



Runners Shorts

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- Speedy Malcolm—TV estate agent!
- Jenny's PB
- There's something in the water! Or perhaps Mike's tea!
- Sally gets ready for the cross country
- Helping hand at Eridge!

Athlete Profile—Malcolm Parsons

When did you first start running?

When I was at Secondary School I was always picked to run the 100 meter and 200 meter races....so a long, long time ago. I have been on and off with running for years but since 1999 when I ran my first marathon I have made it part of my life.

When did you join the club?

In 2003 initially, then stopped for a couple of years or so then re-joined in 2007/2008

What is your top training tip?

Speed work works very well for me at Dartford track as it really helps my times come down in races

What is your finest achievement in running?

Completing my first Marathon in 1999 and breaking sub 40 minutes in a 10K this year

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

I appeared on TV with Sarah Beeny as the knowledgeable Estate Agent valuing property in a street in Bexleyheath before and after a facelift.

Which athlete inspires you the most?

Haile Gebrselassie - a true champion!!



Do you have an ultimate running goal and what is it?

I suppose my ultimate dream/ambition/ goal would be to run a sub 3 hour marathon (but realistically sub 3.30)

What is your favourite race and why?

The North Downs 30K....picturesque, tough and can be run in less time than a marathon.

What is your favourite running shoe?

Asics GT2150

What is your favourite music track to run to?

I don't run to music, never have done but if I did it would be "don't stop me now" by Queen.



Well done Jenny!

Congratulations to Jenny, our youngest adult member who recorded a PB at the Charing 10k (55:36). This was just a week after running the very tough Pilgrims Way 7 (which is really 8.6 miles).



Sally's Top Tips

Sally—our “super physio” is changing her career path next month. We wish her well. She will no doubt still offer physio advice if you catch her at training or race days.

The practice where Sally works in Longfield has very good physios for able to cater for individual and group assessment.

Call on

01474 705237

Website

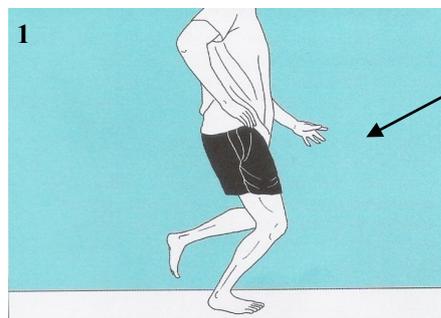
www.longfieldpolyclinic.co.uk

"All I ask is the chance to prove that money can't make me happy." - Spike Milligan.



With the cross country season approaching rapidly it is essential our legs can respond and adapt to uneven surfaces and have the required endurance and dynamic stability for anything the trails decide to throw at us! Try this running specific exercise to make sure your legs are in peak condition:-

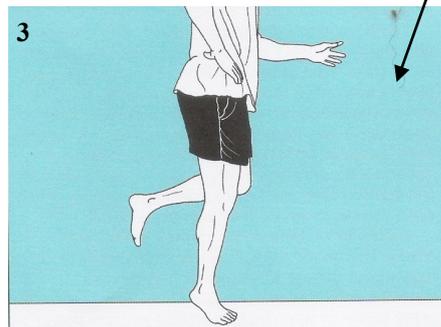
'Calf raise with single leg squat'



1. Stand on one leg, lower down into a squat (make sure your knee is in-line with your big toe).



2. As you start to rise from the low point of the squat, execute a calf raise up onto your toes.



3. Hold the position on your toes for 1-3 seconds before lowering back to the squat start position

- Be sure to co-ordinate the start of the rise from the squat with your heel lift, to get simultaneous contraction of the quads and calves.
- Repeat the exercise 2-3 times on each leg.
- It is advisable not to perform this drill immediately before a training session, to minimise fatigue and risk of injury.

What's Mike be putting in the tea?

As you will remember Stuart and Leanne are proud parents to twins Olivia and Harry, born a short while ago.

Congratulations to Emma and Chris who are soon to be a Mum and Dad.

It doesn't end there—Sally and Mark are also looking forward to their own happy event with Sally expecting. Both Sally and Emma are expecting March babies.



Panther News.....

Well done to the under 14 girls team at the Swanley relay's in July. The team (Harley Allen, Louisa Burgess, Hannah Pitkin and Olivia Willard) were first girls team to finish in a time of 16:00.

Congratulations James Graves who won the Swanley Park fun run (2 miles) on 12th September. James has been coming to club nights recently. Also to Isabel Kelly who was the first girl home and fourth overall. Isabel joined us at the end of the summer term and we hope to have her back in the autumn. Also finishing well were Olivia (11th), Charlotte (26th) and Olivia (28th) from a field of 52 runners.

Panthers training moves to Swanley Tech.

With the days becoming shorter, training will move to Swanley Tech on the first Wednesday in October. The start time will remain 18:30.

Panther Races

- KFL Rough Common, Canterbury on Oct 24th
- KFL Swanley Park Nov 14th
- KFL Knole Park, Sevenoaks Dec 19th

Each race is approx. 2 miles.

Kent XC series (not the same as the KFL)

- Sparrows Den, West Wickham Oct 9th
- Danson Park, Bexleyheath Nov 13th
-

Cooking with Caroline

Apple cake

What you do.

What you need.

Peel, core and chop the apples, then stew in a splash of water. When soft allow to cool.

6oz Sugar

Make sponge—cream together the sugar and butter, then add the eggs and then fold in the flour and cinnamon. Add the sultanas, put into a lined loaf tin and spread the apples on top.

6oz Butter

6oz self raising flour

3 Eggs

1 heaped tspn Cinnamon

Cook at 180°c for about an hour, till a skewer comes out clean.

2oz Sultanas

3 to 4 Apples

Apples will sink—a lovely moist cake.

Great Quote!

"You watch the pitlane while I stop the start watch" - Murray Walker

Achievements



Joydens Wood 5k

Mike Baron won in his age group
The ladies team have taken two of the three team prizes

Pilgrims Way 7—Caroline first home in her age group.

Dartford Half—Caroline and Nick in top three of their age group (Caroline 2nd, Nick 3rd). Our ladies team were third.

Handicap winners—Christina and Andy.

Well done everyone

Bob lends a helping hand at Eridge!





Grand Prix races

- Wilmington 10k—31st Oct
- KFL Deal—28th Nov
- KFL Knole Pk—19th Dec.

Kent Fitness League—XC series.

- Rough Common, Canterbury — 24th Oct
- Swanley Pk—14th Nov
- Fowlmead, Deal—28th Nov
- Knole Pk, Sevenoaks — 19th Dec
- Minnis Bay, Birchington — 9th Jan
- Nurstead Court, Meopham — 16th Jan

Committee News

Survey

Ben's club survey has been completed—thanks to everyone who shared their thoughts.

Ben has met with the committee and has begun to structure a plan to address areas to improve our club.

More coaches!

Mel and Anna have attended a level one coaching course, primarily to support with the Panthers but may also help with the adults.



Dry at XC this year!

You may well have seen the Swanley flags flying at races. They do a great job to promote the club and mark out pitch, however they weren't great at keeping the rain off. Look out for our new event shelter, coming to a race near you soon!

It should be a little more comfortable changing after a grueling cross country!



Offer—from KTB Physiotherapy Westgate House, Dartford.

Physiotherapy charges are £25.50 for half an hour before 25% discount for an individual. If 4/5 members went for an hour's session they could have a variety of treatment on different apparatus for £51 which take the cost down to £10 per person. They are able to give helpful advice to runners to stop injuries occurring and to help them with recovery when injuries are incurred.

KTB are in Spital Street.

Tele—01322 277200

"The difference between the mile and the marathon is the difference between burning your fingers with a match and being slowly roasted over hot coals."

Hal Higdon

New Kit!

Michelle is hoping that the new club kit will be with us very soon.

Swanley & District AC

Any ideas for future editions of this Newsletter, please contact either Anna or Andy

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