Eastbourne's Specialist Running shop

Tempo Monthly Newsletter

Monthly Interview – Emily Proto

Emily is an Arena 80 runner and can often be seen on the podium at running events. Emily has developed a strong reputation for her fast performances and is becoming quite force to be reckoned with on the racing circuit.
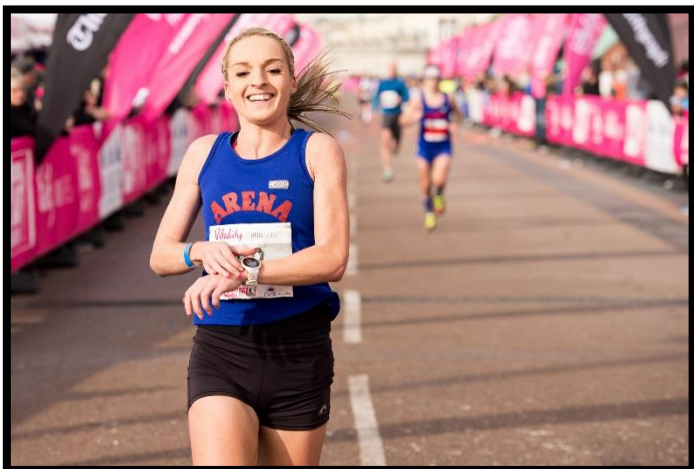
1. What made you first get into running?

I was watching the Brighton Marathon at the halfway point in 2010 and I felt really inspired and actually quite emotional. I just decided that I was going to try it myself the next year and then booked it as soon as I could.

2. What is your biggest/ proudest achievement to date?

I think it has to be breaking 3 hours in the marathon (Florence 2012). With the race times I was running in the training for it, it would have been more realistic to go for a sub 3:05. But I had another gear on the day and just went for it. I will never forget that feeling seeing the time of 2:59:45 as I finished and it still makes me smile thinking about it.

3. What are your aims and goals next year/ season?

My main goal at the moment is Cardiff Half Marathon on 4th October. The last 10 weeks training have been specifically for that race. It's been nice to have a big target race since running again after breaking my leg in April. *(Emily completed the Cardiff half marathon in an impressive time of 1:18:43).*

4. What motivates you to get up early in the morning and train?

My coach Allison Benton puts a lot of time and effort into my running programme and sets out every session I do. She is always asking how my sessions have gone, what the paces were, how I felt, how my legs are, etc. Her support really motivates me to get out the door and get the session done even when I don't feel up to it.

5. **What food is your guilty pleasure?**

SWEETS. I love Pick 'n' Mix sweets. I could eat them all day!

6. **If you could stay injury free and have an excellent 6 months training, what time do you think you could do for a 5k run?**

I think I could break 17 minutes. I know it's fairly optimistic but I do think I will get there one day.

7. **Who is your role model or inspires you and why?**

I have met so many people with truly inspiring running stories over the last few years. Like overcoming an illness, trying to deal with losing someone close, or from being really overweight / unfit and changing their life by starting running. It's not necessarily about race times or winning, everyone has their own story to tell.

8. **Have you ever suffered an embarrassing moment during a race/ training?**

I got some light yellow Nike shorts in the sale a couple of years ago, they were really nice. I wore them once in the rain and I didn't realise until I got home and looked in the mirror that when the shorts are wet – they go COMPLETELY SEE THROUGH! There's always a reason why some items are in the sale!

9. **If you could race against anyone who would it be (can be anyone) and why?**

Paula Radcliffe, obviously it wouldn't be much of a race but I'd love to go for a run with her! She's a marathon legend and I have about 10,000 questions to ask her.

10. **What is the best bit of running advice you have ever been given…and could pass on to others?**

'**Be stronger than your excuses**' – I have a REALLY long list of excuses of why I think I can't do a session. My favourites are: I'm too hungry / I'm too full / I'm too tired / my legs ache / my socks keep falling down (used that one last night training with Joe Ashley – he wasn't impressed with that lame one) / I'm too hungover, and one I tried to use a couple of weeks ago during a hill session in the rain "my feet are too wet" – what a wimp!

Results Round Up…

Hellingly 10k

Paul Navesey, a reputed ultra runner, turned up at the relatively modest distance by his own standards and took victory in a time of 33:47. Daniel Anderson (Hastings AC) claimed 2nd with Alan Silvester of Arena 80 finishing in 3rd. In the women's race; Fiona De Mauny took first place in a superb time of 38:55 with Sue Fry (pictured below, Hailsham Harriers) taking 2nd and Emma Rollings (Lewes AC) finishing 3rd.

Barns Green Half Marathon

James Baker (Chichester Runners & AC) stamped his authority down on this race and claimed the win in a superb time of 1hr 11m 6s. Maxwell Dumbrell (Brighton and Hove AC) claimed 2nd and Ben Savill (Lewes AC) finishing 3rd. IN the women's race, Amy Harris of Horsham Tri took the win in a time of 1hr 22m 2s. Sarah Kingston (Worthing District and Harriers) taking 2nd and Sue Fry finishing on the podium again by taking 3rd. Liz Lumber of Hailsham Harriers took 1st place in the Ladies 45-49 category and 6th overall.

Firle Half Marathon

In the ladies race, the event was won by Fiona Russell in a time of 1:31:25. Cat Bounds of Hailsham Harriers was hot on her heels though and finished in 2nd a mere 15 seconds behind, with Marzia Chisholm round up the top 3. In the men's event, Del Wallace claimed the win, with Matthew Dowse (Vegan Runners) taking 2nd and Jon Brookes of the Run squad claiming the final podium place.

High Weald Ultra 50k

The High Weald Ultra 50k proved not a problem for the following local and amazing ultra runners: Sarah Piggott, Dean Fry, Danny Garbett, (All Run Wednesdays) Paul Heywood (Seaford Striders), Craig Stimson and Susie Casebourne (BRT) The group tackled the course in fine fashion and finished the event with big smiles!

Adrian Thomas (Hailsham Harriers, pictured above) also completed the challenge as did Matthew Stephens of Eastbourne Rovers AC.

Running Records from the weird to the wonderful!

So here goes, this is a selection of some different running records! To start off we have the world record for 10,000m…running backwards! Thomas Dold of Germany set the record this year in an astounding time of 30mins 20 secs! The marathon time for running backwards is; 3hrs 42m 41 secs, held by Achim Aretz.

Next record is for the most consecutive days run in a row. This requires the runner to run at least 1 mile everyday. I have feeling this record might take some beating! On July 23rd 1968, Mark Covert started the World Record and 16, 436 days later it ended, culminating in 45 years of continuous running! He had clocked up 149,660 miles in that period.

Usain Bolt has nothing on Kenichi Ito (pictured on next page) of Japan. Kenichi is the fastest man on all fours! He clocked 17.47 seconds for the 100m. Here

is a link to the World Record attempt:
https://www.youtube.com/watch?v=Wc17_6HQdrQ

History of the Running Shoe

In the last century, trainers have gone from rubber soled plimsolls to air cushioned, gel filled capsules worn as much for their looks as their sporting performance.

Plimsoles

If you're looking for an early example of the running shoe, then the plimsole was the pioneer. Typically worn in schools for PE lessons, the plimsole

was created from a newly developed process called vulcanisation - still in use today - which uses heat to meld rubber and cloth together.

Vulcanisation is still used today

Not only were they lightweight and comfortable, unlike other shoes they enabled the wearer to move around without being heard.

Because of this, they became known as 'sneakers', and in 1917 the Keds shoe company was set up to sell them to America.

Spikes race ahead

While Keds were the first to sell trainers on a mass scale, specialist running spikes had already been around for a long time.

In the late 1890s a British company called J.W. Foster and Sons (now known as Reebok) developed some of the earliest known running shoes with spikes in them.

The company's founder, Joseph William Foster, had a passion for running and wanted to develop a shoe that would help increase his speed. The running spike was born.

In the 70s science began to take a much bigger role, as manufacturers involved podiatrists (foot experts) in their product development. As a consequence running shoes have continued to develop and adapt to the biomechanics of the runner, e.g. over pronator. (Source: BBC)

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