



## Little Feet - Footnotes (LFFN)

### Welcome to the 'Award Winners' edition of Footnotes

It's been a very busy year for LF runners and walkers, with lots of you taking part in many events, and some of you running in your first 10ks and half marathons. Well done to all of you.

We have also had a busy year with LF social events - we had our skiffing evening, the late summer party, our hash run, camping for softies, a couple of cycling evenings and canoeing outings also several LF walks. I'm already thinking about next year, so if you have any suggestions please let me know. Plans are taking shape for a running trip abroad; and the canoeing could become a regular event.

Wishing you all a very enjoyable Christmas and best wishes for a happy and prosperous 2010 - with plenty of walking/running at LF and Stragglers.

*Steve*

### A note from the editor

A slimmed-down edition this time - 'Hooray, I hear you say, we haven't time for newsletters, we've still got Christmas shopping to do!' Hugh has found time to put pen to paper and his article de-mystifies the sport of Power Walking - not an activity to be taken lightly, it appears. Not too many dates to put in your diaries either, so if you haven't yet acquired one for 2010 maybe that's as well. The highlight must surely be the Christmas Mob-match next Sunday 20<sup>th</sup>, so do make a note of the details.

Hopefully the next edition will be a little fatter, I know Louise's pen has been hovering and JD has found an intriguing alternative use for rubber car-mats, so more about that next time, next year, next decade!

*Jan*

### The Little Feet Awards 2009

There are lots of people who make LF a successful running group, so I would like to say a very big thank you and well done to all of the following:

- All the group leaders, for volunteering to lead us on our runs
- Sue Olson for taking the exercises on a regular basis
- Sue Waters for helping out with the exercises, leading the social run and coming to LF with the Stragglers running kit and generally being ready to help out whenever needed

- Jackie, Les and Colin, the founding members of LF, for giving us their guidance and support throughout the year
- James for his continuing guidance
- Jan for producing LF footnotes
- JD for organising the LF walks and camping for softies weekend
- Graham for organising the LF walks and the LF canoeing group
- Pat and his team at the Albion for their hospitality
- To all of you for coming along and joining in with the runs and other social events that have taken place this year, and for making Monday nights so successful and enjoyable.
- And a very special thank you to Helen for helping through out the year.

Steve

### The Award Winners

<b>The Good Foot Award</b> For the people who make Monday evenings happen as well as organising other activities.	<b>The Albion - Pat and his team</b>  <b>Graham Mortimer</b>	For the use the facilities and the great hospitality  For leading groups on a regular basis and organising LF events - some of the walks and the LF canoeing group
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<b>The Karen Claydon Award</b> An open category Award.	<b>Charlotte Bezzant</b>	For running in the London Marathon and raising over £2,300 For osteoporosis society
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<b>Little Feet Founders' Award</b>	<b>Lucy Thomas</b>	For leading groups, encouraging new members and marshalling at many Stragglers events
	<b>Annie Mackie</b>	For leading groups, encouraging new members. And for the delicious cakes that Annie kindly brings along to many events

<b>Improvers Award</b>	<b>Priscilla Udemba</b>	For gradual and steady improvement since joining LF and for running her first half marathon, the Leatherhead half, which as many as you know is not the easiest race to start with
<b>Achievers Award</b>	<b>Louise Neville</b>	For representing The Stragglers in running events, and winning her age category in the cross country runs. Having run in a number of races this year, from 10Ks, 10 miles and half marathons

### Little Feet meetings in December and the New Year

We will be having our usual meeting on the following Mondays - 21<sup>st</sup> and 28<sup>th</sup> our first meeting in 2010 will be on the 4<sup>th</sup> January.

### New Little Feet members - since August 2009


A big welcome to:

Claire, Dan, Steve, Catherine, Hannah, Rick, James, Meredith, Dana, Hannah, Sophie, Jackie, Simon and Catherine

We hope you enjoy running/walking with us.

### Little Feet emailing list

If you would like to receive LF footnotes and newsletters via email, please send an email to the address below and you will be added to the list. Help us to reduce costs and save the planet, sign up at [lfnews@blueyonder.co.uk](mailto:lfnews@blueyonder.co.uk)

 **Membership** - You can now become a member on line via the online membership store on the Stragglers website: [www.stragglers.org](http://www.stragglers.org). Membership starts at £5 per year.

### Little Feet Web Site

We have a dedicated web site for LF; find it by going to The Stragglers main site and follow the link on the left for Little Feet or follow this link. [www.stevebrett.net/littlefeet](http://www.stevebrett.net/littlefeet) - a great way to view LF photos and find out what is happening at LF.

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### Dates for your diary

#### **The Mob Match versus 26.2 road runner**

When: Sunday December 20th

Where: at the 26.2 club who are based at  
Surbiton Racket & Fitness Club

Berrylands, Surbiton, Surrey, KT5 8JT

Time: Race starts 11:00

Register from 10:00

Cost: £2 per head for further details see Stragglers web site

This is the one event when you gain points just by getting both feet over the finish line! It doesn't matter so much what your time is, it's just your presence that counts! You will find father Christmases, reindeer, Christmas fairies and all sorts for company together with various four-legged friends, not to mention teddy bears. The four-legged entrants will be competing for the prestigious 'Buster' award which last year went to the opposition - so this year, we must get it back! Last year Frederick, who at that time was our youngest member at just a few weeks old, took part and this year we are hoping to welcome young Ben Saville who currently wears that crown. So whether you can muster 2 legs, 4 legs or 3 or 4 wheels your presence will count and you will also have a jolly good time. It is afterwards in the clubhouse, when you are basking in the after-glow of physical exertion, that the merriment really begins to grab you.

### **Boxing Day Cabbage Patch 4 Mile Run**

Where: The Cabbage patch Twickenham

Time: 11:00

Entry fee:

Take a wrapped present to value of £3 and put in the tub, at the end of the race pick out a gift OR Pay £3 and do not get a gift (all money goes to charity)

Any help on the day would be appreciated - please see Keith

### **SPEED (OR POWER) WALKING**

The concept of anyone joining a running club to walk is an anathema to some, and it is not unusual for "Speed Walkers" to be considered as slightly inferior individuals who lack the athletic prowess of runners. So what is Speed Walking, and what challenges does it present?

In summary, speed walking involves walking similar distances to those covered by runners, but at a fast walking pace (approx 12 - 14 minute miles), rather than by running. Obvious you may think - but, as runners joining us when recovering from injury find, speed walking requires a completely different set of skills from running, and those skills are more challenging than some runners realise.

The skills of the runner are well known, but speed walking requires others, mainly because of the time needed to complete half or full marathons. Also, Speed walkers tend to be older than runners because speed walking does not cause the same percussive damage to joints as extensive running. So speed walking tends to attract ex-runners who (after years of competitive running) have developed long term damage to knees, back or hips. Speed walking also assists runners returning to fitness after injury by ensuring they have a good "work out" of the legs without compromising their injury.

Perhaps the clearest way to illustrate the particular challenges of speed walking is to consider the differences between running and speed walking a marathon. In case of the former, a competent club runner will complete a marathon in between 3 and 4 hours, whereas an equivalent speed walker will take between 6 and 6.25 hours.

As they cross the finishing line, both the runner and the speed walker will have covered exactly the same distance, although the speed walker will have taken slightly more paces because their stride will be less than that of the runner.

The main difference is that the speed walker will have taken between 2 and 3 hours longer than the runner to complete the course - so the principal physical challenge of the speed walker is to develop the stamina to stay walking at a 14 minute mile pace for at least 6 hours, and training is built around that.

Furthermore, because the speed walker is out on the course for 3 hours completing a half marathon, or 6 hours for a full marathon, they are exposed to the elements for much longer.

That may not sound a problem, but when 3 Little Feet speed walkers took part in the 2006 Chicago Marathon, the temperature at the start was slightly above zero, with snow flurries and a wind chill factor that took the air temperature down to -3. Over the next 6 hours, the temperature never rose above 5 degrees, so we had to withstand constant cold and a brisk wind over that time - which produces its own challenges. A further consideration is nutrition. Most distance runners will agree that a constant diet of energy drink, water and energy gels and bars throughout a race is monotonous, and can induce feelings of nausea as the race progresses. Speed walkers feel the same things, and as we can be out on the course for over 6 hours, we take something more substantial with us - yes a packed lunch to eat whilst on the move! It might sound bizarre, but, because we need an adequate energy source over a prolonged period, our "bum bag" holds not only the usual runner's comestibles, but also a couple of rounds of cheese and pickle sandwiches or some ham rolls!

So that in a nutshell is speed walking! Just like runners, speed walkers are athletes who aspire to get from "A" to "B" in the shortest possible time by the means that we have selected to do so. Runners and Speed Walkers are fellow travellers on the same road - the key point being that our techniques require completely different skills, and whatever way you do it, it is equally challenging!

**Hugh Saville**



Some of us Swim and some of us are Married, so read on .....

A man met a beautiful blonde lady and decided he wanted to marry her right away. She said, 'But we don't know anything about each other.'

He said, 'That's all right, we'll learn about each other as we go along.'

So she consented, they were married, and off they went on a honeymoon at a very nice resort

One morning they were lying by the pool, when he got up off his towel, climbed up to the 10m board and did a two and a half tuck, followed by three rotations on the pike position, at which point he straightened out and cut the water like a knife.

After a few more demonstrations, he came back and lay down on the towel.

She said, 'That was incredible!'

He said, 'I used to be an Olympic diving champion. You see, I told you we'd learn more about each other as we went along.'

So she got up, jumped in the pool and started doing lengths. After 75 lengths she climbed out of the pool, lay down on her towel and was hardly out of breath.

He said, 'That was incredible! Were you an Olympic endurance swimmer?'

'No,' she said, 'I was a prostitute in Liverpool but I worked both sides of the Mersey!'

Guess who went to a fancy dress party as Bill 'n Ben and then couldn't find the venue so had to get out of their car to ask for help!



And finally, keep an eye on the LF Notice Board in the changing room for up-to-date info.





## Race Times from the Little Feet Diary October to December 2009

Race	Time	Comments
<b>City of London orienteering race</b>		
Ian Chappell	1:30	
<b>Royal Parks Half Marathon</b>		
Hugh Saville	3:00:40	
James Long	3:00:39	
Steve Poynter	2:17:15	PB
Alberto Flandez	1:31:29	
Lucia Ramirez-Montesinos	2:10:21	PB
Ian Chappell	2:06:39	PB
Ray Coward	2:14:36	PB
Ann Coward	2:13:00	PB
Louise Neville	1:53:55	
Ann Woods	1:53:13	
Jane Elmslie	2:10:04	PB
<b>Cabbage Patch 10 Miles</b>		
Fraser Wigley	1:11:03	
<b>Leatherhead Fire Station 10K</b>		
Ian Chappell	55:36	PB
Danka Wigley	52:48	
Ann Coward	59:59	PB

[Link to - The Little Feet 'Year' in Photos](#)