

# ANGELS R.C. GLOUCESTER

## NEWSLETTER

JANUARY 2012

### ANGELS CHRISTMAS PARTY

**The Angels Christmas party marks the end of yet another year.** Our thanks go out to Jo Carter who played an excellent host allowing us to take over her delightful home for the evening.

As usual, the party was a great excuse to start extending our waists in the lead up to the Christmas festivities. We stuffed ourselves with lovely M&S food, whilst of course maintaining a steady flow of beverages (and for some of us yes, this was a steady flow of alcohol).

Amongst the evenings chat and of course our usual reminiscing, we still had chance to squeeze in a few festive games (which thankfully did not last as long as last year), and of course the traditional Angels Secret Santa rounded the evening off a treat. For a few hardy members who were off the next morning to run the Weston Christmas Cracker the evening finished relatively early to ensure they were up in time for the race. For others, the night was still young and marked only the start of the evening!

Here's just some for the Secret Santa's received

Helen Bown picked up a fallen feather from an Angels wing. She said "It looked lovely on our Christmas tree this year, thank you to my secret Angel!"

Mary Meadow received a candle which she hoped was something quite naughty (its shape in its wrapping paper did look a bit suspicious though!)

Edwina received a lovely greeting card book

Liz Spiers got a laughing Santa table decoration, which she used on Christmas day

And there's always one - I got a pair of nipple tassels... still practising! (mentioning no names)

**Don't forget** the Angels annual dinner on Wednesday 18th January at Sebz. If you haven't reserved your place please contact Edwina asap.

### Angels AGM

**Don't forget** the AGM will be taking place in March so if you want to get more involved with your club, this is your chance. If you are interested in joining as a committee member or taking on an active role for the club, please feel free to speak to any of the committee members to find out more. Further information on any roles that are up for grabs will be available shortly.

### Club kit

The long awaiting kit should be with us within the next few weeks and will be available to view at the Wednesday night club run as soon as they are in stock. All clothing can be bought at great prices, so you'll have to be quick as the kit will be available on a first come, first serve basis. If you want to beat the rush, you can order now by contacting Helen Bown with your requirements.

### Our very own super star

**Congratulations** to Edwina who was crowned runner up in the Gloucestershire Media Sports Awards as Club Official of the Year. The nomination and support she has received highlights Edwina's continued commitment to the club over the last 25 years. Lets hope she doesn't have to wait another 25 years to better her title.



Edwina picking up her award at Cheltenham Race-

# New York Marathon 2011 - Teresa's tale

**About a year ago**, I made a decision to take part in the New York City Marathon in November, a decision which had taken over my life for most of 2011.

As this was to be my first marathon, I began quite early on in the year looking for a suitable training plan. I was able to find a sensible plan aimed at those who were already running about 20 miles a week. So after running the Tewkesbury Half Marathon in May, I began to gradually increase my weekly mileage until I was able to run up to 40 miles a week. By September, I took part in my first 20 mile race in Surrey. I completed this in 3.08 and I was so pleased. From here on, it was just about maintaining the distance and my mileage. My last long run was 3 weeks before the marathon and was 22 miles, a distance I could not have even imagined when I first started training. This day was the first time the nerves kicked in.

The marathon took place on Sunday 6th November and began on Staten Island. It takes you across the Verrazano Bridge where you can see the Manhattan skyline. Then crossing into Brooklyn where you run for the next 8 miles. All throughout Brooklyn were crowds, bands, music and banners. The next district to run through was Queens, I had my worst mile here crossing the bridge over Roosevelt Island, this was the only part of the course with no crowds and the incline on the bridge was a killer! Once this section was over it was into Manhattan Island heading towards the Bronx. Again music and crowds the entire way.

The most amazing section was running from Harlem back to Central park as the more familiar images of NY come into view. By this point, crowds appeared to be about 10 deep and the noise was deafening. Finally reaching Central Park, there was only 2 miles left to do. Finally I crossed the finish line in a time of **4.13.47**. I collected my medal which I proudly wore on display back to the hotel. Once back at the hotel, I was overwhelmed to find text messages from some of the Angels who had been following my progress on line. Thank you for your support!

We spent a total of 5 nights in New York staying in the heart of Times Square. We had travelled with a sports tour company and so it was great to mix with other runners and hear their stories. We had a couple of days before the race and a couple of days after to relax and see the sights. After the race, it was nice to finally have that celebratory drink and hear of everyone's marathon tales, although I was not able to walk entirely well and stairs were quite a challenge with stiff legs.

I am so proud to say I have taken part in the New York City Marathon and will treasure the memories I have forever. Anyone thinking that they would one day like to run a marathon should do it. The benefits and sense of achievement afterwards is too good to pass off. And if its not enough, training helped me set PBs in all my distances, I felt a stronger runner with lots more energy, plus being able to eat more wasn't bad either!

Thanks to all of you that sponsored me too, I have raised over £1400 for Gloucester Samaritans.

*Teresa Bennett*



## AAA County Road Race Championship award winners

This has been a tremendous year yet again for the club who were awarded 6 medal winners at the Gloucester County Council Offices on 11 January 2012. These awards are given out to the top 3 athletes who have consistently ranked at the top of their age category throughout the AAA's race season. We have almost bagged a medal in each age category. Here's our medal winners:

Liz Spiers	3rd LV35
Nicola Wong	1st LV40
Deborah Southgate	2nd LV55
Jackie Hobday	3rd LV55
Dawn Hyde	3rd LV60
Eileen Dodwell	1st LV65



## Weekend away!

**Does the sound of mud, uniformed men and going commando excite you?** If it does you may be interested in the Endurance Commando Challenge.

The Commando Challenge is run with the Royal Marines and Royal Marines Charitable Trust Fund and takes place on 16 June 2012 in Exeter. It's a days event which allows civilians to take on one of the Royal Marines physical Tests, which all recruits have to pass on the road to earning their Green Beret. It also helps the TRUST to achieve its aim of fund raising. Further details can be found on [www.commandochallenge.co.uk](http://www.commandochallenge.co.uk).

We're looking to see if there is sufficient interest to get an Angels team together for a weekends trip and see how we fare against this challenge. So, if you are interested in taking part or just finding out more please contact Mary Meadows for further information.

## The clubs youngest member

Welcome to Arwen Rose Anthony who's not technically a member yet but I'm sure she'll be following in her mums footsteps as soon as she can. Arwen came into the world on 19th October 2011, weighing in at a surprising 7.8lbs (that sounds like she's just entered a boxing ring!) for such a tiny mum. It's great to see Libby's already back at the club running again. We wish them all the very best.

## What's your favourite run or top tip?

We've all got a favourite run in or surrounding Gloucester that makes us feel inspired or simply lets us escape from our daily routine or, a hint or tip that we've picked up that makes running a bit more pleasurable. Well we'd love to share your experiences and by adding them to our website.

If you would like to share a favourite run or hint, please pass them on to Libby Anthony or any other committee member. Details of Committee members can be found on the back on this newsletter.

## London marathon 2012 entrants

Good luck to all our London marathon entrants, Teresa Bennett, Sarah Leaver, Sandra Major and Mandy Neufeld who will be representing Angels in the London Marathon this year. We wish them the very best for the race and of course for their training. The hard work starts now ladies!



# ACTIVE METABOLIC COACHING— LIZ SPIERS' EXPERIENCES

Well if you're anything like me, you probably didn't have the foggiest what this is all about. All was to become clearer following the presentation that Joanna Proverbs from New Leaf gave to the club on 26th November.

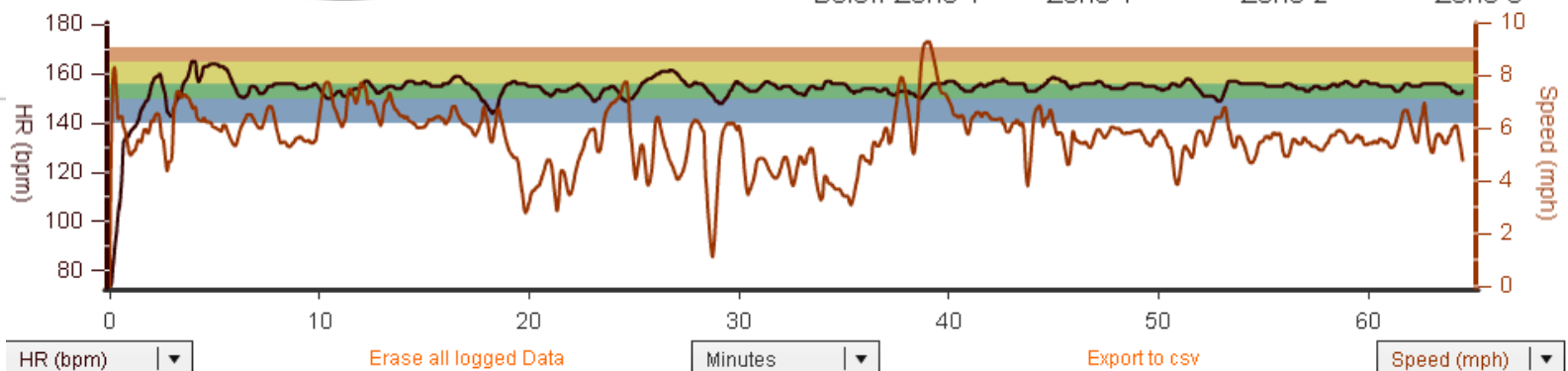
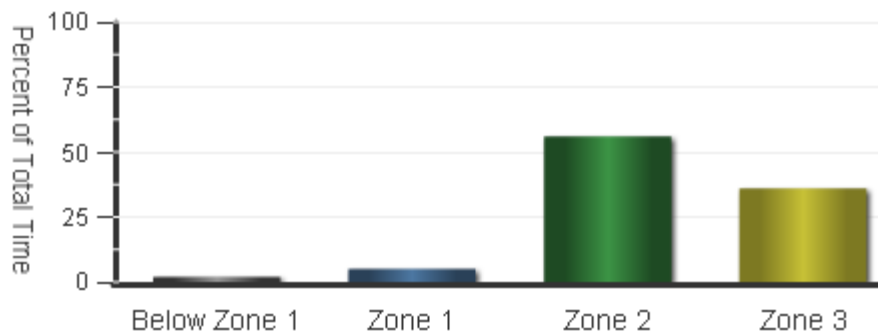
From what I understand, Active Metabolic Coaching is a scientific way that looks at your current fitness levels by analysing your VO2 max levels (the maximum capacity of an individual's body to transport and use oxygen during exercise, which identifies your physical fitness) and heart rates both at rest and when exercising.

This provides you with specific measurements to show you how efficiently your body burns fat, at what heart rate you begin to slide into burning less-efficient carbs, the efficacy of your breathing during workouts, and more. Armed with this data, it is possible to determine a 12 week exercise programme that will work at your optimum fitness levels to increase your fitness by enabling you to run/cycle etc quicker with the same amount of effort.

The theory is that you become fitter whilst working smarter (and not harder). This was definitely something that was of interest to me, so I immediately signed up.

I'm currently in week 6 of the 12 week programme and I've so far received a full assessment of my fitness levels which shows me the minimum number of calories I need to survive, my resting and working heart rates, my VO2 levels, a healthy eating plan (to you and me its a diet) and a 12 week personalised exercise programme. Although, this means I have to run a lot slower than I would normally, I'm actually enjoying the programme.

For those that like analysing data there's lots to look at after your run too! Below is the data from my recent 6 mile run. I was supposed to stay in zone 2 (green zone) but strayed into zone 3 - whoops (it was a bit hilly in my defence).



For those of you that have seen me running over the last few weeks, monitoring my heart rate whilst running in the dark is quite entertaining and far from boring.

I also seem to be eating all the time, which is a bit weird, but it seems to use the 'grazing' principle which I've always heard is the best way of eating instead of gorging.

The benefits that I've seen so far are; I've lost 3lbs (and that's pretty good bearing in mind that we had Christmas and New Year, so I didn't really stick to the healthy eating plan and also drank much more than I should have - but don't tell anyone); I've more rest days; I'm injury free which is amazing for me; I'm not working as hard as I was previously and I'm eating a lot more healthier

The disadvantages that I've seen so far are; I'm £7.15 pw less off (that's not a lot if you look at what I'm getting back); if its raining, I can't whimp out (well I'm allowed to move days around but I don't tend to want to) and most importantly, I have to make my own lunch now as there's a bit more thought needed.

So, as you can see things are going well at the moment. It'll be interesting to see at the end of the 12 week programme where I am and if I'm still as positive. If you are interested in how I'm getting on or want to ask me anything about the programme, feel free to just ask.

Liz Spiers

# WHAT'S COMING UP?

**SUN 22-Jan-12** 10:30am GLOUCESTER MARATHON

Fees: £28.00/30.0 Venue: SEVERN VALE SPORTS CENTRE Contact: [www.beyondthelimitations.co.uk](http://www.beyondthelimitations.co.uk)

**SAT 4-FEB-12** 2.15pm GLOUCESTERSHIRE CROSS COUNTRY LEAGUE MATCH NO. 4

Fees: £3 Venue: TEWKESBURY SCHOOL, TEWKESBURY Contact: [www.tewkisburyac.co.uk](http://www.tewkisburyac.co.uk)

**SUN 5-Feb-12** 11:00am MAY HILL MASSACRE 9 MILES

Fees: £10 Venue: MAY HILL, GLOUCESTERSHIRE

Contact: [www.blacksheepsportsltd.co.uk/onlineentry/eventslist.php](http://www.blacksheepsportsltd.co.uk/onlineentry/eventslist.php)

**SUN 12-Feb-12** 10:30am DURSLEY DOZEN 12 MILES

Fees: £10 (no entries on day) Venue: DURSLEY SPORTS HALL, KINGSHILL, DURSLEY

Contact: [www.dursleyac.org.uk](http://www.dursleyac.org.uk)

**SUN 19-Feb-12** 10:30am COTSWOLD MARATHON

Fees: £28.00/30.0 Venue: TEMPLE GUITING VILLAGE HALL RACE START AT KINETON

Contact: [www.beyondthelimitations.co.uk](http://www.beyondthelimitations.co.uk)

**SUN 26-Feb-12** 10:30am BOURTON "HIGHBRIDGE" 10K

Fees: 9.00/11.00 Venue: BOURTON ON THE WATER \*\*\*\* Already full\*\*\*\*

**SUN 18-Mar-12** 10:30am CHEDWORTH 10 MILE ROMAN TRAIL

Fees: £8.00/10.00 Venue: CHEDWORTH VILLAGE HALL, CHEDWORTH Contact: [www.cirencester-ac.org.uk](http://www.cirencester-ac.org.uk)

**SUN 18-Mar-12** 10:30am GLOUCESTER 20 MILE Fees: £19 / £21 (£2 surcharge on day)

Venue: SEVERN VALE CENTRE, QUEDGELEY, GL2 4PR Contact: [www.gloucesterac.co.uk](http://www.gloucesterac.co.uk)

**SUN 25-Mar-12** 10:30am CLEEVEWOLD 13.5 MILES

MULTI-TERRAIN RACE Fees: T B A Venue: POSTLIP

TITHE BARN NEAR WINCHCOMBE

Contact: [www.athleticprowess.co.uk](http://www.athleticprowess.co.uk)

## A warm welcome to all new members

Welcome back to **Steph Fox** who is training for the Edinburgh Marathon in May

**Tanya Milne** a new member who is benefiting from the Tuesday efforts sessions

**Helen Healey** who is doing so well on Wednesday nights having completed her beginners training programme

**Emily Meadows** who ran well at the Guy Fawkes 5 mile race at Tewkesbury as soon as she had joined the club

**Anne Marie McBride** who is already running with the 6 miler group on Wednesdays and has already completed

## YOUR COMMITTEE MEMBERS

Edwina Dickerson	Chairperson
Joanne Carter	Treasurer
Mary Meadows	Secretary
Deborah Southgate	Press Secretary
Dawn Hyde	Membership Secretary
Helen Bown	Team Captain
Libby Anthony	Website Editor
Eileen Dodwell	Race Secretary
Liz Spiers	Newsletter Editor
Val Meechan	Committee Member
Lorna Dunn	Committee Member

