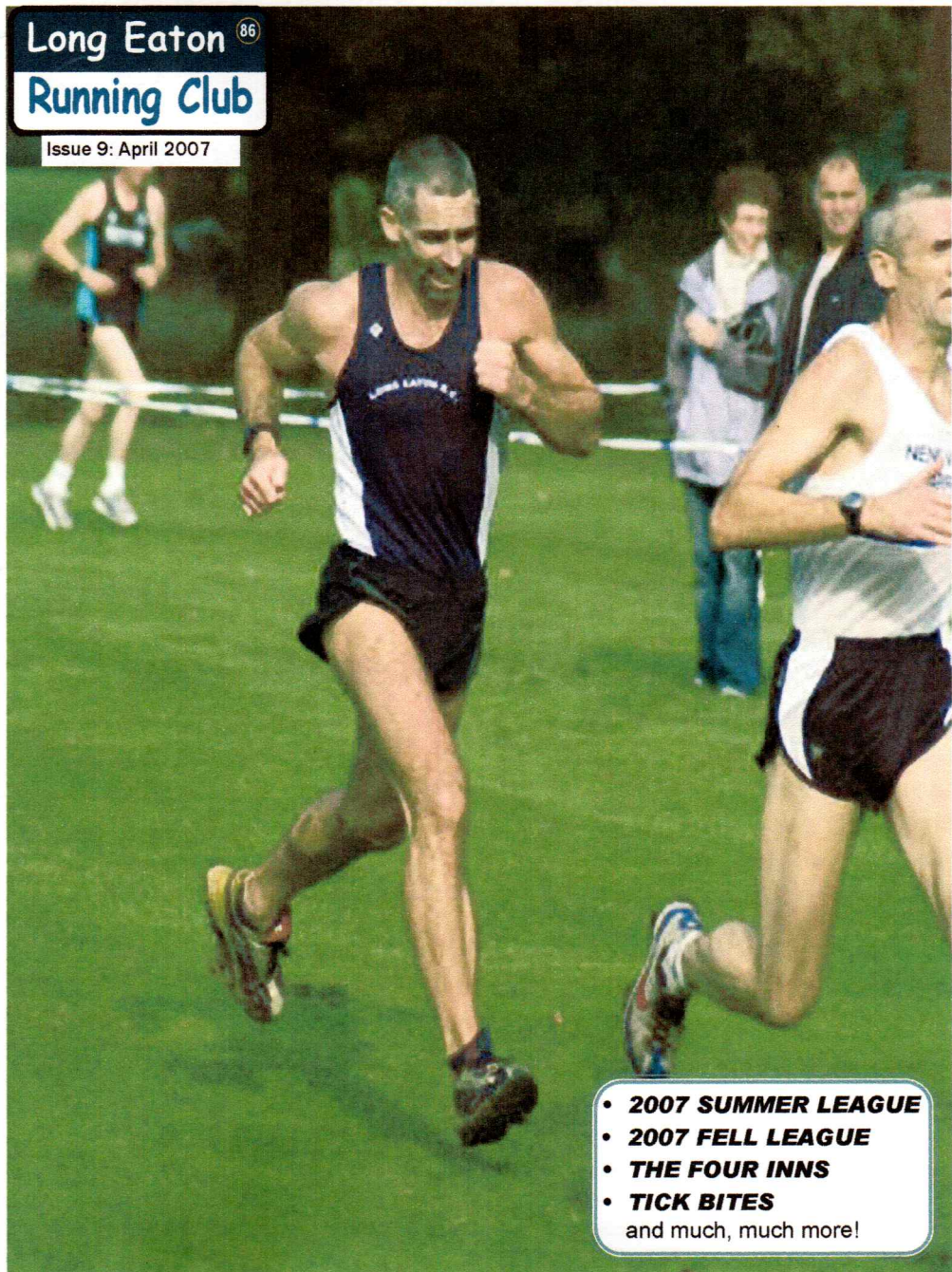


THE FINISHING LINE

Long Eaton ⁸⁶

Running Club

Issue 9: April 2007



- **2007 SUMMER LEAGUE**
 - **2007 FELL LEAGUE**
 - **THE FOUR INNS**
 - **TICK BITES**
- and much, much more!



Chairman's Bit

First of all I'd like to welcome new members to their first reading of this magazine, hopefully some articles will amuse you, provide you with information or at least inspire you to continue enjoying the club and all its events.

Last year as you may be aware has been the 20th year celebration for the club, lot's of events have happened and more to come but it all started way back last year in October with the unofficial Drunken Dash from the bus shelter in Long Eaton and we finished up at 'Victoria' pub in Beeston. A very nice pub if you like beer.

We still have lot's of anniversary Mugs and 'T-shirts' for sale. I shall be honest with you all, we need to recoup the cost so please dig deep in your pockets and come and see me if you wish to purchase any of the items. Would it not

be nice to get up in the morning, have tea in this special mug and wonder the reason for running.

In terms of running, again this year there have been lots of personal achievements from members, PB's, CB's and new challenges faced by members. Well done everybody. To read all about their achievements, go and see our wonderful website. I am sure it will inspire you all. Actually there have been some PW's, but this happens in life. We don't talk about these!

In terms of membership we have broken the '200' figure in August 2006, so yet again the club is on solid ground but the actual true figures will be in October when we see who rejoins. I am never complacent, so to progress the club forwards we need to look for new ideas and improvements but still maintain that friendliness which we have here. So members I am open to ideas but remember I do listen well if I have a pint in my hand, even better with two but forget it after three.

On training nights now that we are venturing out in the country side and it is wonderful, please look out for each others, we can easily get lost in the wild.

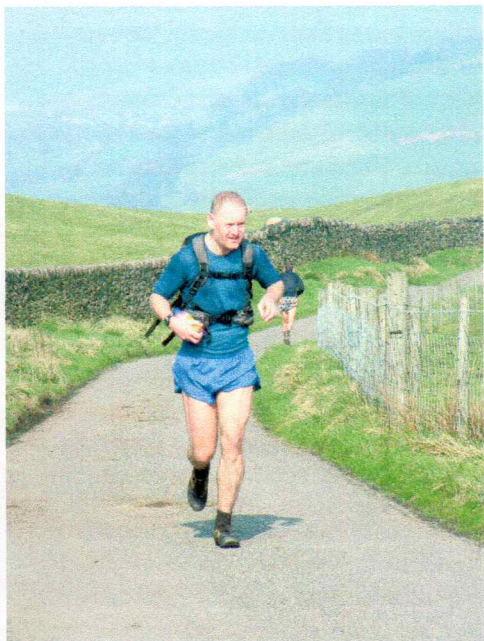
Keep on running but never lose the enjoyment of the sport.

Ash

Profile of a Long Eaton runner

PHIL WALTERS

The Club's "fell guru" has been encouraging members to run the hills and fells for many years and there are quite a number now who have been swayed by his tales of wonderful scenery, wildlife and the challenge that this sort of running brings. In 2006 he completed the Bob Graham Round (72 miles, 28,000 ft over 42 peaks in the Lake District - only the third LERC member to achieve this.



When did you join the Club? I joined in Feb '97 and the first night did 5 reps of Derby Road, Sandiacre with Chris Robson and Andy Marriott. I have never been the same !!

Why and how did you start running? I've been running since I was about 7 or 8 and it was basically a family thing. It wouldn't have been natural if I didn't run. Are there any other sports? My father's still running after 2 knee operations and he's 77, so there really is no hope for me !!

What is your favourite race? Fave race is simple. The Borrowdale Fell Race. I stumbled across it about 8 years ago whilst in Rosthwaite but didn't run it till 2003 cos I reckoned it was too hard. An absolute English Classic where you rub shoulders with World

Class athletes and Fell Legends, in simply the best scenery in the land.

Any funny stories? Glen Coleman, Rob Jackson and myself ran the 4 Inns in 2005 and Glen decided my Rucksack was too light. He sorted this by placing a Watering Can in my Sac, unbeknown to me until I'd completed the 45 Mile Fell Race (Carrying the Can all the way). In 2006, we all got presents for each other to carry. Glen had a Garden Trowel with a Caterpillar on (allegedly according to Rob, to dig him out of the Peat Bogs on Bleaklow), Rob a selection of Football programmes and a copy of Fly Fishing by J. R. Hartley and I had a rubber Chicken and Duck. Don't ask !!

Any memorable PBs? In fairness all of them as I believe with a passion that if you run a distance faster than you've ran in your life it's a fantastic achievement. Particularly cos none of us are getting any younger !! If pushed, it'd have to be 1.28.35 for the Half. That was special and very long awaited. (Oh, and breaking 'The Day' for the Bob Graham !!).

So what comes after a BG Round? Post BG, I've no specific plans but reckon I will follow others from Dark Peak Fell Runners and the Fell Running fraternity and attempt the Paddy Buckley Round. A similar round to the BG, but based in Snowdonia. It's a bit more challenging, but I've learned so much over the past few years to know it can be done.

Any future goals? To continue enjoying every run and be injury free (2 years now), and push back the boundaries of Fell Running as far as I can. One thing I have discovered is the more you train, the more fantastic the running can get and the more spectacular the scenery gets. I'd really like to do a sub 5.10 mile, Oh and when cycling, to stay on the bike !!

Fell Shorts

Over the last 2 years an increasing number of members have made it onto the fells. Six members raced the Castleton Fell Race in 2006 while 14 tried out the more gentle Bradbourne Fell Race, one of David Dentons friendly, low-key events. More members made forays northwards to the Lake District and many other races had 4 or 5 regular runners from LERC.

The increasing popularity of fell racing in the Club led to the formation of a separate league of events - included with this magazine. Unlike our other internal leagues this lasts for the whole year and has certain compulsory elements. The details are outlined below - for more details visit <http://www.longeatonrunningclub.com/leagues/fellleague.php>

Same 'rules' as main summer and winter leagues, i.e. 150pts, 149pts etc.

Same categories, i.e. senior men, senior women, MV and FV etc.

24 Races in the League - BEST 10 TO COUNT

No race is compulsory, but out of the 10 to count, 2 (or more) must be of 6 miles or longer(i.e. Medium or Long races).

Wearing of LERC club colours is requested and encouraged. Some races may, by nature of the weather and terrain extremes associated with Fell Running, require alternative clothing. Points will always be awarded, even when club colours cannot be worn.

Fell Running is an environmentally conscious pastime and car sharing is heavily encouraged. Competitors should arrive at races prepared to carry any or all of the following equipment:-

Windproof whole body cover

Other body cover appropriate for the weather conditions

Map and compass suitable for navigating the course

Whistle

Emergency food

These requirements constitute 'best practice' and are mandatory at all Category A Long and Medium races. In the event of settled fine weather, confirmed by a local weather report, the organiser may decide to waive some of the above requirements for races of other categories. Organisers ensure that whatever requirements they specify on the day are met by holding complete and random checks before and after the start of races. Body heat is lost quickly and in cold, wet or windy weather the onset of hypothermia can be very rapid unless sufficient warm clothing is carried. This factor should influence decisions on the extra equipment runners are required to carry in poor or unsettled weather conditions.

The LERC Fell Race

Every year there will be a different race designated as the LERC Fell Race. This is a great opportunity to get a huge turnout at a Peak District Classic race, fly the Blue and White Flag and get LERC on the Fell Race scene good and proper.

This year - Tideswell Fell Race, June 29th, 7.45pm from Tideswell picnic area car park.

The Four Inns from the sideline - Peter Fowles

Alarm clocks should be banned on Saturday mornings, but it was necessary in order to get to Crowden in time to see the Long Eaton Lads as they reached the first road crossing.

We duly arrived at around 8:30 in plenty of time; we thought to catch the first teams checking in. Quite a few cars had assembled so give support to the competitors.

We ambled through a small wood and then panic, as we looked up across the skyline walkers and runners were descending at speed, from various points of the compass - the low cloud causing poor visibility and benefiting those who had mapped a more direct course of descent. Had our teams gone through already? A dash across to the check in station brought relief neither of our teams numbers 78 registered as Long Eaton B team and 85 registered as Long Eaton Elite had gone through yet.

So we settled down to await their arrival, a steady stream of smiling faces trooped past most were cheerful and bid us good morning, I had to smile and said to one that I doubted that he would be so cheerful when he reached the Cat and Fiddle. It was not long before we spotted Team 78 gaining speed down from Black Hill, Ian Maplethorpe looking quite distinctive in his day-glo yellow attire. They checked in and then strolled up the road munching sandwiches and guzzling mugs of steaming liquid. We checked the time - the alleged Elite team would want to know how far behind they were.

It seemed an age and then a figure with bright red shorts and spindly legs sped down the hill, skipped over a stile as if it did not exist and turned to check on the progress of his companions. He was moving I remarked to June, he looks familiar It turned out to be Glen. The team ran past us down to the checkpoint oblivious to our presence, minutes later they were heading back having registered and refuelled, Well done lads I announced you are only 20 minutes behind the other team. Is that all retorted Glen I thought it would be much longer, and off they went.

From Crowden Hostel it was a short drive to the dam on Crowden reservoir, to watch the ascent on to Bleaklow moor, we missed team B but arrived in time to see the Rob, Glen, and Phil cross the road and start the climb.

Then on through Glossop to the Snake pass to find a convenient parking spot to see the teams at the Doctors Gate Checkpoint. Team B were building on their lead and were progressing well the only casualty being one of Darren's laces that needed replacing. The Elites looked a little rattled when they heard that the gap between the teams had stretched to 31 minutes. From Doctors Gate the course took them up on to the Kinder Plateau. The next sighting was at Edale where the first signs of regression by Team B were noted, a loss of a few minutes - this brought a ray of hope to the Elites. We also noticed from the times posted that the start time for Team B was 7:16 and the Elites started eight minutes later. We then progressed to Rushup Edge where the course crossed the busy A625 and dropped down hill to Chapel-en-le-Frith - at this stage the Elites were gradually clawing back the minutes.

At Chapel we arrived just minutes too late to see team B go through but were able to check their time with the officials. The Elites appeared after about 10 minutes - they had cut back the lead even further. The next section included a punishing climb up to the White Hall Centre, which took its toll on the less experienced lads, Gareth, Alan & Darren all

looked relieved to reach the checkpoint. The gap between the teams was now down to around 12 minutes. The Elites enlisted a private coach (not the vehicular variety) for the next stretch, which ran through the scenic Goyt Valley to the Cat & Fiddle! - This undoubtedly had an impact, as the Elites were ascending Shooters Clough in the distance clearly visible was the day-glo clad Alan. The effect was to spur on the Elites and at The Cat & Fiddle as a mere 100 - 200 meters was now separating the teams. Both teams executed rapid turnarounds at the checkpoint and set off downhill into the final stage. The faces of the runners had changed from Crowden - gone were the cheerful smiles, replaced by looks of grim determination, these competitor were not going to be beaten. They had run for 40 miles over some of the most difficult terrain in the country and they would make it to the finish come hell or high water.

The rest is hearsay as an evening engagement forced us to head for home before the teams reached the final resting place at Buxton. The story goes that a cruel stroke of fate dogged the Bs - a herd of sheep forced them to retrace their steps bringing them neck-and-neck with the Elites. This must have been a huge psychological blow to the less experienced team, but enabled the Elites to avoid humiliation as they had presumptuously had their names inscribed on the LERC designed trophy.

Both teams put in a tremendous performance, the Elites knocking nearly an hour off their previous best time and the B team only 10 minutes behind.

What is in store for the future - In 2008 will the ageing Elites be able to be able to hold off the youthful Bs who are gaining experience? Will Glen have the confidence to inscribe the Elite teams names on the Trophy prior to the race?

I just hope that we will have the privilege once again to witness the spectacle.



The Elite team enjoy a mug of tea as they set off in pursuit of Team B

Just when you thought it was safe ...

About this time last year, I took myself, my girlfriend and pet dog on a weeks camping trip to North Wales to enjoy the last of the summers sunshine and whilst there, engage in some strenuous hill work up and down the formidable hills Gyrn Coch, Gyrn Du and Bwlch Mawr.

Daily, Chester (my Dog) and I attacked the hills, whilst unbeknown to either of us, we were under attack also! Chester had picked up his first pet - Terry the Tick, who without either of us knowing, moved into our tent and over the next few days grew from what looked like a red spot or bite into a blood filled broad bean like beastie all the while being kept warm and fed courtesy of Chester. A few days after returning home, Chester was forced to give up Terry after a brief meeting with a veterinary surgeon, during which Terry was forcibly evicted from his new home and found new lodgings in Tick heaven.

As keen runners, I'm sure you're all looking forward to the forthcoming X-country season and I'm sure you'll all be itching to get up those hills well, be warned, if you don't take adequate precautions, you'll be itching when you get home!!

For those who don't know much about ticks, they are small insect like parasites belonging to the arachnid family whose sole purpose in life is to suck your blood!

Sounds scary and the stuff of nightmares but a little research has shown me that ticks are on the increase and can carry two nasty diseases!

- ❑ Lymes Disease is an inflammatory disease involving more than one of the bodies systems, causing problems in the joints which if not treated promptly with prescribed medicines can cause organ damage and even death!
Caused by the spirochaete (a group of diseases to which Syphilis belongs) in the Ticks mouth parts, it is endemic in much of the local animal life (especially Deer so be careful on Wollaton Park!).
- ❑ TBE- Tick Bourne Encephalitis- a viral infection spread by ticks predominantly in eastern Europe but running rampant in the following countries -Russia, Estonia, Latvia, Lithuania, Belarus, Ukraine, Southern Germany, Poland, Czech Republic, Slovakia, Hungary, Slovenia, Croatia and Switzerland (something the local tourist boards won't tell you!!).
If left untreated, TBE can cause severe headaches, fever intolerance to light and with a gestation period of seven to fourteen days, if left untreated can cause meningitis.

Ticks have the ability to lie dormant on plants and upon sensing a nearby host (you sweating on that hill session!), it can attach itself to the host as it brushes by and finds a nice warm cosy home, fully catered by YOU!

When a tick bites its host, it will release an anaesthetic so that you won't even feel its potentially fatal bite, before gorging itself on your blood! However, preventative action and remedies are available for both you and your canine running partner. For your dog, a vet can sell you a tube of FRONTLINE, which provides three months protection against ticks.

For you, covering up exposed flesh and using a good quality insect repellent (Boots offer a good range and advice over the counter) can make you less of a target coupled by regularly checking your body for any unwelcome visitors, especially after a run through long grass or woodland etc.

If a tick is found on your body, you should seek medical advice and leave the tick where it is, unless in the wilderness away from medical attention in which case you should only remove it carefully by grasping the head and pulling it away from the skin in one movement, with care not to leave any part of the beastie in your skin.

You should then retain the tick (for later analysis) and obtain medical attention as soon as possible.

More information can be obtained by telephoning 01132 387500 or visit www.masta.org/tickalert

Happy Running!!



Alan, Darren and Gareth approach the Cat and Fiddle on the Four Inns in 2007. Glen, Phil and Rob are not far behind with the red shorts of Phil Walters just visible between the 2 cars in the background



Caroline Waterhouse at the Bradbourne Fell Race



Dovedale Dash 2006

Finishing Line

Thanks very much to all those people who contributed articles, photographs or ideas for this issue of 'The Finishing Line'.

Apologies if there are any omissions, errors or if your pb/debut/etc was not included in a race report. If you want to see something in the magazine then please put pen to paper!

All contributions should be sent to Ian Wallis at imw40@tiscali.co.uk