

HOLLAND SPORTS A.C.

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Newsletter



MARCH/APRIL 2017

ANNUAL MEMBERSHIP RENEWALS

Do not forget to renew your annual membership fee asap – you have already been sent the methods of payment.

Part of the renewal fee goes towards paying athletes' registrations with the national governing body, England Athletics. Paid-up, active registrations are required to enable our members to take part in the leagues and competitions we are involved in. EA registrations lapsed automatically on 31st March and must now be renewed. We will not renew an athlete's registration until we have received a membership fee payment for 2017-18.

PARENTS' HELP AT OUR LEAGUE MEETINGS

At the league meetings we have to provide officials. I tend to be the only qualified official from our club so I am really busy all afternoon. It is impossible for me to give out our athletes' numbers, make sure they get to their events etc. (despite being told some of our athletes still manage to miss their event).

Also the coaches e.g. Jeff, Mark, Francis etc. will be warming up the athletes so we need a parent to volunteer to hand out the numbers and make sure the athletes get to their event on time. If nobody volunteers I will nominate a parent at the event.

This is particularly important on 30th April as there is the Ebbisham Boys' League at Sutton (U11-U17) and the YDL Upper Age Group (U17 & U20) at Dartford and I am away on this date.

Other important dates this month and early May:

Saturday 22nd April – YDL Lower Age Group (U13 & U15), Brighton. (There will probably be a minibus going.)



Saturday 6th May – Lily B Girls League (U11, U13, U15, U17), Sutton.

CLUB TREASURER

After many years' service Miriam Southam has decided to retire from the position by next year's AGM in February 2018. We therefore need a new club treasurer. It would be a good idea for someone to work with Miriam to gain an understanding of what is required. If you are unsure but would like to know more about the position please call Miriam on 01737 822504.

I would like to take this opportunity to thank Miriam for being a great treasurer!

LONDON MARATHON

Firstly I would like to thank all those so far who have sponsored me for the London Marathon. For those who would like to sponsor me but have not yet done so read on.

At the age of 65 I have decided to run or rather fast walk another marathon, namely the London Marathon on Sunday 23 April. I will be raising funds for Holland Sports Athletics Club, where I have coached for 34 years. The facilities at Holland Sports need improving particularly now that we have over 200 members. Our membership includes a number with learning difficulties.

If I am able to raise over £2,000 then 50% of the amount I raise above this figure will be donated to Helen and Douglas House, a children's hospice, who so lovingly cared for my grandson for 5 months before he passed away in 2010.

If you wish to donate please contact me and I will add your name to my sponsorship form. Also please guess my finishing time, as the person who guesses nearest my finishing time will win a bottle of champagne.

Please be generous. This will definitely be my last marathon!

My progress so far

I have walked 13 miles 3 times taking about 3 hours. On many occasions I have walked for 2 hours all along the East Grinstead ex railway line down to Hartfield. Mentally it is really tough. I go down to the track regularly and walk 3 miles – PB 36 mins 15 secs. My longest walk was 22 miles on the Cuckoo Trail with a fellow marathon speed walker, which I completed in 5 hours.

If you are spectating at the London I will be wearing my Holland Sports vest and probably a black cap.



KIT

Yet again items of clothing are being left at the track. Please please put your child's name inside the garment – see the photos attached of kit left at the track.

Mini Boden Hoodie - Purple (Outside) & Red (Inside), age 7-8.

Black Nike Airmax Tracksuit Bottoms, age 12-13.

If you want to purchase a hoodie for your child they are £20. We do have some second-hand ones in good condition for £5 – speak to Nigel.

Nigel also has some second hand spikes.

RESULTS

Sportshall

Well done to Maddy Nunan and Hannah Griffin who were in the winning Surrey team defeating all the counties in the South East. Good luck to them on 22nd April when they will compete in Manchester in the National Finals.

Also well done to Maddy who won the overall U15 Girls Surrey League Sportshall title.

Congratulations to Jasmine Fletcher and Clara Hogg who were in the Surrey Sportshall team which finished 4th in the South East Region Finals.

Downs Cross-Country League

An amazing performance this season by all concerned. We had 3 individual medallists as follows

UNDER 11 BOYS

Silver Medal – Joseph Hunt

UNDER 13 GIRLS

Silver Medal – Maisie Gibbins

UNDER 15 BOYS

Gold Medal – Hugo Hewitt

The Under 11 team performed amazingly all season finishing 2nd overall (even winning one of the races against the nationally strong Herne Hill Harriers team).



New Club Record

Congratulations to James Vancliff for breaking the long-standing Under 20 club record for the 200m, recording 23.23 secs.

James now holds four of the U20 club records, all set in the last four weeks.

FUTURE EVENTS

I now have all the dates and venues for the track season. Everyone please take part as often as you can and try and improve your PBs.

COUNTY CHAMPIONSHIPS

Sat 13 & Sun 14 May Kingsmeadow, Kingston-upon-Thames

SURREY SCHOOLS COUNTY CHAMPIONSHIPS

Sat 10 June Kingsmeadow.

OPEN EVENTS

Wed 21 June Crawley Open

Wed 26 July Crawley Open

Mon 28 August Tom Lintern Medal Meeting, Crawley

Sun 3 September Young Athletes Medal Meet, Woking. No entries on day

QUADKIDS (mainly Years 5 & 6 for June & July competitions)

Sat 27 May Quadkids Medal Competition. Spectrum, Guildford

Wed 7 June Qualifying Round SAN Meeting. Spectrum, Guildford

Wed 5 July Final (if we qualify). Spectrum, Guildford

EBBISHAM BOYS LEAGUE (U11, U13 & U15)

Sun 30 April David Weir Centre, Sutton

Sun 4 June Kingsmeadow, Kingston

Sun 9 July Woodcote School, Coulsdon

LILY B GIRLS LEAGUE (U11, U13, U15 & U17)

Sat 6 May Sutton

Sat 3 June Croydon

Sat 1 July Guildford

Sat 2 Sep Kingsmeadow (Final)

YDL LAG (Lower Age Group: U13 & U15 Boys & Girls)

Sat 22 April Brighton



Sat 20 May	Hastings
Sun 18 June	Hastings
Sat 15 July	Bexley

YDL UAG (Upper Age Group: U17 & U20) *We are joint team with DMV & Reigate.*

Sun 30 April	Dartford (same day as Ebbisham)
Sun 28 May	Croydon
Sun 25 June	Lewes
Sun 23 July	Croydon

SOUTHERN ATHLETICS LEAGUE (U17 – Seniors) *We are a joint team with DMV & Reigate.*

Sun 21 May	Horsham
Sat 17 June	Wimbledon
Sat 8 July	Lewes
Sat 19 August	Hastings

ROSENHEIM LEAGUE (U17 – Seniors)

Wed 10 May	Battersea Park
Wed 24 May	Croydon
Wed 7 June	Wimbledon
Wed 28 June	Battersea Park
Wed 19 July	Tooting Bec
Mon 7 August	Kingsmeadow. Final (if we qualify).

Event Group Scoring and Awards

All performances will be age graded and then put into the same scoring calculator that is used for the man of the match scoring in the SAL (events that are not in the SAL have been formulated to make the scoring as relative as possible).

To qualify for the rankings (and awards/certificates) athletes must compete in at least 2 league matches for HSAC during the season.

The Sprints, Endurance, Throws, Jumps and Hurdles awards will be based on the average score from the qualifying events.

- **Sprints**
 - U13B – 100m & 200m
 - U13G – Best 2 from 75m, 100m, 150m, 200m
 - U15 B & G – 100m, 200m, & 300m
 - U17W – Best 3 from 100m, 200m, 300m, 400m



- U20M, U20W, SM, SW – 100m, 200m & 400m
- **Endurance**
 - U13/U15 – 800m & 1500m
 - U17 – 800m, 1500m & 3000m
 - U20/Sen – Best 3 from 800m, 1500m, 3000m & 5000m
- **Throws**
 - U13/U15 – Best 2 from SP, JT, HT & DT
 - U17+ - Best 3
- **Jumps**
 - U13/U15 – Best 2 from HJ, LJ, TJ, PV
 - U17 + Best 3
- **Hurdles**
 - U13/U15 – Sprint Hurdles
 - U17+ - Sprint & 300/400mH
- **Combined Events**
 - Top score from each of the other categories

STITCHES

How to avoid them and how to deal with them.

Eat lightly pre run

Try to avoid foods high in fat or fibre as these can take longer to break down and digest. They can leave you feeling uncomfortable as you run due to the digestive system being in full flow as you bounce along the road.

Eat foods that fuel your run and offer sustained energy but keep them light. We are all different and some runners digest food in under an hour when others can take 2-3.

Have a good warm up

Research seems to suggest that those who warm up well are less prone to developing a stitch later in the run. Bursting out of the door and straight into interval or planned training pace is too big a jump for the body to handle.

Always aim to spend the first 10 minutes of any run, session or workout gradually reaching the pace planned for that day. Start slowly letting the body warm up its core temperature, lubricate joints and open up the energy pathways.



Strengthen that core



You will hear coaches and trainers bang on about your core all of the time to improve posture, reduce injury and increase power. Well the experts in the Physio world also believe a stronger core secures your diaphragm and reduces movement and potential muscle spasm as we bounce down the road.

Most stitches occur when tired and form drops so retaining your posture through a stronger core must be a good idea.

Breath naturally and relax

I am often asked how should I breath and my answer is 'make sure you do'! The real key is to keep a rhythm that feels controlled and hits a tempo...maybe breathing in every 2-3 strides and still relatively deeply rather than short gasps.

Great athletes relax at pace and when working hard. Sudden changes in breathing patterns or depth are known to upset the diaphragm and therefore trigger a stitch from time to time.

Keep your posture

This relates to points 3 and 4 but aim to run tall, light on the feet and perhaps keep a slight forward lean as you run. Once again relax, drop the shoulders, keep the head up and run loose.

Keeping this form in the final third of a race or harder long run and session will definitely take the strain off the diaphragm. This once again reduces the triggers for a stitch. Practice all of this in training and give yourself posture checks or reminders as you run.

When a stitch strikes

Above all else stay calm and try to relax. Tension and frustration will make the spasm worse. Sometimes the pain is mild and simply breathing deeply, calmly and retaining posture can see the stitch ease.

If it gets worse slow down and start to think about putting your arm high into the air above your head on the side where there is pain. This forces the tummy muscles to stretch out and can ease tension on connective tissue in spasm. Holding this as you run or walk for 30-60 can do the trick for some before you gradually pick up the effort again.

Another top tip relates to breathing...as your foot strikes the ground on the side where there is no pain breath out and keep repeating this. Again, research suggests that landing and exhaling on the opposite side to the stitch can reduce landing forces and ease abdominal tension. So a stitch on the left side requires you to breath out as the foot strikes on the right side.



MORE NUTRITION TIPS

Tart Cherries and Tart Cherry Juice

For years, runners and athletes in the know have been adding tart cherry juice to their post-run protein smoothies when training. That's because this functional food not only tastes great and provides a healthy source of carbohydrates, it also has been proven to reduce pain and inflammation. Research has found that intake of this emerging super fruit can lead to reduced inflammation, reduced pain from gout and arthritis, and an extensive list of heart health benefits. Recent studies even suggest tart cherries can help reduce post-exercise muscle and joint pain. In order to enjoy both the flavor and health benefits, be sure to choose a high-quality brand packed with real cherries and not just cherry flavoring.

Beets

You might turn your nose up at beets, but there's a reason your mother (and now your coach) are recommending you eat more root vegetables. Beetroot is a rich source of inorganic nitrate, which your body converts to nitric oxide and then uses as a vasodilator to assist in blood flow, muscle contraction, neurotransmission, and much more. Because of this nitric oxide, research has found that beets just might help you earn your next personal record. Supplementation with beetroot has been proven to help athletes run 1 to 2 percent faster in races ranging from 5Ks to marathons. And it appears that the effect might be even more pronounced on less-trained athletes.

Nigel Bongers

