



**Upcoming Running Events
(June & July)**

20th June - Mersea 13 miles
27th July - Homdon on the Hill - 10k
4th July - Ongar - 10k
18th July - Thrift Green Trotters 10k

Upcoming Social Events

26th June - LOSS Decathlon Challenge
*** **24th July** - LOSS Barn Dance
*** **Please note this event has been unfortunately cancelled due to unforeseen circumstances. Please keep the date free for another LOSS social event.**

It's Back

Saturday track training is returning, YIPPEE! After an amazing season last year, training with Mike Mansfield, returns from 12th June at Garons Park. Sessions start at 8.30am and cost £2.50.

Watch this space for more updates.

Dear Jason,

Welcome to the June LOSS newsletter, its a busy month so lots of news to keep all our members up to date with.

I encourage all our members to contribute to the newsletter and get involved in making the club the success it is today.

Happy Reading!

Leanne Johnson
LOSS Editor

Results / Achievements

Southend 1/2 Marathon

Huge congratulations to the LOSS members who competed and completed the impressive 13.1 miles Southend Half Marathon. For some it was their first attempt at this distance (hats off), for others, PBs were achieved and the others are simply gluttons for punishment!

Mike Mansfield 01:18:18
Dean Johnson 01:25:35
Simon Le Mare 01:25:46
Dean Ovel 01:28:14
James Burns 01:30:10
Jason Fitchew 01:30:18
Robert Burns 01:32:44
Rea Evison 01:33:29
Elisabet Frankenberg 01:35:37
Craig Woolham 01:36:11

A Sea of Blue

Summer Training has kicked off at our great training venue in style with an amazing turn out of 102 members and 30 new beginners.

Welcome to all those new runners we hope you enjoy the club as much as the rest of us.

Official LOSS 10km 17th Oct

After last year's inaugural event the LOSS 10km is back and aiming to be bigger and if possible, better!

We encourage all LOSS members to volunteer for marshalling duties to make the event a true success.

Please let Mark Dobson know if you can help on the day.

Memorable Moments

Congratulations to Suzy Bassett and partner who welcomed baby Zak into the world on 6th June.

Congratulations to the members below who are celebrating big birthdays.

John Morris - 50 - 30/6
Alison Hall - 40 - 3/5
Karen Stalley - 30 - 6/5
Suzy Bassett - 30 - 14/5

If you have any memorable moments e.g. special birthdays, getting married, significant anniversaries, big achievements, that you would like to share with

Iain Keenan 01:36:12
Craig Mcbain 01:36:24
Colin Barnes 01:38:00
Tony Balding 01:40:20
Paul Chlopas 01:49:41
Gail Patman 01:52:49
Damian Whittington 01:53:44
Dawn Foster 01:54:14
Melissa Baker 01:58:19
Rebecca Chlopas 01:58:54
Brian Martin 01:58:54
Catherine Brook 02:00:42
Karina Easdown 02:03:37
Duncan Ireland 02:04:46
Adele Cole 02:04:54
Leanne Johnson 02:11:32
Laura McHugh 02:11:46
Rachel Keenan 02:11:58
Ellen McPhillips 02:14:05
Lynn Rivers 02:14:30
Nicola Woolham 02:15:36
Julie Dibbens 02:22:13

Edinburgh Marathon

It's an amazing achievement by Elisabet Frankenberg who despite the heat managed a PB of 03:28:35.

It's an unbelievable story for Colin Barnes as the sun showed no mercy and Colin unfortunately had a collapse at 32k as a result of the heat and probably because he wasn't very well, but decided to run with a fever even after having lost his voice the night before. After having passed out for about 2 hours and experienced a close encounter with death he actually finished and it must be said that was quite an achievement! Colin's times below the collapse was at 32k.

10k: 00:48:09
Half: 01:42:24
30k: 02:28:38
Marathon: 06:04:31

Get to know your committee

Name: Jason

Career: Part time Gigolo, when I need to I run my own Quantity Surveying business

If I was invisible for the day

I would? If England are in a penalty shoot out I would stand behind the opposition and flick his ear as he's about to shoot. Or spend a night in The



your LOSS family please email us and we will feature in the next edition.

Welcome to the Committee-Dean Ovel

As LOSS grows in size of members its important our committee also expands to be able to make the club a continuing success that it is today.

We have added a new professional coaching and planning element to develop our members abilities. Dean's professionalism and enthusiasm have ensured that the new Wednesday night track sessions were a great success.

I am sure everyone will agree that Dean is a great asset to the club and committee.



Saturdays dressing room.

1 little known fact about me: I was in an Oasis video

Why I run? It's quicker than walking

What I love about LOSS? LOSS is an institution made up of many parts, the sum of which makes the club the magical monster that it now is. I'm enormously proud to be part of LOSS from its creation and for helping make it what it is today, with a little help from my friends.

Competitions



This month's competition - LOSS Quiz Please email in your answers and we will select at random from all the correct answers. The winner will receive a nice box of chocolates.

1. What does LOSS stand for?
2. When was Loss officially founded?
3. Who are the clubs Welfare Officers?
4. Who won the Presidents Award at 2008 club D&D?
5. Who won the Achievement Award at the 2009 club D&D?
6. Name two members from the winning Decathlon team in 2009?
7. Name three members from the winning Treasure Hunt team in 2010?
8. How many LOSS club runners took part in 2010 London Marathon?

Last month's winner - Thank you to everyone who entered a photo of you wearing your LOSS T- Shirt in an unusual place. Congratulations goes to The Barrys (Adele & Christopher) who went to great efforts to find usual places to wear their vests in London. Christopher is wearing his in the famous Lloyd's of London building and Adele by one of charity elephants placed across London. A bottle of wine will be making its way to you.

Beginner's Interview - Adele Barry

Name: Adele Barry

Exercise history before joining Loss? Well, since leaving school in 1996 my exercise history was pretty much non-existent. I had visited a couple of gyms with friends a few times over the years and I think at one point my husband paid for a gym membership for a few months for me, but I didn't end up using it so that was that!

When did you joined Loss? I joined Loss at in June 2009 at the beginners couch to 5K program.

Exercise routine now? I now run at least 3-4 times a week. Once with LOSS on a Monday evening, then during the week at work. I run either in my lunch hour or before work, as I have started a little running group with a couple of girls I work with. We go out running for half an hour around different routes in London near our office.

Why you joined Loss? I joined Loss for two reasons really. Firstly to get myself fit and secondly to have a hobby/interest that I could share with my husband & friends. Both are members of Loss.

What you enjoy most? I enjoy being part of a club where you can go along, chat to friends and do a bit of exercise at the same time. It also makes me feel better to know that I am a lot fitter now than I was a year ago. I enjoy the social bits as well, I completed the Mud run for the first time this year which was such great fun!

Biggest fitness achievement? It probably sounds silly, but to actually be able to run 5k after only 8 weeks of training last year. I never thought I would be able to run that far and run continuously for half hour with any amount of training as I was so unfit before hand...

Next goal? Well I have signed up for the City Race (London) which is in July. It's only a 5k but it's my first race, and you never know I might even be able to beat my 5k PB! After that I may even attempt the Southend 10k in October we'll have to see....

An inspiration to all those that haven't taken part in exercise for many years and at first found running for 3 mins a challenge. Adele has come a long way and should be hugely proud of herself.

Suggestions

LOSS loves to hear from its members and welcomes your suggestions for content into our newsletter so please email the editor at loss.editor@googlemail.com

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