

# TRAINING & RACING WITH THE GIAAC

## COMPETITION UPDATE



**DECEMBER 2009**

The Fusion Systems cross country league is now reaching its conclusion so it is time of many of us to look forward to the next phase of events. Below is a list of our fixtures. As usual we are providing a range of events that should provide interest for elite, club and social runners.

### RACING PROGRAMME

**HAMPSHIRE CROSS COUNTRY  
CHAMPIONSHIPS -JANUARY 10<sup>TH</sup>,  
EASTLEIGH**

Initially focusing on island representative level, we would like to wish our Club Teams the best of luck in the up-coming county champs. Louise Perrio will be defending her individual title in the women's event and with the improved strength in depth shown by our women this year let's also hope they can feature highly in the team event. Lee Merrien is likely to be absent because of the Edinburgh International XC event that same day but despite this our men should be pushing for another team medal. Best of luck also to our juniors, it is always good to have such presence through the age groups.

On a wider club representative basis the Inter Insular XC, which features categories from Under13 to Vet 50 is currently scheduled for March 27<sup>th</sup>. The travelling teams for this Jersey hosted event will be largely based on performances in February's XC champs (28<sup>th</sup> Feb, Stonecrusher Course, L'Ancrese).

### CLUB CHAMPS AND AGE GRADED RACES

Sick of Steve Dawes winning ? Want things stacked a little more in your favour ? These events, in their scratch form, act as our main club championship events but also, via calculations made on [www.runnersworld.com/cda/agegradingcalculator](http://www.runnersworld.com/cda/agegradingcalculator) site, allow us to present results in an age graded form.

Age grading expresses a performance as a percentage of the world record for the relevant sex/age category. If you want to give it a go try the races- and the site- 80% would put you amongst the leaders.

Jan 31<sup>st</sup> – 10 Mile Road

Feb 21<sup>st</sup> – 5M Road

April 18<sup>th</sup> – 10K Road

We'll also release results for the XC champs on 28<sup>th</sup> February (using tables for equivalent road distance).

To give an idea of how things went last year, and to be fair to the aforementioned Mr Dawes; Steve kept up his superb Club Champs form and, as a 27 year old, defended his Club Titles in all last year's scratch events but had to yield to Louise Perrio (W,26), Martine

Scholes(W,37) and Terry Bates (M,57) in the graded results.

### TRAINING FOR A SPRING MARATHON ?

Over the next few months many athletes will, no doubt, be putting in the miles in training for a spring marathon. Miles in the legs however are only part of the problem as come the event the key often becomes well practised race day preparation, nutrition and hydration. These road based events allow people to build this into a schedule/program.

Jan 31<sup>st</sup> – 10 Mile

March 21<sup>st</sup> – 20 Mile (5 weeks before London Marathon)

April 2<sup>nd</sup> & 5<sup>th</sup> – Easter 10K & ½ Marathon events. (3 weeks before London)

### MONTHLY 5K EVENING EVENTS

A new event for this year, this series of monthly evening races are targeted at people who are requiring a regular fitness gauge. They will be held over a three lap course on the internal tarmac roads of Saumarez Park, which provides a fast, flat sheltered route. The senior training squad have been using the Park for a while now for 1 & 2 Mile rep sessions and it is a surprisingly fast environment. The Park Cafe also provides a pretty good post-run pasta as well.

Wednesday 24<sup>th</sup> March

Friday 23<sup>rd</sup> April

Friday 21<sup>st</sup> May

– All events 6PM Saumarez Park.

### KPMG EASTER FESTIVAL – APRIL 2<sup>ND</sup> – 5<sup>TH</sup>.

Perhaps in the past we have been a bit too modest about this event. Without doubt this four race festival is the highest quality endurance running event in the CI. This series has attracted a string of national and international level athletes for over 25 years now and we have already had top quality interest in the 2010 event. The UKA ratified, fast, flat 10Km and 1/2M courses are well regarded as 'PB' courses and regularly feature as the source of top times in the annually released UK rankings. It is not all about the elite though and we'll be keen yet again to play host to a

wide range of visitors on a social as well as competitive basis.

Details and online entry available NOW on [www.guernseyathletics.org/gg/easter](http://www.guernseyathletics.org/gg/easter).

### YOGA FOR RUNNERS

By Caroline Wickham

#### ALTHOUGH YOGA AND RUNNING LIE ON OPPOSITE ENDS OF THE EXERCISE SPECTRUM, THE TWO NEED NOT BE MUTUALLY EXCLUSIVE...

During the course of an average mile run your foot will strike the ground 1,000 times. The force of impact on each foot is about three to four times your weight. It's not surprising then to hear runners complain of bad backs and knees, tight hamstrings and sore feet.

The pain most runners feel is not from the running in and of itself but from imbalances that running causes and exacerbates. If you bring your body into balance through the practice of yoga, you can run long and hard for years to come.

#### STRIKING A BALANCE

Runners who stick with running are most likely structurally balanced individuals who can handle the physical stresses of the workout with minimal discomfort. Yet many runners don't survive the imbalances that running introduces. Often they suffer from chronic pain and are sidelined by injury.

A typical runner experiences too much pounding, tightening and shortening of the muscles and not enough restorative, elongating and loosening work. Without opposing movements the body will compensate to avoid injury by working around the instability. Compensation puts stress on muscles, joints and the entire skeletal system.

If you're off balance, every step you take forces the muscles to work harder in compensation. Tight muscles get tighter and weak muscles get weaker. A tight muscle is brittle, hard and inflexible. Because muscles act as the body's natural shock absorbers, ideally they should be soft, malleable and supple with some give. Brittle muscles, on the other hand, cause

the joints to rub and grind making them vulnerable to tears.

Muscle rigidity occurs because runners invariably train in a "sport specific" manner – they perform specific actions over and over again and their focus is on external technique. This repetitive training results in a structurally out of shape and excessively tight body.

Yoga's internal focus centres your attention on your own body's movements rather than on an external outcome. Runners can use yoga practice to balance strength, increase range of motion and train the body and mind. Yoga postures move your body through gravitational dimensions while teaching you how to coordinate your breath with each subtle movement. The eventual result is that your body, mind and breath are integrated in all actions. Through proper yoga conditioning, you can engage, strengthen and place demands on all of your intrinsic muscle groups, which support and stabilise the skeletal system. This can offset the effects of the runner's one-dimensional workouts.

**If you're interested to try Yoga with a definite "Sports" influence, please come along to my Power Yoga classes,**

**Monday nights at Blanchelande School (main hall), 6-15 to 7-45 pm, commencing Monday 18th January.**

**All you will need to bring is yourself, a Yoga mat and an open mind.**

**Price is reduced to £5-00 for GIAAC members.  
Contact Caroline Wickham : Tel 258201 (evenings)  
email: [poweryoga@cwgsy.net](mailto:poweryoga@cwgsy.net)**

Caroline Wickham is an accomplished runner, cyclist and duathlete. She has won medals at Island Games level and completed internationally at duathlon, her knowledge of running and runners makes her application of yoga to the needs of athletes particularly valuable.

## DON'T FORGET :

Christmas and New Year may be a time for relaxing but we still have the two Full Course races in the festive season.

Sat 26 Dec	Traditional Full Course - L'Anresse Lodge Car Park -Not suitable for spikes	4.75 miles	11:00		Ann Setters
Fri 01 Jan	Handicapped Full Course - L'Anresse Lodge Car Park Not suitable for spikes	4.75 miles	11:00		Carol-Anne Stapley

## GIAAC ENDURANCE TRAINING GROUPS

The following table outlines the training groups that the club offers, what the focus is, what the standard is and when they meet.

Group	Coaches	Ages	Distance Training for	Standard
Junior Endurance	Charlie Cottam & Gordon Mercier	11 to 17	800 - 5000m & Cross Country	No standard necessary
Middle Distance	Lee Merrien, Geoff King & Chris O'Neill	15 to Seniors	800 to 5000m	
Long Distance	Alan Rowe, Paul	17 to Seniors	5000m to Marathon, Road, Cross Country,	Under 20mins for 5000m or 42mins for

	Ingrouille & Geoff King		Multi-sport	10k or Under 95mins for 1/2 Marathon
Improvers / Beginners	JP Mace Mobile no. 07781 435515	18+ & Seniors	5000m to Marathon, Road & Cross Country	10k :40 to 55mins +
Ladies Running	Lee Merrien Healthchek www.healthchekuk.com	18+ & Seniors (Women Only)	Any distance : Social running & fitness	Any Standard
<b>Junior Endurance</b>				
Training Times	Tuesday 6 til 7.30pm at the Athletics Track at Footes Lane Thursday 6 til 7.15/7.45pm at the Athletics Track at Footes Lane Saturday: Competitions (see fixtures for dates & times) Sunday: 10.30am at the Athletics Track at Footes Lane (occasionally from different venues)			
<b>Middle Distance / Long Distance Groups</b>				
Whilst these groups generally do different training sessions they are nearly always at the same venue & start warm up at the same time... Once you are a member of the club you are then entitled to join the email group, this is a yahoo group where each coach will email training for the week at the beginning of each week.				
Training Times	Tuesday 6 til 8pm from the Athletics Track at Footes Lane Thursday 6 til 8pm from the Athletics Track at Footes Lane Saturday 10am - 12 from the back car park at Saumarez Park Sunday: Long run (Venue & time differs from week to week).			
<b>Improvers / Beginners Group</b> Contact JP Mace. Mobile: 07781 435515				
Summer Training Times	April to beginning of October from varying venues.			
Winter Training Times	Tuesday at 6pm from North Beach Car Park (usually an interval or hill session) Thursday from 6pm from North Beach Car Park (option of a run of between 5 to 8 miles)			
This is not an official club training session, hence not covered under the club insurance.				
<b>Ladies Running Group</b>				
This group meets at Footes Lane every Wednesday evening. The Ladies Group caters for all levels of ability from complete beginners to experienced athletes, sessions are tailored so that all can participate and get the most from the sessions. The session is run association with Healthchek. Registration at 6.00pm, session starts at 6.15pm for 7.00 finish. Venue: Footes Lane - session on track under floodlights, women only. As this is run by Healthchek a fee is charged – see Healthchek website for more details: <a href="http://www.healthchekuk.com">www.healthchekuk.com</a>				
<b>UPDATE:</b> Due to the Wednesday session becoming fully subscribed an additional Monday session has been added. Contact Healthchek for details.				

**Caroline Wickham**  
Teacher of Sun Power Yoga & Yogic Arts

 **Yogic Arts**  
Duncan Wong

 **SUN POWER YOGA**

**YOGA SCHEDULE 2010:**

**POWER YOGA – MONDAYS**  
**6-15 pm - 7-45 pm,**  
**Blanchelande School**

**Drop-In basis (£7-00 per session)**

From Monday 18<sup>th</sup> January 2010

**Power Yoga**

**Location Details / More Info:**

**Blanchelande classes are held in the main school hall, parking outside.**

**Yogic Arts Centre can be located in Huberts Lane, off Doyle Road, parking at the Odeon Car Park.**

**More info, contact Caroline on 258201 (evenings) or email: [poweryoga@cwgsy.net](mailto:poweryoga@cwgsy.net)**

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