

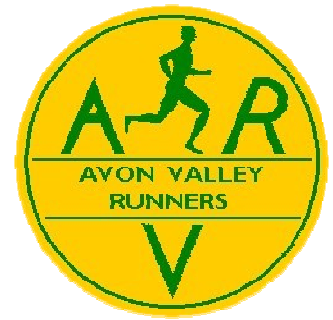


Valley News

The Newsletter of Avon Valley Runners

#159 May 2014

email: news@avonvalleyrunners.org.uk



Contents this month

- Member's profile
Richard Hudson
- Memories of Budapest
Fiona Price
- Training Tip
Steve Williams
- JAVR News.
Joby Hobbs
- The Shaw Stampede.
- The London Marathon
Results and
fundraising

What sport starts with an 'end.' For me this is what running is all about. When my legs feel like lead and the speed at which I'm running makes me wonder how I ever manage to achieve a 5k, let alone a half marathon. The word I have to keep repeating over and over in my head is **Endurance**. (D'you see what I did there?) Many sports do not have the same need to endure. In many sports you can stop, take a breather, lie down feigning injury or ease off the performance if you're about to win (or even lose) a section of the game. Running is all about maintaining the level of output for the entire race and even putting in more effort when you feel least able. Sometimes I don't know where that ability comes from but often in training when I'm feeling like a slug and desperately need to stop; I might see someone running in the opposite direction and suddenly I start bounding along, head up, legs stretching out in athletic magnificence, only to collapse again when I round the next bend. Where does that strength come from? I have no idea but I'm assuming it's what I get throughout a race which makes the performance so much better than a sluggish training session. I've asked our coach Steve Williams if he'll tell us about the psychology of running for a future edition. Should make interesting reading.

Last month we made much of Fiona Price's experience in the World Master's in Budapest; this month we hear it from her own personal perspective. I make no apology for including more about Budapest. We're all very proud of Fiona. Our member's profile is from another long standing member whose activities relate to running distances that many of us would find nigh on impossible, and he's no spring chicken either.

Steve's provided another gem from his deep resource of good advice and it's advice I would recommend to everyone, having suffered from the effects of avoiding it for many years.

Did you know?

How can we forget the tragic scenes at last years Boston Marathon? This year the event passed without incident and probably occupied a higher profile in many people's minds. Boston is the oldest marathon in modern history, having been run since 1897 and has witnessed a number of controversies over its lifetime. As late as 1967, women were not allowed to enter marathons. The generally accepted view was that a woman would damage her uterus running that far. Kathrine Switzer registered for the race as K.Switzer and duly received her number. During the race, official Jock Semple, realizing she was female, tried to man-handle her out but was prevented from doing so by other runners and she finished in a time around 4h20m. Kathrine's bravery enabled other women to enter officially from 1972. In 1980 the first woman to cross the line was Rosie Ruiz. Her time of 2:31:56 would have been the third fastest time in history and a Boston record; until a shrewd journalist asked why she wasn't sweating profusely and why her legs were unusually flabby for such a high ranking athlete. The truth eventually emerged that Ruiz had not run the race at all but had jumped in behind the leading men half a mile from the end. Three days later with some 3,000 borrowed spectators, the finish was restaged so that the winner Jacqueline Gareau could be photographed breaking the tape.

Member's Profile



During the presentation awards earlier this year Richard Hudson won the MV50 *How Farr for AVR* award. What seemed to be missed was that during 2013 Richard had covered a greater distance during his races than any other AVR member, male or female; covering a total distance of over 509 miles. On his own confession Richard had concentrated on distance rather than speed over that time, taking part in many races longer than a marathon and one race of fifty miles. This kind of running is vastly different to that which many of us experience and Richard gives us his perspective on that achievement.

Name: **Richard Hudson.**

Age: **50 last August, an event I had been looking forward to for a couple of years as it got me into a new age category for races! (The only sport where we look forward to getting older? ...ed)**

Where do you live: **Bradford on Avon.** Where do you work: **Melksham**

What's your role in AVR: **I've been a member for 17 years. Finally this year I did more than the minimum when I became race director of the Imber Ultra**

What are your interests - apart from running: **Orienteering and hiking**

How did you get into running: **I started orienteering in 1985, then in 1986 moved to South Africa and started road running as well since orienteering was not that widespread there then.**

What about your PBs **I set my real PBs back in the late Eighties, so all meaningless now. I have thought I should now set a range of post 50 PBs as another potential challenge. However my 19:27 at the first Southwick Park run is a target to beat in the next few months.**

How often do you train: **6 days a week.**

Do you have a training regime: **Having spent the last year trying to do as many miles as possible and forget the speed, I am now switching back to try to speed up again.**

What are your running ambitions: **I love running off road and the more scenic and technical the route the better. For the last 5 years I have been taking part in fell races in South Wales and for this summer that is where my focus will be. But in the last couple of years I have been trying to answer the question, "how far can I run?" Since then I have steadily increased my one off distance, (now at 50 miles to celebrate being 50) plus taken part in some multi day events which have shown me how much the body can take. The downside of all the ultra running has been that I turned into a shuffling plodder. So I have now switched back to the fells temporarily to speed up. Later this year I will focus on mileage again, before increasing my "how far can I run" in 2015!**



Memories of Budapest



As many of you know I only took up running in my 40's but it is now a big part of my life and I train 6 days a week. I still consider myself very much a beginner and rely on other club runners' experiences and excellent coaching to educate me on the way.

Last year I put my entry in for The World Masters Half Marathon Championships and waited to see if I'd been accepted. I was nervous and excited, and then the journey began.

Four months of winter training, GB kit by my side, chasing the dream. It seemed like forever to get to March and then the time flew past and on the Monday before the race an eighty-eight page manual of rules arrived that said "Do not read at your peril!" Ok, that did it for me. I was instantly petrified! and had a full on "Price melt down", was straight on the phone to Suzanne who, as always reassured me that I would be absolutely fine. Sean would read the rules and I should go out and train. I'm always nervous until I'm on the start line but this was a new level, in fact we came up with a new word for petrified. I was definitely "Retchified!" Gradually over the next few days I calmed, talked to myself, a lot! I felt better and took control. Nerves was exchanged for excitement and a reminder of how lucky I was to have such an amazing opportunity.

We arrived in beautiful Budapest, wow what a magnificent city. Relaxed in the Szechenyi Thermae spa, ate fine Hungarian food and drank water! Twenty one family and friends had come over to support me, they even printed T-shirts to wear on the day.

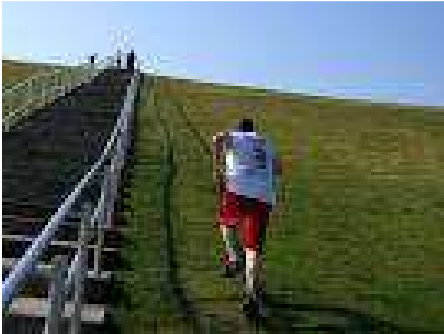
The night before the race they selected the GB Teams, there were two options they were considering and my name appeared on both. When they confirmed I was in the younger FV40 GB Team with the FV40 Finlay twins I thought I was going to burst with excitement and couldn't wait to meet them on race day. The clocks went back so we lost another hour, that was a good thing, the race was even nearer. We woke to a forecast of sunshine rising to 21 degrees Whoopi-do, just the way I like it. I met the twins. They were adorable and just as excited as me. I asked them what they did for a living and they told me they were both Doctors. I thought of our lovely talented Ruth and saw this as another great sign. One of them whispered "We have a chance of medaling!" She had also done her homework.

We were penned in age groups and the race began. A six loop road course, flat with a few cobbles, potholes and raised ironworks. I loved every minute, and had the best support out there. I worked hard to get as far up as I could and felt I'd raced well. When I crossed the finish I was elated and twin Lisa had cracked out an amazing time of 1:18 and came 3rd female overall. We eagerly waited to see Sian finish and rushed over to hear the team results. They took ages but well worth the wait. We had bagged a Silver Medal! I had been ranked 5th FV45 in the World.

So a massive thanks must go to my husband Sean who patiently sets all my Garmin training - which often takes longer than the session; my coach Martin; my friends and family; all of AVR and the parkrun community. I really have been overwhelmed with the lovely messages of support.

Fiona

This Month's Training Tip



Make Hills Your Friends

How many of you dread having to run uphill? (Show of hands please.) Yet hills are an inevitable part of running life. Although I do know of runners who will do everything in their power to avoid hills when out training. The net result is they are often blown away when they encounter them in a race. Not just blown away physically but also mentally by the sight of one looming in the distance.

But hills are the runners' friends. Next time you encounter a hill then embrace the fact that you will have to run up it. Tell yourself 'this hill is going to get me fitter'; because it will. Running up hills is a great way of increasing your stamina, strength and power. They can help improve your anaerobic threshold – the speed you can maintain without going into oxygen debt. They are great for endurance as they force you to work harder than you would usually do. They will increase leg strength and power which will help sustain both stride rate and length during race situations. And this in turn means that you can sustain faster speeds for longer. Yes... hills can help you get faster.

If you don't believe the latter statement, then bear in mind this. One of Sebastian's Coe's regular sessions was 6 x 800m run on a 3 mile uphill stretch of road. He broke the world 800m record in the early 1980s and held it for nearly 20 years. He is still the British record holder. In modern times, the top Kenyans regularly incorporate structured hill sessions in their training programmes.

If you are wary of doing a structured hill session then start by incorporating hills into your everyday training runs. Get used to running uphill and using your arms to power yourself up them and learning to relax when running down them. For a structured session to improve strength and stamina try 4 to 6 x 90 seconds to 3 minutes uphill with jog down recovery. For a session to improve strength and power try 2 sets of 6 x 30 seconds fast uphill with jog down recovery and 2 to 3 minutes rest between sets.

Why not try a structured downhill session? This will encourage you to move your legs faster which is great for improving your cadence and stride rate and, ultimately, the speed that you can run at. It will also make you a better downhill runner. For such a session you will need a hill of 1 or 2 degrees on a forgiving surface. (There are lots of lovely grass ones in Southwick Park.) A typical session might be 12 to 16 x 30 seconds with jog back recovery. As you get fitter then you might want to increase the number of repetitions or their length.

All of the above sessions are indicative of what you could do. However, there are lots of other permutations that you can try – feel free to ask me about them and also the forthcoming AVR hill sessions that we will be doing. Finally, not only are the hills alive with the sound of music they are also your friends. Embrace them and enjoy them.

Steve Williams



JAVR News # 11



JUNIOR CHAMPIONSHIP LEAGUE 2014

Race 3 – 29th March 2014

Making a debut appearance in the Junior Championship League Oli Weedon had an excellent run to take first place in a time of 7.06. Ellie Brown was first JAVR girl home in a time of 9.12 in 17th place overall and 6th girl overall. In the boys league six boys represented JAVR; Niall Thorne (8.11 – 5th), Steven Holloway (8.13 – 6th), Sam Beaverstock (8.38 – 10th), Robert Warner (8.46 – 11th), Luke Slade (9.19 – 18th). In the overall league standings just one point separates 1st – 3rd position with Luke Slade of JAVR (45 points) currently top of the league having run a personal best time in each of the three league races. Sharing the same points as Luke is Leo Harris of Paxcroft School. In third position with 44 points is Niall Thorne of JAVR.

Four girls represented JAVR in the girls league with Abbie Brown (9.31 – 19th), Lottie Brown (9.49 – 23rd), Ellie Isaacs (11.03 – 32nd) following Ellie Brown. In the overall standings Abbie Brown of JAVR is in joint 2nd position with 40 points, with Alice Tipple of Southwick School also on 40 points, and Freya Buglass of Springmead School leading with a five point lead on 45 points. In total 53 boys and 36 girls have now taken part in this year's league after three races.



WILTSHIRE TRACK AND FIELD CHAMPIONSHIPS 2014

Entries are now open for the Wiltshire Track & Field Championships, sponsored by Wiltshire Activity and Sport Partnership, which will take place at Tidworth Oval on Saturday 24th May. Events included in the championships are listed below:

GU11 Quad Kids Challenge – 75m – 600m – LJ – Vortex Throw (*all events to be attempted*)

BU11 Quad Kids Challenge – 75m – 600m – LJ – Vortex Throw (*all events to be attempted*)

GU13 - 100m, 200m, 800m, 1500m, 70mH, LJ, HJ, JT, DT, SP, 4 x 100mR

BU13 - 100m, 200m, 800m, 1500m, 75mH, LJ, HJ, JT, DT, SP, 4 x 100mR

GU15 - 100m, 200m, 800m, 1500m, 75mH, LJ, HJ, PV, JT, DT, SP, 4 x 100mR

BU15 - 100m, 200m, 400m, 800m, 1500m, 3000m, 80mH, LJ, HJ, TJ, PV, JT, DT, SP, HT, 4X100mR

LU17 - 100m, 200m, 300m, 800m, 1500m, 3000m, 80mH, 300mH, LJ, HJ, TJ, PV, JT, DT, SP, HT, 4x100mR

MU17 - 100m, 200m, 400m, 800m, 1500m, 3000m, 100mH, 400mH, LJ, HJ, TJ, PV, JT, DT, SP, HT, 4x100mR

Disability Athletes - 100m, 200m, 400, 800m, LJ.

More information including a timetable of events and entry details can be found at
www.wiltshire-athletics.org.uk

RESULTS

Full results available at: www.avonvalleyrunners.org.uk

Full Junior 2km results available at: www.junior.avonvalleyrunners.org.uk

Full Wiltshire Junior Race League results available at:
www.wiltshire-athletics.org.uk

UPCOMING EVENTS (races in Bold are included in the Wiltshire Junior Race League)

EVERY SATURDAY: **Southwick Country Park parkrun 5km** - Southwick Country Park (9.00am)

17th May **"Keane Kanter 2K"**(as part of Shaw Village Fete and Stampede).

24th May **Wiltshire Track and Field Championships**, Tidworth Oval

31st May **Junior Avon Valley Runners 2km Run**, Southwick Country Park

28th June **Junior Avon Valley Runners 2km Run**, Southwick Country Park

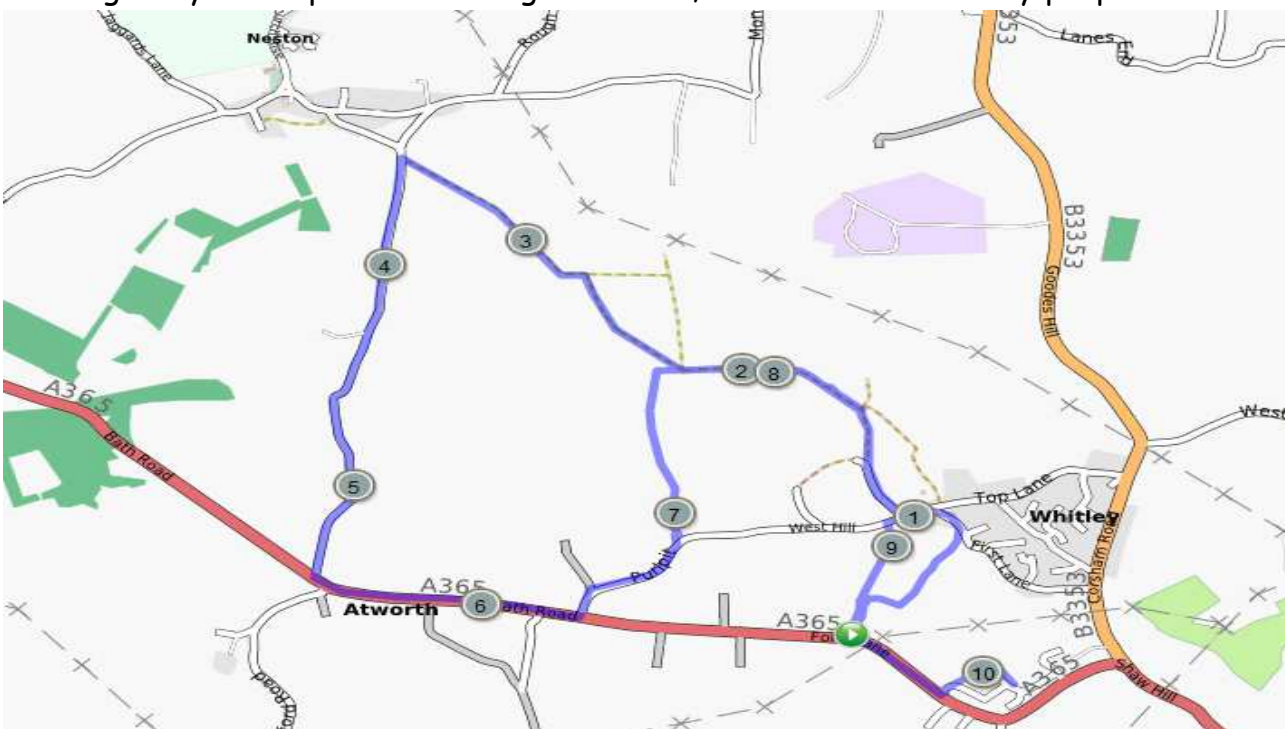
20th July **Frome 5km**, Frome

The "Shaw Stampede"



Saturday 17th May will see the ninth running of the **Shaw Stampede 10K** multi-terrain run which follows the footpaths, bridle ways and roads around the villages of Whitley, Neston, Atworth, Purlpit & Shaw. After the first year, way back in 2005 after organising the race I said "*Never again*" but was easily persuaded to re-run the event in 2007 along with a 2-Kilometre family Fun Run - "The Keane Kanter", however after a further seven times I decided that enough was enough and this time it really would be "*Never again*".

Enter Carl Davies, fellow Avon Valley Runner and uncle to the late Keane Meyers after whom the "Keane Kanter" is named. Carl has agreed to take on the role of Race Director and is looking for your help in marshalling the event, we need about twenty people.



Darren Wrintmore

The Virgin London Marathon



Avon Valley had a massive turn out at the Virgin London Marathon this year and many runners did especially well raising much needed funds for good causes.

I have reproduced the results below along with the charities represented where appropriate.

Pete Slade (**Breakthrough Breast Cancer**) 3:35:47
 Chris Brown (**English Federation of Disability Sport**) 3:43:01
 Jackie Adams 3:52:33
 Juliet Coulson 4:08:19
 Fiona Price 3:06:35
 Diane Heir 3:23:43
 Jackie Rockcliffe 3:13:07
 Kate Coney 5:13:06
 Louise Fearon (**Chloe's & Sophie's Special Ears Fund**) 4:55:57
 Kev Bush (**Forever Friends Appeal**) 4:03:12
 John Painter 4:19:49
 Steve Cade (**Rainbow Children's Trust**) 5:22:29
 Jilly Moore (**Cystic Fibrosis**) 4:39:55
 Tim Lowrie (**Chernobyl Children in need**) 3:15:11
 Robin Mark Schols 3:13:16
 Frank Lamerton 4:29:41
 Richard Newman 4:48:48
 Kate Hails (**Oasis UK**) 3:52:05
 Tim Dodwell 3:23:13
 Andrew Chappell (**Chernobyl Children in need**) 5:46:00
 Phil Harding 3:32:27
 Laura MacGregor 2:58:30 (Sue and Stuart MacGregor's daughter now runs for Maidenhead AC)