

ANGELS R.C. GLOUCESTER

NEWSLETTER

FEBRUARY 2011

The screenshot shows the homepage of the Angels Running Club website. At the top, it says 'Angels Running Club' and 'Just Brummies'. Below that is the club's logo, 'Angels R.C.' with the website address 'AngelsRunningClub.co.uk'. A navigation menu includes 'Home', 'Season 10', 'Contact', 'Membersha', 'Pages & Events', 'Results, Photos and Reports', and 'Training sessions'. The main content area has a 'Home' heading and a search box. The welcome message reads: 'Welcome to angels running club. Angel's Running Club is the only all-female running club in Gloucester. We pride ourselves on being a friendly and sociable club with members of all ages. Anyone is welcome to come along and join our training sessions. We do a variety of runs so there is always someone to run with and no one is left behind. We meet every Wednesday evening for our club run in Gloucester. However, if your goal is to improve speed and stamina, why not join our twice weekly "efforts" sessions.' To the right is a large pink silhouette of a runner. Below the text is a photo gallery titled 'Angels in action' with a 'More Photo' link. The footer includes 'Angels Running Club' and 'Theme: Twenty Ten | Blog at WordPress.com'.

Sprinting ahead with new look website

If you haven't already visited our new site, you must do - it's great. The old tired website has been thrown out and has been replaced by a glamorous new one.

For those that haven't visited it yet, a copy of the fresh looking and exciting homepage is shown above.

Not only does the website look great, it has been updated to include details of what we've been up to and what's happening in 2011.

We're also now on Facebook and Flickr too. This is a great way to share photo's, post comments or enter into discussions via the two new sites. You can even let your fellow club members know where your favourite runs are or invite others to

join you if you fancy company. *Please remember not to give out personal details or specifics online. Club members can contact you via the clubs membership list.*

So, there's no excuse not to share those flattering photo's (or as they usually are - unflattering (particularly the one that's currently on the homepage - thanks Libby!)).

Just visit the Angels website or type in Angels Running club on Facebook to see what's new and what's going on.

Many thanks to Libby Anthony for working so hard over the Christmas break making these changes. A great deal of hard work has gone into our new look sites.



Tips for racing

Whether its your first or your ninety first race, even the seasonal pro gets nervous.

Its natural to feel twitchy or worry about your preparation before the start of a race or even a long run. We've put together some useful hints and tips to help you get through those pre-race or run worries.

1. Try to have a race booked to stay focused and keep to your goals
2. Nerves before a race can be a good thing especially on a short race for example a 5k - the adrenalin gets you going!
3. Keep a small supply of jelly beans in your pocket and treat yourself to one every kilometre or when you need a pick me up
4. Omega 3 is good for inflammation either in tablet form or oily fish such as mackerel, salmon or flaxseeds, walnuts, pecans. But remember, everything in moderation!
5. A massage after the race is perfect for your aching muscles and also works wonders for other things too!

Foods

Sweet Potatoes are a good slow GI release food

Porridge is a perfect pre-race breakfast

Dried fruit and nuts are better than energy bars as they provide less of a peak

If you fancy a sweet treat try Malt loaf as its low in fat

Fancy a bag of crisps? Try some almonds instead. They're a much healthy option

Before a long run or race eat carbohydrate meals such as rice or pasta

Handy tips

Forest runs burn 26% more calories than road running

Mitchum roll on - voted best deodorant in runners magazine ...no one wants to pong hey!

Author: Mary Meadows

Angels weddings

Congratulations to Libby & Chris and Amie & Richard who both managed to squeeze in their big days between running and racing.



Libby & Chris Anthony (left) and Amie & Richard Hood (above) looking gorgeous on their wedding days

Results

16 Angels go crackers in Weston

The Weston Christmas Cracker race took place on a cold but brilliantly sunny day after the snow of the previous weeks. The wet sand and icy patches made the going difficult. Despite this, a great atmosphere could be felt with fancy dress being worn by the runners - including Angels of course! The results were pretty spectacular too.

Liz Spiers	47.36
Nicky Wong	47.48
Carol Horsfield	53.10
Deborah Wallace	54.10
Sharron Harris	54.57 first race for a while
Claire Waters	56.25
Claire Roddis	58.59
Sarah Coulson	61.25
Teresa Bennett	62.28
Amie Hood	62.29
Helen Lewis	64.58
Laura Swankie	65.33
Dawn Hyde	66.06
Linda Shere-Massey	66.07 first race with angels
Terry Flemons	66.27 first race with angels
Jenny Vallely	75.13

Cross Country

Black Bridge - 11 December 2010 (the day after the Angels Christmas party - so despite the smiles, some sore heads lurk!)

Liz Spiers	32.12
Deborah Southgate	33.03
Deborah Wallace	35.41
Sarah Dryden	36.12 first race with Angels
Carol Horsfield	36.16
Becky Withers	38.57 first race with Angels



NEW YEARS 5 MILE RACE

Congratulations to Nicky Wong for being the only Angel braving the conditions and festivities by racing on News Years day. Starting the racing season as she means to go on, Nicky's time was 37.27 for the 5 mile course at the Pilot Inn, Hardwicke.

Linda Franks - 23 Jan

First AAA's road race of the year

5 mile race

Nicky Wong	35.32
Jackie Hobday	39.08
Deborah Wallace	39.24
Sharon Nash	40.51
Sharon Harris	41.26
Carol Horsfield	42.31
Anna Vale	42.37 first race with Angels
Becky Withers	43.56
Julie Hapeshi	44.07
Dawn Hyde	44.46
Karen Gardner	46.22 first race with Angels
Chris Ellis	46.56
Eileen Dodwell	47.09
Fiona Pulley	49.07
Deborah Southgate	52.43 (pulled up with injury)
Sarah Leaver	23.02 (9th) first race & first race with Angels

2.5 mile race

Sarah Leaver	23.02 (9th) first race & first race with Angels
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Check out the Glos AAA website to see where you are in the Road Race series at: www.glosaaa.org.uk



Angels at Weston Xmas Cracker

GLOUCESTER 10 — 9 JANUARY

Three Angels ran the 10 mile Gloucester course on yet another slippery icy morning. Nicky Wong did well to complete the course to record 1.19:34, coming 83rd overall. Jackie Hobday and Teresa Bennett running their first race of the year recorded times of 1.31 and 1.38 respectively.

WELCOME NEW MEMBERS

A warm welcome to all new members who have joined since December.

Sarah Leaver

Nicky Ryland

And, welcome back Jo Walters returning after a knee operation

AAA Awards presentation evening



Liz Spiers, Jackie Hobday, Deborah Southgate & Eileen Dodswell collecting their awards from the Major of Gloucester at the Council Offices, The Docks on 12 January 2011

Could this be you next year?

Notice of Angels Annual General Meeting to be held on 16th March 2011 at 7.30 - 7.45pm, Oxstalls Tennis Centre, Plock Court. This is your opportunity to vote for who you feel should win the prestigious title of 'Angel of the Road' and to find out who's finished where in the 'Angel of the Road' series. Plus lots more - so you won't want to miss it!

WHAT'S COMING UP?

- 5 Feb **CROSS COUNTRY** - Distance: 4 miles Fees: £3.00 Venue: Plock Court
- 6 Feb **THE MAY HILL MASSACRE** - Distance: 8 mile multi-terrain Fees: £8.00/10.00 Venue: OLD SAWMILL ESTATE, HUNTLEY, GLOS *****Sold out*****
- 13 Feb **DURSLEY DOZEN** - Distance: 12 miles multi-terrain Fees: £8.00/10.00 Venue: Dursley, Glos
- 26 Feb **ANNUAL WINTER 5 MILE ROAD RACE** - Distance: 5 miles Fees: £4.00/£6.00 Venue: THE WHITE HORSE INN, SANDHURST NR GLOS
- 27 Feb **BOURTON "HIGHBRIDGE" 10K** - Distance: 10k Fees: £9.00/11.00 Venue: BOURTON ON THE WATER
- 12 Mar **SEVERN AC ROAD RELAYS** - Distance: Relays 3 x 3.25 miles Fees: VARIOUS Venue: WHITE HORSE INN, SANDHURST, GLOS
- 13 Mar **GLOUCESTER 20** - Distance: 20 miles Fees: T B C Venue: SEVERN VALE CENTRE, QUEDGELEY, GLOS *****Glos AAA Road Race Series event*****
- 20 Mar **COTSWOLD MARATHON CHALLENGE** - Distance: marathon Fees: £28 / £30 Venue: TEMPLE GUITING VILLAGE HALL
- 27 Mar **21ST CLEEVEWOLD MULTI-TERRAIN RACE** - Distance: 13.5 mile multi-terrain Fees: £9.00/11.00 Venue: POSTLIP TITHE BARN NEAR WINCHCOMBE EXCELLENT OFF- ROAD HILLY ROUTE !
- 27 Mar **FOREST OF DEAN HALF MARATHON** - Distance: 13 miles trail Fees: £17.00 Venue: SPEECH HOUSE, FOREST OF DEAN, GLOS

Have you got something to add? If you would like to add anything to the next edition of this newsletter, please contact Liz Spiers or forward your stories or articles to lizzspiern@yahoo.co.uk. We welcome any feedback you may have to improve this newsletter.

Angels R.C.
AngelsRunningClub.co.uk

Training sessions— every Tuesday 6.15pm
Club run—every Wednesday 6pm