



Valley News

The Newsletter of Avon Valley Runners

#160 June 2014

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After my inarticulate ramblings about race psychology last week, coach Steve Williams has given us some tips to employ when the mind starts playing games. I'm ever grateful to Steve for delivering his words of wisdom so regularly. They're well worth reading and perhaps should occupy a place in a scrap book for regular reading. Our member's profile this month has thrown up a couple of surprises for me. Some of us haven't been members for long enough to know the prestigious past of one or two fellow runners amongst us.

As always, Joby has given us another fine account of the achievements of our younger runners and it seems there are some exciting times ahead, as well as some great results already registered. He's also included an exhortation to us all to participate in AVR's closed races.

I've included an achievement of a very different nature this month. Running is all about personal goals and while Vicky may not have won any medals, she's won something just as meaningful – let's hope it's merely a platform on which to build.

Darren can always be relied on to provide reading material and we have his account of the recent Trowbridge 5K.

Former editor Richard has given us an account of his drama-filled efforts to stick to a running regime while on a recent business trip to Munich. Glad to see it's not all about propping up the bar Richard.

Ed.

Did you know?

In 1968 a young Kenyan policeman called Kipchoge, failed miserably in his attempts to win either of his planned races at the Mexico Olympics. He crashed out of the 10,000 metres in intense pain just before the end of the race. His attempt to win the 5000 metres was a little more successful finishing second; but he'd gone to Mexico for gold and only gold was good enough. The doctors diagnosed painful gall stones and insisted on bed rest until they could be dealt with medically. Going against all advice, Kipchoge left his hospital bed and jumped on a bus heading for the Olympic stadium. The bus was moving a little too slowly so he jumped off and ran the remaining two miles, arriving just in time to register for the 1500 metres final.

Kip Keino not only managed to win the race – a distance that was not his favourite – but he beat the Olympic champion and current world record holder of both the 1500 metres and the mile, American Jim Ryun, by an amazing twenty metres; the biggest margin in the history of the race.

Shortly after the race he was taken to hospital for treatment.

Kip Keino became a huge ambassador for sport in Kenya and his business and charitable deeds are still benefiting his fellow Kenyans to this day.

Member's Profile



Ever since I joined AVR I've been secretly impressed by the dogged perseverance of one of our older ladies. She seems to thrive on competition and her prolific attendance at races would probably leave me on the physio's couch for weeks on end.

What I didn't realise was she has a very prestigious past and can look back to some incredibly high attainments in her running career. Her profile picture shows her looking very athletic. I know she gives her grandchildren a run for their money and maybe she can be an inspiration to them to take up the sport and go on to great things. She tells us a little about herself and her strong family support. Note the PBs as well as her international achievements.

Name: Rosemary Barber.

Age: 64

Location: I Have lived in Southwick for 44yrs.

Work: I was a Printer for 33yrs and a Post lady for 6yrs. Retired now for 2yrs and enjoying every day of it – more time for training!

AVR: I first joined AVR in 1991 and have seen it grow from strength to strength.

Interests: Swimming / Cycling / Table Tennis and Sewing – I also enjoy quilting.

Favourite Book: The most enthralling book I have read is an Autobiography by Ellen MacArthur – 'Taking on the World' a courageous yachtswoman, who sails around the World single-handed.

Philosophy on Life: I believe you can achieve anything if you focus on the task you set yourself.

How did you get into Running?: I played racket sport, mainly squash and badminton for years, and then decided to jog around Clarendon field before playing, to get fitter. At 40yrs old I entered Trowbridge Fun Run, where I met Stan & Judy Farr, who invited me to join AVR. Thinking I wouldn't be good enough for Club Running, I shyly turned up on a Tuesday night at The Judo Club in Innox Road. I needn't have worried as Joyce Field took me in hand. Although I was shocked that I was expected to run 6 miles on the first night! Stan went on to train me, and realising short distance was my forte, he managed to get me ranked 3rd in the UK in the W50 group at 5k. This was achieved in Wells 1994.

How Often do you train?: I Run three times a week; cycle approximately four days a week and swim twice a week.

Personal Background: Because I love cycling it seemed a good idea to get into Duathlons. The most memorable race was The World Championships in Belgium in May of 2004, where I finished 6th in my age group. The European Championships were held in the same year in Swansea, where I finished 3rd, and I am very proud of that Bronze podium position.

As always none of this would have been so easy without the support I always receive from my Husband Ken, who even had to assemble my bike in a tiny Hotel Room in Belgium, trying not to get grease on the white sheets!

In 2002 I had the privilege to carry The Queen's Baton leading up to the Commonwealth Games in Manchester. Our Daughter, Sarah, who lives in Cheshire with Husband, Mark and our Grandson James, now aged 11, nominated me without me knowing. I was chosen to carry it through Salisbury, wearing the uniform provided.

It was a Grand day with all the Family there, and thousands of people lining the Streets. Although the run only lasted about 20 mins, I felt as though I was floating on air. The blue flashing light inside the baton pulsated in time with the individual's heartbeat. It's one of those days that I'll never forget.

Distance	PB	Where	When
Mile	6:12	AVR/Sport Relief	2006
5k	19:16	Wells	1993
5mile	32:04	Frome	1993
10k	39:57	Totton	1994
10mile	67:43	Bournemouth	1994
Half M	1:35:03	Bath	1994
Marathon	4:12	London	1991



In 1991 Rose raised £1700 at the London marathon for the Bath Cancer Unit

A Right Barrow of Laughs



November 2012 and I was about to set the wrong sort of course record at the Wiltshire Half marathon – slowest ever finish in 2:51 and 32 minutes off even my own PB. The race photo says it all. I'd always been a yo-yo runner as much as a yo-yo dieter and 2012 was a definite low point. Running was a real struggle; I was getting slower and slower and with a 40th birthday on the horizon, I was seriously wondering if now was time to quit.

Yet I was afraid of what I would become if I didn't run. I've passed a lot of exams in my time and got some decent grades, but it wasn't until I ran the London marathon that I could find an achievement that actually meant something to me. As I fell off the pace and wound up alone at the club's Boston memorial run I thought hard about what running meant to me. Unlike school and university, the marathon was my goal and I had set out and achieved it. Just for me. Turning 40 already meant saying goodbye to a few life-dreams, I didn't want the ability to set my own challenges to go with them. So as dusk fell on the now deserted towpath I vowed I wasn't going to be fat at forty. I would diet; train hard and do all I could to get back with the pack on club nights.

April 2014 and I was about to set the right sort of course record – with a wheelbarrow laden with 15kgs of parrot feed at the Southwick country parkrun. I wasn't sure if my record was for fastest barrow or most stupid thing to run with, but this was my way of celebrating not being fat at 40. Over the year I had lost 15% of my body weight and I'd clocked a much more comfortable 2.32 at the Bath Half, plus taken 6 minutes off my parkrun times. Best of all, I was back with the pack on club nights and rather than races being a lonely trudge with the sweeper, I was now enjoying some friendly rivalry with Gretchen and the elusive Anthony.

I've learnt no one can run with you unless you take the first step, but when you do AVR and parkrun are right beside you. Their friendship has been a massive help to me over the past year. It's kept me going through some tough miles and rather than quitting at 40, I'm branching out into new challenges such as tri and duathlon and maybe even cycling the JOGLE next summer.

p.s. the wheelbarrow record stands at 42.02 and I had a great laugh taking it round with some help from my friends!

Vicky Ody

This Month's Training Tip

Mind Games

Book Recommendation

In the last issue of the club magazine, Ken alluded to the psychology of running and welcomed some future articles on this subject. As you are probably aware, it is a vast field and there is a considerable sports-related industry that has grown up around it. One book that has garnered a lot of favourable press recently is 'The Chimp Paradox' by Dr Steve Peters. He is the guy who in recent times has helped Chris Hoy, Victoria Pendleton, Ronnie O'Sullivan, Liverpool Football Club and is currently assisting the English Football Team as it prepares for the World Cup. He is also a multiple word champion at veteran athletics level.

In a nutshell, the chimp is the limbic system part of the brain. This is instinctual and acts on emotion. It is the first part of the brain to react to a given situation and suggest actions that need to be taken. The paradox is that it can recommend the correct action for a given situation but more often than not makes suggestions that are counterproductive. For example: you get unduly nervous before a race – then your chimp is in control. Hyper-critical of your running performances – chimp playing up again. Think that you will never be a good enough runner – that chimp just won't leave you alone. Find yourself in a situation that makes you feel really uncomfortable - (yes, you've guessed) your chimp is up to its mischief once more. The book looks at how you can control your chimp with the human/logical systems within your brain.

The lessons learnt in the book can be applied to both sporting and non-sporting contexts. It is written in straightforward English and explains the fundamentals of how the brain works in an easy to follow manner. Many runners are already using the book to help them deal with the mental demands of training and racing on a regular basis – as well as getting on with the rest of their lives.

Practical Tip

At some point, whether training or racing, we all encounter difficult 'patches'. Particularly when racing. These can either be Internal (Intrinsic) – how you feel etc. or External (Extrinsic) – a gale force headwind, a really muddy field to run across. A simple way to get through these 'patches' is to concentrate on something that can take you away from the issue.

If you are feeling tired (Internal) in a race then concentrate on something outside of yourself (External). For example, target that tree or lamp-post you can see down the road and just run to it. Repeat with further targets. Look at how the other runners appear. Be aware of how they are carrying themselves. It is surprising how good you feel when you realise that somebody is having a far more torrid time of it than you. Perhaps pick out another runner who is running at a pace that you could tuck in behind and follow.

If you are running into the teeth of lashing rain (External) then concentrate on something within yourself (Internal). Whilst you may have to slow slightly you can still ensure that you maintain your form and stay relaxed. Smile. Embrace the conditions rather than fighting them – you can't change them! Be proud that you are out there competing with the elements. You can always reinterpret the situation you find yourself in and look for the positives that you can take from it.

Don't forget - running is a fun-da-mental part of your life.

Steve Williams



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PODIUM FINISHES FOR HOLLY

Wiltshire Track and Field Championships

Tidworth was once again the venue for this years County Track and Field Championship on Saturday 24th May. Ellie Isaacs, Holly Newman, Kieran Beardmore, and William Purcell flew the flag for JAVR with the juniors competing in various events including the 100m, 200m, 300m, 800m, 1500m, Long Jump and Shot Put. All our athletes were fantastic with the stand out performance of the day coming from Holly Newman who finished 3rd in the U17 200m in a time of 28.54, and 2nd in the U17 300m in a time of 45.81. Congratulations Holly! The juniors made the most of having the chance to compete in several events at one competition and took the opportunity to double up. Ellie went one step further and competed in three events; the 100m, 800m and Shot Put. See below for a rundown of the events that the junior participated in at the championships.

U15 100M Ellie Isaacs

U17 200M Holly Newman

U17 300M Holly Newman

U15 800M Ellie Isaacs

U15 SHOT PUT Ellie Isaacs

U15 100M Kieran Beardmore

U15 800m Kieran Beardmore

U13 1500M William Purcell

U15 LONG JUMP Kieran Beardmore

For a full list of results and more information about the Wiltshire Track and Field Championships go to:

www.wiltshire-athletics.org.uk



JAVR NEWS IS ONE YEAR OLD!!

Here we have it, your 12th edition of JAVR News. Hopefully you have enjoyed being kept up to date over the past year with the headline news from the junior section of Avon Valley Runners. If you have any news, stories, or contributions please send them in! my_avr@yahoo.com

SILVERWARE IN SIGHT

Without wanting to get carried away, JAVR have made an excellent start in their bid to bring some silverware to the club! At the half way stage of the Wiltshire Junior Race League the juniors are in first place with a points total of 79, leading Team Bath AC by 5 points and Chippenham Harriers by 10 points. Well done to all the juniors who have participated in one of the league races so far, keep it up. Niall Thorne, Alex Tucker, and Luke Slade are battling for the top three places in the boys league, currently in 2nd, 3rd, 4th place respectively. In the girls league Ellie Isaacs and Ellie Brown are currently in 1st and 3rd place, with Ellie having an 85 point lead ahead of the second placed athlete. Good luck in the second half of the season to all the juniors, JAVR News will be keeping you up to date as the races progress.

The next race in the league is the Frome 5km on the 20th July.

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)

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

Frome 5km – Frome – 20th July

AVR Closed Races 2014

Avon Valley Runners Closed Races this year are now coming around thick and fast, so if the dates are not already in your diaries then put them in now! We have already had The Tony Bartlett Mile (Avon Valley Mile Spring edition), and the Southwick Country parkrun Course Handicap, and over the course of the summer there are still six, yes that's right SIX, events that are exclusive to Avon Valley members! So here's a rundown of what is coming up...

MOB Match ('Over the Hills' backwards). Thursday 12th June – Registration from 7.00pm @ Pound Lane, Bradford-on-Avon.

This is a fun event where we invite our local running clubs to join us for a 'race' over our Over the Hills course, only we run the course backwards. As it is a MOB Match scoring is based on finishing positions, and the scores of the runners at the back are just as important as those of the runners at the front. More information can be found on the AVR website, in the admin e-news, and on the Facebook event page. This event also involves post race drinks at the 'Lock Inn'!

NEW Tom Roberts Watchless Three and a Bit Thursday 3rd July – Registration from 7.00pm @ Pound Lane, Bradford-on-Avon.

Predict your finishing time and then run 3.15 miles. Easy? Yes but there's a twist! Watches are banned and the winner is the runner who finishes closest to their predicted time. For this event we are using the Tom Roberts Handicap Course, hence the slightly quirky distance – just think of it as 3 miles and a sprint finish! More information is available on the AVR website, in the admin e-news, and on the Facebook event page.

AVR Track Championships Wednesday 23rd July @ University of Bath

The event where we bring back school sports day, only on a proper track!! Open to adults and juniors and includes 400m, 800m, 1500m, 200m, 4 x 400m. Full event programme TBC. More information will be available shortly.

BernCol Relay Thursday 23rd August – Registration from 7.00pm @ Pound Lane, Bradford-on-Avon.

A firm favourite for adults and juniors! - Members are seeded and placed into three groups. Mixed teams of three are then picked at random, one from each group. And the best bit is that Sean buys us all fish and chips afterwards!

Avon Valley Autumn Mile Thursday 4th September – 7.00pm registration @ Pound Lane, Bradford-on-Avon.

Run as fast as you can for one mile (and if you did the Spring mile the challenge is to beat your time).

And if all of that wasn't enough we have one more for you... Keep your eyes peeled for more information coming soon...

The Trowbridge 5K

Nearly two hundred runners lined up in a sun-blessed town park for the Trowbridge 5K organised by Stampede Sports. With the event falling on May the Fourth, known as Star Wars, the event adopted a Sci-Fi theme. The event was also host to race #4 of the Wiltshire Road Race League sponsored by Newsquest, so as well as Stormtroopers, Jedi's and Jawas there were some of the leading local athletes present in the field.



Simon Nott of Calne Running Club almost melted the tarmac beneath his feet as he won in a scorching new personal best time of 15:15 on the new flatter, faster course taking in Green Lane and Paxcroft Mead. Leading the charge for Avon Valley Runners in the field was fourth placed Joby Hobbs with a splendid 17:12 clocking and leading in a group of seven club members in the top-10 including 9th placed Ruth Barnes who successfully defended her Trowbridge 5K title recording a time of 18:12, the fourth placed Lady finishing just one second outside of twenty minutes was Fiona Price who took the FV40 prize. Also in the age group prizes was 16th placed Robin-Mark Schols who claimed 1st MV50. The presence of sixty Avon Valley Runners in the field helped the club take full League points once again and sit comfortably at the top of the First Division from Chippenham Harriers and our own 'B' team in third. The next race in the Wiltshire Road Race League is the Bath Hilly 10 on Sunday 1st June.



The Trowbridge "Sci-Fi" 5K also played host to race #4 of the Wiltshire Junior Race League sponsored by Wiltshire and Swindon Sport (WASP) and once again Avon Valley Runners monopolised the prizes with 1st BU13 - Max Davis, 1st BU15 - Ollie Weedon, 1st BU17 - Alexander Tucker, 1st GU15 - Ellie Brown and 1st GU17 Hannah Gibbs. Avon Valley Runners look set to claim the inaugural Wiltshire Junior Race League title at the Frome 5K on Sunday 20th July.

In keeping with the Star Wars theme, best fancy dress awards were presented by Darth Vader to Helen 'Princess Leia' Veleski. May the Fourth be with you!

Darren Wrintmore – Vice President



Anschluss Revisited



Having the pleasure and privilege of working for a multi-national company in the transportation industry, travel for business purposes is never far from the agenda and when opportunity knocks to live on expenses one doesn't like to look a gift horse in the mouth. Usually I don't get to leave our shores on these trips, more often being selected to visit swinging London in the early hours to trudge around in darkened tunnels or maybe the wilds of Wantage; however recently I was given the opportunity to visit a supplier in Austria to study their range of products and to explore system integration opportunities.

Safe in the knowledge that the subject matter may be a little dry, I chose to pack my running kit such that I could get some early morning exercise to ensure a plentiful supply of mind expanding endorphins for the long days ahead.

Flying down to Munich on Monday then driving on the 'wrong side of the road' in a car which had the controls on the opposite side to conventional wisdom for an hour and a half made a change from the norm, but I was glad to get to my hotel in the pretty town of Scharding approximately 98km north of Salzburg. Having visited Newport Velodrome with Darren Wrintmore the day before, I felt it unnecessary to take exercise that evening and so following check in at the hotel I checked out a traditional Austrian Chinese restaurant!

I woke with a start on Tuesday morning with a raging thirst and an urge to get to work. I then realised I was not in my own bed and feeling around for familiarity in the dark I somehow stumbled upon my trainers. I gulped down a couple of glasses of water to sate my thirst, which I can only conclude was caused by the remarkably salty Chinese the previous evening, then got kitted up for a run.

I like to think I have a reasonable sense of direction and having driven without drama or assistance from electronic navigation aids from the airport the previous day, I was however somewhat circumspect as to which direction I should run. *Links oder rechts oder links*, I chose not to choose *links*, I chose something else. Yep, you've guessed it, I went right which led me past the office of the Polizei which just so happened to be two doors from the hotel. I dropped in for some guidance on suitable routes but once inside it became obvious that this sleepy town was unlike Trowbridge and the officer manning the desk was not expecting visitors, criminal or otherwise, at this early hour.

Deciding not to disturb Herr Kommandant I pressed on regardless of route knowledge. Running through the typical and picturesque *Marktplatz* I spotted where the locals leave their dogs when they go to buy their Lederhosen. On on and past the Baumgartner brewery, I had thoughts of falling from space ala famous Austrian son Felix. When I passed a KTM dealership on the outskirts of town it suddenly struck me that these Austrians are a bit of an underrated and possibly unhinged bunch. – They leap from the edge of space from a helium balloon and they make some fairly extreme off road motorcycles. 'Nuff respect!



After about three miles I came to a wide fast flowing river with some rather foreboding looking under currents. The bridge over the river had a fairly rickety looking low wooden barrier along the pedestrian side, there being no traffic about I chose to run across the bridge along the road for safety in the event of slips, trips or falls. As I approached the other side I came across a non-descript sign stating I was now entering the *Bundes-republik Deutschland*, that's Germany for those who chose not to attend their modern languages lessons!



I have to admit I was expecting something more from a border crossing, especially one between two countries that have had some quarrels in history. I suppose it puts the 'Union' of the EU into some context and it seems that 'Anschluss' has been achieved possibly by stealth!

I pressed on further for another mile or so but to my dismay didn't find the black forest, any ginger bread houses or pied pipers and so I turned back, getting back to the hotel just in time for a shower before the breakfast gong rang to alert guests that a plethora of cold meats and cheeses was awaiting them, the cornerstone of every athletes breakfast. I ran most mornings during the week and I can confirm it definitely helped, not only from a digesting knowledge point of view but also to aid the natural progression of all those meat products!



Richard Morgetroyd

