



## Newsletter January/February 2016



### HAPPY NEW YEAR !

A New Year eh? Where does the time go? Here we are already planning our training schedules, booking the year's races, saving for those new shoes....it never ends does it?

But, there again, we don't want it to end do we? What would our lives be without our sport? How would we spend our time, keep our weight under control (well almost), stay fit and avoid those diseases of inactivity?

Surely running, and walking for that matter, isn't simply our hobby, it is our insurance policy. Insurance against those horrible and unthinkable ills which befall the Coach Potatoes so often?

However, perhaps we can do something about this - see inside for some ideas of how we could all help to reverse some of the ill effects of modern lifestyles.

Speaking of which our apologies but this edition of the Newsletter is a combined two month issue - too busy with the mince pies and egg nog over Christmas to put pen to paper...but we do hope you enjoy it anyway!

P.S. Anyone got any chocolates left from Christmas?

With best wishes.....Phill and Mike.

### PRETTY PLEASE !

We need your letters, views, comments, articles...

Send to [paa123@btinternet.com](mailto:paa123@btinternet.com)

Thanks.

### In our world

In my world,  
The water is cold,  
The wind is hard,  
And the road never ends.

In my world,  
There are no losers.  
Only competitors  
still on their way,  
And spectators  
waiting to be inspired.

In my world,  
Victory is not weighed in gold,  
But in determination and courage.

In my world,  
There are no boundaries,  
No limits,  
There is no end.  
Every day is the last day of my life,  
And the first.

In my world,  
The word "can't" does not exist,  
And nothing is impossible.

by Olivier Blanchard  
Greenville, SC

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### **Want to keep more up to date with what's happening with your club?**

Why not join us on Facebook for regular updates including upcoming events, interesting and funny stories, photos and useful tips to further enjoy your running experience.

**Just click here** [www.facebook.com/DerbyshireDynamos](http://www.facebook.com/DerbyshireDynamos)

**We're also on Twitter** [@Jog\\_D\\_Dynamos](https://twitter.com/Jog_D_Dynamos)

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**SEE NOTICE OF A.G.M. ON THE NEXT PAGE**



# AGM

## Notice of Annual General Meeting

**Derbyshire Dynamos - AGM**  
**Tuesday 12th April**  
**Time - 7pm**  
**Venue - Chesterfield Fire Station Community Room**

Generic discussions will centre around :

- Current position of the Dynamos in 2016.
- Financial details from the Treasurer.
- Overview from the Chair & Secretary, may discuss how the Dynamos came about and why for new members.
- Dynamos communications and promotions including:-
  - Website
  - Facebook
  - Newsletter
  - Flyers.
- There will be an opportunity for members to nominate themselves for the vacant posts of Treasurer & Secretary (support will be given by current post holders as a hand over).
- Update on Dynamos kit and ordering process.
- Jog Derbyshire update from Michelle Simmons (if Michelle is available).
- Annual London Marathon place.
- AOB

## DON'T LIKE IT....OR....WHY DON'T THEY TEACH THEM?



“I don't like it”. It was my granddaughter, true to form, plucking an idea out of the air totally out of context and without any prompting.

“What don't you like Angel?” I replied. Her name isn't Angel but I have a habit of calling her that.

“Running round the field”. You will have to be a bit more explicit than that little lady.

“But we aren't going to run round the field we are going to play ball on the field”. I hoped that this might solve the problem.

“Noooo”, she gave me that look as only she can and which she reserves for me when she considers that I have lost the plot once more. “at school in P.E. when the teacher makes us run round the field”. Now it became clearer, a little anyway.

I could think of no earthly reason why this should bother her. She is tall, for her age, slim and fit. She plays football and has just been accepted on a competitive swimming team, so why should running bother her? I run, her mum runs, her dad even runs occasionally, so what was the root of the problem?

A little more questioning and all became clear. No-one had taught her to run! She is athletic by nature so it hadn't dawned on me that she might find even comparatively short distance continuous running a problem, and neither did I consider that she was old enough yet to try longer distance running as a sport.

The problem was that her class were told to “run round the field” so they did, until they “ran out of breath”. Now I wouldn't like that either, in fact I would not do it. I would warm up first, carefully, progressively and for at least 20 minutes, sometimes more if I was intending to run more than 10K.

Without that warm-up my running is awful, breathless and without any real form. It takes time for my old, and generally worn out, body to start up and to be able to tolerate the beating which our sport dishes out.

I often have this problem if I run with groups other than my own, as not all will warm up as I do and as I insist that my group members do. So I could well understand that “running round the field” would present a problem.

My granddaughter had no problem at all running while playing football, she can beat me at that, simply because football demands the use of a different combination of energy systems than does continuous running.

Children actually don't ever run for more than a short time before they stop, walk, “get their breath back” then start again.

Therefore continuous running on a field without proper preparation, let alone technique, is bound to become difficult.

I could picture the scene, a group of eleven year olds told to run round a patch of grass would go off as fast as they could, and they would be told to keep going – not easy – and remember that this is not the way they “train” during play.

Now I don't know the teacher concerned but I am sure that she would not tell a child to “go and read a book” without first teaching the child to read. So why tell a group of children to “go run round the field” without first teaching them how to do so, including essential warm ups?

I have little doubt that I would need to warm up for longer, and in a more detailed fashion, than those children, but they still need to start slowly and then progressively increase speed to a cruising pace.

I also do not doubt that this is a common problem. In our school system how many children are actually taught to run? How many more would become competent, even perhaps champion, distance runners if they were?

Even more worrying perhaps, how many running groups are there with members who have never been taught how to warm-up, why this is necessary and then taught good running form? From my own experience I know that new-comers appreciate some guidance, and their running becomes less stressful when they get it.

Perhaps then I was wrong. Did I fail my little granddaughter by not teaching her how to run distance? Perhaps I presumed that the term “Physical Education” included educating children in the techniques of being physical?

Or is that far too many teachers, who should know better, make the all too common error of presuming that running is natural, anyone can do it and it requires no instruction and no skill?

On reflection I decided not to interfere. If I taught my granddaughter to run distance it would only cause problems. No doubt she would be telling the teacher that she was wrong to tell her to run round a field without a good warm up and that the running should be progressive and, and.....no it doesn't bear thinking about.

In any case come summer and she will be leaving that school and going to upper school. Hopefully that institution will have P.E teachers who will teach running as a skill, as something to be learned and practised, to be perfected as a technique, be it for competition or pleasure.

If not I will have to think of another strategy!

## Lost for words!

It isn't often that I am lost for words. In fact I don't remember the last time – or to be more precise the penultimate time. Actually I DO remember the last...it was a few days ago when I was talking to a member of one of my running groups.

We were discussing athletics clubs, as you do, and she told me a story which I can only describe as appalling.

Apparently her son joined an Athletics Club, principally concerned with running. He left the club within a few weeks because, apparently, the coach at the club would seriously criticise the children in the junior branch if they did not run as well as his “standards” required.

Now, of course, children can exaggerate but another mother in our group, who was running with us at the time, confirmed the same experience.

Now if, indeed, that is the culture of the Athletics Club concerned and, worse still, the philosophy of the “Coach” then in my view neither he nor the club should bear the name “Coach” or “Athletics” or “Sport”.

Have we reached a point where the only thing which matters is winning, being “Elite”? Is simply taking part and trying our best no longer good enough? Is sportsmanship dead? Well many of the runners in my group, including me, would almost certainly not reach the “standards” of the club concerned.

But when it is considered that we have individuals who are returning to running after injuries lasting many months, runners with various physical problems, runners recovering from cancer, a runner with dementia, one with chronic depression and me the leader, with history of a heart attack....we make our own standards...we are runners no matter how fast or far, and I am proud of my runners, no matter what their performance, because they are winners.

They became winners the moment they took to the roads and trails despite their various illnesses, and I would back them every time over some pompous, ignorant and bullying “Coach”

Someday I hope I meet that Coach, and I hope that I can remember to quote the U.K. Athletics Code of Conduct for Coaches word for word...namely:-

“As a responsible coach you will ...respect the rights, dignity and worth of every athlete and others involved in athletics and treat everyone equally. Place the welfare and safety of the athlete above the development of performance”

I can add to that.....and don't be an AH !

## The loneliness of the long distance runner - revisited.



In mathematics a “Conjecture” is a proposition based on incomplete information for which no definite proof has been found.

Believe it or not there is a mathematical conjecture called the “Lonely Runner Conjecture”. this is a conjecture, especially in the study of number theory, originated by J.M.Wills in 1967. It states:-

Consider  $K$  runners on a circular track of unit length. At  $t = 0$  all runners are at the same position and start to run, the runner's speeds are pairwise distinct. A runner is said to be **lonely** at time  $t$  if he/she is at a distance of at least  $1/k$  from every other runner at time  $t$ . The conjecture states that each runner is lonely at some time!

Now apparently this conjecture is true if:.....  $v_{l+1} / v_l \geq 33 \log(k) / k$ ...makes you think doesn't it!

## NO QUICK FIX FOR JOGGERS.



Lydiard, far left, with the original Auckland joggers in 1963 (Garth Gilmour Collection)

It is highly likely that the majority of you reading this are Leaders in Running Fitness with your own running groups and as such you are clearly making a valuable contribution in the fight against inactivity.

However this is an uphill struggle.

Far too many people fall foul to the advertiser's rhetoric inviting an easy way to get fit....however we know different don't we? Attaining and maintaining a good, that is healthy, level of fitness takes effort - there are no shortcuts.

As long ago as 1970 Arthur Lydiard - a famous New Zealand running coach - wrote an article called "Jogging the Lydiard way" in which he cautions against a "quick fix approach" to fitness.

Lydiard claimed that he was one of the first people to coin the term "Jogging" and he advises that there are no short cuts and that progress should be careful and gradual.

Lydiard is famous as being a very successful coach and perhaps even more famous for having his coachees run over 100 mile training weeks.

This has led to the erroneous belief that the "Lydiard method" advocated such high mileages for all. In fact this regime was for his group, competitive and genetically talented young runners.

Lydiard's key message was that all runners needed a large base of aerobic running upon which to build and in fact that non-competitive, or occasional competitive, runners should be careful to build fitness slowly but surely with a majority of easy runs. A regime which in later years has proven to be correct.

Much research has proven that a conservative approach is best, not only for creating fitness but for maintaining it.

However it has also been shown that regular fast walking or running at aerobic pace for about one hour daily is a necessary practice for true fitness, once gain there are no short cuts - a message which perhaps many of our "recruits" prefer not to hear.

An article by Nobby Hashizume and Lorraine Moller written in 2011 refers to the Lydiard original article entitled "Jogging the Lydiard way" cautions against a quick fix.

"Once again, after all these years, we can still see some people advising beginning joggers with incorrect information, for example, attempting to do too much fast running of an anaerobic nature. Often this is because that is what the "clients" want to hear and would like to do, consequently, instead of teaching them to be more patient and approach the exercise correctly, their trainers may end up advising what they think their clients want to hear for "Quick Fixes".

It is also largely true that running or fast walking are the best forms of exercise available. Team sports, although better than nothing, simply cannot compete with the effects created by a constant aerobic challenge. Once again this point was known to Lydiard over 40 years ago and the Hazhizume and Moller article states:-

"It is interesting to note that Lydiard used to play rugby football before he took up running, thinking he was fit; yet a simple 5-mile run with Jack Dollan, who was twice as old as Lydiard was at the time, gave him a different perspective. Bill Bowerman used to play American football when, in 1962, at the age of 50, figured he was fit enough to join a group of "joggers" in New Zealand; and it was a 74-year-old Andy Stedman who had to slow down for Bowerman to keep him company.

Many people think they are fit because they play a game of flag-football or racquetball or tennis or they go to the gym and lift weights for 30 minutes. However, the Lydiard and Bowerman experiences give a different perspective into a true meaning of "being fit".

### Quotation from Arthur Lydiard

"Always bear in mind that the wise only train according to their age, physical condition, and their capacity to exercise.

They learn quickly about themselves and train by that knowledge, increasing volume and intensity of work only when they feel their condition is improving. If you try to train and race fast too soon, without proper consideration of the various aspects involved in training, you are doomed to disappointment.

You must clearly understand what you are attempting and what effects your exercise will have and you must work within that understanding".

## PLAY THE GAME



But one day, when across the Field of Fame the goal seemed dim,  
The wise old coach, Experience, came up and spoke to him.  
“Oh Boy,” he said, “the main point now before you win your bout  
Is keep on bucking Failure till you’ve worn the joker out!”

“And, kid, cut out this fancy stuff – run on there, keen and hard;  
Just keep your eye upon the road and plug on, yard by yard,  
And more than all, when you are thrown or tumbled with a crack,  
Don’t sit there whining-hustle up and keep on coming back”.

“You’ll find the road is long and rough, with soft spots far apart,  
Where only those can make the grade who have the Uphill Heart.  
And when fate stops you with a thud or halts you with a crack,  
Let Courage call the signals as you keep on coming back”

“Keep coming back, and though the world may romp across your spine,  
Let every run's end find you still within the battling line;  
For when the One Great Scorer comes to mark against your name,  
He writes – not that you won or lost – but how you played the Game”.

(Adapted from an original poem by Grantland Rice)



If you run 100 miles a week you can eat anything you want - why?  
Firstly you will burn all the calories you consume, second you deserve  
it and, third, you’ll soon be injured and on a restricted diet anyway !

**REMEMBER**

**RUNNING....**

**NO TIME OUTS,**

**NO SUBSTITUTES,**

**NO EXCUSES.**

Sweat is your fat crying...  
Keep it up !

Cowards die many times before  
their death, but the valiant taste  
death only once !

The greatest pleasure in life is doing the  
things other people say we cannot do.

Cross country..  
At last a practical use for  
golf courses !

Some people don’t have the  
guts for long distance running.

The polite term for them is  
“Sprinters”

All it takes  
Is all you’ve got !

Don’t bother trying to be better than your competitors  
- just try to be better than yourself.

Amateurs built Noah’s Ark - the professionals  
built the Titanic.

## HIGH PEAK RUNNING GROUP . THE GROUP THAT GLOWS IN THE DARK!

As many of you will know, the High Peak is a long narrow county and Chinley is right near the top! So can feel a bit remote from the rest of Derbyshire, but the camaraderie and fun in our group is amazing.

The Group has been going for over 10 years, almost as long as I've been a Jog Derbyshire leader and we have had lots of beginners come and go in that time. We have a closed, Facebook page, which anyone can ask to join, and keeps members up to date with activities.

The Group is very mixed (see some of the group in the photo) and positively glowing with health! We have two weekly sessions, specifically dedicated to beginners. Mondays and Wednesdays (both 6.45 p.m.) and although we are based in Chinley, quite a few members live just up the road in Chapel en le Frith, so we alternate our Monday session by meeting fortnightly at the new Aldi, just off the Ferodo roundabout in Chapel at 7 p.m. this allows time for Chinleyites to get there, some even jog the mile and a half from Chinley, but usually grab a lift back.

This gives us a variety of routes to chose from, which in the winter months is especially good since we have to stick to well lit pavements or wear really bright head torches! The circuits are usually from 2 miles to 4, depending on who turns up, (it can be anything from 3 of us to 15 on a dry night!) with quicker, stronger runners adding bits on. They still like to come along, so that they have the Group support, feel safe especially in the dark and most important of all - someone to talk to. Gradually, we are all progressing from run/walk to jog the whole way, which is very rewarding to see.

Because the group is mixed, we have a great system of run back, pairs, loops and just sitting on the grit bin catching our breath! We make sure everyone gets the session they want and that no-one is left behind or feels they are holding anyone up.

At the moment we are working towards first 5k park runs and Sport Relief 6/3/1 in March. About 10 of us are doing this, some doing 6 and some doing 3, no-one has told me they are only doing 1 mile.

The best thing about our group is that everyone is so friendly, no-one is allowed to feel left out or too slow. New members are welcome any time; just let me know, by email or facebook. You will get a warm bright welcome.

Liz Stillo

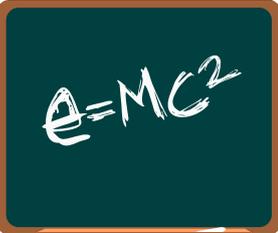


**Come on all you leaders out there - tell us about your group...and a pic or two wouldn't go amiss!**

[paa123@btinternet.com](mailto:paa123@btinternet.com)

## Techie Corner

**Walk this way – or we'll Met again.**


$$E=MC^2$$

**Why, once again,** you may well ask, is a member of Derbyshire Dynamos which is a club essentially dedicated to running, going on about walking yet again? Well, because it is extremely valuable for all runners.

Firstly, if you are leading a group of newbie runners and one, or more, find running does not suit them, all is not lost. Neither they, nor you, need give up. They can change to walking, subject to the points below and, if done correctly, can equal jog pace running as an aerobic exercise.

No one should knock it, after all walking is an Olympic Sport and race walking is the longest Olympic event.

Secondly – and equally important – effective walking methods can act as active recovery for injured runners. Bearing in mind that recovery days are very important parts of the runner's training and walking is a form of active recovery which is considered to be better than any passive rest, a correct walking regime can help us all recover from hard training.

However, for walking to be really useful as a form of exercise it has to be performed in a suitable manner – read on:

Okay, so race walking may be the longest Olympic event but it is not necessary to walk either that distance not that fast for this exercise to be effective. Let's look at the comparison:

METS (Metabolic Equivalent) is an extremely useful measure for comparing how effective any exercise is from an aerobic point of view.

For instance – running at 10 minute mileing is METS 9.8, walking at 20 minute mileing is 3.3 METS (source – Compendium of Physical Activities).

It is often stated that even walking quite vigorously it is necessary to walk for twice as long compared to running to obtain the same benefit.

BUT – and here is the point – if you walk uphill for instance the METS increase. If you also carry a quite heavy backpack or walk very fast the METS increase even more as follows:

- Walking – flattish route – 6 kilogram day pack – 7.8 METS.
- Climbing hills with load of 13 kilograms – 8.3 METS
- Walking uphill (10% – 15% grade) no load – 8 METS
- Walking at 12 minute mileing on average – 9.8 METS.

So – once you reach 12 minute mileing walking pace,

which is fast, it's possible to approach the aerobic level of running at 10mm. This can also be approached by:-

- Walking hills - still fast but a bit slower than 12mm.
- Walking with a heavy pack – still fast pace but slower than 12mm.
- Even better walking hills with a heavy pack – at a fast pace but easier than a 12mm pace on the flat. **Useful info this !**

Oh, and just in case you're interested the Compendium quotes "Vigorous effort sexual activity" at just 2.8 METS – just thought you might wish to know that, it's not a lot but there again every little helps!

**We'll Met again, don't know where, don't know when.**

Now that you have been introduced to METS, you might like to know how else these measures could be of use to you.

Put simply they enable you to work out how much exercise is "enough" for overall aerobic fitness each week if you mix both running and walking – very useful.

Once you have the necessary data (from the Compendium of Physical Activities, which is freely available on the Internet) you just need to keep a log, if you experiment with any other – "activities" then that's your business. Current medical opinion is that to attain the key benefits of aerobic exercise you should do one hour of "vigorous" exercise each day, that is 7 hours per week.

In general terms "vigorous" equates to more than 6 METS (described as "requires a large amount of effort and causes rapid breathing". You can forget the UK government guidelines of 150 minutes per week moderate or 75 minutes per week vigorous exercise – this is simply not adequate).

So, at even the lowest level, we should do 7 hours per week of exercise at a rate greater than 6 METS.

So, jog pace running at 10 minute mileing is equivalent to 9.8 METS (that is greater than 6 which is our target), at 12 minute mileing we have 8.3 METS (also greater than the target rate of 6), walking at 14 minute mileing is equal to 6.5 METS, which usefully is also greater than the target of 6. Running at 14 mm is about 7.

Therefore so long as you run or walk (or a combination of the two) at least at 14 minute mileing for one hour daily you will be doing "enough" – **very useful info this!**

## The ramblings of a (deranged) long distance runner.....( A.K.A. Phill )

### The land of lost content.



I pride myself on being an experienced runner. I've been doing it for long enough. I well remember those halcyon days of my childhood lacing up the plimsolls, donning the "Airtex" vest and white shorts

and off we went along the tow path of some rambling Cheshire canal with my grammar school pals and the husky voice of the P.E. master urging us on.

Never did me any harm!

Wait a minute, thinking about it, am I now paying the price of the flat running shoe - with aching ankles and knees? Oh well, perhaps it's only the ravages of time.

Anyway, back to the point. I also pride myself on having enough experience to recognise the different barks of canines. There's the "Junk Yard Dog" type which roughly translates as "I want to rip everything apart that breathes", or doesn't for that matter.

The happy bark of the dog which says to its owner "look mum/dad I've chased off that nasty monster (AKA Runner) just by barking at it" and there is the excited "hi, can I play too?" bark of the participating dog intent on running with you come what may.

It was one of the latter which I met up with the other day whilst whiling away the odd hour or so trotting along a country road.

Suddenly, as if from nowhere, a small yapping dog was by my side. So, true to form I accelerated, so did the dog, I slowed, so did the dog, I stopped, so did the dog!

Now this animal was no threat, I instantly recognised it as a Papillon. I knew it was 'cos in my mis-spent youth I had a girlfriend who had such a breed as a pet. She used it as a guard dog - every time I tried to "steal a kiss" it would snarl menacingly and it was quite obvious that one would lose a portion of one's nose if one continued.

On we went, my little furry companion and I, right up to my front door where it stopped, looking rather disappointed. I closed the door leaving the hapless creature to its own devices outside.

Then guilt overtook me, what if it was lost? What if some poor girl, visions of my ex-girlfriend clutching a small dog to her bosom came flooding back, was pining for her pet even now?

I opened the door...nothing...neither sight nor sound of the tiny runner.

All that night I couldn't get the memory out of my mind. Annoying as it was I found myself being strangely grateful to that diminutive dog. It brought back memories, and yet these were bittersweet. In the words of A.E. Housman.....

"Into my heart an air that kills  
From far yon country blows  
What are those blue remembered hills  
What spires, what farms are those?"

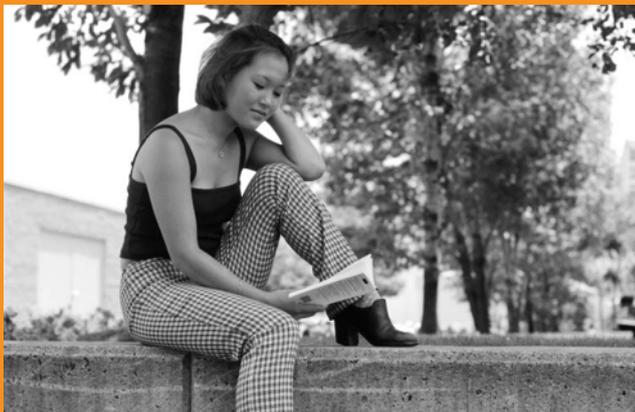
That is the land of lost content  
I see it shining plain  
The happy highways where I went  
And cannot come again".

Never did get that kiss!

Question....can anyone explain why it is that many motorists find it necessary to park on pavements...is the road not big enough?

This very annoying habit has given me an idea though. How about car manufacturers put commodes under car seats and house builders extend drives right into living rooms? That way the motorist need never get out of their beloved cars at all!

Such innovations would go well with their drive-in takeaways too!



## BOOK REVIEW

### Healthy Intelligent Training

by Keith Livingstone.

paperback and ebook.

This book was recommended by a senior England Athletics coach, and an excellent recommendation it is too.

The book is subtitled "The Proven Principles of Arthur Lydiard". The book expertly explains and brings up-to-date the training principles of this famous New Zealand coach. He has been called the greatest running coach of all time, and was famous for having his coachees run very long distances and high mileages each week. However, he was also careful to stress that coaching had to take account of individual differences and needs, and he was also a great exponent of recreational running for fitness sake.

The book is written by an Australian Chiropractor, who is himself a long distance runner and running coach. The cover states that the book is for all "serious middle distance athletes" but it contains many variations in the text relevant to long-distance running and I highly recommend it to all distance runners no matter what their favourite distance.

The book is well written and in paperback contains very attractive "cartoons" – okay they add little to the technical aspects of text but they certainly add to the attractiveness of the book as a whole.

There is little doubt that Lydiard did make a valuable contribution to running training and that his fundamental principles have stood the test of time.

This is an up-dated version of his principles and will prove to be of value to any recreational or serious runner as well as to anyone who enters races.

The fundamental tenant of the book (and the described training method) consists of a "Training Pyramid".

In essence the base of the pyramid consists of low intensity aerobic running as the bulk of training time, next up the pyramid is medium intensity and you then progress up the pyramid levels and as you do so you would do shorter sessions at marathon pace, finally entering an anaerobic threshold and the VO2 Max regions. However these more intense speed sessions represent only a comparatively small portion of the total training time.

There are also detailed descriptions of training variations including methods of hill training and a very amusing and interesting variation of interval training which this book terms "Sausages".

Although there are many fun parts of the book it contains some seriously useful technical information presented in an easy to read manner. In fact it includes some of the clearest descriptions of physiology I've ever seen.

Arthur Lydiard is not the only coach quoted in the book. It also contains a clear exposition of "Daniels Running Formula" which many readers will find of value.

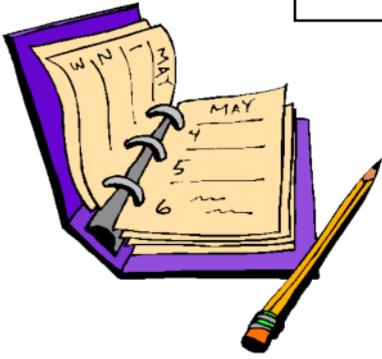
The book concludes with a number of short case-histories and a short exposition of training for longer distances "5 K and 10 K" but do not be deceived, as I said previously, the whole book is suitable for all runners of all types and all distances.

Summary of table of contents (abridged);

- Introduction to the book and method.
- The Training Pyramid.
- Complex training systems.
- The Lydiard system explained.
- Recovery, nutrition and body therapies.
- Hill resistance training.
- The anaerobic training phase.
- How different athletes use these principles.
- Exercise physiology, once more.
- Strength training for athletes.
- The times they are a changing.
- For the Nerds (latest research).
- Winter running and cross-country training.
- Easy days and over-training.
- Developing winning strategies.
- Training for the longer distances.

**Conclusion:** this is a really useful, interesting and attractive book, go out and buy it, you will not be disappointed

## FIXTURE LIST



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| <p>07/Feb - Dewsbury 10k<br/>         13/Feb - Pavilion Gardens 5K (Buxton)<br/>         21/Feb - Sleaford Half Marathon<br/>         21/Feb - Resolution Run 5k (Graves Park, Sheffield)<br/>         28/Feb - National Trust 10K @ Longshaw (Free event)<br/>         28/Feb - Stockport Trail Half Marathon (Marple Nr Stockport)<br/>         28/Feb - Resolution Run 5k (Markeaton Park, Derby)<br/>         28/Feb - The Beast (5 or 10 mile double or quit obstacle race) (Melton Mowbry)</p> <p>05/Mar - No Walk in the Park 5k (Chesterfield)<br/>         05/Mar - Endurer Dash 10k (Sherwood Pines)<br/>         06/Mar - Endurer Dash 5k (Sherwood Pines)<br/>         06/Mar - The Great Northern, Half Marathon or 10k (Derby)<br/>         06/Mar - Norton 9 (nr Doncaster)<br/>         06/Mar - The Longhorn Marathon/Half Marathon/10K (Thoresby Notts)<br/>         12/Mar - Pavilion Gardens 5K (Buxton)<br/>         13/Mar - The Florette Fradley 10k (nr Lichfield, Staffs)<br/>         13/Mar - Retford Half Marathon<br/>         13/Mar - Keyworth Trail Run (15km or 30km) (Notts)<br/>         13/Mar - Newton's Fraction Half Marathon (Grantham, Lincs)<br/>         13/Mar - Dronfield 10k<br/>         20/Mar - ALDI Ashby 20 (Ashby-de-la-Zouch)<br/>         27/Mar - The Chasewater Easter Egg 10k (Burntwood, Staffs)<br/>         27/Mar - National Trust 10K @ Longshaw (Free event)<br/>         28/Mar - Notts Easter 10k (Wollaton Park)</p> <p>02/Apr - No Walk in the Park 5k (Chesterfield)<br/>         03/Apr - Loughborough Half Marathon<br/>         09/Apr - Pavilion Gardens 5k (Buxton)<br/>         10/Apr - Plusnet Sheffield Half Marathon<br/>         17/Apr - City of Lincoln 10k<br/>         17/Apr - Derby 10k</p> | <p>06/Feb - No Walk in the Park 5k (Chesterfield)<br/>         07/Feb - Caythorpe Dash, Half Marathon (Caythorpe, nr Grantham)</p> <p>24/Apr - National Trust 10K @ Longshaw (Free event)<br/>         01/May - Lichfield Half Marathon (Staffs)<br/>         05/May - Buxton 5M<br/>         07/May - No Walk in the Park 5k (Chesterfield)<br/>         15/May - Eyam Half Marathon ** Please Note this event is now cancelled **<br/>         15/May - Nottingham 10k<br/>         15/May - North Lincs Half Marathon (entries open on 1/Jan)<br/>         21/May - White Peak Marathon &amp; Half Marathon (Matlock)<br/>         29/May - Buxton Half Marathon<br/>         29/May - National Trust 10K @ Longshaw (Free event)</p> <p>04/Jun - No Walk in the Park 5k (Chesterfield)<br/>         05/Jun - Derby Ramathon Half Marathon<br/>         26/Jun - National Trust 10K @ Longshaw (Free event)<br/>         26/Jun - Round Sheffield Run 20k (Multi stage, adds up to 20k)</p> <p>24/Jul - National Trust 10K @ Longshaw (Free event)<br/>         28/Aug - National Trust 10K @ Longshaw (Free event)<br/>         25/Sep - National Trust 10K @ Longshaw (Free event)<br/>         02/Oct - Chesterfield Marathon &amp; Half Marathon (&amp; Relay)<br/>         08/Oct - Tissington Trail Half Marathon (Ashbourne). Sold Out<br/>         09/Oct - Tissington Trail Half Marathon (Ashbourne). Sold Out<br/>         23/Oct - National Trust 10K @ Longshaw (Free event)<br/>         30/Oct - Coalvile 10k (Leics)<br/>         27/Nov - National Trust 10K @ Longshaw (Free event)<br/>         18/Dec - National Trust 10K @ Longshaw (Free event)</p> <p><b>(Many thanks to Chris for this list)</b></p> |
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**Your's in running and be careful out there !**



**Phill and Mike**