

Little Feet Footnotes (LFFN) December 2010

Welcome to the Award Winners edition of Little Feet Footnotes.

The year is drawing to a close, and it's been a very busy year for LF members with our walkers and runners taking part in the London Marathon, as well as other marathons - including Matt and Noel running five in close succession, for the Sands charity. There were many other LF members taking part in their first half marathons and 10K runs. We also had a team of our swimmers taking part in a charity Swimathon. We had a record number of new people coming along to LF. We also have a new landlord at the Albion Tavern, Stuart and his parents took over from Pat and Pauline. There will be a detailed summary of what LF members got up to in 2010 in the March 2011 edition of LFFN, if you have an article that you wish to be included please contact Jan Prince or me.

Wishing you all a very enjoyable festive season and best wishes for a happy and prosperous 2011.

Steve

The Little Feet Awards 2010

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 the following:

- All the group leaders, for volunteering to lead us on our runs
- Jan for producing LFFN
- Sue Olson for taking the exercises on a regular basis
- Sue Waters for coming to LF with The Stragglers running kit and generally being ready to help out whenever needed
- Barbara, JD and Arthur for organising and leading the LF walks
- Jackie, Les and Colin, the founding members of LF, for giving us their guidance and support throughout the year
- James for his continuous guidance
- Stuart and his team at the Albion for their hospitality
- All of you for coming along and joining in with the walks, 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 me and organising the running groups.

The Good Foot Award - This is awarded to the people who make Monday evenings happen as well as organising other LF activities.

And the winners are

The Albion - Stuart, Gaynor, Kevin and the team - For their great hospitality and for allowing us to use the facilities

Vicky Chappell - For organising the LF River Relay teams and leading groups

Founders' Award - This is an award that recognises members of LF who, over a number of years, have added in some way to Little Feet.

This year's winner has been a member of LF you many years. They have been a great supporter of LF runners. They have made cakes for many of our events. They also made the Little Feet banner that is used at the support point for the London Marathon, which they have helped to organise for many years.

And the winner is Sue Long

Improver Award - is awarded to a runner who has been running with LF for several years. They have taken part in several 10K races and half marathons, as far away as Toronto. This year they came first in their age category in the Stragglers Road Championships.

And the winner is Jan Franks

Achiever Award - goes to someone who has been coming to LF for a couple of years. They have gradually moved up groups and taken part in many races from 10Ks to half marathons, and as part of their training they have on several occasions run home from work. This runner is very passionate about entering events that are a little bit different, and that do not always appeal to sane people, such as the Jurassic coast challenge and The Tough Guy event.

And the winner is Ian Chappell

The Karen Claydon Award - This year, the award goes to a runner who has been coming to LF for a number of years. They have run in a number of races of various distances and competed in their first triathlon last year. This year they ran their first half marathon and helped organise the training and encouraged several other LF runners who also took part in the run. They are also very active in helping others with the charity work that they do, and have organised a number of fund raising events.

And the winner is Barbara Crow

New LF members - since April 2010

A big welcome to: John, Lesley, Chris, Karen, Chris, Aniele, Dymphna, Daniel, Helen, Kate, Sue, Janine, Ellie, Barbara, Andrea and Lauren. (And apologies to anyone that I have missed out!) **We hope you enjoy coming along to LF.**

Dates for your Diary

(See The Stragglers website and notice board for a list of other events)

- **Christmas Day Bushy Park parkrun** Go to www.parkrun.org.uk for further details
- **Boxing Day Cabbage Patch 4 Mile Run (26th December)**

Where: The Cabbage patch Twickenham

Time: 11:00

Entry fee: Take a wrapped present to the value of £3 and put it in the tub, at the end of the race pick 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 contact Keith Haworth keithhaworth@aol.com

- **New Year's Day Richmond Park run** further details to be announced.

Little Feet meetings in December and the New Year

We will be having our usual meeting on Monday 20th December. **There will not be a meeting on Monday 27th or Tuesday 28th December.** Our first meeting in 2011 will be on Monday 3rd January. The Stragglers Thursday evening runs on 23rd and 30th December will take place as usual.

LF walk - Tuesday 28 December

Do you want an opportunity to walk off all that Xmas pud, multitudes of roast spuds and copious choccies? How about a walk on the bank holiday Tuesday after Christmas - 28th December.

This walk will start and end at Walton Bridge with lunch half way round, with a possible visit to a pub as we reach the end of the walk.

Distance: approx 8 miles - route through Shepperton to Chertsey with lunch at the Kingfisher pub near Chertsey Bridge. Return via Chertsey Meads riverway, maybe stopping at the Old Crown along the path to Walton Bridge.

Meeting time: 9.30am for a 10.00 start (we will only have until approx 3.30 before it gets dark)

Meeting location: Coway Car park, Walton Lane, near to Walton Bridge (Walton side)

Parking: Coway Car park on Walton lane (free)

Bring with you: Waterproofs, hat and gloves and walking boots or shoes and clothes you don't mind getting muddy!

This walk is being led by Arthur from the Stragglers running club, but it's OK, there's no running required!!

To find out more speak to Arthur or Barbara

The Madrid Marathon April 17th 2011

Do you fancy coming to Madrid to run a marathon? Brilliant atmosphere, nice weather, lots to see and great cuisine, come and visit Madrid! If you are interested in joining a Stragglers group for a trip to Madrid please contact Lucia Montesinos on e-mail: luciluck@gmail.com or speak to her on a Monday or Thursday club nights.

If a Marathon is too far! No problem there is a 10k race on the same day Full details of the race is on the official web site: www.maratonmadrid.org

Other Stragglers running groups

The Tuesday evening Stragglers group at Thames Ditton - 7:30

A group of runners meet at Thames Ditton cricket club on Tuesday evenings. For more info speak to Jim or Merran Sell (who run on Thursday evenings) or go to the Stragglers web site.

Thursday Evening at the Hawker Centre in Richmond Road - 7.30

Thursday is not only for the elite. There is usually a walking group as well as running groups from 3-4 miles, upwards. There are always a fair number of LF runners there, so come along and join us.

The Abbots & Bretts at Club La Santa, Lanzarote 16 – 27 September 2010

Article by Nigel Abbott

“Club La Santa is the Number One sports and active holiday resort in the World. Situated on the breathtaking, north west coast of Lanzarote, the resort features over 25 different sports, and free group instruction and entertainment is available”

Well that's what the publicity says, so with that and frequent trips having been made there by myself and Theresa over 15 years off we all went with Steve and Helen. Visitors are mainly Danish and the Brits but you also get other Europeans there as well.

After an early start at 5am on a dark September morning, we made our way to Gatwick airport. Flight to Arreciffe departed at 8am, only an hour late and we arrived to clear and sunny skies (26 degrees) at 1pm.

We were met by my old army buddy Robin, who works in the IT dept at Club La Santa, and 45 mins later we arrived. We had booked a two bedroom/two bathroom apartment, which was situated in a great location on the ground floor of the complex. Accommodation at La Santa is comfortable and we had opted for the self catering option.

We gave Helen and Steve a guided tour around the resort, collected the sports itinerary for the week from “sports booking “, and made our way to the Pool Bar for some Lunch. There are 2 bars, a supermarket and 3 restaurants on the complex. Sports range from badminton, scuba diving, squash, table tennis, soft ball, volleyball, swimming (50 metre

Olympic pool), football, 400 metre running track, body bike, cycling, mountain biking, cross-country runs, aerobic and stretching classes for all levels, windsurfing, tennis, basketball, gymnasium, golf, kayaking, a wellness centre (facials, massages etc.) and many more. Each day there is a different competition which includes a duathlon, triathlon, half marathon, aquathon, 5 & 10km run. You can enter as an individual or as a team or you could even lay by the pool and do nothing – just relax!! A weekly programme is printed telling you all about the next week’s events and classes.

This gives you the opportunity to plan what you want to do each day. There are also tennis, badminton and volleyball social events. Each morning starts at 8am with a stretch class by the leisure pool and then you have the option of do a 5Km, 4Km, or 3Km run or just going for a walk. There is something to do at La Santa 7 days per week from 8am till 7pm. You will never get bored.

Day 1 a typical day – Up early with a light breakfast and then we introduce Steve & Helen to the morning runs. These runs are a great opportunity to meet other visitors to the complex. All the runs take various routes around the complex via a lagoon. After the run it’s back to the apartment to complete breakfast. Then it’s check the programme and decide what to do next. We selected the stretch and relax class and gradually eased ourselves into the ‘La Santa’ lifestyle.

Then it was onto the various aerobic classes which are all held outside, and a bit of lunch. This was normally organised by Steve who was ably helped by us non chefs. Then in the afternoon we were off on the racing bikes that are also provided free, to get a taste of the volcanic landscape that surrounds the complex. When we arrive back at La Santa it’s straight to the Pool bar for a drink and ice cream. A quick chat and a bit of sunbathing and then off to the gym for a final exercise session.

In the evening we decide where to eat. The restaurants on the complex are fairly good and are priced accordingly. The village of La Santa is a 25 minute walk or a €3 taxi ride. Here there are several restaurants and the best three are the Amendoa (really good), Rio Azul, and the Verdi Mar. On a couple of occasions we ate our evening meal in the apartment and finished off with a game of cards and a drink in the Sports bar. Hit the sack near midnight, sleep and rest for the next day’s activities.



Whatever class or activity you do at La Santa they are split into 3 groups, Green for beginners; Blue for intermediate; Red for experienced; so there are no worries about being left behind or feeling ‘left out’. Free coaching is also available and we all took up the opportunity to have swimming lessons. Steve & Helen wanted to improve their crawl and I wanted to get to the other end of the 50m pool without drowning.

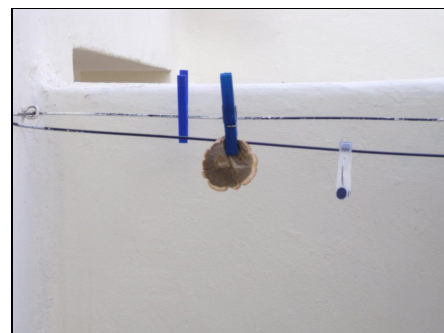


As a result we ended up entering the triathlon which included a 400m swim, 15.8 km bike, and 5 km run. We entered as 2 teams Stragglers 1 & 2. Both myself and Steve did the swim and bike with the girls doing the 5km run. Both teams acquitted themselves well and we were not last. We also entered the duathlon twice and this involved a 2.5km run, 15km bike, and another 2.5km run. On this occasion us boys did the bike section with the girls completing both the runs.

Steve decided to take on the Danish at badminton and once he mastered the language he eventually looked as though he knew what he was doing. He was trying to do as much as he could, including kayaking, windsurfing and aerobics. We nicknamed Steve "Duracell Bunny" for the holiday, he never stopped "taking things easy and relaxing" was for softies! But that is the great thing with this holiday you can do as little or as much as you want. We tried the massage class which was a bit of a let down as Steve and myself had to practice on our "better halves" as opposed to two blonde Danish girls that we didn't notice were even there - honest!!!

Each afternoon we played table tennis with us boys thrashing the girls. Steve and I went on an intermediate bike ride which was about 58kms across the island. This was led by bike coaches and was a great ride.

Throughout the 10 days the 3 restaurants in the village of La Santa kept us well fed. I must say that the Amendoa restaurant was excellent. You are met with a glass of champagne and the evening just gets better as the food was excellent. Steve adopted the mantle of "head chef" for the week, he kept us all fabulously fed and watered. Slight problem with running out of teabags on our final day, but my old army training g came in handy!



I think that Steve & Helen are both now converted to the Club La Santa lifestyle.

So who's up for going in September 2011?

Who do you run with?

A lot of runners listen to music when they do their training runs, so we have asked some LF runners to share with us the music they listen to and why

Tim Freeman

I've been running with little feet on and off for about 2 years now. I usually do 6-8 miles runs and around the 8 min a mile pace and try to get a least one other run in a week. I'm in training for the Army (Household Cavalry, Blues and Royals for those who want to know). I live in Kingston with my Dad.

Top 3 favourite tracks:

When the sun goes down - The Arctic Monkeys

Is a good song to start off with as it starts slow and then picks up and then slows down again towards the end but never gets too fast, perfect way to start off your run.

Mercy - Shy Fx and T powers

This is a really fast paced drum and base tune with a break down in the middle, so perfect for interval training starts off with a strange intro but picks up very quickly good to sprint too.

Daisy Chains - The Audio Bully's

A slow paced song with what I personally would say are good lyrics and a prominent beat throughout the song and a good way to end a session for a cool down as it doesn't get fast throughout allowing you never get carried away.

Kelly Goddard

I have been a member of LF since about August 2010 and am really enjoying it! I live close to Richmond Park so I tend to do about a 3-4 mile run at the weekend on my own (with I POD) and then meet up with the club on a Monday and Thursday where we often run in Bushy Park and run about 5 miles per session.

I have a wide range of music that I listen to, mainly upbeat and euphoric!
Here are three of my favourites:

This is the life - Amy Macdonald

Great song, very uplifting, fast beat really keeps you going ...

We no speak Americano - Yolanda B Cool

Really upbeat song, new in the charts this year and is funky.

I know you want me - Pitbull

I absolutely love this tune, quite a fast beat, it's really quirky and makes me smile!

David Hudson

I have only been coming to LF since June this year, having joined in an attempt to train for 2 Cancer Research UK 10K runs. The distance seemed an impossible challenge, having never run any distance at all before. I am now doing the Bushy Park parkrun as often as I can and 5 miles or so on Monday evenings, knees permitting. I live in Surbiton.

Top three tracks:

20th Century Boy - T.REX

Bolan was my first hero and this sounds incredible on the iPod. So much bigger and better than on the Dansette I first played it on! Have to admit though that sadly a lot of his other stuff sounds rather dated now.

Hanging on the telephone - Blondie

Uplifting intro into perfect beat to take it up a notch. Takes me back to first year at Manchester University and the packed TV room for Top of the Pops on Thursday nights.

Love etc. - Pet Shop Boys

Something more current, showing a band in a new flush of creativity and success. Thumping beat with great lyrics. You need more, you need more, you need more.....

If you would like to have your favourite tracks featured in our next edition of LFFN please speak to Jan Prince or Steve Brett

Race Times from the Little Feet Diary September to December 2010

Race	Time	Comments
City of London orienteering		
Ian Chappell	1:31	8.05 miles 121/141
Run to the Beat half marathon		
Priscilla Udemba	1:59:32	
Mika Takami	2:08:41	
Windsor half marathon		
Mandy Astill	2:12:00	
New Forest half Marathon		
Lucia Ramirez-Montesinos	1:58:12	
Kingston Running festival 16 mile		
Ian Chappell	2:34:11	PB
Kingston Running festival 16 mile		
Ian Chappell	2:34:11	PB
Bushy Park parkrun 5K		
Helen Brett	30:52	PB
Barnes Green Half Marathon		
Jana Goldsack	2:19	First half marathon
Kilimanjaro		
Gail Caruana	8:15:00	
Druids Challenge 27 miles		
Ian Chappell	5:34:00	PB
Leatherhead Fire station 10K		
Helen Brett	1:02:04	PB
Bushy Park parkrun 5K		
Helen Brett	26:55	PB
Hell runner 10miles		
Ian Chappell	1:59:00	
Mud Man 10K		
Vicky Chappell	1:09:00	First event
Ian Chappell	1:09:00	