



## Loss in Words...

Issue No. 21

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### Have you entered...??

If you're getting organised for 2012 and filling up your diaries with plans for the season, drop us a line and let us know which races you have entered.

### Upcoming Running Events

22 Jan - Dartford 10 Mile  
22 Jan - Benfleet 15  
5 Feb - Great Bentley Half  
Marathon

### Mid Essex X Country League Dates

2 Jan (BH) - Grange Farm  
(Stebbing)  
19 Feb - Leigh  
26 Feb - Springfield  
11 Mar - Mid Essex

**If you plan to take part in any of  
the races please let us know.**

### New Joiners

#### A big welcome to:

Van Ung  
Neal Marlow  
Andrea Hughes  
Louise Scaife



Welcome to the December edition of the LoSS newsletter.

So the Christmas season is well and truly upon us! Yipppeeee! Hopefully this hasn't stopped you from getting out for the odd run or two...but for those of you that are struggling check out 'LoSS get back into running 2012'

below.

Happy Christmas to all our members and Happy Reading x

Lisa Foot  
LoSS Editor

### Results & Achievements

Congratulations and thank you to all members who waved the LoSS flag by competing in royal blue over the past month, especially if you have taken part in any of the three cross country fixtures that have taken place.

Here's how the Merit League is looking updated all the way to 5k time trial on the 12th Dec.

## Memorable Moments...

### Birthdays...

19/12 - Tony Balding  
25/12 - David West - 70!!!  
11/1 - Danny Stanley

### Weddings...

Best of luck to Kim Holland and James Todd who are getting married on the 22nd December.

## Upcoming Social Events

### Dates for your diaries...

27 December - LoSS Annual Turkey Trot & Christmas Drinks

3 February - LoSS Charity Quiz Night

4th - 8th May 2012 - LoSS Charity Challenge 2012 - Now Full

21st March - LoSS Annual General Meeting

11th May - LoSS Treasure Hunt

16th June - LoSS Decathlon Challenge

If you would like to take part or would like more information in any of these please contact [Mark](#)

## NHS fundraising article - truly inspiring

Please click [here](#) to read an inspiring and brave article from Colin Barnes about his greatest battle yet...

## Training tip: Post-exercise refuelling

BEST PERFORMANCE	
	Score
Simon le Mare	80.51
Jason Fitchew	78.51
Tim Harvey	76.71
Mike Mansfield	73.81
Colin Barnes	71.37
Paul Champion	71.15
Richard Mangham	71.05
Erik Britton	70.77
Adam Lyons	70.51
David Green	70.35
Debra Mangham	65.85
James Burns	66.68
Mike Tull	65.68
Dean Ovel	65.32
Tony Balding	66.28
Stuart Payne	68.72
Claire Dumortier	68.66
Tracy Bartlett	68.10
Elisabet Frankenberg	63.89
Glen Taylor	66.97

GREATEST IMPROVEMENT	
	Gained
Sharon Mtson	8.16
Catherine Salmon	7.06
Claire Walsh	6.95
Stuart Garlick	6.72
Sarah Jobe	6.36
Kirstina Marion	6.25
Joanna Hargreaves	6.08
Tracy Bartlett	5.82
Wicky Rowley	4.97
Kim Holland	4.97
Gary Brown	4.47
Rebecca Brown	4.37
Gary Walsh	4.32
Nikki Brown	4.27
Andrea Hughes	4.18
Heidi Mangham	4.09
Louise Scafe	4.08
Victoria Wilson	3.92
Tim Harvey	3.83
Tracy Beard	3.69

MOST RACING KM's	
	Sum of Tot Race Dist
Colin Barnes	117.32
Elisabet Frankenberg	99.27
Richard Mangham	56.21
Tracy Bartlett	56.21
Laura McHugh	56.21
Tony Balding	49.25
Dean Ovel	46.22
Paul Maskell	46.22
Glen Taylor	43.16
Gary Brown	42.07
Sarah West	35.12
Catherine Salmon	35.00
Gary Walsh	35.00
David West	34.12
Duncan Ireland	33.05
Debra Mangham	30.12
Carol Drake	30.12
Frie Britton	30.12
Jason Fitchew	30.12
Arrar Salmon	30.00

## LoSS get back to Running 2012



Can you believe we are nearly at the end of another year! So while the pleasures of the festive period engulf us all, spare a thought for what you did in your Leigh on Sea Striders t-shirt in 2011. Maybe it was the Southend 10k, or the Decathlon Challenge or a cross country race or maybe you just wore it while painting the lounge! But whatever please consider how you could do better in Olympic year 2012, while at the same time delivering on those New Year Resolutions to eat less rubbish and exercise more.

To help you along the way and to help you achieve your goals and banish your excuses Leigh on Sea Striders will be delivering a **Get Back to Running programme** for our members starting in the New Year on Wednesday the **4<sup>th</sup> January**.

We know as members of LoSS you all have a core fitness level so it



Eating and drinking after exercise is extremely important to help your recovery and support the rebuilding process. The best thing to do is consume a glucose replacement drink within 15 minutes of finishing your session to begin replacing both fluid and fuel. Then, within two hours of your session, eat a more substantial meal containing complex carbohydrate for energy and protein for cellular repair. Tuna and pasta is an excellent combination - or if you're on the go, a tuna sandwich - because this contains 'slow release' carbohydrate and protein. Also, you'll need to re-hydrate - so washing your meal down with a glass or two of water will complete the refuelling process.

won't be starting from the lowest level, but it will build your fitness and endurance and enhance your confidence after the Christmas festivities have taken their toll. For example week one will be: - Run 5mins/Walk 2mins repeat 5 xs

These sessions will be held on our Wednesday night training, meeting at the regular place behind Chalkwell Station. Starting at 7.30pm, we will train away from the main group but you will benefit from having Jason Fitchew & Dean Ovel around to help and answer any questions you have. Stretching, conditioning, injury worries, whatever it may be, they are there to help. You may even find yourself drawn to the sessions they coach and help improve your running further after the programme has finished.

**Please email [Mark](#) as soon as possible to add your name to the list for this programme.**

## Coaches Corner



Ok, so the Christmas season is now fully upon us, and with my first expedition into the loft this week to find the decorations, I'm starting to wonder how I'm going to manage training around all the festivities. But that is not my biggest worry. With Christmas dinner three times over, dinner/drinks with friends and the dreaded work party, is it any surprise that during December it is very easy to consume twice as many calories in just one month. Coupled with less training time too and the addition of greater alcohol consumption, it's not a great time for your temple. Now I don't want to bring the mood down, but now is the time of year to look after yourself more than any other. Apart from the sprouts that get reluctantly shoved around the plate, or the orange slices in the mulled wine, consumption of fruit & veg is also reduced, meaning that you are getting less of those vital vitamins & minerals, replacing them with sugars and (dare I say it) fat. Oops, sorry, I promised myself I wouldn't say it. Anyway, you get the picture. When it comes to that third helping of turkey & roast potatoes this year, think about the miles it'll take to run it off.

Not to dwell too much on this, but worth considering. With the scaremongers (also known as weather forecasters) predicting another cold winter with snow drifts of at least 4" bringing roads to a standstill, and for at least one day, increasing the sale of sledges, sometimes even with the best intentions it can be tricky to get out for a run. This shouldn't stop you though. A little extra care, XC trainers and some warm clothes and running through fresh snow in an empty park can be the best run of the year. Make the most of the peace and quiet. The pavements will be full of New Years resolutions come Jan 2nd!

Right, I'm off to the US for a few days to escape the madness of Christmas shopping and lose myself in the open plains of Iowa. Hoping that inspiration will jump out from behind a corn silo (if you've ever been to

Iowa, you'll know there's not much else to hind behind). Either that or my Mum will be getting another fridge magnet from the airport gift shop!

Happy festivities my friends! Look after yourselves.  
Dean

## Athletics Weekly Club Offer - Promotion



In our continued efforts to support grassroots athletics, Athletics Weekly is giving your club the chance to earn some extra funds!

Not only are we offering you and your club the very competitive rate of £9.99 per month when you subscribe to Athletics Weekly, but for every subscription your club generates, we will give your club back £5\*!

For more information please click [here](#)