



Runners Shorts



Congratulations to

Stuart and Leanne on the birth of their twins. We wish them all the very best – may the sleepless nights and nasty nappies be few!



Events

May 16th – Larkfield 10k
June 5th – Harvel 5
June 20th – North Downs 30k
June 27th – Derek Wright Club Run

Handicap

May 12th
June 9th
July 21st

Joydens Wood 5k

May 26th
June 30th
July 28th

Achievements – PB's

Congratulations to all the Marathon runners at Brighton, London and Orpington. Plus strong runs at the Paddock Wood Half.

Special mention to Simon who did both Brighton & London and has Halstead lined up for May 9th – he's completely mad!
Also to Sue for smashing her previous PB for 13 miles at PW Half



Athlete Profile – Michelle De Kisshazy Club Secretary & Club Person of the Year

What is your favourite race and why?

Eridge 10. I like running off road in beautiful countryside in my favourite season, autumn.

What is your favourite running shoe? I have had several pairs of Asics and I love my trail shoes, Adidas Kanadia.

When did you join the club? My good friends, Sharon McGuinness and Lorraine Barry encouraged me to join SDAC in 2006.

Do you have an ultimate running goal? I don't have an ultimate running goal. I'm planning to start taking part in triathlons this year and have been training hard at swimming and, more recently, cycling. Running will always be my first love and I want to keep improving my running fitness so I can become a good triathlete.



When did you first start running? I

always wanted to run and went out a couple of times as a teenager but found it too difficult. There was an ad in our local paper in 2002 for a ladies jogging group starting in Knole Park. I went along in my size 14 joggers, weighing 10 ½ stone and was put in the complete beginners'. After 10 weeks, I could run 3 miles & was given a certificate for Most Improved Runner.

What is your finest achievement in running? Getting to the top of the Chestnut Walk in Knole Park without stopping, running 3 miles for the first time without stopping, running two London marathons, finishing first in my age group at Eridge last year. All of the above seemed unachievable when I started running in 2002.

What is your favourite music track to run to? Bat out of Hell by Meat Loaf.

Can you tell us a little something about yourself that no-one else may know!

I had my tealeaves read when I was 25 and just about to leave home and move into a place of my own. The reader told me there was definitely a Kevin in my cup but she didn't know why he was there. When I moved into my flat, there was a Kevin living downstairs with his girlfriend. He must have thought I was a bit weird because I kept looking at him in a funny way, wondering how on earth we were going to 'get together'. His girlfriend (who later became a friend of mine) was quite assertive and I really didn't want to cross her path. Besides, I didn't fancy Kevin and he obviously hadn't noticed me.

A couple of months later I visited my local carpet shop, Kevin Karpets, and there I was served by a lovely man, Peter, who helped me choose my carpets. They later became his carpets too when he moved in with me. The only shame is that I could have got them a lot cheaper if I had known him better before I bought them! Spookily, the reader said I would have three children, two girls and a boy, which I did.

Recipes

Banana Muffins

3 ripe Bananas, 2 eggs, 250g plain flour, 125ml Vegetable oil, 100g Caster sugar, ½ teaspoon Soda Bic, 1 teaspoon baking powder, 200g min of (either Chocolate chunks, Walnuts or butterscotch).

Oven at 200°c or Gas 6

Mash the Bananas.

Pour oil into jug & add eggs and beat together.

Mix dry ingredients (except Choc chunks).

Add mashed Bananas & egg/oil mix then add Chocolate or Walnuts.

Place into a Muffin tin lined with cases and bake for 20 minutes.

Resist until cool (if you can) and enjoy.

Great after a long slog through the great British countryside (yum yum)!





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Sally's top tips to stay injury free...



Firstly well done to all of you who ran marathons this month – hopefully you all enjoyed the experience and managed to avoid any injuries!

Running, especially over longer distances, can challenge our postural ability – trying to maintain a tall upright form, that in turn allows legs to flow freely can become effortful!

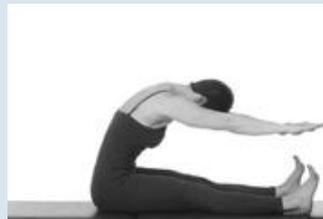
One muscle group that can become tight and hence hamper our efforts in relation to posture is the hamstrings. The hamstring muscle group consists of 3 muscles that help to straighten the leg at the hip and bend the leg at the knee.

They are found on the back of the upper thigh. The hamstrings attach to the 'sit-bones' of our pelvis and hence tight hamstrings tilt the pelvis forwards, which puts a strain on the whole of your spine and can cause low back pain. If you spend a significant portion of your day sitting this can also lead to tightness in the hamstrings.

Combining a hamstring and spine stretch can really help increase spinal flexibility, prevent hamstring tightness and assist with maintaining good posture and pelvic position when we run, try this classic version of the stretch:



Firstly sit with your legs extended straight out in front of you. Keep your back straight and point your toes to the ceiling. Put your arms out in front of you. If your hamstrings are too tight for you to be able to sit with your legs extended and your back straight, you can either bend your knees up a little or try sitting on a foam block (or the yellow pages!) or a folded towel.



Bend forward from the hips, round the upper back forward making a deep 'c' curve of the spine, reach your arms forward. Aim your chest towards your thighs. Try exhaling and reaching a little further forward.

Slowly return to the starting position, rolling up through your spine. Keep your shoulders relaxed throughout

Club Development Survey

Ben will be sending out a short survey in the near future asking your views on where you'd like to take our club. Please help Ben & hopefully make our club even better than it is by completing the survey!

Athlete Profile – Ken Grist – Ken celebrated his 70th birthday on May 1st 2010



When did you first start running? Started running in Jan 1985 encouraged by my son and wife. Just in time to enter the first official Swanley Half marathon sponsored by Pearl Assurance in March 1985.

When did you join the club? I joined the club in 1990 although present for the inaugural run as a spectator just before it's foundation a few years earlier.

What is your favourite race and why? Wilmington 10K because you can achieve fast times with the long downhill run to the finish which I used to complete in 45 minutes when I was younger.

What is your favourite running shoe? Any shoe with good cushioning and plenty of room for my toes. Not material uppers as I wiggle my toes when I run which causes holes.

What is your favourite music track to run to? I would opt for Chariots of Fire if I played music.

What is your finest achievement in running? The Ditton Turkey Trot in December 2001 when I achieved a PB (47:54) and got a mention in a local newspaper.

Do you have an ultimate running goal and what is it? My ultimate running goal when I am over 70 is to go under 50 minutes again for a 10K.

Which athlete inspires you the most? Kelly Holmes as she came back from injury and poor performances to obtain two gold medals in the Athens Olympics in 2004

Can you tell us a little something about yourself that no-one else may know! Some older members of the club will know that I did a 70 mile trek for cancer research in Nepal in 2000 camping at night in little blue and white tents on the ground on thin mattresses.