



IRVINE RUNNING CLUB

Newsletter – February / 2021

During January the club had a well attended 5K virtual team event which was well supported with seven teams of four taking part. As races are cancelled or suspended the virtual races are giving a bit of competition although not as good as a proper race but as they say better than nothing.

There is also another informative article from Jennie on nutrition.

The 'From the archives' has been changed from what was originally intended to coincide with the date this newsletter is being sent out. It should become obvious once you reach the section.

The Irvine Committee for 2020/21 is as follow:

President: Mark Livingstone

Treasurer: Mike Flinn

Membership Secretary: Susan Rhodes

Secretary: Jennie Jackson

Website and IT Manager: Amy Rhodes

Male Club Captain: Stuart Moffat

Female Club Captain: Layna Thompson

Ayrshire Harriers Rep: Dave Campbell

Publicity Officer: Colin Miller

Committee Member: Janet Robertson

Committee Member: Colin Paterson

Committee Member: Gordon Thomson

Training

A lot of work is going on behind the scenes to get members trained up in the various coaching courses and club secretary Jennie has done an excellent job in getting everything organised in difficult times. There is a bit of work still to be done to get the members onto the courses but we are almost there. There are three specific areas of coaching which have been identified and should cover all the needs for seniors, juniors and the various jogging groups. We have had great response to those wanting to give their time to be part of the coaching structure at the club. There are five on the coaching assistant course which will give the club plenty of resource, training juniors and seniors alike and hopefully going through the pathway to full club coach and eventually coaching on a specific discipline. The other courses are related to the senior section running fitness including couchto5k.

Now we have a training plan and as soon as we can get some race results then we can add the coaching element of the club to our newspaper reports.

Club Website

www.IrvineRuningClub.co.uk

Further updating of historical results has been taking place on the website, courtesy of my loft, including results from the Cumbrae 10 miler. Once again thanks to Dave Campbell for forwarding the results in his possession. There are still a few blanks where we currently do not have the results so if you have any we currently don't have could you forward them on for inclusion.

Events	
Upcoming Events <ul style="list-style-type: none"> ● The 3K virtual team event at the end of February, Details will be sent out separately. ● The Marymass 10K scheduled for August was discussed at the recent committee meeting and it was decided to wait until April before deciding if the event will go ahead. 	Results <p>The 5K virtual team race had 7 teams of four entered and the fastest team were Team -2 consisting of Ross Harvey, Jim Sneddon, Becca O'Connor and May Sharp with a combined time of 1:31:59</p>

Protein requirements of endurance runners (Jennie Jackson)

The supermarkets and health food shops sell a vast array of protein products...shakes, bars and powders. But as a distance runner, do you need these and will they improve your running?

We need protein to build and repair lots of the tissues in our body, including muscle, skin, blood, bone, and also to allow many of the processes in our body to keep functioning. The government sets the Dietary Reference Values for nutrients, and these should meet the needs of just about everyone in the population. For protein, the figure is 0.75g protein per kg body weight, and works out at about 45g of protein for women, and 56g for men. It is thought that endurance runners might benefit from slightly more (around 1.2g per day per kg body weight).

The companies trying to sell protein supplements emphasise the fact that runners need more protein than average. They are quite right here, but what they don't tell us is that national surveys find that most people in the UK consume about 50% more protein than they actually need, without even trying. People who run most days have bigger energy needs than sedentary people, and usually have bigger appetites and therefore eat more, so they will be getting more than enough protein from ordinary food. Even vegetarians and vegans generally get plenty, but should make sure that they are getting it from a variety of sources.

However, the timing of protein intake can be important. It is best to spread it out throughout the day. Again, most people do this without thinking about it. To make sure you are meeting your protein targets, aim to include protein foods such as pulses, beans, nuts, chicken, fish, and dairy or lean meat in at least 2 meals per day. Even cereals and bread, and some fruit and veg contain some protein, so it all adds up.

We should also try to include a source of protein shortly after a long run or gym session, to help with muscle repair. This could be a meal, a sandwich, or other snack. A milky drink is a good option if you don't feel like eating straight after running, as it contains a good balance of protein and carbs to help repair muscle and top up glycogen stores (the fuel store in our muscles). It doesn't have to be an expensive supplement drink, a homemade milkshake is great. Or, if you are away from home, long life chocolate milk is a convenient and effective choice.

So what happens if you eat more protein than you need? We can't excrete any excess, so our bodies use it as fuel if needed, or store it as fat. If someone eats a huge excess over an extended period this may also result in ill health, for example an increased chance of having kidney stones.

Here is an example of how a 50kg female runner could meet their 60g protein requirement:

10g in porridge at breakfast, 20g from eggs and toast at lunch, 15g from milk through the day, 20g from chickpea curry. This is already more than enough without including the protein that would be in snacks, fruit and veg throughout the day.

And a sample diet for a man that meets protein requirements is at <https://theconversation.com/how-much-protein-do-you-really-need-70426>

For more info see: the BDA Food Fact Sheet on sport at <https://www.bda.uk.com/uploads/assets/ce3a1ba7-89a4-4b3e-9c85ad1c915c16c3/Sport-food-fact-sheet.pdf>

From the Archives

The Heatherstane Horseshoe



No I'm not a romantic but would like to share an event, once again sadly no longer with us, which was held for couples. The couples could be man and wife or girlfriend (not both!) or for those who were single then they would get paired up with other club members. It didn't matter how fast or slow you were as you would both estimate the time you reckon it would take you. The accumulated total was a distance of seven miles and the couple would decide how far they wanted to run or walk as many of the non-runners would do. Obviously no watches (garmins weren't invented) were allowed so it was all done fairly. The trophy itself was a classic which everyone wanted on their fireplace. It was a horse show with a pair of runners on it. Doesn't sound much but when you looked at it carefully you could see that this was a serious piece of artwork, and so it was. To my knowledge the artist was one George Cowie who came to fame when he designed the paper boat but was also responsible for other brilliant pieces of metalwork art. Recently there was an article in the Herald (not Irvine) about his life. Anyway Mary and myself were lucky enough to win it one year and were almost in tears when it came off the mantelpiece and handed back. We never won it again. As part of the event all runners brought food along for a post-race feed and a few drinks. This was a great social event and brought everyone together, including spouse and partner. As we try to re-establish some of the activities the club had this might be an option to bring this event back but unfortunately without the trophy which as far as I can remember was returned to the artist.

Contact the committee if there is anything in the newsletter you might want more information on or if there is anything you would like us to include in future issues
