



THE NEWSLETTER OF WARE JOGGERS

No. 159

January/February 2012

EDITORIAL

Bits and Bobs

Although I didn't get to the Dickensian Evening in December, it obviously went very well as the Tombola and Santa's Lucky Dip made £602 for our Charity. Many thanks to everyone that donated prizes, spent half the night at Margaret and Andy's sticking on the raffle numbers and worked hard running the stall.

Again, not being my usual dancing mad self, I didn't get to see the night out at our Christmas Party but did have the pleasure of tucking into Jan and Margaret's grub, so many thanks to them. The London Marathon draw was held as is usual at this time and the lucky winners were Jude, Nikki and Pascal. The raffle made us another grand amount of £216.

If you have any unwanted plastic 35mm film canisters, Nick Cheal will be pleased to take them off your hands, speak to him at Club.

REMINDER

Reflective bibs can be bought from Claire Nichols for the small sum of £2-00, she will also supply you with Club kit which you will need to wear if you intend running to score in Club League Championship races or non-champs races in which you want to add points to your Bronze, Silver or Gold medals. (Bronze 25 races; Silver 50 races and Gold 75 races. Special awards are made for over 100, 150, 175 and so on). NB Results shown in Footnotes have NOT automatically been counted towards your awards for representing your Club in open races. You need to acknowledge that you ran in Club colours by writing your races and results on the Club notice board list to have them counted.

As always, I like to remind you that on these dark, wet winter nights, we should all be wearing light or reflective clothing when running.

If you have any items that you wish to be included in the March newsletter, please let me have them by 20th February Thank you.

Roy Stringer

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FORTHCOMING RACES

NB Remember that the Royal Mail are charging more for A4 and above sized letters, So keep your race entry envelopes and SAEs to A5.

REMINDER.....REMINDER.....REMINDER.....REMINDER.....REMINDER

If you need Club Kit to wear in a forthcoming race, please **DO NOT** wait until the week before, **OR EVEN ON THE DAY OF THE RACE!!!** See Claire Nichols in plenty of time to avoid disappointment and give her a chance to order your size if she does not have it in stock. Thank you. NB. The Club League Championship races listed here are the intended ones but may be subject to change. Plenty of notice will be given. Chris Williams, Fixtures Secretary.

Please note, ALL 10 Club League Championship races plus the 4 Cross-Country League races will be printed in the newsletter in this bold type. More details of each race will appear in the newsletter and on the WJ website.

Great Bentley Half-Marathon. 5th February. 10-30 am.

Last of this winters cross-country races. Bishops Stortford R.C. 12th February. 10-30 am.

Berkhampsted Half-Marathon. 4th March. 10-00 am.

Sandy 10 miles. Sunday 25th March. 10-30 am. Nigel bush@hotmail.com

Braintree 5 miles. 1st April. 11-00am. www.Braintreeanddistrictac.co.uk

St. Albans 10 K. 13th May. www.stalbansstriders.com (entries open beginning of March)

Hatfield Broad Oak 10 K. Monday 4th June. Contact.. Admin@hbo-10k.org.uk
Registration for this popular race will start on 1st March.

Please note, Most races, other than our Cross-Country League may be entered on line at....
www.runnersworld.co.uk or www.sports.fitness.com

WARE JOGGERS SOCIAL EVENTS DIARY – JAN/FEB 2012

Looking back on a great Dec/Jan...

DICKENSIAN EVENING – FRIDAY 2ND DECEMBER

An amazing evening and a phenomenal amount of pennies raised! Well done to everyone who came along to help that evening and a BIG thanks to all those people who donated things and helped to prepare for the evening... a great success!

CHRISTMAS PARTY 10TH DECEMBER

A great 'do' it was a great turn out and I thought that the different DJ did a great job... if anyone has any feedback about the do like the venue and DJ please let me know I will be booking next year very very soon.

JOHN BUTCHERS TREASURE HUNT- 18TH DECEMBER

A big thankyou to John B for another successful and very enjoyable treasure hunt.... Even planned a spot of festive snow for the occasion! Also a big thankyou to John H for letting us take over his summer house for the morning.

SOCIAL EVENING –20TH JAN

A mixed bag of an evening all for charity... our very own Ware Joggers choir performed again, and Rob Waddingham put on an excellent quiz which was won by 'Roys Team' with runners-up 'Andys Scouts' and 'Clueless' a close 3rd. There was a Bring-and-buy sale with various items such as books, DVD's and brand-new fleeces. Baggers and Alana held a cake stall to help raise money for his charity for the marathon which made £150 -00. Entry and the Bring-and-buy realised another £137-00 so a useful evening for our charities. Thanks to all of you that came and supported.

Looking forward....make sure you have these dates in your diary

WELLBEING DAY 18TH FEBRUARY

The wellbeing day is on... there will be four speakers from areas of Diet and Nutrition, physiotherapy, podiatry and remedial personal training. It will be brilliant to find out more about running and some things to try and not to try. The tickets will go on sale shortly at the moment the tickets will be £15 each (however this is not set in stone as yet) there will be lunch provided. If you have other friends, family or colleagues that would like to attend then they are welcome (you may need to coordinate them getting tickets though).

WARE JOGGERS 25TH BIRTHDAY BASH- FRIDAY 8 JUNE 2012

This will be held at the Hertford rugby club and will be a black tie event. There will be champagne and canapé reception, a three course meal, a live band followed by a disco. The tickets are now on sale and cost £50. If you would like to pay for them in part then this is OK, you can place a £10 deposit down and pay off between now and the event. Margaret F is selling tickets on club nights.

JOGGERTHON- FRIDAY 29 JUNE 2012

Colin is coordinating a Ware Joggers Joggerthon this will be raising money again for the Ware Joggers charity of 2012. The plan is to run a marathon as a club by doing a lap each of the track we are looking for runners and also supporters, we are trying to ensure this is a family event... there will be fun games, food and drinks. Check on our website Forum to be sure your name is on the list of runners. Total registered runners to date is now 111 but if your name is not on the list, tell Colin as he does not want to exclude any members.

Please note, if you are requested to put Ware Joggers England Athletics registration number on future race entry forms, it is 2669597. You should also have your own personal number if you are registered with England Athletics to take part in races.

Ware Joggers London Marathon Club places are calculated on our UKA membership. Membership also provides insurance cover when you run in open races, and reduces each race entry cost. UKA membership costs an additional £5 p.a. made payable to Ware Joggers to either Chris Reed or Margaret Waddingham

RESULTS

H & E WINTER CROSS-COUNTRY LEAGUE. FIRST RACE. WARE JOGGERS.
SUNDAY 4TH DECEMBER 2011.

4 TH KEVIN WHELAN	90 TH PHIL CUNNINGHAM
6 TH DAN PICKERING	93 RD MIKE THACKER
7 TH JON WILLIAMS	94 TH JOHN BUTCHER
11 TH DAVE POMEROY	95 TH JOHN HEYWOOD
12 TH GARTH MORRIS	
25 TH TOM GEE	4 TH ANNETTE HARDMAN
27 TH NICK KENYON-MUIR	6 TH CHRISSIE RICHARDS
32 ND MARK CYL	16 TH HAZEL CLARK
37 TH TONY O'SULLIVAN	24 TH ANNE RAMSDEN
50 TH TONY SHOESMITH	25 TH DEBBIE SPICER
51 ST KENNY BLYTH	26 TH JAN STOCK
56 TH CHRIS WILLIAMS	29 TH SARAH HOWARD
62 ND PETER BAKER	31 ST JULIA GRISTWOOD
65 TH RICHARD COFFEY	34 TH HELEN HUMPHRIES
68 TH SHAUN BOWDEN	36 TH KATE LIDDIARD
71 ST BOB SHELDRIK	37 TH CLARE HALFPENNY
72 ND KRIS PRINGLE	38 TH JUDE MANSER
75 TH TONY ROSE	42 ND SAM BOWDEN
76 TH PASCAL McMANMON	43 RD KATE BALFOUR
82 ND PHIL LANCASTER	49 TH RACHEL SYMONDS
83 RD ROB WADDINGHAM	52 ND JESS TAYLOR
85 TH LES TAYLOR	53 RD DEBBIE ALLAN
88 TH RICHARD WHITING	57 TH MAGS BALFOUR
89 TH COLIN NAMAN	

TEAM FINISHING POSITIONS

1ST SAFFRON STRIDERS, LADIES 23 PTS. MEN 73 PTS. TOTAL 96 PTS.
2ND WARE JOGGERS, LADIES 34 PTS. MEN 92 PTS. TOTAL 126 PTS.
3RD HARLOW R.C. LADIES 24 PTS. MEN 106 PTS. TOTAL 130 PTS.
4TH BISHOPS STORT FORD R.C. LADIES 12 PTS. MEN 140 PTS. TOTAL 152 PTS.

BEDFORD HALF-MARATHON SUNDAY 11TH DECEMBER 2011.

	GUN	CHIP
ANNE RAMSDEN	1-51-46 PB	1-51-31

ANNE BROKE HER VET 55 CLUB RECORD.

GATLIFF 50K. SUNDAY 27TH NOVEMBER 2011.

RITA WILLIAMS	9-40-00
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FLORENCE MARATHON. SUNDAY 27TH NOVEMBER 2011.

STEVE SADLER 3-14-48 PB

BROADMEADOW TRAIL MARATHON. SUNDAY 11TH DECEMBER 2011.

RITA WILLIAMS 5-30-00

PORTSMOUTH COASTAL MARATHON. SUNDAY 18TH DECEMBER 2011.

RITA WILLIAMS 4-24-35

GREAT BARROW WINTER CHALLENGE. SUNDAY 27TH DECEMBER 2011.

RITA WILLIAMS 5-20-00

BUNTINGFORD YEAR END 10 MILES. TUESDAY 27TH DECEMBER 2011.

DAN PICKERING	1-01-64	HAZEL CLARK	1-24-51
LARRY MANGELSHOT	1-02-50	SANDRA MORRIS	1-25-32 PB
NICK KENYON-MUIR	1-07-03	JUDE MANSER	1-27-56 PB
JAMIE HIGGS	1-07-30	NICK CHEAL	1-28-58 PB
KENNY BLYTH	1-10-06	ANNA GATTI	1-31-33
RICHARD COFFEY	1-13-07	JENNI VINER	1-31-58 APB
STUART BALLARD PB	1-14-48	JESS TAYLOR	1-37-33 PB
TONY ROSE	1-16-19	COLIN NAMAN	1-38-00
PHIL LANCASTER	1-24-06	HELEN CHEAL	1-39-05
KIMBERLEY MANGELSHOT	1-24-50 APB	KEVIN WEAVER	1-41-36

MK WINTER ENIGMA MARATHON. MONDAY 2ND JANUARY 2012.

RITA WILLIAMS 4-30-15

H & E WINTER CROSS-COUNTRY LEAGUE. 2ND RACE, SAFFRON STRIDERS.

SUNDAY 8TH JANUARY 2012.

5 TH KEVIN WHELAN	102 ND RICHARD MILLWARD
7 TH JON WILLIAMS	103 RD COLIN NAMAN
11 TH GARTH MORRIS	105 TH PETER KEATS
14 TH DAVE POMEROY	107 TH TERRY NICHOLS
15 TH TOM GEE	108 TH JOHN BUTCHER
27 TH NICK KENYON-MUIR	109 TH JOHN HEYWOOD
36 TH MARK CYL	
38 TH TONY O'SULLIVAN	5 TH ANNETTE HARDMAN
42 ND JUSTIN HILL	8 TH LOUISE OLIVER
51 ST TONY SHOESMITH	11 TH CHRISSIE RICHARDS
52 ND KENNY BLYTH	19 TH EIBHLIN LEAHY
65 TH CHRIS WILLIAMS	25 TH JAN STOCK
66 TH MIKE BAGNALL	27 TH ANNE RAMSDEN
68 TH PETER BAKER	28 TH SUE MILLWARD
73 RD TONY ROSE	37 TH SANDRA MORRIS
79 TH ROGER PARTRIDGE	38 TH JULIA GRISTWOOD
89 TH ROB SAUNDERS	43 RD JENNI VINER
90 TH JON LITTLE	44 TH SARAH HOWARD
91 ST LES TAYLOR	46 TH JESS TAYLOR
92 ND PHIL LANCASTER	49 TH RACHEL SYMONDS
96 TH PHIL HUDSON	51 ST JUDE MANSER
98 TH NICK CHEAL	53 RD NIKKI KING
100 TH ROB WADDINGHAM	55 TH CLARE NICHOLS
101 ST RICHARD WHITING	59 TH MAGS BALFOUR

TEAM FINISHING POS. 1ST SAFFRON STRIDERS, 83 PTS. 2ND HARLOW R.C. 119 PTS.
3RD WARE JOGGERS 139 PTS. 4TH BISHOPS STORTFORD R.C. 162 PTS.

H & E WINTER CROSS-COUNTRY LEAGUE. 3RD RACE. HARLOW R.C.
SUNDAY 15TH JANUARY 2012.

5 TH KEVIN WHELAN	88 TH PHIL HUDSON
6 TH JON WILLIAMS	89 TH RICHARD MILLWARD
7 TH GARTH MORRIS	91 ST COLIN NAMAN
10 TH DAVE POMEROY	93 RD PETER KEATS
12 TH MIKE THORPE	94 TH STEVE JOHNSON
14 TH TOM GEE	95 TH JOHN BUTCHER
17 TH JUSTIN HILL	96 TH JOHN HEYWOOD
28 TH NICK KENYON-MUIR	97 TH ROY STRINGER
29 TH JAMIE HIGGS	
36 TH TONY O'SULLIVAN	6 TH ANNETTE HARDMAN
39 TH MARK SYL	7 TH LOUISE OLIVER
49 TH TONY SHOESMITH	16 TH CHRISSIE RICHARDS
51 ST CHRIS WILLIAMS	24 TH JAN STOCK
59 TH STUART BALLARD	25 TH SUE MILLWARD
60 TH KENNY BLYTH	27 TH KIMBERLEY MANGELSHOT
61 ST MIKE DAVIS	31 ST ANNE RAMSDEN
62 ND PETER BAKER	33 RD SANDRA MORRIS
63 RD TONY ROSE	34 TH JUDE MANSER
65 TH MIKE BAGGERS	36 TH JULIA GRISTWOOD
73 RD ROGER PARTRIDGE	39 TH SAM BOWDEN
76 TH ROB SAUNDERS	42 ND SARAH HOWARD
77 TH SHAUN BOWDEN	43 RD RACHEL SYMONDS
82 ND LES TAYLOR	46 TH JESS TAYLOR
84 TH PHIL LANCASTER	47 TH JENNI VINER
85 TH ROB WADDINGHAM	52 ND NIKKI KING

TEAM FINISHING POSITIONS

1ST HARLOW R.C. LADIES 22 PTS. MEN 72 PTS. TOTAL 94 PTS.
2ND WARE JOGGERS LADIES 29 PTS. MEN 81 PTS. TOTAL 110 PTS.
3RD SAFFRON STRIDERS LADIES 13 PTS. MEN 121 PTS. TOTAL 134 PTS.
4TH BISHOPS STORTFORD R.C. LADIES 20 PTS. MEN 146 PTS. TOTAL 166 PTS.

TIPTREE 10 MILES. SUNDAY 9TH OCTOBER 2011.

CLUB LEAGUE CHAMPIONSHIP RACE.

JON WILLIAMS	1-01-43 PB	NICOLA PICKERING	1-27-46
KEVIN WHELAN	1-03-02 PB J	UDE MANSER	1-27-57 PB
LARRY MANGELSHOT	1-03-37	KIMBERLEY MANGELSHOT	1-28-24
TOM GEE	1-05-11	SARAH HOWARD	1-31-33 APB
GARTH MORRIS	1-05-55	COLIN NAMAN	1-33-00
NICK KENYON-MUIR	1-08-24	TERRY NICHOLS	1-33-55
CHRIS WILLIAMS	1-11-05	NIKKI KING	1-38-53
TONY O'SULLIVAN	1-13-31	CLAIRE NICHOLS	1-38-54
PETER BAKER	1-13-57 PB	PETER KEATS	1-40-48
ANNETTE HARDMAN	1-14-22 PB	JOHN BUTCHER	1-41-42
ROGER PARTRIDGE	1-18-10	MARGARET WADDINGHAM	1-45-02
EIBHLIN LEAHY	1-19-18	ROBERT WADDINGHAM	1-46-23
MARTIN BLACKER	1-23-48	RACHEL SYMONDS	1-51-35
LOUISE OLIVER	1-23-58 PB	JOHN HEYWOOD	1-55-38 PB
ANNE RAMSDEN	1-24-49 APB	ROY STRINGER	2-00-56
PHIL HUDSON	1-26-01 PB	VAL STRINGER	2-04-04
LYNN NICHOLLS	1-27-08		

ANNE BROKE THE VET 55 AND JOHN B. BROKE THE VET 80 CLUB RECORDS

CHESTER MARATHON. SUNDAY 9TH OCTOBER 2011.

	GUN	CHIP		GUN	CHIP
KENNY BLYTH	3-34 19	3-34-01	HAZEL CLARK	4-43-30	4-42-07

KENNY BROKE THE VET 60 CLUB RECORD AND WAS 5TH VET 60 OVERALL.

MARATHON CLUB AGM HANDICAP. SUNDAY 8TH JANUARY 2012.

RITA WILLIAMS 4-26-00

COLD CHRISTMAS MARATHON. SUNDAY 8TH JANUARY 2012.

MARK BLANCHARD 4-34-10 COLIN GRACE 4-34-12

REMINDERS

If you run in a race other than with the Club and would like the result recorded in the newsletter, please let me have the details at Club or send to the Forum webmaster on our website.

For those of you that are planning a Spring Marathon, here are the dates for the supported long runs. Sunday 29th January, 14/16 miles; Sunday 19th February, 16/18 miles; Sunday 18th March, 18/20 miles; Sunday 1st April, 20/22 miles, or Fri. 6th April. T.B.C.

Don't forget to check our website, especially the Forum which gives up-to-date info supplementing the monthly/bi-monthly newsletters. Please keep your interesting and amusing articles for Footnotes coming, either to me at the club, or to the Forum webmaster on our website. Thank you. www.ware-joggers.co.uk

Roy Stringer

NB. If you think that you have broken a Club record for your age group, please send to/or give at Club, all the race details plus if possible a duplicate entry form, to Terry Nichols for verification as he is the keeper of all our Club records. Thanks.

FIRST AID

On Saturday 26th November, twelve valiant Ware Joggers duly arrived at Wodsons for a British Red Cross First Aid Course. Although a few had done similar training, some of us were looking a little apprehensive.

We did not have to worry, Sarah our instructor was so helpful, informative and patient. Interspersed with very good video tapes, she and her three plastic models all named Annie demonstrated CPR (cardio-pulmonary resuscitation) with us all taking our turns. (Must say, Annie paled a little as I came towards her).

We learnt how to lay a patient in a recovery position, to help anyone choking or bleeding, also coping with burns; how to identify someone with a stroke. We have of course all seen the film on TV but it helps to get the information first hand.

They all liked my true story of my Mother when she used to have mini-strokes. Their Doctor once asked my Father what he did when they happened, he quickly told the Doctor, "I play the piano" not as silly as it sounds, my Mother used to try to sing and her speech recovered.

Other disorders of the heart are Angina and of course Heart Attacks. Just sitting the patient down and giving them a 300 mg Aspirin to chew will help until the ambulance arrives.

Next was the Bandaging and Sling section. In no time at all, there were several casualties dotted around the room with smug faces when they got it right.

Dealing with Hypothermia is close to our runners hearts as many of us have suffered this on such events as Tough Guy, Hell Runner and other crazy things that we do.

Sarah also spoke about Diabetes and Asthma, we all agreed that we really needed information within the Club so that we would be able to deal with an emergency.

(This info is important and perhaps could be included on our membership forms making the details available to our First-Aiders)

Drowning was covered too. (Please see Roy!!)

Seizure, Allergic Reaction, and yes, Strains, Sprains and Fractures, even Nose Bleeds.

Armed with all this knowledge, we are told to keep calm, assure the patient and get help.

After a really good day, we all felt a lot more confident to be able to look after our fellow runners. I cannot write this without saying how great Sarah was, making us feel comfortable enough when answering our silliest questions with skill and a lot of patience.

Thanks go to Margaret Waddingham for organising such a good and informative day.

Val Stringer

CLUB RECORDS BROKEN OR NEW ONES SET IN 2011

5K.	SENIOR ANNETTE HARDMAN	21-06	ILFORD
5K.	VET 45 LARRY MANGELSHOT	17-39	ILFORD
5K.	VET 55 ANNE RAMSDEN	24-39	ILFORD
5K.	VET 60 KENNY BLYTH	20-01	ILFORD
5K.	VET 80 JOHN BUTCHER	28-25	ILFORD
5MLS.	VET 55 ANNE RAMSDEN	40-28	BRAINTREE
5MLS.	VET 70 VAL STRINGER	55-41	INGATESTONE
5MLS.	VET 50 GARTH MORRIS	29-41	INGATESTONE
5MLS.	VET 60 KENNY BLYTH	33-20	INGATESTONE
5MLS.	VET 80 JOHN BUTCHER	47-15	INGATESTONE
10K.	VET 55 ANNE RAMSDEN	50-22	FLITWICK
10K.	VET 60 RITA WILLIAMS	51-18	ST.CLARE
10K.	VET 80 JOHN BUTCHER	60-33	STANDALONE
10 MLS.	VET 55 ANNE RAMSDEN	1-24-49	TIPTREE
10 MLS.	VET 60 KENNY BLYTH	1-09-58	HARLOW
HALF-MARA VET55	ANNE RAMSDEN	1-51-46	BEDFORD
HALF-MARA VET 60	KENNY BLYTH	1-32-24	STEVENAGE
20 MLS.	VET 60 COLIN NAMAN	3-20-25	ESSEX
MARATHON VET 50	DEBBIE PERRY	3-58-24	LONDON
MARATHON VET 60	RITA WILLIAMS	3-59-59	FAVERSHAM
MARATHON VET 60	KENNY BLYTH	3-34-19	CHESTER

RUNNERS 'NIGGLES' AND HOW TO AVOID THEM

KNEES

KNEES OFFER THE RUNNERS MOST COMMON INJURY. 'RUNNERS KNEE' (CHONDROMOLACHIA PATELLAE) IS THE EROSION OF THE CARTILAGE COVERING THE UNDERSIDE OF THE KNEECAP. IT CAUSES PAIN IN AND AROUND THE FRONT OF THE KNEE AND IS AT ITS WORST WHEN RUNNING DOWNHILL. STRENGTHENING THE QUADRICEP MUSCLES WILL ALLEVIATE THIS PROBLEM. SIT ON THE FLOOR WITH YOUR BACK TO THE WALL WITH LEGS STRAIGHT OUT. LIFT EACH LEG IN TURN ABOUT 20 CMS. OFF THE FLOOR AND HOLD FOR 10 SECONDS. DO THIS TWICE A DAY STARTING WITH 10 REPS, GRADUALLY BUILDING UP UNTIL YOU NO LONGER FEEL PAIN IN THE AREA.

KNEES/CALVES

PAIN IN THE LIGAMENTS AT THE SIDE OF THE KNEE CAN BE DUE TO TIGHT CALVES, INADEQUATE SHOCK ABSORPTION OR RUNNING TOO MUCH ON VERY HARD SURFACES.

TIGHT CALVES ARE DUE TO INADEQUATE STRETCHING AND POOR SHOES.

AN EASY STRETCH; STAND ON THE STAIRS WITH YOUR HEELS HANGING OVER THE STEP, THEN SLOWLY LOWER YOUR HEELS UNTIL YOU FEEL A GENTLE PULL . DON'T BOUNCE AND STOP IF YOU FEEL PAIN.

IF THEY ARE PARTICULARLY SORE, MASSAGE GENTLY IN AN UPWARD DIRECTION AFTER SOAKING IN A HOT BATH.

ACHILLES

ACHILLES PROBLEMS ARE THE THIRD MOST COMMON INJURY IN RUNNERS. THE TENDON GOES THROUGH A LOT OF STRESS AS YOU RUN. TENDINITIS IS INFLAMMATION OF THE HEEL CORD AND/OR ITS COVERING SHEATH. THE TENDON IS PAINFUL TO TOUCH AND RUNNING IS PAINFUL. REST AND ICING WILL HELP TO ALLEVIATE THE CONDITION.

TENDINITIS CAN BE CAUSED BY SHORT TENSE CALF MUSCLES, DUE TO INADEQUATE STRETCHING OR PERHAPS ALWAYS WEARING HIGH HEELS IF YOU ARE A WOMAN. IT CAN ALSO BE CAUSED BY 'MORTONS FOOT' (WHERE THE SECOND TOE IS LONGER THAN THE BIG TOE) OR WEAK ANKLES. ALWAYS STRETCH YOUR CALVES WELL AFTER RUNNING. IF PRONE TO TENDINITIS, USE ICE AFTER EVERY RUN TO REDUCE POSSIBLE INFLAMATION. HEEL LIFTS IN THE SHOES SHOULD HELP. (SPEAK TO ROY)

SORBOTHANE HEEL LIFTS CAN BE BOUGHT FOR £9-99 FROM INTERSPORT AT NETTO'S IN HODDESDON. (BEHIND SAINSBURYS)

The lure of the Himalayas was just too much. Having trekked the Annapurna circuit I really fancied the Everest Region. I have read several books about climbing Everest, but I was happy to settle with Everest base camp, and I chose a trek to include Gokyo lakes (4790m), Cho la pass (5330m), Everest BC (5364m) and Kala Patthar (5550m). I booked with Exodus again. The 6 other booked travellers were male, but there was a possibility that more people would book. Well at least I had a roommate I knew. Joggy Bear begged me to take him the day before I was due to leave. Was he not exhausted after a week in the Anti Atlas?

We met up as a group of 10 at Kathmandu Airport, 9 males + 3 male guides. Ages ranged from 24 to 62 and 9 were under 40. Surrounded by young men! Good job I left Chris behind!! Would my Annapurna Circuit experience and my running fitness enable me to keep up with these guys who all seemed to be long legged? A few of them were runners too.

All we needed was good weather on the Saturday to fly to the most dangerous airport in the world – Lukla. Would we make it? Thanks to poor weather we were unable to land. The plane had to turn back. The same thing happened on the Sunday. On Monday the weather was worse, the planes didn't even take off. Desperation set in. So many hours wasted, waiting in the grotty internal flight terminal. Even the novelty of the outside balcony with its view of the airport and the resident monkeys climbing everywhere had worn off. What could we negotiate with Exodus? By luck the CEO was over from the UK so we gave him a hard time.

We were offered an alternative trek to Annapurna Sanctuary, (no plane required), but we held out for Everest. Why couldn't Exodus arrange a helicopter? By this point we had lost 3 days and doing our planned trek would be too dangerous as we have no time to acclimatise properly. However a shorter trek was possible. After quite a bit of negotiation with Exodus, we signed up for a helicopter flight. First opportunity came on Tuesday, but after a 2 hour drive to a field, a helicopter arrived but could only take 2 of our group. So the rest of us returned to Kathmandu and drowned our sorrows in a really good Nepalese restaurant. Next day Lukla was still closed for planes. It was Annapurna or nothing. But was it? The Exodus rep appeared with news that a helicopter flight was possible that day from Kathmandu. Would we actually get there? Would we all make it or just some of us? We made 12 noon the deadline for the helicopter. That would be it. We would get on a bus to the Annapurna Sanctuary trip.

Amazingly by 11am we were aboard 2 helicopters and by 12.15 we were in Shurke, just south of Lukla. My first time in a helicopter was fantastic but a little scary. The 2 trekkers from our group who had arrived the day before were relieved to see us. Now we were complete with guides and porters. It was such a good feeling to be finally on our trek and we had time to reach Everest Base Camp and climb Kala Patthar.

The rest of that day was cloudy, but from then on we had blue sky and clear views of the mountains. We could see Everest, Lhotse and Nuptse every day, but the mountain that dominated the views early on was Ama Dablam 6814m. It is just so beautiful.

There were few trekkers ahead of us or travelling with us because of the airport closure so we had the Khumbu region to ourselves. We were often the only group staying in the teahouse. So the owners were reluctant to light the wood/yak dung burning fires early. It was so cold once the sun went down about 5pm. Thank goodness for down jackets. I actually wore mine more in the evenings than during the day. We also popped outside to stargaze some evenings. The sky was amazing. I had never seen so many stars.

All of us turned out to be card players, so it was games of "shithead" or knock out whist most evenings. Siggie bottles doubled up as hot water bottles at night and drinking bottles by day. Food was actually quite good and much better quality than on the Annapurna Circuit. It needed to be supplemented with chocolate bars, but strangely despite all the exercise you don't feel excessively hungry.

We had long days of walking, because if we did arrive early at the lodge on our way up, it was because we had to fit in an acclimatisation climb.

Edmund Hillary has certainly made his mark in this area. In the 1960s, he returned to Nepal, to aid in the development of the society, building clinics, hospitals and 17 schools. We visited one of these schools and a hospital and saw a huge monument of him. The infamous Lukla airstrip had

also been built due to him to aid these projects, but the increasing number of trekkers has resulted in too much deforestation so the Everest Area is now a National Park.

We passed through a memorial area to several Everest climbers who died on the attempt, including Scott Fischer and Rob Hall, who led the fatal expeditions in 1996. This area at 4800m had a wonderful view of Everest and several other peaks. A fitting place! We stayed that night at Lobouche at 4910m. We were now at the base of the Khumbu Glacier so from now on we were scrambling alongside the glacier and by midday we had reached Everest Base Camp 5364m. In November there are no expeditions, so there is a specific area where prayer flags have been set up and the words Everest base Camp have been painted on the rock. To my surprise it was very clean and it wasn't even too cold. No view of Everest now, but we were very close to where the Khumbu glacier starts climbing up to the Western Cym. We stayed there for at least one hour then headed back slowly to Gorak Shep at 5100, our highest sleeping spot. A few of the group set off back with one of the guides at a fast pace, but I wanted to appreciate the views. The glacier was like icing sugar, there was the odd thundering sound as a small avalanche started on Nuptse. It was like being on a different planet. Next thing we knew Ben was coming back towards us. Paul had collapsed and the leader guide went to help. Luckily they were not too far from Gorak Shep, but Paul was in a bad way with altitude sickness. It was too late in the day for anything but a helicopter rescue. So after negotiation with the insurance company, a helicopter eventually arrived and Paul was air lifted to Lukla hospital. Fortunately he recovered quickly once back in Kathmandu. Only 6 of us ended up climbing Kala Patthar 5550m, early next morning – definitely the highlight of the trip. It was a slog of just over an hour for me. I managed to find a suitable breathing pattern, and just kept going. What a glorious view of Everest from the top and the weather was perfect.

At 8:30am we were heading back. After 3 hard days of walking and it wasn't all downhill, we reached Lukla and the next day we flew back to Kathmandu by plane.

Question is whether I will ever make Gokyo Lakes and the Cho La Pass. I could also do Island peak and Mehra Peak. Oh the lure of the Himalayas continues for me, though most of my trekking companions couldn't wait to get home.

Anne Ramsden