



Loughton Lines

Welcome to *Loughton Lines*. This issue brings you news and reports from around the Club, plus all our regular 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.

News from the Annual General Meeting

The Club Annual General Meeting took place on 19 March. The usual Club business was taken care of, but there are two major 'headlines' to report: our long-serving President, Mr Barry Edwards, has decided to stand down (see page 3 for more on this); and Helen Real won Loughton AC Sports Personality of the Year. Helen is a deserved winner, having improved most of her PBs on the track last season and been a top fell runner to boot, completing both the Snowdon and the Ben Nevis races (among others) in very respectable times.

Aimee Wins Jack Petchey Award

Aimee Harper is the most recent winner of a Jack Petchey award. These awards are periodically presented to a young athlete who has showed improvement, dedication or particular promise, with the Club benefiting in the form of grants for equipment etc. Aimee described the awards ceremony for *LL*:

'The ceremony was very exciting – there were hundreds of people there, and my mum made me wear my best outfit. Danny Crates, former Paralympic 800m gold medallist, did a talk. He was very inspiring and told us never to give up and to always keep trying our hardest. I met him afterwards – he was really nice.' Well done, Aimee!

Sports Hall Athletics Proves a Hit with the U11s

LL recently caught up with Doris DSB for a run-down on the Sports Hall Athletics initiative over the winter.

We have introduced some new events this year: The 50m Duck Chase; and the 100m Splash (see photo on page 2 overleaf!).

In September last year, we decided to take the children's athletics group inside for the first time, to try Sports Hall Athletics. It is really important that

June 2012

Contents

Page 1	News & Reports
Page 3	Barry Edwards
Page 5	Results
Page 6	Hayley's Marathon
Page 7	Forthcoming Events
Page 7	Physio Update
Page 10	Across the Pond
Page 11	Nutrition Notes



Aimee with Danny Crates, former Paralympic 800m champion

the younger members of our Club have the opportunity to participate all year round, but running on roads is neither safe nor recommended (physically) for such young children.



Indoor athletics has opened a whole world of new and exciting opportunities. The children have been coached in throws and jumps, as well as completing circuit training and honing balance and co-ordination skills, which is difficult on the playing fields or track. They have found the winter season interesting and we have tried to keep sessions fresh and full of variety.

Columba Morling, age 10, said: 'I liked all the different activities – not just running but learning to throw the javelin and the discus as well. I enjoyed it so much that I asked my friends to come and about 10 have come along from my school. I liked the javelin the most: by the end of the winter I could throw it much further than at the beginning! This summer I'll be carrying on down at the track and I'd like to do a few races – perhaps even a 5k if my mum will let me!'

From the outset the aim has been to attract new young talent to the Club and give youngsters a safe environment in which they can develop their athletic skills. We hope we have achieved that! The membership has remained above 30, and now we are back on the field we anticipate that there will be more young people wishing to join.

It is fabulous to have so many young people, but this does place a demand on coaches and volunteers, who give up their time to help. Thanks to Gavin Harper, Tony Babbs, Linda Duncanson, Lara Regan and Françoise Fernandez, who helped out through the winter. (We need to make sure that we have enough volunteers for the summer, so please do speak to me if you can help!) I think the coaches have all enjoyed it as much as the children!

Doris De Souza Brady

Committee News

Some points arising from the recent Committee meeting:

- There are a significant number of people who still have not paid subs for 2012. If you haven't paid yet, please pay soon. If you cannot remember whether you have paid or not please contact Tony Maycraft (e-mail address on page 5).
- The Club has finally agreed the lease with Loughton Town Council, meaning that we can now re-instigate the process of getting an all-weather surface laid on the tennis courts. This will require someone to co-ordinate raising the funds required. If you feel that you can help, please talk to George Richardson, David Hobbs or Tony Maycraft.
- The legal and financial affairs of the Club are managed by four trustees. One of these is the Club treasurer and the other three are appointed by the Committee. Until the AGM, the trustees were Brian Chapman (treasurer), George Richardson, Barry Edwards and Ted Cash. However, Barry and Ted both wished to stand down, so the Committee has appointed Peter Cassidy and Tony Maycraft as the new trustees.

A Tribute to Barry Edwards

Barry Edwards recently stood down as Loughton AC's President after 33 years. LL couldn't let the occasion pass without paying tribute to his service. We asked George Richardson, sometime Club Historian, to put pen to paper in Barry's honour.



Barry winning the High Jump at the 1950 RAF Championships

In 1946, I started at Leyton County High School for Boys. As an 11-year-old newcomer, all the older boys seemed to be giants. Among them was Barry, who was 4 years my senior.

I observed their sporting activities with awe. All of them seemed so strong and powerful. And for the remaining years that we were both at the school, Sports Day saw great battles between Barry and others for *Victor Ludorum* (the winner of most events/points).

Then he left, and I knew nothing more of Barry until some years later, because when I joined the Club in 1952, Barry was away first doing National Service, then at University. He had joined Loughton Athletic Club in 1947, and competed very successfully in Club colours in his chosen specialty, the High Jump. All those achievements can be found on page 19 of the *Centenary Book* (hint, hint!). Those of you have been in the Club for some years will know that Barry still holds the Club High Jump record of 1.85m. When this was set in 1950, it was a good height to have cleared.

Barry's other commitments meant that he was not able to compete much after that record was set, but he remained a Club member at a time when the membership level was very low indeed. In fact, such was the low ebb to which the Club had sunk that our long-standing Secretary, Ernie Rule, resigned in 1962. Who stepped into the breach? Barry.

He remained in that post for 13 years and, because our training HQ was not always available for meetings, he very kindly offered us a room in Woodcroft, the school in Whitakers Way which he and his wife Jane ran at the time. This continued even after he stepped down as Secretary. I am sure he would be delighted to receive a pound for every cup of tea they dispensed to the Committee!

In 1979, to honour all that he had done for the Club, he was elected as President, a post he held with distinction until this year. He now lives in France for part of the year, and did not want to be in a situation where he could not attend major Club functions.

So, Barry has been a loyal servant of the Club for 65 years, and he has earned his 'retirement'. At the AGM, he was unanimously elected as Honorary Life President.

I am sure we all hope that he will continue to hold that post for many years.

George Richardson

You Heard It Here First...

So, obviously I have been inundated with emails with your Olympic medal tips... No, of course I haven't! But luckily my mum and dad read LL, at least, and they duly took pity on me. So, here we go: Jeanie and David's Picks for Gold! Get your money on while you still can – and make sure they get a cut when you win your fortune.

Jean's Nailed-on Winner: Ashton Eaton (USA; Decathlon). He's Just Too Good.

David's Nailed-on Winner: Phillips Idowu (GB; Triple Jump). Not very original, and Phillips will be under pressure from the US athletes, as well as Teddy the Frenchman!

Jean's 'Really Could Do It': Yamile Aldama (GB; Triple Jump). Okay, she might be a 'Plastic Brit', but if your husband was banged up in this country, surely that's enough to mean you're British?! But that's not what swings it for Jeanie: Yamile is a Vet! So she gives hope to all those Loughton Ladies on the Triple Jump run-up, giving it the old exaggerated overhead clap, hoping that the crowd will carry them out to 13 metres... Come on, Yamile – do it for the Vets!

David's 'Really Could Do It': A few picks for you, here: Martyn Rooney (GB; 400m). Rooney has bags of natural talent, and just needs to believe that he can really be competitive at the top level. Goldie Sayers (GB; Javelin). In this event you only need to 'nail it' once, for a disproportionately good outcome. The name helps! Finally, Tiffany Porter (GB, 100mH). I was going to pick Tiffany for gold, but I think Sally the Aussie is too tough a competitor. Tiffany should be 'best of the rest'!

Jean's 'Because We Know Him': Dwain Chambers (GB; 100m). He's been cleared to run. (Let's not start a debate about that little episode.) He's always at Pickett's Lock when Joanne and David are there, and always stops for a nice chat, so we feel like he's one of us. Sort of. Go Dwain! And don't drop the baton in the 4 x 100m, for goodness' sake.

David's Speculative Pick: Andy Pozzi (GB; 110mH). The sprint hurdles looks a bit more open than in recent years, and Andy Pozzi's good early season form can carry over into June, July and August.



Andy Pozzi celebrates winning the men's 110m Hurdles at the Olympic Stadium Test Event in May

Good Month for... London Marathon runners **Gav, Catherine, Jacqui, Alex Dave and Hayley** – for completing the 26.2-mile course ...

Bad Month for... **Helen Real**, who managed to miss the start of her 1500m race at the SAL match in April, not only incurring the wrath of Coach David H but also having to run the 1500m Steeplechase to make up for it. (Of course, she won it, more than redeeming herself!)

Results from Here and There

The results of the summer matches are on the website, so go to www.loughtonac.org.uk and have a look. LAC's Statto, aka George R, has kindly noted down the club records that have already been broken this season. Here they are:

Anna Clark	U/17W	800	2:25.04	Essex Champs, 12 May
Ty Holden	VM50	400	61.2	EVL, 25 April
Anne Heeks	VW50	800	3:02.3	EVL, 9 May
		1500	6:21.7	EVL, 25 April
Charmaine Johnson	VW45	80H	16.0	EVL, 25 April
		LJ	4.13	EVL, 25 April
Chris Salvary	VW55	LJ	3.25	EVL, 25 April
Sarah Santon	VW35	100H	18.9	EVL, 25 April
Cliff Warren	VM50	LJ	4.85	EVL, 25 April
		TJ	10.51	EVL, 9 May
Veteran 45 Women's 4 x 400 relay			5:45.2	EVL, 9 May

Jo Ryan has started to find some form this season. She had a great winter and some good warm-weather training in Portugal. Having missed the whole of the 2011 season through injury, it's taken a few races to get back into competition mode, but now she's got a few under her belt she has started to reap the benefit of her winter training and is notching up some good performances. Now she just needs some good conditions! She ran 57.38 at a cold and windy Loughborough on 21 May, which was enough to secure a spot in the 4x400m relay, running in the England vest, in which she ran a 56.4 split. I'm sure everyone in the Club will join me in saying how proud we are of Jo at Loughton AC, and we wish her the best for the rest of the season.

Loughton Lines

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Hayley's Marathon Experience

This issue, LL cornered Hayley Aguda, who started training with David's group at the beginning of last winter in preparation for the London Marathon. Here's how her day went...

Saturday 21 April 2012

One word: emotional! Picking up my race number last night has opened up a whole world of emotion and I feel as though I am wearing my heart on my sleeve. The silliest things are making me cry and the nerves and excitement are starting to kick in.

I normally work on a Saturday but was told that I need to rest, so I have booked the day off and have been pottering around getting my final bits in place for the Big Day. I read somewhere that I needed to take my high-carb meal on board at lunchtime rather than dinner, so I went for an Italian with my family and indulged in chicken and tomato pasta and garlic bread.

Dinner consisted of more pasta, this time with tomato and tuna, which was followed by a chill out on the sofa and Saturday night telly. I packed my bag for the morning and laid out my race kit so that I would be ready to go in the morning with the minimum of fuss.

Sunday 22 April 2012

My alarm woke me up at 5.50am, and my first reaction was to jump out of bed, rip the curtain open and look out of the window: to my relief there was sun! The torrential rain all week had made me dread the day.

Quick shower, breakfast of flapjack, banana and water, and I was good to go at 6.45am. On my training runs I would have this breakfast literally just before I went out of the door, so I took another flapjack and banana to eat in my pen about an hour before the race started.

The train ride took about an hour to Greenwich and was so exciting as it was a game of 'spot the runner', as every runner had their number already pinned on their top so that they would get free travel on the Underground. The Red Start was a rainbow of charity vests and the atmosphere was electric. Everyone was so friendly and you felt like you could walk up to anyone and strike up a conversation. I met a guy called Matt who, like me, was running for the National Autistic Society. His reason for running was because he is autistic and he wanted to prove to all those people that had bullied him through life that he could do it! You can't get more inspiring than that!

The race started at 9.45am and even though it started off chilly it soon became humid and by 5 miles I was regretting my choice of long-sleeved top. The crowd were amazing – there were constant cheers and clapping for the whole 26.2 miles and it carried me through. Unfortunately the 'y' came off my vest, so everyone was cheering for 'Ha' instead of 'Hay'! I made it okay to mile 22, where I saw my family and friends, and then the last 4 miles were a complete struggle. I did stop once or twice for a few seconds before being patted on the back by another runner and encouraged to carry on – it was so nice to receive support like that



from complete strangers. I crossed the finish line in 5 hours and 4 minutes and cried as the military operation to remove my timing device from my shoe and put my medal round my neck began.

After the race I was escorted to the 'meet and greet' area, where my family and friends were waiting for me with banners and balloons and cuddles en masse. In a flash I was back home and sipping Champagne with my family before I got into my hot bubble bath and relaxed.

This was probably the most amazing experience of my life and something I will never forget. I never imagined I would be as emotional and that I would have the love and support I did from everyone I know. I raised over £4,000 for the National Autistic Society and the feeling of being able to give something back and make a difference was so rewarding that I would definitely sign up again.

Hayley Aguda

Forthcoming Events

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.

Summer Barbecue

Sunday 15 July at the clubhouse. This will also include the presentation of the winter trophies. See flyer enclosed with this edition for full details and call Doris/Shawn on 020 8508 3341 or email dds10@hotmail.com to confirm your attendance!

Physio Update: Want a Massage? Do It Yourself!

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 how to do your own massage.

So we're back on the track! Well, we made a few sessions before the ducks took over! Are anyone else's muscles letting them know it's been a while since they last did speed work? In this economic crisis I predict that not many of you will be forking out for a massage. So here are a few tips on how to get your muscles soft and pain free again, with only a few pounds spent.



Tools you will need:

A tennis ball



A rolling pin



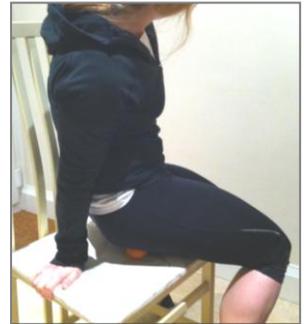
A foam roller



By doing this yourself you can use as much or as little pressure as you like. You can start off by using a light amount of pressure and gradually build this up as your tolerance increases. You can complement this self-massage with stretches for that specific area (as in my previous *LL* articles).

1. Gluteal Massage

There is a tennis ball under there somewhere... I promise! Sit on a tennis ball and roll it around until you find the sore spot. Start off by massaging the area gently for 30 seconds. Over the coming days you can build this up to 3–5 minutes, but it's best to see how the area responds to it first.



2. ITB (Iliotibial Band) Massage

This tight band on the outside of the thigh is prone to becoming painful in active people, especially runners. It cannot be stretched but it responds well to massage. Lie over the roll and take as much weight as you can through your leg in front and your hands on the floor. Slowly roll up and down the foam roller, making sure you go over the sore spot. Start off doing this 10 times and build to 20.



As you get used to the feeling you can allow the leg on the roller to take more weight. You cannot directly stretch the ITB but you can stretch the muscles around it, so perform a quadricep stretch after this exercise.

Alternatively you can use a rolling pin. Simply apply pressure and roll it up and down your leg as directed above.



3. Back Massage



4. Hamstring Massage



5. Calf Massage



6. Quadricep Massage



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.

Across the Pond: Oh Deer!

Each issue, our friend across the pond, Caroline Touchstone, sends us a report on her exploits. Here's her latest instalment! Less running, more Gardener's World these days...

Well, summer has set in out here in Los Angeles: blue skies, sunshine (sorry Brits!) and, of course, the garden trials and tribulations. Things started well; I got a greenhouse for Christmas – a balcony one – so I grew some seedlings, and they were doing very well. Once everything started to come through, I spent a whole afternoon digging little holes in the garden and planting the pods out.



For those of you who read my very exciting deer article last year, we purchased a 'scare-deer' contraption. It rigs up to the hose, and if it detects movement within about 20 feet it squirts a pretty heavy jet of water in that direction. Minor problem is that it also covers the balcony, so any poor unsuspecting guest looking to admire the garden from that angle would get doused with water – as would any potential thief!

While out hiking, we also came upon a neighbour who had put Irish Spring soap on her roses. Apparently deer don't like the smell. I immediately purchased a case of soap on Amazon, and spent time chopping the luminous green bars into cubes with the kitchen knife. I scattered some cubes in the garden, and we drilled holes in others and put them on stakes. The garden looked slightly strange to the casual observer by now! So, with the socks full of deer deterrent powder from last year, chilli spray, stinky green soapy cubes and the scare-deer (looks like a yellow bird head on a stick with a sharp beak!), all set up ready for attack, I lovingly planted out my seedlings.

Well wouldn't you know it: within a day all the little pods were upturned and all the seedlings were gone! I was distraught. However, it wasn't the deer, we don't think, as most of the roses were still there. It appears we have some sort of burrowing creature digging around and eating those lovely tender green shoots. Not one of the seedlings survived. The deer may have taken a nibble at the roses, too: there were a few missing but not the whole crop, so clearly I just needed to put out more soap!

What with the garden wildlife, and the birds nibbling at the grapevine already, I'm beginning to think that this 'back to nature' lifestyle isn't all it's cracked up to be! Not one to be discouraged quickly, I have now netted the grapevine and I planted more seedlings in the greenhouse, and there they stayed. We had the first crop of beans already. I'm not moving these to the garden, *ever!*

So there you have it: nothing to do with running, but some hot tips on how to maintain a vegetable patch without resorting to firearms or an electric fence – although that's not out of the question for next year!

Caroline Touchstone

Nutrition Notes: Vitamins and Minerals

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!



Have you ever wondered whether you need to take a multivitamin and mineral supplement? This article discusses what vitamins and minerals are, where they are found, how much we need and whether the use of vitamin and mineral supplements is necessary.

What are Vitamins and Minerals?

Vitamins and minerals cannot be made in the body and must be obtained from the diet. Vitamins are essential for the body to function properly; they are involved in the systems that produce energy, the immune system, the hormonal system and the nervous system. Minerals also have essential roles, including forming part of the structure of bones and teeth and controlling fluid balance in tissues, muscle contraction and nerve function.

How Much Do We Need?

Everyone has different requirements for vitamins and minerals which vary according to age, size, level of activity and individual body chemistry.

It is impossible to find out an individual's exact requirement without them undergoing lots of tests. However, the UK Health Departments use estimated requirements which apply to the majority of the population. Recommended Daily Allowances (RDAs) apply to average adults and can be used as a rough guide.

Regular exercise increases your requirement for a number of vitamins and minerals, in particular vitamin E (an antioxidant that protects from cell damage), vitamin C (required for the formation of tissues and the production of certain hormones required in exercise such as adrenaline and also for protection against cell damage), the B vitamins (involved in releasing energy from food, needed for making red blood cells and making certain hormones), calcium (for bone formation and muscle growth) and iron (for formation of haemoglobin, which transports oxygen in the blood).

Most athletes eat more food than the average sedentary person. With the right food choices, this means you should automatically achieve a higher vitamin and mineral intake. In the UK the Department of Health has produced a guide describing a balanced diet:

Food	Portions/Day
Cereals (such as rice, pasta, breakfast cereals, noodles, potato) and starchy vegetables (such as swede, parsnip, butternut squash)	5–11
Fruit and vegetables (fresh, tinned, frozen, dried, fruit juice, smoothies all count)	>5
Milk and dairy products (such as cheese, yogurt)	2–3
Meat, fish and vegetarian alternatives (such as tofu, Quorn and pulses, eg kidney beans/chickpeas)	2–3
Oils and fats	0–3

Who May Benefit from Taking Supplements?

If you think you are lacking in vitamins and minerals it is always best to try to change your diet; however, as a temporary measure you may benefit from taking a supplement if:

1. You have erratic eating habits
2. You eat a low-energy diet (less than 1500kcal/ day)
3. You are pregnant (folic acid supplement required)
4. You eat out a lot/rely on fast foods
5. You are vegan (calcium, iron and vitamin b₁₂ may be lacking)
6. You are anaemic (iron supplement required)
7. You have one or more food allergies or intolerances
8. You are a heavy smoker or drinker

Can Supplements Be Harmful?

Taking single vitamin or mineral supplements can easily lead to imbalances and deficiencies, as many vitamins and minerals interact with each other and compete to be absorbed in the body. If in doubt, it is safest to choose a combined multivitamin and mineral supplement. Some supplements taken in high doses can be harmful. If you are using a supplement or are thinking of starting one then the best advice to follow is to avoid high-dose supplements and ensure that you do not consume over 100% of the RDA for any mineral.

Read the next issue of *LL* for information on sports supplements (antioxidants, protein, creatine and caffeine).

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