

# EMERSONS GREEN RUNNING CLUB BRISTOL

*Issue 2  
December 2021*

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#### **Club Charity 2022:**

Our Club Charity for 2021 has been Feed the Homeless, Bristol. With donations from Doynton Hard Half Marathon entries, from members and expected fundraising from Light Up the Night (Thursday 23rd December - already live on Eventbrite), we hope to pay over in excess of £1,000 - thank you all.

But now we need a Club Charity for 2022 and we want you to help us decide: simply nominate a charity of your choice (ensure that they have a registered charity number) and give us a sentence or two as to why you are nominating them. The committee will then review the submissions and determine who will be our Club Charity for 2022. Email your nomination by Thursday 23rd December to [info@emersonsgreenrunningclub.co.uk](mailto:info@emersonsgreenrunningclub.co.uk).



**London Marathon  
Race Report  
By Jer Court**

*After nine years of entering the general ballot and not getting a place I was lucky enough to win the Emerson's Green running club place at the 2019 Christmas party. Fast forward a mere 659 days later and the big day had finally arrived...*

*Back in 2019 I was the fittest I'd ever been. I was getting some good results in the club championships and swapping between first and second place during the year with Jack. Not one to be selfish I let Jack win the champs so I could concentrate on my marathon training, and I felt confident I could run a time of around 3hrs 15mins.*

*Unfortunately, since then I have suffered numerous injuries and layoffs so my training hadn't been as comprehensive as I would have liked, and I also probably could have done without the house move the week before! Despite all that I felt that I was more than ready to tackle the 26.2 miles of London.*

***Day before....***

*A 7:20 departure time from Bristol on the Saturday morning meant an early start. Thankfully I had followed Neil's advice and booked through Mike Wilcox, and this meant the hassle of organising my own travel and accommodation was taken care of. I could get on the coach with Neil, John, Jack & Emily and relax. We checked in to our hotel and then made our way to the Excel Centre to pick up our race numbers and drop off our post-race bags. Here we bumped into Gary, Mandy & Lucy who had managed to get there early and beat the queues, they were on their way out as we joined the back of a very long queue to get in. To explain the post-race bags, this year all runners were sent a bag with their race number on so we could pack what we required for after the race such as food, warm clothing etc. this was then dropped off at the excel centre to have our t shirts and medals added and then taken to the finish where we could collect post-race.*

*Once we had all dropped our bags off and collected our race numbers, we headed off to the Running Show. With numerous stalls of running shoes, energy products and general running paraphernalia we were all like big kids in a giant sweet shop. After spending an hour or so there it was time to head back to the hotel. To be honest with Jack salivating over the trainers and Neil complaining about the price of the flapjacks a quiet lie down was definitely in order.*

**London Marathon  
Race Report  
By Jer Court**

*Race Day....*

*Another early start on race day, breakfast was served at 6am with the coach due to arrive at 7:15 to take us to the start for 8 o'clock. Upon arriving I quickly found my starting pen, said my farewells, and wished the other club members the very best of luck. I was in the green pen along with John, and it was great to have someone to chat to before the start to keep the nerves in check.*

*My wave start was 9:43 which came around quickly. After one last toilet stop, we were ushered to the start. As the faster runners had already started there was no start gun for us so as soon as we crossed the start line, we were off.*

*Finding a lot of space on the road the first two miles flew past, keeping a nice constant pace of 7mins 30secs a mile I felt good and was really up for giving this race a good go. Who knows when or if I would run it again? The mile three marker was quick in arriving. The course got busier as the three different starts had now merged and we were now running the same route, but I was still finding space to run. I had fallen into a nice rhythm and felt good maintaining my goal pace. The only issue I was having was a full bladder feeling which really couldn't be possible considering the number of times I had gone before the race, I put it down to nerves. I have been waiting to run this for nearly two years. I was not going to waste time with a toilet stop. I tried to forget about it during mile five but by mile six I was in pain so I relented and made a pit stop that even Red Bull would be proud of, and I was back on my way.*

*And before you all comment yes, I appreciate that my bladder is not the youngest and that this probably had something to do with it!!!*

**London Marathon  
Race Report  
By Jer Court**

*The first major landmark was the Cutty Sark and the noise from the supporters was deafening. No social distancing here, the crowd was four deep in some places. All was still going well for the next few miles and with the Lucozade sport station just after mile nine I grabbed one of the half-filled cups. Remembering a trick someone had once told me about squeezing the top of the cup to stop it spilling everywhere whilst running and drinking. I tried this; it did not work! It went everywhere apart from my mouth. My left eye bore the brunt of the liquid and started complaining – at least it wasn't my legs I suppose. The next mile was run wiping my eye and trying to get rid of the stinging sensation.*

*By mile twelve all was back to normal, I had upped my pace a little to make up time which I had lost. Back to full vision I could see (and hear) Tower bridge in the distance. Running up to it the noise from the crowd was getting louder and louder. The atmosphere was sending shivers down my spine, and I started to feel myself getting really emotional. Crossing that bridge was like nothing else I had experienced before. The location, the landmark, the event, the realisation that I was fulfilling a dream became clear in that moment.*

*Getting my emotion back in check I refocused and started doing some quick maths in my head - If I could keep up this current pace to about mile twenty-two/twenty-four I could then increase the pace slightly and get a time of 3:15 or under. This thought pushed me on, and I was feeling really comfortable.... up to mile twenty.... I haven't run further than twenty miles in training so the next six we're going to be a little unknown. Twenty-two miles felt okay not quite as comfortable, but I knew this would be the case and I also knew now was the time to dig deep. My watch was telling my pace was slowing and there was nothing I could do.*

*Mile twenty-three was hard. All of a sudden, I felt shattered, and my pace was now closer to eight-minute miles.*

**London Marathon  
Race Report  
By Jer Court**

*The thought of another three miles was hard to take knowing that my pace was still slowing and my goal time of 3:15 was very optimistic at this point. The crowd were pulling me along, but it wasn't enough. The last two miles were now just over eight minute per mile, and I knew my goal had gone, I was just hanging on and telling myself that I must not stop as I might not get going again.*

*The last mile was the hardest but the most enjoyable mile I have ever run. I was now counting down the meters rather than the miles and it was taking a lifetime. I could have easily stopped and walked the last four hundred meters, but I was determined to do my absolute best, I didn't want any regrets after the race. Walking was not an option.*

*Running the last one hundred meters wasn't as special as I'd imagined it to be. Not sure if this was because I was completely shattered or maybe because the stands were quite empty because of social distancing but who cares. I had finally run the London marathon. An experience I will never forget and hope to repeat someday.*

*My official finish time was 3hrs 19mins 30 seconds. I felt disappointed with this as couldn't shake the 3:15 goal but on reflection I'm pleased with my achievement especially after all the injuries I've had to manage over the past couple of years.*

*I wouldn't have been able to fulfil a dream without the support of Emerson's Green Running Club and cant thank them enough for giving me the opportunity to run this amazing race..*



### **Welfare Office Update.**

Our thanks to departing Welfare Officer Many Robinson who stepped down from the role due to an impending move to Wales. In her place, I am delighted to report that we have recruited not one but two new Welfare Officers.

### **Matt Bradley:**

Hi, I'm Matt and I'm one half of your new welfare officer team. Through my day job I have volunteered for a care team that responds to incidents and helps people in many different capacities. If you need to talk at or outside of club or if I can help please get in touch.

### **Jolene Bereza:**

Hiya I am Joe and you would normally see me on Tuesday and Thursday nights. Although, I will try and show my face at a few Monday evenings. I have both personal and professional experience of mental health. I am a mental health nurse and currently work with students. I am passionate about looking after ourselves, self-care and suicide prevention. I wasn't really sure what the role of welfare office entails, so thought it would be good to briefly summarise: so like it says on the tin it is anything welfare related. Health issues (including mental health), safeguarding issues and supporting with managing incidents. Please do seek Matt or I out. You can contact us both: [welfare@emersonsgreenrunningclub.co.uk](mailto:welfare@emersonsgreenrunningclub.co.uk) If we are not able to help, we will hopefully point you in the right direction of someone who can.

*New Welfare Officer's  
Welcome!*

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*Membership Survey –  
closing date 22<sup>nd</sup>  
December!*

Please read below, please may we ask that you take part, the questionnaire will be closed a week today on **22<sup>nd</sup> December.**

Welcome to your first ever EGRC members questionnaire.

It's been a bit of a strange 18 months, so we thought now would be a good opportunity to check in with you all. The aim of this is to capture your feedback on the way the club operates, taking into account your welfare, how it supports you as a member with your running goals & what it could provide in the future.

Without your feedback the club cannot continue to strive to develop & grow, continuing to be a fully inclusive environment for all to thrive.

<https://forms.gle/n2bV87LLhYrWoqBr5>

Thanks,

#TeamEGRC.

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## Going Loopy – Gloucester Invitational Track 24 hour

This was a demon that needed exorcising. In the same event in October 2020, despite a good build-up I blew up miserably so this time it was personal, and it gave me a strong “why” to keep going.



Once again Sandy, my wife, bravely stepped forward to crew my effort but this time accompanied by our 9-yr old daughter, Gwyneira. We tried to sell it as a “camping” weekend - but thank goodness for iPads and Roblox. After arriving early to register, we pitched a small tent track-side and stacked a camping table with a mountain of junk food.



The weather was cool and overcast at the 1000h start for the 52 entrants as we joined the 48-hour runners who were already 24 hrs into their ordeal. As usual some nutters set off at a pace faster than Camille Herron (the current badass female world record holder). I had learnt from experience that long Ultras often require patience and good pacing to avoid blowing up or a painful death-march through the night.

Towards midday the clouds broke, the temperature rose and the sun beat down. This took its toll as I became more dehydrated than expected and my heart rate drifted up. I knew the key was to slow a little, but not as quickly as others, and to minimise walking time. This worked and I gradually moved from 8<sup>th</sup> place to 2<sup>nd</sup> over the course of the next 10 hours as many turned to mostly walking.

*Gloucester Invitational  
Track 24 Hour Race  
Report  
By Peter Jackson*

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*Gloucester Invitational  
Track 24 Hour Race  
Report  
By Peter Jackson*

During the afternoon stomach fatigue meant a move from glucose heavy fuel towards real food (soup, rice pudding and a chicken sandwich). These provided a welcome boost, as did a visit by some friends who came armed with a cream-tea option.

As night fell the temperature dropped and I changed into a long sleeve top, which I had thankfully packed just before setting off having sneaked a glimpse of the online-stream of the 48 hr race entrants. Unfortunately, I also made the schoolboy error of not checking my kit and as a result I ended up deliriously fumbling bottles and food with hands stuffed into a spare pair of socks rather than gloves. After midnight I found it increasingly difficult to take on food, which meant that I struggled to close the 10km gap between me and 1<sup>st</sup> place.

When the final hooter sounded after 24 hours of going round and round a 400m track [changing directions every 4 hours] I had completed 133 miles, placing 2<sup>nd</sup> overall. Not quite the 153 miles of my 2019 Spartathlon, but creditable. With everyone finishing at the same time there was a great collective sense of relief and achievement, followed by a well supported prize giving and a comical scene of tired, stiff runners trying to dismantle and pack up their camping setups.



As an event, it was well setup and held at a convenient location. The support staff, medics, physios and volunteers were fantastic – really helpful, especially for those running solo. You are expected to be self-sufficient, however they always helped when asked and supplied water, tea/coffee/hot water, dinner – deliciously baked on-site fresh pizzas – and breakfast – ready meal porridge. There was also access to the athletics clubhouse and showers. Portaloos were allocated by race number, with 4-5 runners sharing one each.

My only frustration was in having a manual and hourly-updated leaderboard. This may sound odd but for anyone chasing a PB, a world record (age group) or trying to move up the leaderboard then this is important as brain fog descends. It would have been more useful to project the live online pacing and distance data so that your tired brain doesn't have to do too many calculations. I may have pushed harder if I knew I was at or close to age-group 50-55 GB record pace for 100mi at midnight.

For those who have never done a 24-hour track event, it is great if you fancy challenging yourself to see how far you can run or as a stepping stone to other ultras or distances. With no kit to carry, no navigation, no challenging terrain and your own aid-station every 400m it is a convenient way to learn a lot about ultra-running, your own mind and how to manage fueling in a safe environment. Plus, you don't have to call for a rescue truck pickup if you don't want to do full 24hrs!

***Gloucester Invitational  
Track 24 Hour Race  
Report  
By Peter Jackson***



*Need extra energy?  
Try this recipe!*

These are no bake energy balls so you can eat them as soon as they're made and they freeze beautifully. While these are perfect homemade energy balls for runners, they work well for pre-workout fuel no matter how you sweat. I eat them before I ride the Peloton, before strength training, before yoga, a long run, everything! If I'm running 3-4 miles, I eat one. If I'm going longer, I typically eat 2. When I had a running coach, he always preached the importance of fueling well before, during and after a run!

#### Ingredients

Old Fashioned Oats are a great source of healthy carbs to help fuel your workout. They also contain gut-healthy fiber. I buy these at Trader Joe's.

Chopped Nuts are a great source of healthy fats and help provide a satisfying crunch!

Raw Sunflower Seeds are high in vitamin E and promote a healthy nervous system.

Unsweetened Finely Shredded Coconut is high in manganese, which is great for bone health.

Cacao Nibs are a great addition in this recipe. I love the dark chocolate kick that isn't too sweet.

Peanut Butter helps hold these together and tastes amazing. I use an all-natural peanut butter that is salted but has no added oil or sugar. My favorite is the Kirkland Signature peanut butter from Costco or the non-organic peanut butter from Whole Foods. (The organic one doesn't taste as good!)

Honey is the natural sweetener in this recipe and provides a quick hit of energy and carbs to fuel your run. I always try to use local honey.

Vanilla Extract adds flavor without more added sugar.



*Need extra energy?  
Try this recipe!*

#### Step 1

Combine the oats, mixed nuts, sunflower seeds, cacao nibs and shredded coconut in a large bowl. (If your nuts didn't come pre-chopped, chop them with a chef knife or pulse in a food processor first.)

#### Step 2

In a medium bowl, microwave the peanut butter and honey together for 60 seconds. Add vanilla and mix so everything is well incorporated.

#### Step 3

Add the peanut butter & honey mixture to dry ingredients and mix. It takes a few minutes and stirring to get it to fully combine. Make sure you get all the dry ingredients from the bottom of the bowl mixed in!

#### Step 4

Wet hands a little and roll into balls, about 1" in diameter. (Or, form smaller, bite size ones if you prefer!) Re-wet hands as needed as you continue to form balls. Wet hands helps prevent the dough from sticking to your hands like crazy. Place on a parchment-lined cookie sheet. (You can place them close together because you are not baking them.) This recipe makes about 60 energy balls when they're 1" in size.

#### Step 5

Place the cookie sheet in the freezer for a couple of hours and then transfer the energy balls into a ziplock bag. When you want to eat one (or three), microwave for about 10 seconds to thaw. Or just leave them on the counter for a few minutes — they thaw quickly. And sometimes I just bite right into them right from the freezer, but that's probably not the safest option for my teeth. 😊

