more likely to maintain the weight loss long term.

Where Does our Energy (kcal) Come From?

- Fat – 9 kcal/g
- Protein – 4 kcal/g
- Carbohydrate (sugars and starches) – 4kcal/g
- Alcohol – 7kcal/g

Fat and alcohol are the most energy dense; this is why there is always an emphasis on reducing your intake of these if you're trying to lose weight.

So How Many kcal Do I Need?

There are several complicated calculations that are used to work out an individual's kcal requirement. The calculations take into account factors such as gender, age and activity levels. On average, women require around 2000kcal per day to

maintain their weight; men require around 2500kcal per day. These calculations do not factor in training regularly, so we need to allow additional kcal for activity. Again, the number of kcal used by an individual will vary greatly depending on factors such as age, weight, type of activity and the intensity and duration of the activity. Below are average kcal used during various activities:

Aerobics (high intensity)	520kcal/hour	Running (5.6min/km)	750kcal/hour
Badminton	370kcal/hour	Squash	615kcal/hour
Cycling (9km/hour)	250kcal/hour	Swimming (fast)	630kcal/hour
Running (3.8min/km)	1000kcal/hour	Tennis	415kcal/hour

So What is the Best Way to Lose Weight?

The most effective way to lose weight is to ensure that you eat regular, balanced meals, and that you choose foods that are lower in fat and sugar. Aim to lose between 1 and 2lb per week. Although this doesn't sound like very much, losing a pound a week for 6 months gives a weight loss of about 2 stone. Eating 500kcal fewer per day than you need will lead to a loss of 1lb per week. Eating 1000kcal fewer per day than you need will lead to a loss of 2lb per week.

Helpful Tips

- Set realistic goals – the worst thing you can do is to set yourself up to fail. Set goals that you are confident you will be able to achieve.
- Monitor alternative factors to weight – sometimes the scales are not our friend, and this can become frustrating. Monitoring changes in waist and hip circumference is easy and can really help to keep the motivation going if the scales are not helping.
- Keep a food diary – this doesn't work for everyone, but it can be a useful tool, especially in the beginning, to help identify areas that can be addressed. The key is to be as truthful as possible.
- Eat slow-releasing carbohydrates which have a low glycaemic index, to keep you feeling fuller for longer. Examples are rice (especially basmati), pasta, noodles, seeded breads, pulses (such as chickpeas, kidney beans or butter beans) or porridge.
- Don't deprive yourself too much; remember that occasional treats are an essential part of any long-term healthy eating plan. Then you're more likely to sustain the changes.
- Make lifestyle changes gradually: trying to tackle ten new changes on top of day-to-day life can be too challenging. Make a list of changes you want to make and tackle them one by one.

Lara Regan (Registered Dietitian)

If you have any queries relating to her article, do speak to Lara. Note that the information given above is of a general nature. If you want medical advice tailored to your individual circumstances, consult a medical professional.



ESSEX COUNTY ATHLETIC ASSOCIATION

COUNTY CHAMPIONSHIPS 2012

DAYS 1 & 2

**Saturday 21st and Sunday 22nd April 2012
Ashton Playing Fields
Woodford**

DAY 3

**Saturday 28th April 2012
Garon Park
Southend-on-Sea**

DAYS 4 & 5

**Saturday 12th and Sunday 13th May 2012
Melbourne Park
Chelmsford**

EVENING 6

**Friday 13th July 2012
Ashton Playing Fields
Woodford**

Details of events will be available in February 2012
CLOSING DATE 5 APRIL 2012 (subject to confirmation)
See www.essexathletics.org.uk for more details