

Greetings From An Old Boy

Steve Davies Jan 2008

From time to time I log on to the Joggers website and try and keep up to date with developments. A few things have caught my eye this year.

The first was the article by Roger and Larry (the only 2 originals left I guess) in commemoration of the 20th anniversary of the club. Afterwards I realised that it was exactly 10 years ago that I joined, which was half way through the lifetime of the club. I spent 7 happy years with the Joggers running my socks off around Broadmoor or from the Lookout or best of all, the cross country races in the winter. When I joined there were 70 members and the club quickly grew to over 100 and on up towards 150. I see that you now have nearly 250 members which must make you one of the larger running clubs in the country. In contrast, there were about 100 members when I joined Accrington Road Runners and what do you know, 3 years later we still have just about 100 members but more of that in a later article - I hope to write another 'Letter from Lancashire' in the new year.

Secondly, the article by Mike encouraging everyone to consider being a blood donor caught my eye. I have been a donor on and off for more than 40 years and regularly during my time as a runner over the last 10 years. It does affect your running capabilities for a few days after donation, unless you have a long hard race coming up, but that can easily be avoided. Having gained a late entry in 2003 I ran London less than 2 weeks after giving blood. I was reduced to a walk after 16 miles, but I did finish in 4:08 and it didn't do me any permanent harm. So I would recommend that every healthy, fit adult (and that means all of you) considers being a donor. The tea and biscuits afterwards are delicious and it really is painless.

The article by James about running while on holiday also caught my eye since I agree wholeheartedly with James and at the same time disagree totally! When Anne and I go on holiday we leave our running shoes behind and take our walking shoes with us. We have a complete break from running and come back refreshed and eager to pull on our trainers. That's when we realise how much fitness we have lost, especially as we tour the Greek islands for 6 weeks every May/June. This year for example, with injuries and one thing and another I have not yet got my fitness back and for the last 6 months I've been running like a monkey (as one of the GB sprinters quaintly put it after the World championships). So James is dead right, if you don't run while on holiday then you lose your fitness, but who the hell wants to run around the Greek islands.

Best of running to all of you in the New Year.

Steve Davies