

 Little Feet - Footnotes (LFFN)
A small icon of a foot with a running shoe, positioned to the left of the text.**Welcome to the Autumn edition of Footnotes**

Like me you might be wondering where this year has gone, it has passed so quickly, especially the summer. I know that a great number of you have been very active, taking part in lots of races - The Berlin Marathon, The Royal Parks half, The Toronto half, The Windsor half Marathon, Cancer research 5 and 10 k just to name a few. Well done to all of you for taking part. A special well done to Jan and Ray Franks and Hannah Michael, who have recently run in their first half Marathon.

We have also had several social events this summer - we had our skiffing evening and also the late summer party. I'm already thinking about next year. We have a running trip abroad in mind, probably to Jersey. Also canoeing is something that a few members are keen to take up so there could well be a canoeing event next year. If there is an activity/event that you think might be of interest to LF members please let me know.

A couple of dates that I would like you to put in your diary for the end of the year are the LF awards evening, this will take place on Monday 14th December at the Albion. Also we have the annual mob match against the 26.2 road runners, on Sunday 20th December. I hope that you are able to participate in these events.

Take care and enjoy walking/running at LF and Stragglers.

Steve

A note from the editor.....

Quite a 'mixed bag' for you this time. There's tips on training, more on barefoot running, reports on various races including orienteering and triathlon and also some 'tongue in cheek' material designed to bring a smile to your face!

Contributions from lots of you, thank you very much. The next edition will be the Christmas edition, so keep writing.....

Jan

Dates for your Diary

Sunday 25th October and Sunday 29th November - LF walks. Organised and lead by JD, listen out for further details.

Sunday 8th November - Leatherhead Fire station 10K. A scenic, well organised run, and a fantastic selection of cakes, hot dogs etc for after the race!

Thursday 12th November - A Charity Auction at the Hawker centre. Viewing from 7:00, the auction will start at 9:00.

Monday 14th December - The Little Feet Awards evening at the Albion, full details will be announced in November.

Sunday 20th December - The annual festive Mob match versus the 26.2 road runners. Great fun with plenty of 'après-run' socialising. For further details, see the poster in our changing room or have a look at The Stragglers web site.



River Relay, Sunday 13th of September 2009

Looking for an event to end my status as a 'race virgin' my eye was caught by the River Relay, a race with 6 stages ranging from 4 to 7.5 miles beginning at Virginia Water and finishing at the Hawker Centre. My cunning plan was to organise 2 teams to run in tandem so that I could run with a partner as I'm pretty hopeless at running alone. As further insurance I chose to run the first leg as it was one of the shortest and my plan of paired runners wouldn't have had time to unravel.

Danka and I often run together and she has run plenty of races so I was relying on her experience to set a steady 8.5 minute running pace. I was therefore caught unawares at the start when she shot off like a greyhound out of the trap at under 7 mins per mile, especially as there was a steep hill at the start. After about 1.5 miles she shouted 'You know we're going too fast don't you?' as if it was my fault. I had no breath left to reply.

We crawled up the aptly named Breakheart Hill into a fierce headwind and across the featureless expanse of Smiths Lawn. But hoorah, the finish line seemed a good 400m closer than the map indicated. This was the only plus of the run for me!

Charlotte and Faye were shouting encouragement and then were off on their leg which included a long downhill stretch. A man had been exposing himself to some of the other female runners on this leg but the sight of Charlotte and Faye going full steam ahead seems to have made him scuttle back under the rock he'd crawled out from!

Handover to Fraser and Noel was in Staines, at the surprisingly picturesque riverside. Although chosen for their speed and stamina the 7.5 miles of this leg gave us supporters time to get ahead to Walton Bridge for a cup of tea and chat with Ray and Ann waiting at the handover point - this being the advantage of running leg 1. We didn't have time to congratulate Noel as he immediately turned around and ran back as his car was on a meter. All in a days running for him!

Next on to Hurst Park to wait riverside with Anne and Louise. We caught a glimpse through the trees of two yellow jerseys speeding towards us so were surprised by Ray's sudden arrival alone clutching 2 batons. Anne and Louise set off with no time for questions. The mystery was solved when Ann arrived having had to stop in the bushes to part company with her breakfast. Steady on tiger - it's meant to be fun!

Anne and Louise completed their run in glorious isolation and could probably have caught a bus with no-one being any the wiser, but hey, running is probably quicker for them.

I sold Gary and Rachel the last leg by assuring them they'd get the glory, cheering crowd in the town centre etc. etc. On closer study of the course though they found themselves starting and finishing at the Hawker Centre - the club 10K without the fiddly bits.

Gary was grumbling about the towpath as usual! Sorry Gary - maybe next year they could include a stretch on the inside lane of the A30, we know you'd prefer that! So off they set and were cheered to the finish by both Little Feet teams.

A fun event all round. We had to predict our overall time (3 hrs 19 mins) and were 48 seconds out (3 hours 18 mins and 12 seconds)! If anyone is interested for next year I would definitely recommend the buddy approach as the race gets spread out very quickly and it's good to have a running mate for company. Thank you to all of the participants for entering into the spirit of things and for being there on time (not all teams seemed to be able to manage this) and to the supporters as well. Faye's husband Jonathon gave us regular updates as he cycled the route and thanks to Ian for being support driver, personal secretary and time keeper.

Next year, bags I get the shortest and flattest bit and has anyone got a pet tortoise who's up for a run out!?!)

Vicky Chappell

You read all about Ann's group and the Reading Half in the April edition, and you may recall that Monday in July when so many Little Feeters really did have 'pains in their butts', well this is how they got them.....Ed

Turbo Charge Your Running

We were so inspired by the George Anderson programme we followed in preparation for the Reading Half that we wanted to meet the man himself. So seventeen of us mostly from Little Feet headed off to Reading hoping to unlock the secret of running faster at a one-day Workshop in Reading. The course was a mixture of theory, work in the gym and interval training in a local park.

Here are the thoughts of some of us ...

Lucia: we had signed up for a newsletter and started to receive emails containing George's valuable tips. We talked about these tips and felt that George was one of us, so I was very keen to actually meet him.

Ray C.: The 4 hour course was a mixture of theory and practice: variable pace running theory, running technique, tidal intervals in a nearby park, flexibility and core stability. (and I only ached a little bit on Monday....)

Jane: I am still trying to 'float my pelvis' like Paula Radcliffe

Anne W.: Am ashamed to say that even though I have run 2 half marathons, the idea of interval training was relatively new - was amazed at how shattered I felt after what was in effect a warm up followed by only 12 minutes of actual running! Now I understand the theory - can quite see the need and will be indulging again in future.

Louise: My ach-y, ach-y b**! Whose idea was it to interrupt a Sunday afternoon's somnolence with an infusion of lactic acid?

Glynda: George advised poor technique leads to wasted energy - we had to concentrate on posture, foot action, arm drive, forward lean and focusing on the horizon - all this while staying relaxed. (I discovered muscles I didn't know existed!)

Jan and Ray F.: As "Little Feet" virgins, the workshop was our baptism of fire. Ray and I had thought that this was a standard training session for Little Feet! For us, it was a great way to get to know everyone, and really broke the ice before our first Monday session at the Albion the day after! Mind you, after that workshop, I do feel that the "Reading Chapter" of Little Feet should be renamed "Little Bums".

Ken: Next time we decide to do another event like this please make sure I take pills, zimmer frame and of course oxygen. I was ok on the Monday but it took me 20mins to walk 50yds once I got out of the car on Sunday. Every bit of my b** ached....What can I say - **good course!**

Ann C: Did I ache? Once I had mastered the art of walking without moving my legs, I was fine!

However we are all looking forward to setting some PBs now that we have "turbo charged our running!"

Ann C

City of London Orienteering Race, 12th September 2009

I really enjoyed the Richmond Park Trail Run in August, an orienteering event organised by SLOW (South London Orienteers and Wayfarers) so decided to give another of their events a go.

The City of London race is exactly what it says on the label - a race around the city with a number of course options available. This year's courses were mainly in the western half of the City, with the start and finish at St Paul's. I found the start set up to be well organised with plenty of helpful SLOW enthusiasts on hand to explain how the whole thing works!

Competitors set off at 1 minute intervals in batches of three, each one having chosen to follow a different course. I had entered the 'Male over 40s' category which was run over a 7.1 K (as the crow flies) course. Issued with a 'dibber' that I had strapped to my finger I had to find 30 checkpoints in sequence and insert the dibber into an electronic box (checkpoint) fixed to street furniture to register. One minute before the start you are issued with a key that shows the symbols that will help you find the checkpoint when you reach its proximity on the map. These made no sense to me at all and I think the competitor next to me was bemused to be interrogated about their meaning with 30 seconds to go. Once the start is given you collect a map, orientate your self and off you go.

The map is very detailed but without street names. It takes a while to get used to running along with the map in one hand but you soon get into the rhythm of a constant 'look up' 'look down' process. The race becomes a series of sprints of around 3 minutes and then 30 seconds of trying to find the checkpoint, which at times was cunningly placed by the fiendish event planners. Around the Barbican some were even placed up on walkways, which were hard to find. After a time you start to recognise other runners that are on your course some are very competitive and offer no assistance at all, but with others a camaraderie develops and you help each other to find the checkpoints.

My 7.1 k(as the crow flies) course took me 1 hr 30 mins to complete and I ran 7.65 miles! The quickest route is the most direct one and I wasn't very quick so therefore I must have wandered around a bit. I did get lost once and had to retrace my steps but I thought it a great event to take part in.

The route took you to several obscure parts of the City which were fun to explore and there was a real sense of achievement in finding all of the check points in the right order and not finishing last!

Ian Chappell

Naked running - So far sole good

I have now been experimenting with barefoot, or 'naked' running for three months. I don't think I currently have enough experience to be a qualified barefoot evangelist but I am very excited about BF running already. There are various barefoot running websites and I have been following the advice of the most experienced BF runners. These are main things I've learnt so far:

Start gently and slowly. It takes time for the muscles and tendons to get used to running without the support of shoes. Trust that millions of people have run like this for millions of years. Just because you haven't learnt how to do it yet doesn't mean that you can't do it too. Learning is a process not an action, it takes a little time.

You have to run on the balls of your feet, never land hard on your heels but allow the heel to drop as part of a natural spring-like shock absorber. This is sometimes called Pose running.

Don't focus on running from A to B as quickly as possible. Allow your pace to adapt to the surface you're running on. Relax and enjoy the sensations coming through your feet. Run for pleasure not for speed. Speed increases naturally.

My feet are still very soft. I have no calluses or blisters, except from my shoes. I can now run much more easily on surfaces that I found challenging and painful a few weeks ago, such as gravel paths. I can run 3 miles on pavements and 6 miles on mixed terrain.

Watch where you are putting your feet. However there is a lot less glass around than everyone fears. Run on soft surfaces when offered a choice as paving/roads abrade the skin on the feet faster. Allow yourself to weave around to find a comfortable route. The sharpest objects I have stepped on have fallen off trees (twigs, acorn husks, etc) so I try to run around trees and not under them. Don't run BF in the dark.

If you run in the cold your feet soon warm up. I haven't tried running in snow - yet.

Running shoes have much more grip on wet mud than skin so watch out!

I had the pleasure of meeting another BF runner at the Bushy Park time trial. He has been running BF a few months longer than I and reports improved speed, endurance and sense of fun. Also there is a guy currently running BF across America! Check out www.runtellmanrun.com.

John Dixon

Cool runners carry ICE

It is claimed that eight out of 10 people carry no next-of-kin details - the same proportion that carry a mobile. The emergency services are encouraging everyone with a mobile to include an ICE number in their phone contacts. The idea is being promoted after rescue workers found the mobile phones of victims of the London bombings.

The In Case of Emergency (ICE) campaign encourages people to store details of next of kin under 'Ice1,' 'Ice2' and so on. Should it be necessary the emergency services will search your phone for these numbers first.

If you run with your mobile then other numbers you may wish to include are 'The Albion Pub 020 8549 2346' and 'Hawker Centre 020 8296 9747' Of course these should only be used for seeking assistance, not for pre-ordering drinks on the final leg of a run !.

John Dixon

Tri.. Tri.. Triathlon

On Saturday 4th July, fellow Straggler Michele Wilkinson and myself took part in the Timex Women Only Triathlon. For this, we were required to swim 400m, bike 20k and run 5k. We arrived at Dorney Lake, near Eton with plenty of time to spare got our bearings and joined the queue for registration. After our number and timing chip was allocated we made our way to the transition area with our kit. A very important place which was secured well, for a lot of expensive equipment was to be stored here. A small space is allocated per participant and an attempt to lay out kit to provide the fastest means of changing from swimming to biking (T1) and biking to running (T2). Much friendly advice was offered by participants with previous experience as well as agreement to place equipment at either end of the bike 'hangers' to enable maximum space in a very small area.

Nerves kicked in, I managed to eat a carb-rich lunch while nervously observing the starts of the earlier 'waves'. From initially expecting we had lots of time suddenly it was time to get changed into our 'tri' suits, which would be worn for all three activities. We had heard that for the first time in 18 years the temperature of the lake had risen above 22 degrees and the triathlon governing body had therefore banned wet suits. Final preparations made, we gathered our allocated lime green swimming hat and headed to the gathering crowd of lime green hats by the swimming start. We were quickly into the water and bobbing about waiting for the start while trying to listen to some final instructions. Finally, we were off! A body of perhaps 80 or more swimmers all bodies very close together with hardly room to lift an arm out of the water, nor the room to replace it without touching another body part trying to also move through the water. Breathing regularly became a struggle and I had to resort to breast stroke in order to get breath at all. I finally reached dry land and ran as quickly as I could to T1 forcing my feet into socks and cycling shoes and ensuring my helmet was on my head for fear of disqualification for touching the bike without it. Dash to the cycle start, and 4 laps around the circuit drying off as I went, ending up back at T2 to speedily change into running shoes, ready prepared with elastic laces for the fastest transition. My legs felt a little heavy as I started the run and it took a while to get the rhythm going but then I was back to my normal 11 minute mile pace!! Finally the finish line loomed and I found the energy from somewhere to pick up the pace a bit and finally crossed the finish line in 1 hr 38 mins to a man with a very welcome and very cold hose pipe. Just a few minutes later Michele also passed the line with a similar response to the man with the hose pipe!!

It was a great day, a wonderfully organised day and we were both delighted with our times, not knowing what we could achieve and yet being chuffed to bits at being able to achieve it. If you're thinking about doing a triathlon - don't hesitate!

Barbara

You will find details of next year's

*Timex Women Only Triathlon at www.humanrace.co.uk
-Ed*

Which group is for me?

Power walking is walking at speed, typically 7 km/h to 9 km/h (4.5 to 5.5 mph). This is the equivalent of walking a mile in between 9 and 13 minutes. That's why we use the word power - so if you join this group, you can expect to feel as if you have had a good work out at the end of it.

Brisk walking When there are a number of people wanting a walking group we include a brisk walking group as well, which will be somewhat slower but still energetic. Little Feeters with dogs or prams often join this group!

3 miles running and walking is a mix of walking and gentle running at a pace of around 10 to 12 minute miles. This is a comfortable pace which suits a number of our members as a regular weekly group, but it is also very useful if you are new to running and want to build up to a faster pace/longer distance, or are coming back after injury or simply haven't exercised for a while. Harry usually takes this group and there are many of us at LF who have moved on to more advanced groups having benefited from Harry's coaching skills!

With the running groups, generally speaking the shorter distances tend to be at a slower pace. All our runs are sociable, but the easier 2, 3 and 4 mile runs tend to be a bit more sociable, with runners taking the opportunity to chat and keep up with the gossip!

Easy/gentle 2 and 3 miles are at a pace of around 10 to 12 minute miles. Inevitably there will be a few stops and a little walking as you negotiate the streets of Kingston, but the objective is to keep running for most of the time.

Easy/gentle 4 miles is similar to the 3 mile group and generally speaking most runners will be of a similar pace of around 10 to 11 minute miles. Sometimes experienced runners who are resting or have completed a long run/race at the weekend might join this group - and inevitably an easy 4 miles for them will be at a faster pace than the less experienced. If you are a slower runner, don't be intimidated by these faster runners! If they go on ahead, they will 're-group' coming back to meet up with the slower runners at regular intervals - never leaving runners behind is very important at LF and we make sure we look out for less experienced runners.

Easy/gentle 5 miles - again, similar to the above

Steady 5 miles is for faster, more experienced runners who are possibly used to doing longer distances, and is likely to be at a pace of at least 9 minute miles.

More than 5 mile groups will generally be running at a pace of 9 minute miles, often faster, and are for experienced runners. Because of the distances being covered, they generally set off after the announcements, before the social run/warm up.

Interval groups mix short distances of faster followed by slower running repetitions - thus allowing for recovery before the next fast interval. Intervals are good for cardiovascular buildup and for those who wish to increase their overall speed to make more well-rounded runners. Interval groups are taken from time to time, often to fit in with a particular goal of a certain group of LF runners.

Special groups are formed when there is a group of like minded LF who want to achieve a special goal, eg the London Marathon, or more recently, Ann's group who have been training for the Reading and London Parks Half Marathon.

The dog-friendly groups. Mainly these are the walking groups (Thursdays as well as Mondays). But sometimes there are dogs with a running group. Obviously if anyone does bring their dog along it must be properly controlled and not endanger any of the other runners.

Helen

BE SAFE, BE SEEN

As one of the founder members of Little Feet, I am overwhelmed by its growing success over the years. One aspect does bother me though, it is safety.

With the evenings now getting darker, the need to be seen is of such major importance. I don't agree with entering the parks on runs where it is absolutely pitch black at this time of the year.

Beautiful and peaceful as they may be, the perils out way the bonuses-

- 1) It is easy to lose a runner, who can't keep up the pace
- 2) Trip and fall 3) attacked by a rutting deer 4) assaults

Please, if you cannot give up the parks for a few months, **always** stay as a group, wear a light, and be seen.

Plus, these nights, we should always wear light or fluorescent clothing on all runs.

BE SEEN - BE SAFE

Jackie

Not sure that we will all agree with everything Jackie says, but if we are aware of the need to co-operate with the group leader guidelines shown over the page, then I'm sure we will all run safely and happily.-Ed

September 2009 dispatch from La Fausse *Itchy Feet* and

La Vrai *Itchy Feet*

Gentle Readers I have been accused of Identity Theft. In this age of public apologies – I confess! I am NOT *Itchy Feet*. I STOLE that name from a younger and faster Runner who, at the time of writing is sunning herself in Bermuda or Bahama or Bananarama. OK the Caribbean. I gave up Geography before my O levels – that dates me. Maybe I should be called *Flat Feet* – because, I have. Flat Feet. Just look at my wet footprint the next time I go Naked Running.

Anyway – **La Vrai Itchy** and I thought you would be interested in some Running Definitions. Little Feet is primarily for new or inexperienced runners who have not yet taken themselves seriously enough to subscribe to Runners World. We hope to save you subscription money by introducing you to some technicalities early in your Running Careers.

You need to know that **La Vrai Itchy** (henceforth known as *Itchy Feet*) was brought up in Yorkshire and spent several years working in South America. **La Fausse Itchy** (henceforth known as *Flat Feet*) is Australian. Both writers speak the language of their origins and, in addition, *Itchy* knows all about S. American mammals. Both are very good at “Interval Training” – see below.

DEFINITIONS

INTERVAL TRAINING *time between glasses of wine*

1 minute or less in your INTERVAL TRAINING, as a consistent result and you can attempt the following.
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SHADES	<i>something a man does in the morning</i>
SHUTTLES	<i>wooden structures outside windows to keep sun out</i>
PB	<i>an excuse for more interval training</i>
SHORTS	<i>several whiskies as an alternative to wine</i>
CROSS TRAINING	<i>a mix of wine and whisky</i>
RUNNER	<i>a drinker with a running problem</i>
TRAINERS	<i>transition between nappies and Big Girl/Boy pants</i>
FARKLETS	<i>what you do NOT do in Big Girl or Boy pants OR</i>
FARKLETS	<i>glute training</i>
GLUTE	<i>a plucked instrument</i>
TAPER	<i>a South American mammal</i>
T`RAIL	<i>Yorkshire locomotive track</i>
T`RACK	<i>see T`rail</i>
HILL RUNNING	<i>Why? (Flat feet)</i> <i>It's what they do in Yorkshire (Itchy Feet)</i> <i>Explains a lot. (Flat Feet)</i>
ROAD RUNNING	<i>What are cars for? (Itchy Feet).</i> <i>But I cant drive! (Flat Feet).</i> <i>Explains a lot. (Itchy Feet)</i>
STRIDE	<i>'Strine Dentist says "Open wide"</i>
HEEL STRIKE	<i>'Strine for foot massage –Heel "Stroke" – Get it?</i>

BLACK NAILS	<i>Goth heaven</i>
CARB LOADING	<i>getting ready for a journey</i>
HR	<i>Human Resources silly!</i>
HRM	<i>Human Resources with a frog in the throat</i>
IT BAND	<i>computer music group</i>
SOCKS	<i>a Presidential Moggy</i>
VEST	<i>opposite East</i>
SPIKES	<i>Runners in stilettos OR</i>
SPIKES	<i>Pikeys in stilettos</i>
WINTER GEAR	<i>Hoodies</i>
GLOVES	<i>to prevent Chavs</i>
NEGATIVE SPLIT	<i>painful breakup</i>
VO ₂ MAX	<i>Millennium Designer Outlet on Kingston Bridge</i>
MARATHON	<i>(s)Knickers</i>
RACING BUGGY	<i>Pushy Mummy</i>
CV WORKOUT	<i>extreme job application</i>
HYDRATION	<i>a flowering plant</i>
PRONATION	<i>another flowering plant OR</i>
	<i>an expletive ('Strine)</i>
SUPINATION	<i>Oz! Oz! Oz! (Supa Nation!) Flat Feet</i>
GEL	<i>an upper class maiden</i>

This is a lot to remember but vital to know if you are ever going to call yourself a Runner. Both *Itchy Feet* and *Flat Feet* would welcome other definitions to enhance the current glossary. (Glossary? Look it up). The Editor has promised a free drink for the most original submission, and of course, publication in future editions of Footnotes!

Flat Feet and Itchy Feet

I really must get into this Interval training!-Ed

The Mortimer 10K

It was one of those gorgeous early autumn days when the sky was an unending vista of blue framing the newly-turning yellows, oranges and reds of the trees. It was a joy to be alive and we were on our way to the Mortimer 10k in Berkshire. This was a village affair complete with stalls and bouncy castles. Jackie and Les, Una and I together with our own Mortimers - Glynda and Graham. G & G's son and family actually live in Mortimer and we were joined by their other two sons.

The 10K Run was preceded by a children's race and walking race - so something for everyone. The run itself was 2 loops around the village, but they were each different except for the short overlap through the actual village - thus it was a mix of lively carnival atmosphere and quiet country lanes. It was also in part undulating which added to its variety. What struck me most was the immense level of support extended by the ordinary villagers - whenever we passed a family walking either home or to the fair they all called out in encouragement and support. Even down the quiet country lanes people were standing at their garden gates cheering us on.

The run was followed by a very pleasant and plentiful optional lunch provided by members of the Reading Running Club who were organising the event.

For me it was one of those occasions when I knew I wasn't running at my best, but it was nevertheless, overall a very enjoyable day and made a very pleasant change to all the hustle and bustle of larger urban runs. It was a particularly good day for Graham who ran a PB for that race and Les too as he was very chuffed to achieve his PB for this century - well done.

New Little Feet members - since July 2009


A big welcome to:

Sue, Gemma, Sarah, Matt, Edna, Michael, Jake, Dave, Marlow, Alison, Kathy, Teresa, Amy, Jan, Gary, Jane and Matt.

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

 **Membership** - You can now become a member on line via the online membership store on the Stragglers website: 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 - a great way to view LF photos and find out what is happening at LF.

Race Times from the Little Feet Diary July to October 2009

Race	Time	Comments
British 10K		
Sue Olsen	1:11:00	
Elmbridge 10K		
Louise Neville	50:39	PB
Wedding Day 7K		
Fraser Wigley	29:11	PB
Danka Wigley	35:43	PB
Richmond Park orienteering 10K		
Ian Chappell	1:2:30	
Club 10K		
Gary Bridger	49:02	PB
Louise Neville	51:16	
Paris 16K (10 miles)		
Louise Neville	1:30:09	

Information for Group Leaders

INFO	State distance and estimated pace clearly and loudly. Consider giving a run time on the basis of 11 min/mile (including stops). e.g. 4 miles = 44 mins
COUNT	Count the number in your group shortly after leaving the clubhouse
HAZARDS	Encourage front/back runners to call out warning of hazards e.g. bollards, on coming or overtaking cyclists, potholes etc
STOP	Stop before each road crossing (including those in the parks) and collect your group up so you cross together. Get in to the habit of checking that all your group are there
MONITOR	Monitor frequently for people dropping off the pace and inform those struggling what your strategy is to be. Make sure that you are aware of where group members are in relation to each other
STRATEGY	Dealing with runners of widely differing pace ability

Alternatives available:

- Split the group by seeking a volunteer to remain with the slower group or person. This should be a positive decision and should not happen by default. Inform the whole group of this decision
- Slow the whole group down to the pace of the slowest runner. Make sure that any pace pushers up the front of the group are aware of your wishes
- Consider turning the faster runners of the group back to meet the oncoming slower runners as often as is necessary
- Consider letting the slower runners take a short cut to the turning point of your run. Keep in mind safety concerns with this alternative

WAIT If you have paused the main group to wait for slower runners **DO NOT** move off immediately they arrive, they will only get more out of breath and tired

BEGGINNERS Be sympathetic and understanding with runners who have misjudged their ability. Little Feet is about nurturing newcomers and improvers and was founded for beginners/improvers. Keep this objective of the club in mind. There are a number of different paced groups meeting at our parent club "The Stragglers" one of which will be suitable for runners who have graduated to wanting something more challenging

ESCORT Lastly, **NEVER** leave an injured/de-motivated or exhausted runner to return on his or her own. As far as possible ignore protestations such as "I'll be alright on my own" or "Don't worry about me, you all carry on" etc and find a volunteer from your group to walk/help the person back to the clubhouse safely

Some of the LF team at The Royal Parks Half Marathon



Louise after a cross country run

