

ACTIVE LIFE

ISSUE 47

Spring 2011

Newsletter of
Birkenhead AC

HAPPY EASTER

Yes a "Happy Easter" to you all. Easter co-incides with spring and the weather is warmer, the snowdrops and crocus have made way for the vibrant colours of the daffodil and dandelions and there are plenty about and hopefully the winds will spare them. Bluebells to follow.

The dawn chorus has started and it is altogether a better time of the year. Every time of the year is good but for me spring is the best. That is the nature study out of the way, I just wish the PC brigade and red tapers were also out of the way. We have lost 2 good

runs, Farndon 10k and Whitley 10k to these people. "good country lane runs where hardly a car was seen, but these have been deemed not safe enough. There will also be no Capenhurst 10k this year due to lack of support. Hopefully the losses will end there but I doubt it. Muller have had to withdraw their support but the race goes on under the Market Drayton banner. After the bad some good, the Llandudno 10 mile is back, it is costing a fortune to put on but the support is there.



The delights of spring

For the marathon runners the training will be over and the nerves starting, the apprehension over the training, will it have been enough? Well they are about to find out and we wish all our club runners good speed and an enjoyable safe run. The planning is over for the party that are going to Nice, hopefully with better luck this year, also to them a good and safe run. The planning has already started for next year, with details to follow.

Cross Country Conscience

I attended Prenton Secondary School for Boys in the late 50's. The school is now Devonshire Park in Temple Road. Each year there was the cross country and each year I avoided it except for one year when I had to run. The course was up Prenton Road West, left along Storeton Road, along Mount Road, down Lever Causeway up Marsh Lane and back to school. That was the idea. Not my idea though, I ran with a group of 4 classmates who all had the same idea. CHEAT. And we did. We made our way to the point where there are now traffic lights at the junction of Mount Road and Storeton Road. Here there used to be woods and that is where we hid until we saw others running back. We would then make our way back to school.

I mentioned all this to Maria Haigh and she talked me in to completing the course legally and we did and it certainly made me feel a lot better.

ABILITY is what you are capable of .

And remember

MOTIVATION determines what you do

ATTITUDE comes free

ATTITUDE determines how well you do it.

MOTIVATION also costs nothing

ATTITUDE brings its own rewards

CIVIC AWARD

On 24th January an honour was bestowed upon BAC in the person of our Club Treasurer, Margaret Delaney. BAC'S contribution to community welfare as a welcoming organisation, and as an occasional inspiration to aspiring runners, was rewarded by the presentation of a civic award to Margaret. She graciously accepted it on behalf of us all!

The night proved memorable. The civic dignitaries waited upon the award winners in the splendid venue of the Wallasey Town Hall. The homely but dignified Mayor's Parlour was the setting for the presentation. A local historian, a Sea Cadet commander, and a volunteer at Flaybrick Cemetery were amongst those honoured. Of course, the most gracious recipient was Margaret, a star whose brightness outshone the gold decorating the Mayor's Chain! Clearly, Mayor Jennings thoroughly enjoyed the ceremony, bringing a smile and warmth to a most dignified occasion. He particularly enjoyed his photographic session with each of the recipients, but perhaps with the Lady Marathon Runner more than most!



After the presentation the Award Winners and their guests adjourned to the Mayoral Dining Room and were served a delicious, if fattening meal, memorable in its own right but even more so because of the lovely occasion.

BAC members can look forward in eager anticipation to the photo of the ever young grandmother- to- be appearing in the local press. Well done, Margaret, Unfortunately the photo never made the local press but above is a copy of the official presentation of Margaret and the Mayor

TEN WORDS

The most selfish one- letter word? **I.** Avoid it

The most satisfying two -letter word? **WE** Use it.

The most poisonous three- letter word? **EGO.** Overcome it.

The most used four- letter word? **LOVE,** Value it

The most pleasing five- letter word? **SMILE.** Keep it

The fastest spreading six- letter word? **RUMOUR.** Ignore it.

The hardest working seven- letter word? **SUCCESS.** Achieve it

The most enviable eight- letter word? **JEALOUSY.** Distance yourself from it.

The most powerful nine- letter word? **KNOWLEDGE.** Acquire it.

The most valued ten -letter word? **FRIENDSHIP.** Maintain it. You will soon know who your friends



More delights of spring

LONDON MARATHON 2011 and NICE 2011

All the training and planning for both races brought their own rewards for these races. All who took part successfully completed them and despite the heat in both races all enjoyed their experiences. Time and space unfortunately doesn't allow for full reports but will be carried in the next issue, when no doubt for all competitors memories will be revived.

Super Runner 1

A 49-year-old Belgian athlete, Stephan Engels, in early February 2011 completed his 365th marathon in 12 months. He raced through 7 countries in establishing his consecutive marathon record. During his 12 months of running he lost 15 kg and wore out 25 pairs of trainers. His average time was 4 hours and his fastest was 2 hours 56 minutes. Must have had a great back up team and sponsor

Super Runner 2

In the last newsletter I reported that a Doctor, Andrew Murray, from Scotland was hoping to run all the way to Morocco. He did in fact complete the "run" in 78 days and a distance of 2,664 miles. In Scotland the temperatures were well below freezing and in contrast it was 35C (95F) when he reached Morocco. He ran an average of 34 miles a day and ran every day. In doing all this he hoped to raise £100,000 for charity. Another runner with a great back up team and sponsor.

Congratulations

Good news is always very welcome and in this item there is plenty
Congratulations (1) to Maureen Edwards on becoming a grandmother twice over recently. Her 2 daughters, as they say, doing the honours

Kate and Ben had Blake Benjamin on 15th January 2011, their first child 8lb 12 oz

Sarah and Dave had Jamie David on 23rd February 2011 8lb 3oz, little brother for Josh.

Congratulations (2) to Christine Champney on becoming a first time Grandmother. Chris's daughter, Laura and husband Martin became proud parents to Harriet on 29th September 2010. Harriet weighed in at 11b 2oz (500grams), half the weight of a bag of sugar. Harriet was not allowed home until late February 2011 and now weighs a bouncing 7lb 12oz

Congratulations (3) to Kath and Tony McDevitt on their recent adoption of daughter Lydia. Lydia is now 5 and attends Town Lane Primary School. Tony and Kath say Lydia is a bundle of energy but great fun.

Congratulations (4) to Norman Grundy on becoming a grandfather for the 6th time. Norman and Jean's son Mark and his wife Kate became parents again. Nyssa Rose born on February 25th 2011 weighing in at 9lb 5oz, a sister for Maya and Aidan.

Congratulations (5) Emer and Rob Sneddon on moving to Wirral from South Croydon. We first met Emer and Rob in Paris for the half marathon and were introduced to us there as Maria Haigh is their friend. They took up running and joined BAC and ran with us whenever they visited the area. They have moved on in that they have entered this year's Liverpool triathlon. Keen cyclists they followed the 2009 Tour de France not on bikes but part of an organized tour. The first ever race they did was the Torremolinos half marathon

AGM

The AGM of Birkenhead AC will take place on Friday 20th May 2011 at the Lairds Social Club starting at 7-30pm. Formal notification will be sent out to all members

**Newsletter of
Birkenhead AC**

President Tony Bobby
Chairman Andy Waring
Treasurer Margaret Delaney
Secretary Norman Grundy

Social Secretary Pauline Martin
Committee
Jerry Williams
Lawrie Brown
Web site Andy Gardner

**Www.birkenheadac.
co.uk**

Important dates

SUMMER CLUB RUNS

Thursday 12th May at 7pm - Rock Retail Park,
McDonalds car park - Dave Grundy

Thursday 16th June at 7pm - The Dell in Port
Sunlight -Andy Waring

Thursday 7th July at 7pm - Irby Mill car park
(please share cars, small car park) - Jim Edwards

Tuesday 2nd August at 7pm - The Cottage Loaf
car park - James Downey

SUMMER HANDICAP

Friday 24th June at 7pm - Moreton Shore

Please come along and support these summer
events, somewhere different from the normal train-
ing runs and good fun

ALL SET FOR THE OFF



All kitted out in Nice and ready to rumble



Chris , Jerry and Margaret ready for the off in London

LIBERATION TREATMENT

You might remember that 18 months ago we raised some money for a man, Andrew Monk, whose wife was suffering from MS and who was touring the region to raise money for MS research. He sent me the following letter relating to the progress his wife is making as a result of a recent innovatory operation. Maybe our contribution played some part in this good news!

Dear Lawrie

Gwen is just about over the stress of travelling up to Edinburgh for the 'Liberation Treatment', and already she has noticed several small but very significant improvements.

The procedure went without a hitch and the doctors and nurses were brilliant. They explained to us that Gwen had narrowing in both Jugular veins in her neck and two faulty valves in one of them, and that the Azygos, which runs down the centre of the body had severe narrowing at the top

Doctor Reid said this was like a major motorway junction for blood flow.

Dr. Zamboni says that this narrowing of the veins is the cause of MS.

The procedure would be to 'balloon' all five areas to correct the narrowing and the faulty valves. This was done by threading a balloon through a vein in the thigh up to the Jugulars and the Azygos, then inflating it when it was in place to expand the veins again. The balloons were then removed

Apparently there was a risk in ballooning the Azygos as it was possible for it to burst during the procedure and cause life threatening internal bleeding; it hadn't happened so far in any of the procedures the doctor had performed but it was a possibility. That made the one and a half hour wait during the procedure so much more anxious for me, but Gwen said she was sedated during most of it so she was oblivious to anything that might have happened!

The improvements she has experienced since are really quite amazing. No more fatigue, which was a major issue before, so much so that she had to attend a fatigue clinic; her left leg is a normal colour again, before the procedure it was always red and swollen from the shin down. Not as many muscle spasms, she can stand for much longer, dress herself more easily, and she now sleeps deeply, and here's an usual one - she is dreaming again! She hasn't dreamt for years. Apparently this is the best kind of sleep too (when you dream). Overall she looks healthier and is much more alert.

This is only my opinion now but from what I have read about Dr. Zamboni's theory, and from reading about other peoples experiences after the procedure, and from what I am seeing with Gwen, I would say that the Liberation Treatment has stopped the progression of the MS. That is a great weight from all our shoulders and allows us to look to the future with renewed optimism. After seeing what eighteen years of MS can do to someone you love I had almost forgotten what hope for the future feels like, and I sincerely hope that the NHS can make this procedure available to everyone in the UK who has MS sometime this year. In fact, one of the doctors told us that he had also scanned patients with Parkinsons, Dementia, and Motor Neurone Disease and they also had the same narrowing of the Jugular veins.

Wouldn't that be amazing?!

Here's to our wonderful doctors and nurses.

Best wishes from Gwen and I for 2011,

EQUALISER 2010

This has now been finalised and the winners will be announced at the May AGM. Just to remind you all that the Equaliser is based on any 5 of 7 distances namely Seaside Run including Summer handicap, 5k, 5 miles, 10k, 10 miles, half marathon and full marathon. It is age related so everyone has a fair chance providing they run 5 distances in the calendar year January to December.

TIME TO MEET....JERRY WILLIAMS

Jerry was the clubs first Secretary and it was through him our sponsorship with Piggly Wiggly was formed. The following questions were put to him just before Christmas 2010.

Family?, married to Irene for 34 years and they have a son, Andrew and a daughter, Sian. They also have 2 grandchildren, Louis and Natasha.

Jerry is employed by Shop mobility and is a Co-ordinator. He is also an elected Council member for Bebington. He is also a Wirral Heritage Champion.

What is your favourite holiday destination? I have many but overall it has to be Australia for its scenery, people and wildlife and birds.

What was your worst holiday? As a child we used to holiday in Anglesey, it always seemed to rain and it put me off caravans for life.

Who is your favourite male athlete? Marathon runner extraordinaire Eddie Izzard for his 43 marathons over 52 days.

Who is your favourite female athlete? It has to be Paula Radcliffe, who has brought so much attention to distance running with her success in marathons.

Are there any sports you dislike? Yes what I call non-sports like darts and snooker.

Most enjoyable race? It has to be the New York marathon. The scenery, crowds and music were fantastic. I just love High School Bands with trumpets. I also enjoyed the Berlin marathon and Brandenburg Gate.

What is your most disliked race? The Great North Run, because there are too many people in it that you can't really get any rhythm to your running. I dislike the course and the hours trying to get out of South Shields after the race. I am not a lover of short distance races mainly because they have caused me injury problems.

Who would you like to invite as dinner guests? Edwin C Bearrs(The most famous Civil War Historian in America) but I have already had dinner with him and also several Battle of Britain pilots who are now in their 90's.

Any favourite music? Yes Buddy Holly, Chuck berry, 60's music, Lily Allen, ELO, The Andrews Sisters, Aaron Copeland (composer of Fanfare of the Common Man)

Favourite Song? American Trilogy.

What is your favourite food? Fish and Chips but only occasionally.

Most disliked food? Tuna, Salmon, sardines, Chicken and Turkey.

Favourite drink? Non drinker.

Have you ever met anyone famous? Numerous but Douglas Bader and Bill Clinton spring to mind.

Do you have a favourite Radio or Television Programme? Roger Philips phone in on Radio Merseyside and on television Heartbeat and Time Team

Favourite Film? Lawrence of Arabia amongst many.

Thanks Jerry for taking part. I have 2 more volunteers in mind so watch this space.

CROSS COUNTRY

The cross country season went well with a variety of courses and weather. Beacon Park was cold and muddy. Arrowe Park was cold and frosty and frozen. Clarke Gardens ideal and picturesque. Walton Hall Park was cold but bearable. Runcorn was "Hilly" especially up the Ski slope. Birchwood topped the lot with hills and pools and water. Unfortunately we never had a full Ladies team and only on a couple of occasions did we have a full Mens team. We are aiming to improve up on this for next winter plus hopefully teams in the Merseyside Cross Country Championships and the Northern Cross Country Championships. Something new to aim for.

PRESIDENTS 5K

On a cool April 1st evening at the Oval track 10 sturdy souls ran 12 and a half times round the track. The run was started by our President, Tony Bobby. The wind was very gusty and made the runners work that bit harder. It also made those watching try to keep warm. Thankfully it stayed dry. We nearly had 12 runners but to quote one of the Ladies involved "No rush it never starts on time" It did and they missed out but it was good to see them. The race was won by Joe Johnson after he and Tony McDevitt had shared the pace making for over 11 laps. Joe was the winner and Tony 2nd. The other 8 soon followed them home. Afterwards it was off to the DADA Chinese restaurant for some well earned refreshments.