



TRAGMAG

Issue 296 - Apr 2014

www.stragglers.org

www.stragglers.org/stragchat



For the latest news, like us on Facebook "The Stragglers Running Club"

Ed's Notes

I don't write these often, they only get rolled out for the big occasions and sadly this is one of those occasions. At the last committee meeting I informed the committee that I intend to stand down as StragMag editor at the next AGM. I did list a number of different reasons, but to boil it down to one I feel that the style I have adopted for the StragMag over the years has become outdated and it needs to move on, for new ideas to be brought forward. I think someone new is best placed to bring those ideas. If you think you'd like to move it on, or to take it in an entirely new direction, then speak to myself or to one of the committee.

Whilst I'm writing about it and with one eye on the approaching AGM, if you want to help with the committee, but not necessarily with the StragMag, please speak to one of the committee.

Carrying on from the committee meeting, I have agreed to edit five more StragMags (including this one), which takes us to the August edition and more importantly to the 300th StragMag. Given that Issue 300 will be a milestone for a couple of different reasons, I am fielding ideas on how to celebrate it.

It doesn't seem that long since I started editing the StragMag, but it is in fact 7 years - 79 editions. I have been immensely proud of the StragMag over the years, and from the feedback I've received, it has always been well received, but I couldn't have done all I have done without the help of you guys.

Thank you.

Ed.

Stragglers Summer Road Championships 2014

All Stragglers are invited to take part in the Stragglers Summer Road Championships. If you didn't manage to get an entry for the Richmond Half Marathon, don't worry there are still plenty of other races in this competition. So get your entries in now to avoid disappointment.

This year we have made it easier for all members to compete by reducing the number of qualifying races. Your best Stragglers' position in 4 of the 8 races

qualify for your overall result. So everyone should be able to manage at least four.

There is a ladies competition and a men's competition. The first Straggler gains 35 points, the second 34 points and so on, down to 10 points. Everyone who takes part will be awarded at least the minimum 10 points. You can keep track of your progress in the races section.

There are prizes for the highest points scorers in both the men's and ladies competitions.

Ladies: Overall winner, first V35, V45, V55 and Hero (Highest scorer who completes all races).

Men: Overall winner, first V40, V50, V60 and Hero (as above)

Prizes will be presented at the Stragglers Awards Ceremony later in the year, along with prizes for the 2013/14 Cross Country season.

Richmond Half Marathon (race full)	Sunday 4 th May	http://ranelaghhalfmarathon.webs.com/
Sutton 10K	Sunday 11 th May	http://www.suttonrunners.org/sutton_10km/
Dorking 10 miles	Sunday 1 st June	http://www.dmvac.org.uk/pages/dorking10.shtml
Stragglers Club 10K	Thurs 19 th June	http://www.stragglers.org/index.php/races/race-fixtures-members
Richmond 10K	Sunday 22 nd June	http://www.sportsystems.co.uk/ss/event/RanelaghHarriersRichmond10K123
Elmbridge 10K	Sunday 20 th July	https://www.sportsentrysolutions.com/race_page.php?recordID=409
Wedding Day 7K	Friday 25 th July	http://www.stragglers.org/index.php/races/club-races
Wimbledon 5K	Sun 17 th August	http://www.herculeswimbledonac.org.uk/Perseverance-5k.html

Steve Sandham & Carys Mills



Straggs Results

*Water for Life 10K
23rd Mar*

Time	Name
55:31	Jim Sell 2nd MV70
59:00	Merran Sell 1st FV60

*Clermont Waterfront
parkrun - 19th Apr*

Time	Name
33:52	Joy Bell
35:47	Donald Bell

*Hillingdon Half
23rd Mar*

Time	Name
1:36:18	Steve Sandham 1st V60
1:55:11	Steven Launder
2:14:0	Stephen Rehm

*Crystal Palace Canter
1st Apr*

Time	Name
27:42	Peter Dry

*Hammersmith H/Cap
25th Mar*

Time	Name
23:24	Peter Dry

*South Downs Way 50
5th Apr*

Time	Name
10hrs 11mir	Nigel Rothwell

We ran the parkrun in Clermont (near Orlando) last week. Rather fewer people than the Bushy parkrun, but still the same friendly atmosphere as we went for breakfast afterwards in "Cheeser's Palace" (15% off for parkrun people)

It was developed by Tim and Karen Bowler (both from the UK) and is gradually gaining local support. Plus of course a large number of British parkrunners each week when they are on holiday.

Donald (and Joy) Bell

*Woking 3 Miles
2nd Apr*

Time	Name
23:00	Peter Dry

*Brighton Marathon
6th Apr*

Time	Name
3:15:10	Noel Hollingsworth
3:22:56	Nick Rowe
3:33:59	Simon Webb
3:37:55	Neil Carrington
4:22:14	Peter Wedderburn

*Manchester Marathon
6th Apr*

Time	Name
2:52:46	Crispin Allen
3:57:04	Matthew Brady
4:15:00	Camilla Langlands

*Paris Marathon
6th Apr*

Time	Name
3:12:56	Tom Milns

*London Marathon
13th Apr*

Time	Name
2:33:27	Anthony Jackson 68th
2:38:19	Paul Cheelham 147th
2:50:45	Pascal Evans
2:58:30	Laurence Duffy
2:59:05	Will Rawling
3:04:22	Philippe Peck
3:06:01	Jim Desmon
3:07:11	Sarah Winter
3:13:09	Steve Smith
3:14:16	Kevin Price
3:14:43	Robert Peacock
3:17:15	Sarah Williams
3:18:35	Gary Van Staden
3:22:57	Jacky Balfour
3:31:13	Joanne Hillier
3:41:54	Carl Moran
3:42:44	Sula Bancroft
3:43:45	Carl Burgin
3:48:02	Stephen Banks
3:51:38	Rebecca Patsianas
3:52:15	John Harrison-Church
3:53:12	Jacqueline Millett
3:54:18	Stefan Krueger
3:59:46	Karen June Cousins
3:59:51	Helen Hogh
4:01:32	Kim Evans
4:22:17	Julie Ann Melotte
4:26:21	Rachel Lonergan
4:37:46	Danka Wigley
4:52:56	Hubert Cibis
4:59:16	Richard Steeden
5:05:52	Bert Kidell
5:20:39	Peter Shepherd

*London Mini Marathon
U13 Girls - 13th Apr*

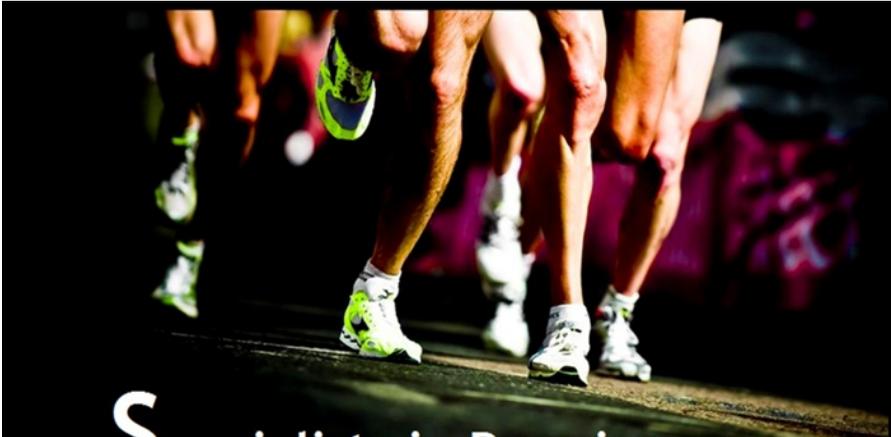
Time	Name
18:38	Freya Thomson
20:30	Elle Horsman
20:48	Gabrielle Icmat

*London Mini Marathon
U13 Boys - 13th Apr*

Time	Name
17:59	Matthew Kossatz
18:20	Kieran Desmond
18:26	Sol Harris-Woodfin

**Street-O
27th Mar**

Name(s)	Start Time	Finish Time	Elapsed Time	Total Points	Time Penalties	Net Points	Position
Andy R	0:09:00	1:07:30	0:58:30	390	0	390	1st
Dave / Fran	0:17:00	1:16:30	0:59:30	380	0	380	2nd
Tom / Roy / Andy	0:18:30	1:18:50	1:00:20	400	20	380	3rd
Paul / Jon / Becky	0:14:30	1:15:00	1:00:30	270	20	250	4th
Michael B	0:06:00	1:06:40	1:00:40	270	20	250	5th
Phil / Lydia / Lynda	0:12:00	1:12:00	1:00:00	240	0	240	6th
David / Ingrid	0:02:00	1:00:00	0:58:00	210	0	210	7th
Daniel / Laura	0:11:30	1:12:35	1:01:05	220	20	200	8th
Vicky / Anne	0:02:30	0:57:30	0:55:00	190	0	190	9th
Paul / Graham	0:10:00	1:05:15	0:55:00	160	0	160	10th
Nigel R	0:33:30	1:35:50	1:02:20	220	60	160	11th
Julie / Peter	0:07:30	1:07:20	0:59:50	110	0	110	12th
Alan M	0:20:00	1:23:50	1:03:50	180	80	100	13th
Glynda / B / Anne	0:08:30	1:04:50	0:56:30	60	0	60	14th
Ray / Sue	0:13:00	1:19:10	1:06:10	200	140	60	15th
Sue W	0:05:00	1:21:10	1:16:10	250	340	-90	16th



Specialists in Running Injuries & Rehabilitation

We understand what your body goes through before, during and after a race and we have the expertise to keep you on track



Proud to be members of the following organisations



Clinics at:

8 Dukes Av. Kingston KT2 5QY
(2 minute run from Hawker Centre)

Virgin Health Club Kingston
Top Floor Bentalls Centre
Wood Street
KT1 1TP

All our clinicians at Kingston Physiotherapy are Chartered Physiotherapists and members of The Health Professions Council. The Flora London Marathon has chosen us as one of their Injury Clinic Partners and we hold close links with Runners World Magazine and Lanson Running

Our services include: Assessment and Treatment of All Running Injuries, Injury Prevention Screening, Sports Massage, Acupuncture, Back Pain Clinic, Gait Analysis and Orthotics, Fully Equipped Gym, Pilates and Sports Rehabilitation

15% Discount

For Stragglers
Members and Family

Appointments: 020 8541 5556

www.kingstonphysiotherapy.com
Treatments are covered by all medical insurance companies (BUPA and AXA PPP)

Journey into the Unknown

10 Marathons in 10 Days – 9th May – 18th May 2014

“.....and the journey continues”

So since my last blog I am pleased to say that I have been busy running Marathons (4 more to be exact) – 2 cheeky back to back Marathons in March. Below is the account of the highs and the lows of those 4 Marathons. There are just 35 days until Day 1 of the 10 in 10 and the feeling of excitement, nerves and dare I say it a little bit of apprehension.....I guess on reflection this is only normal and I would be concerned if I wasn't feeling any of these emotions.

The 10 in 10 is going to be a brutal challenge over the 10 days as the Windermere Course is relentless and never gives you a break from the ups and downs. The course though is one of the most spectacular Marathon courses in the UK and I feel so lucky to have the opportunity to tackle it another 10 times in May. So what happened in my last 4 Marathons?? Read on and all will be revealed.

ENIGMA

21st & 22nd March 2014 – Milton Keynes

So another drive up the M1 to sunny Milton Keynes early on the Friday morning in preparation to run 3 back to back Marathons (at tad ambitious considering the recent leg issues) but I was prepared to give it a go. My first Marathon was to be at Furzton Lake in M.K (17 laps of the lake), funnily my favourite of the 3 main lakes in M.K as the drinks table comes around so quickly it feels that you are covering the distance much quicker (all in the head of course). I had decided to take the first half easy to ensure that I protected the knackered knee. I ran the first few laps with my good running buddy Dennis who was attempting to run 7 marathons over 7 days. The first half flew by and as I got into my running I really started to enjoy the feeling of running with minimal pain. I came over the line in 4.06 and felt really comfortable and was a great start to the potential 3 days.

The Saturday took us across M.K over to Caldecotte Lake and ready to tackle day 2 Marathon. Caroline had travelled up the night before and she would be running today and the Sunday. The knee had been a little sore after day 1's Marathon but felt reasonable for the start of day 2. Today's race was much tougher as the knee was protesting right from the off (not great for the confidence). By lap 4 out of 7 I was in quite alot of pain and was thinking of dropping out and calling it a day. I decided that if this was going to happen I

would pick up the pace to at least finish on a high even if I wasn't going to complete the full 26.2 miles. Typically as I speeded up the pain seem to dwindle (typical) so this would be the new strategy for the next 10 miles...run as fast as I could without spectacularly blowing up. As I came around for my last lap I was totally spent and was hanging on for dear life desperate not to start walking. The final corner could not come quickly enough and as I came over the Finish Line my watch read 4.01.....day 2 was complete. As I came over the line my knee finally gave way and I quickly landed on my back attempting not to scream or cry.....that had been hard and far too painful for my own liking. Caroline had finished well ahead of me and beat her Marathon P.B awesome stuff. I was now in a dilemma of whether to endure a 3rd Marathon on the Sunday....I had taken pain killers and anti inflammatory on the Sat evening to dull the pain of the knee. I awoke on the Sunday morning and made the decision to be sensible and I would sit out today.....I didn't think a 3rd Marathon in 3 days would be a smart move. Today I would be supporting the other runners by being out on the course and taking pictures of the runners. A great day having the opportunity to see the course from a different angle and having the opportunity to cheer on the runners out on the course (and for some this would be day 7 of 7 Marathons over 7 days). Overall a productive if not a little painful 2 days of Marathon running and another double under my belt.

Bells & Whistles (Brathay Marathons) Dover - 29th & 30th March

So this weekend saw us take the journey down the M20 to Dover to take part in the Bells & Whistles (Brathay Trust) back to back Marathons organised by 10 in 10 fellow runners Kaz and Karen (R.D).

The Marathon course would be 16 laps that would take us up & back the long the piers within the dock and then out and back along the Seafront promenade. Due to some last minute emergency works to the beach post all of the storms that we had at the beginning of the month meant that each lap would be shorter and we would be running more laps. On the Sat morning the weather conditions were perfect; with the sun was shining and a slight breeze. Approx 60 runners set off up the pier to start our first lap. It was great as the course meant that you were always seeing the other runners coming the other way and the friendly atmosphere meant that there was lots of encouragement and high 5's throughout the race.

I had decided to start fairly conservatively to protect the knee which at this time was feeling ok. After about 6 miles I was feeling fairly good (my legs were feeling in good shape considering the 2 marathons over the prior weekend). I began to pick up the pace and was enjoying my run, the miles were being ticked

off and before I could blink the half way point had come and gone, a quick glance at the watch showed me that I had gone off to fast and this was going to be an interesting second half of the race. I was enjoying the race giving and receiving support from the other runners in the race. At the 22 mile point the legs started to feel as though they were leaving me and the last 4 miles were abit of a grind but I came over the line happy and content that day 1 had been a success.

We awoke to a beautiful sunny and warm Sunday morning and day 2 of the double weekend. The previous days Marathon had taken more out of me than I thought and I felt a little lethargic but was looking forward to the 2nd marathon. As myself and Caroline walked down the promenade towards the clock tower the sun was already getting warm and I knew this was going to be a tough one today (I never run particularly well in the heat). At approx 9.30am 40 or so runners started day 2's Marathon (about half of the field were on their 2nd Marathon of the weekend) and we set off up the pier for the first of 17 laps. It is rare that I struggle to get my head engaged in a race but today was going to be one of those days. At mile 5 my knee was already starting to protest and I couldn't find a comfortable running pace. The early miles I ran with Mandy who was also on her 2nd Marathon of the weekend and we had a good chat about running and life things. Normally chatting to other runners helps me take my mind off any niggles but today nothing seemed to be helping. I started to stretch out my stride to see if it would take some pressure off my knee which initially it seemed to do. As I approached the 10 mile mark I just couldn't get motivated and everything seemed harder than it should. At this stage I was ready to pull out at half way...in my mind I thought that a Marathon and a half would be a good result for the weekend, although deep down I knew that this would be a cop out and I couldn't just pull out during the 10 days and then re join.

I decided to get my head down and forget about the miles gone and just get on the running. At the 15 mile mark I caught up with Ellen another 10 in 10 runner. I had run some of the early miles with Ellen on the Sat and we had had a good catch up about our own 10 in 10 prep. Today though was a very different experience and I struggled to run at Ellen's pace and was now feeling very uncomfortable.

At the 17 mile mark the knee was really protesting and I stopped at the first aid station to get some ice for the knee. I sat on the chair at the aid station and was feeling pretty miserable. A good friend Nici who had the run on the Saturday and was helping out on the Aid station walked over to see what was going on. I explained the situation and in a good old fashion way she told me to get my backside on with it...after a stern talking to myself off I decided to just get on with it and got back into the race. I decided that one of the ways that I would complete the last 9 miles was to take a drink of the Coke which was available at

the Aid station and this would be my motivation to complete each lap as quickly as I could....I am pleased to say that this strategy worked.

As I came round for my last lap I knew that I had it in the bag and just relaxed my way round the final loop to the finish....day 2's Marathon completed I was pleased to have tackled the inner voices that had told me to stop earlier in the race. With the Bells and Whistles medal no.2 around my neck I hobbled off to have a recovery massage with Vixx who was hand to use his magical hands on my very tired and sore legs. While my race had been a hard slog Caroline had sped around and finished in another Marathon P.B and had finished first Lady....a great way to finish the weekend.

“Off to the Seaside”

So with 16 Marathons completed in the build up to the 10 in 10 since Sept last year, we set off down to the South Coast to take part in the 5th running of the Brighton Marathon and see if we could get no. 17 ticked off the list.

We arrived down in Brighton on the Friday evening after a tiring week at work....we had booked to stay in a self contained apartment (in the grounds of a huge residential manor) approx 2 miles outside the centre of Brighton but only a 10 minute walk from Preston Park where the Marathon would start.

On the Saturday we walked down into Brighton to collect our race numbers from the race expo at the Brighton Centre. The Expo was busy but it wasn't long before we were spending some cash on the retail stands.....we dropped into the Marathon Pacer stand where we saw Davey & Lesley and had a quick chat. Davey was going to be one of the 5 hr pacers for the Marathon on the Sunday. So with race numbers collected and some running gear purchased we headed off into Brighton to get some lunch and have a look around the centre which by now was full of normal weekend shoppers and also runners who all had the same ideas as us. So after a spot of lunch in the Pizza Express we wondered back to the apartment to spend a restful afternoon getting ready for the race the next day.

So the race morning appeared and it was clear that the this morning's weather was not going to be a repeat of Saturdays warm and sunny conditions, as today's sky was full of dark cloud and a light falling of drizzle in the air. So with bag packed and kit on we set off down to Preston Park to the start area. After a slight detour and some help from a local resident we found the Start area. There were already thousands of other runners mingling around and there were the usual mile long queues for the portable toilets. I squeezed into the men's changing tent to get sorted out. As usual there was a sense of nervous excitement amongst the other runners and it was clear to see that many of them were gearing themselves up for a good day and for many this would be their

main marathon of the year and their main Goal of the year.

As I was getting changed I found myself thinking about the journey over the last 6 months and how the 10 in 10 preparation had gone.....lots of highs and lots of lows during those 6 months and at times some really low moments that had tested my resolve to the full. The last 3 months had been tough with various different niggles negatively affecting my training and racing build up. I had always said from the beginning of the 10 in 10 Training programme, that I wanted to be in the fittest and strongest condition of my life in readiness for the day 1 start line. I think I am going to fall a little short of this but I have been able to complete in 3 back to back marathons and my times have been consistent and I have managed 9 sub 4 hr marathons out of the previous 16 completed since September and nothing slower than 4hr 10.

So before we had time to blink we were lining up in the red number zone ready to run Marathon no. 17 of the campaign. The rain was now starting to fall fairly heavily but the overall temperature felt ideal for Marathon running. At 9.15am exactly the gun went off and we slowly moved forward getting ready to start our watches as we crossed the start line. Approx 2 mins and we were off running a loop around Preston Park, after a slight bottle neck we all came to grounding frustrating halt. We were soon back on the move and as we exited the loop we were headed off back into the direction of the city centre. The first 4-5 miles were quite twisty as we navigated the streets of central Brighton and even though the weather wasn't great the crowds had already started to build cheering on the runners.

At the 4 mile mark the dodgy knee was already starting to grumble which was not filling me with confidence but I knew the rock tape would do its job and I just needed to relax and find a pace that I felt comfortable with. The first half of the race flex by and as we ran back into the city centre the crowds at this stage had built up significantly and were making plenty of noise encouraging the runners coming through.

I knew the second half of the race would be a case of wind in the face from 20 to 22 and then a behind wind over the last 4 miles. It was all about conserving some energy between 14 and 20 miles to make sure that there was enough in the tank for the later stages. The pace had been slowly speeding up and the knee constantly reminded me that it wasn't happy.

At the 19 mile marker we headed out towards the Power station and physiologically this is the toughest part of the course as we headed away from Brighton and now into a head wind. At the turnaround point at 22 miles my right hamstring was really starting to pull and this point I decided that it would be a good idea to slow the pace down. The wind was now in our back and the pace started to pick up again as we started to push towards the Finish. As we approached the final miles the crowds were lined either side of the road cheering on all of the runners, the carnival atmosphere was very apparent.

With the Finish Line in site both Caroline and myself came over the Finish Line in 3.46 much quicker than I had wanted but pleasing still. So with Marathon 17 of the 10 in 10 build up completed, we were able to enjoy a relaxing lunch in a quaint pub in the centre of Brighton. A lovely burger to finish a great day just what the doctor ordered a great end to great day and the sun came out as well.

Post Brighton Marathon

So 2 weeks after the Brighton Marathon I have had to rest the knee as it has been quite uncomfortable.

Today it is exactly 3 weeks to the day that we start the 262 mile journey (10 times around Lake Windermere). I managed to get out and run a 6 miler today although the knee wasn't feeling great. The thoughts of going into the 10 in 10 not 100% fit is a tough one to handle as much I force myself to be strong and stay positive the natural doubts have been creeping in. The next 3 days are crucial to ensure that I am able to run back to days without too much discomfort.....

My last 2 Marathons in the build up have been put on hold as I don't want to push the knee too hard in the remaining 3 weeks and I keep telling myself that there is no point starting day 1 crippled and also over trained.

The last 4 months have been tough as I have struggled to string a consistent set of training in due to various different niggles to get me in good shape for the 10 marathons. I am fairly pleased to have completed 8 Marathons since the start of the year (2 of these back to back) but I have also had to pull out of as many marathons too which has been tough as well as expensive.

So the Training has been tough and the Fund raising has been even tougher and without the kind generosity of so many people I would not have raised anywhere near to my Target. So far I am at 88% of my Fundraising Target and just need a large push to get over the line prior to the end of the 10 in 10.

I hope that this blog has been interesting to read as it has been great to be able to write about our recent Marathons and all of the great people that we have got to meet along the way, either running or supporting.

www.justgiving.com/paul-mason262

Regards,
Masonator

Congratulations to all the indicated runners who improved on their race bests at the local parkruns.



Congratulations to Anthony Jackson (Bushy Park Ev 506, 508, 509, 510, 511 & 512), Sarah Winter (Bushy Park Ev 506), Paul Lowe (Bushy Park Ev 507), Simon Ford (Banstead Woods Ev 354 & 355), Paul Bowden (Kingston Ev 206) and Graham Brook (Richmond Park Ev 335). Congratulations also to Joanne Hillier (Richmond Park Ev 337), Tony Maxwell (Kingston Ev 207 & 210), Stuart Hambling (Kingston Ev 211) and Trevor Ford (Kingston Ev 212) for their second places and to Sarah Kinsella (Bushy Park Ev 510 & 511), Cathy Davis (Banstead Wood Ev 358 & Kingston Ev 212) for their thirds.

Bushy Park →

Richmond

Ev 332 - 22/02

Malcolm Fletcher 20:46

Ev 334 - 08/03

Malcolm Fletcher 20:32

Ev 336 - 22/03

Pierre Venter 31:32

Ev 337 - 29/03

David Fitzgibbons 21:22

Ev 338 - 05/04

Fraser Wigley 20:41
Andy Routledge 20:58

Ev 339 - 12/04

Andy Routledge 20:07

Kingston

Ev 206 - 01/03

Michaela Stewart 25:26

Ev 209 - 22/03

Joanna Watson 24:06

Ev 210 - 29/03

Joanna Watson 24:00

Ev 211 - 05/04

Kieran Desmond 19:24
Pierre Venter 25:32

Ev 212 - 12/04

Tony Maxwell 18:25
Cathy Davis 21:56
Joanna Watson 23:51

Ev 506 - 22/02

Gareth Pritchard 20:08
Martin Smith 29:04

Ev 507 - 01/03

Gareth Pritchard 19:47
Peter Thompson 22:34

Ev 508 - 08/03

Andy Routledge 19:39
Gareth Pritchard 19:43
Celine Muller 23:59
Georgina Brand 24:17
Martin Powell 26:07

Ev 509 - 15/03

James Ruskin 17:26
Andy Routledge 18:57
Gareth Pritchard 19:35
Zoe Riding 24:23
Sabine Duffy 25:00
Amanda Van Heerden 25:22
Sue K Bridger 27:07
Barbara Crow 31:57
Viv Root 36:38

Ev 510 - 22/03

Sarah Kinsella 19:09
Gareth Pritchard 19:29
Kieran Desmond 19:37
Emily Cartwright 24:51

Ev 511 - 29/03

Sarah Kinsella 19:05
Robert Peacock 19:18
Tiago Ramos 19:38
Stephen Penpraze 22:18
Peter Thompson 22:24
Jill Pegler 26:45
Stephen Rehm 28:52

Ev 512 - 05/04

Liz Scott 33:10

Ev 513 - 12/04

Martin Powell 25:44
Stephen Penpraze 22:00

This months tip...

Why the perfect bottom is important for runners...

Anyone who has been to see me has listened to me go on and on about how important the gluteal muscle group is. The glutes are both postural muscles and powerful, dynamic movers. As postural muscles they provide stability to the pelvis, helping you stand upright; weak glutes allow excessive tilting of the pelvis and curvature of the spine, someone who stands with feet apart or their weight on their forefeet has an unstable pelvis. As movers, they provide powerful hip extension, typically seen in sprinters and jumpers; if your glutes are weak you will be missing power and will be reliant on your quads to do the walking, climbing and running. But the glutes are vitally important for your knees, strong glutes hold the leg correctly, i.e. knees in line with mid foot, if there is a lack of strength the knees will roll in, contributing to knee injury.

However gluteals are stubborn.

As with most muscle imbalances in the lower limb, retraining gluteal function is time consuming and persistence and patience is needed to achieve a result. The take home message is that gluteal rehabilitation/strengthening will take time and patience to coax it into changing.

Stretch the hip flexors.

Gluteal activation naturally is enhanced if you stretch the hip flexors in advance. Performing hip flexor stretches prior to gluteal strengthening does two things; firstly, through a process known as reciprocal inhibition, stretching the hip flexors will neurologically spark up the gluteals. Secondly, the looser hip flexors will allow much better range of motion into hip extension, thus allowing the gluteals to work through a much fuller range of movement.

Hamstrings tend to dominate glutes in hip extension.

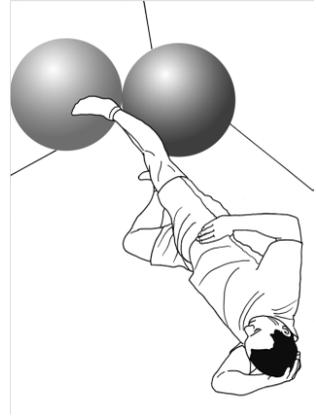
When generating hip extension movements, clinically we tend to see that individuals will over rely on the hamstrings to generate the power not the gluteals.

To preferentially activate the glutes over the hamstrings, we need to choose hip extension exercises that are performed in knee flexion to minimise the hamstring involvement. Below is a photo of a 'hip thrust' exercise, a personal favourite for activating gluteus maximus in hip extension. To do this exercise correctly and ensure the gluteals are the prime force generator, we need to include two key features; firstly the knee needs



to be bent over 90 degrees. Secondly, lift the toes so all the weight is taken on the heel. This will minimise quadriceps activation in the movement.

TFL (one of the hip flexors), tends to dominate gluteus medius in hip abduction. Whether this is demonstrated in pure abduction movements or in single leg stance to maintain pelvic stability, it is again clinically seen that individuals tend to over rely on TFL to generate hip abduction force over gluteus medius. To counteract this tendency in rehabilitation, again two key features need to be considered. Firstly, the hip needs to be kept externally rotated. Research demonstrates that the TFL cannot work if the hip is kept in slight positions of external rotation. Secondly, keep the hip in extension. This again switches off the TFL and preferentially uses gluteus medius in generating hip abduction. Below is a diagram of the double ball wrestle. The key points of this exercise is to keep the hip in front of the knee (hip extension) and the big toe pointing towards the ceiling (hip external rotation).



Work gluteus maximus for strength and gluteus medius for endurance. As mentioned above, we want the gluteus maximus to be efficient in hip extension, but this movement is one we tend to perform in a phasic action. That is we generate hip extension force to propel ourselves in walking and running, but then we have a period where the gluteus maximus is silent as the hip goes into flexion during swing phase. Therefore, we want this to be a power generator. The gluteus medius however, tends to have more of a tonic activity. That is, it works continuously to stabilise the pelvis in one legged stance. Therefore it needs to be trained to satisfy this function. Train gluteus maximus similar to traditional strength training 3 x 6-10 reps. Train gluteus medius in high reps or constant holds, such as 5 x 20 second holds.

Reach your peak performance with sport and remedial therapy.

Helen Westerby-Cox, Sports Therapist, specialist in.....

Functional assessments and exercise,
Bio-mechanical and muscular imbalances,
Postural problems, Rehabilitation from injury,
Back and joint mobilization, Soft tissue massage.

www.helenwesterbycox.com

55 Kelvedon Close, Kingston, Surrey, KT2 5LF, 07950 588231



Now Open For Entries

Wedding Day 7k

25th July

<https://www.sportssystem.co.uk/ss/event/WeddingDay7K1234>

Cabbage Patch 10

19th October

<http://www.cabbagepatch10.com>

Are you getting it twice a month?

StragMail is a full colour email sent to all Stragglers around twice a month with all the latest news. If you haven't been receiving it, check your junk mail. You can sign up to it by going to the Stragglers website (stragglers.org), click the News tab, then StragMail, then "join our mailing list" button and complete your details. If that still doesn't work, contact Roy (royreeder@hotmail.com).

Next Stragmag

The next StragMag will be available at www.stragglers.org from Thursday May 29th 2014.

The deadline for submissions will be Thursday May 22nd.
email me at stragmag@stragglers.org

Straggs Diary

	Date	Event	Contact / Notes
May	4th	<u>Richmond Half Marathon</u>	
	11th	<u>Sutton 10k</u>	
	17th/18th	Green Belt Relay	
	22nd	Junior Handicap	7pm registration, 7.30 start
	29th	Handicap	
June	1st	<u>Dorking 10 miles</u>	
	7th/8th	Welsh Castles Relay	See Steve or Carys
	12th	Junior Handicap	7pm registration, 7.30 start
	19th?	<i>Club 10k - Date to be confirmed</i>	Registration from 6pm, Food from 8.30pm
	22nd	<u>Richmond 10k</u>	
	26th	Junior Handicap	7pm registration, 7.30 start
	29th	Harry Hawkes	www.harryhawkes10.com
July	17th	Junior Handicap	7pm registration, 7.30 start
	20th	<u>Elmbridge 10k</u>	
	25th	<u>Wedding Day</u>	https://www.sportsystems.co.uk/ss/event/WeddingDay7K1234
Aug	17th	<u>Wimbledon 5km</u>	Date TBC
	28th	Junior Handicap	
	28th	Handicap	
Sept	7th	River Relay	
Oct	5th	River Thames Half Marathon	www.riverthamesrunning.co.uk
	19th	Cabbage Patch 10	http://www.cabbagepatch10.com/
Nov	27th	Handicap	

Race information given is accurate to the best of our knowledge, but you are strongly advised to check details with the race organisers before travelling or making other arrangements. Italicised Events for the Stragglers Championships and the Underlined Events form the Surrey League. See Steve or Carys for further details. Steve and Carys also maintain email distribution lists and they send out regular updates regarding upcoming races and events. If you'd like to be added to their lists please contact them.

Note, if you enter a race as a Straggler it is important that :

- You are a paid up member of the club. Don't forget, your subs are due every April 1st.
- You enter the club name on the entry form as "The Stragglers".
- You wear club kit.

It has been know for us to miss some team awards because these points were not properly observed.