

# Running Matters

## The Newsletter of the Buckingham & Stowe Running Club

[www.buckandstowerc.co.uk](http://www.buckandstowerc.co.uk)

### Bearbrook Invitational Evening



On Wednesday 28th August, seven club members met up at the Swan Pool; Jane, Maggie and her daughter Siobhan, Simon, Mary, Laura and Chris. Seven being a lucky number, we all managed to fit into Maggie's people carrier to travel to Aylesbury at the invitation of Bearbrook Running Club.

Our arrival caused some amusement, turning up as we did in what is now called the 'Buckingham Bus', wearing our club shirts. Although we stood out in bright yellow tops, we were massively outnumbered by people from the other invited club, Thame, and Bearbrook themselves - who have in the region of 250 members.

Around 50 people had turned out, so we split into groups according to pace and mileage, with Simon joining the "elite" 8 minute milers and the rest of us preferring a gentle jog and a good chat at supposedly 10 minute miles. Apparently Simon was repeatedly told to slow down as he shot off like a bullet, determined to prove that Buckingham and Stowe do have some serious runners and we're not all plodders!

The rest of us set off at a steady pace and soon found that marathon man Gary had joined our ranks too, fresh from California. It was a warm, sunny evening as we ran through fields and along the canal, chatting to whomever we happened to be running alongside, picking the brains of fellow runners for ideas and sharing experiences. Only one thing was lacking ... hills! Isn't Aylesbury flat, and, arguably, a little boring!? Once back at the social club, we tucked into chilli con carne, served up by Jane's daughters, and downed a welcome pint.

All-in-all, it was a pleasant evening and the folk from Bearbrook were very welcoming. Many thanks to Bearbrook for their kind invitation and to Maggie for transporting us all there and back safely, and also to Jane for organising our end of things. I'd definitely go again, even if there are no challenging hills.

Chris Usher

### Injuries? Tight Muscles? Free treatment available

Are you willing to help a student Osteopath gain experience in treating runners? Richard Penny is a qualified sports masseur, currently training for a BSc degree in Osteopathy (due to complete next year) and is looking for runners with whom to practice. He has successfully treated a few members of the club already and there would be no charge for the session. If you would like to book a free consultation please contact Richard directly on 07905 588970 or [richardpenny@outlook.com](mailto:richardpenny@outlook.com)

## AGM

The AGM is on 4<sup>th</sup> Nov @ 7.45pm @ the Swan Pool Crèche  
Everyone welcome  
Hope to see you all there

## Shiatsu Happens

Linda Knox

In the last issue of Running Matters we read about the amazing Emily who was first lady home in the MK Park Run on June 1st.

Emily is never far from the front of any race but what gave her that extra something on that day? Could it have been the shiatsu treatment that she received the evening before? Emily thinks it might have been. Emily runs best when she is relaxed and shiatsu is a great way to relax.

Shiatsu is a form of Oriental body work that aims to rebalance the energy of the body and remove the blockages that can cause disease. Shiatsu incorporates Traditional Chinese Medicine (TCM), which is based on the theory that these energy blockages are caused by, amongst other things:

- \* Physical injury (for example, a pulled muscle or broken bone)
- \* Overwork and stress (for example, neck/shoulder tension, migraines)
- \* Diet (for example, sugar, coffee, dairy or wheat)
- \* Emotions (such as grief, worry or shock).

Shiatsu is very supportive and respectful. Techniques include stretching and using acupressure points (in a similar way to acupuncture but using fingers, thumbs, elbows and knees instead of needles). Shiatsu is given through clothing and without oils. Typically you lie down on a futon but if lying down is not an option, you can sit on a chair.

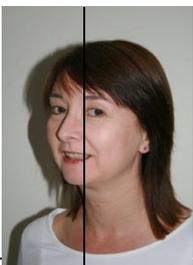
Shiatsu is a preventative treatment. You don't need to be sick or injured to receive treatments but it may be particularly helpful for some sports injuries. You can find some testimonials here:  
<http://shiatsusociety.org/testimonials>

Warning: The level of your performance can go down as well as up!

Emily had experienced shiatsu before (for an IT band injury) so she knew how her body would respond. Some people are energised after shiatsu and some are so relaxed that they feel really sleepy.

You might find yourself super energised and at the front of the field like Emily or super relaxed and at the back of the pack with me! Therefore, you might not want to try shiatsu immediately before an important race but if you feel like giving it a try, let me know. I am a qualified shiatsu practitioner. Some of my clients have had amazing results. It's not my day job but I can fit in occasional treatments (£40 for a 1 hour session or £100 for 3 sessions).

For more information, visit the Shiatsu Society website: <http://shiatsusociety.org/content/about-shiatsu>



## Run To The Beat

By Chris Usher

### Want to borrow a Heart Rate Monitor?

Earlier in the year I bought a heart rate monitor in order to improve my speed and fitness. I have found it very useful, especially when training for a race and for interval work.

Should anyone wish to borrow mine to see if it helps your training or to try it out before buying one of your own, then simply email me at [cwusher@aol.com](mailto:cwusher@aol.com) and I'll happily bring it along to a running club night or drop it off to you.

I have outlined below how I have used it to improve my times but there are many other uses.

### Using a Heart Rate Monitor for Hill Work:

There can be little doubt that hill work really does improve your fitness and hence your speed, endurance and race times.

I generally use Page Hill Avenue for my hill work, starting at the bottom opposite Buckingham Athletic FC. It is essential to warm up properly first, for about 10 minutes, as it puts much strain on your muscles and tendons - I run the mile or so there at a steady pace.

Check your heart rate when you reach the start point - once you have your breath back, use this measurement as a guide. Then run hard up the hill as far as you can, when you are really out of breath, stop, check your heart rate and walk slowly back down the hill. Don't worry about how far you have reached, but aim to get to the same point each time you run up the hill.

By the time you have walked to the bottom, your heart rate should be around 100bpm and you should be breathing fairly normally - if not, wait until you feel comfortable before starting off again.

Repeat this about 5 or 6 times, but don't overdo it. The whole session, including the 10 minute warm up should take about half an hour (unless you are super fit). And this is what I like about hill work - it hurts, it's tough but it only lasts 20 minutes! And what's more, it is generally recommended that you follow it up with a rest day! What's not to like? Furthermore, due to the intense nature of hill training, it is best performed just once a week.

### Other uses for the Heart Rate Monitor:

... check your Resting Heart Rate - generally the fitter you are the lower your RHR

... use it on a Steady Run - 65-75% of your maximum heart rate

... use it on a Tempo Run - 80-85% of your maximum heart rate

... the monitor can also be used on some gym treadmills - the chest strap transmits a signal to the running machine itself, so there's no need for the wrist watch part.

As a rough guide your Maximum Heart Rate is (220-your age), so a 40 year old should have a MHR of 180, though there are wide variations!

**Recent results**

**25<sup>th</sup> July**                      **Enigma Night Fever Marathon**  
Alex Penny 4.08.26

**3<sup>rd</sup> August**                      **Vanguard Way Marathon**  
Alex Penny 5.03.30

**11<sup>th</sup> August**                      **Bearbrook 10k**  
Stuart Matthews 44.20  
Jonathan Fox 47.05  
Gerry Johnson 48.59  
Karl Johnson 49.01  
Jane Smith 51.22  
Mary Pasmore 52.44  
Claire Seckington 55.53

**18<sup>th</sup> August**                      **Cheddar Gorge Half Marathon**  
Laura Penny 3.05.57  
**Cheddar Gorge Marathon**  
Alex Penny 5.27.45

**5<sup>th</sup> September**                      **Great Barrow Challenge: Day 1**  
Alex Penny 4.31.40

**6<sup>th</sup> September**                      **Great Barrow Challenge: Day 2**  
Alex Penny 4.17.10

**7<sup>th</sup> September**                      **Great Barrow Challenge: Day 3**  
Alex Penny 4.18.27

**8<sup>th</sup> September**                      **Great Barrow Challenge: Day 4**  
Alex Penny 4.26.36

Don't forget to send us results of any events in which you take part,  
[alexpenny@hotmail.co.uk](mailto:alexpenny@hotmail.co.uk) or [lawspurs@hotmail.com](mailto:lawspurs@hotmail.com)

## Forthcoming events

Sun 22 September	Northampton Half Marathon
Sun 29 September	Twyford 5k Trot Eton Dorney Triathlon Henley Half Marathon
Sun 6 October	Blenheim Palace Half Marathon
Sun 13 October	Oxford Half Marathon Buckingham 10K (morning) Stowe X-Country 2.5 and 5M (afternoon)
Sun 3 November	Marlow Half Marathon
Sun 10 November	Mud & Mayhem Autumn 10K, Northampton
Sat 16 November	Shakespeare Autumn Half Marathon Dirt Half Challenge (Leighton Buzzard)
Sat 23 November	Wolverton 5M
Sun 24 November	Milton Keynes 5k and 10k Mo Run
Sun 1 December	Nene Valley 10M
Sun 8 December	Bedford Harriers Half Marathon
Sat 11 January	Country to Capital Ultra (45M)
Sat 15 February	Garmin Race Your Pace Half Marathon
Sun 2 March	Silverstone Half Marathon Reading Half Marathon
Sun 9 March	Milton Keynes Half Marathon Finchley 20
Sun 16 March	Banbury 15
Mon 5 May	Milton Keynes Marathon

For the most comprehensive race finder on the net, check out:

[www.fetcheveryone.com](http://www.fetcheveryone.com) (Free to register)

### FREE Milton Keynes ParkRun

Every Saturday 9am

#### What is Milton Keynes parkrun?

It is a 5km run - it's you against the clock.

#### When is it?

Every Saturday at 9:00am.

#### Where is it?

It's run at Willen Lake. See [Course page](#) for more details.

#### What does it cost to join in?

Nothing - it's free! but please [register](#) before your first run. Don't forget to bring a **printed** copy of your barcode in order to get your result.

Full details can be viewed on <http://www.parkrun.org.uk/miltonkeynes/>

The next issue of *Running Matters* will come out in November.

Please let me have any items for publication by 30<sup>th</sup> October 2013

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