



Valley News

The Newsletter of Avon Valley Runners

#161 July 2014

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At long last July's edition of the Valley news is with us. Apart from my own tardiness, one reason for the delay is a number of abortive attempts to fill the member's profile slot. It's a salutary reminder that we all have busy lives and sitting down to write something formal can be a bit of a task. Never mind, there will be plenty of opportunity to catch up with other members throughout the year.

As well as the usual JAVR news from Joby, he's included an account of the mob match – with a hidden numerical theme. There's yet another useful tip from tip-top coach Steve Williams. Linda Ladner gives us a fascinating account of an interesting and scenic event down in Cornwall, attended by a mischevious crew – well; some lovely AVR ladies accompanied by James Crawford and Bob Washbourne to be precise.

AVR Superstar Fiona Price does it again, with a British record at the South West Vets Championships in Brecon.

Darren has given us his account of the Avon Valley Relay whose numbers have increased markedly since the first running back in 2010. He's also provided a "Korker" of an article which will no doubt fascinate the mathematicians amongst us, as well as the literary pedants. I'm only grateful that my initials add to the confusion (*Ed...* or should that be *KM*, or *K*, or *Km*...I don't know!)

Ken Marshall, Editor.

Did you know?

Any of you who have read Chris MacDougal's book "*Born to Run*" will have heard of the Tarahumara people from the Copper Canyons of Mexico. They are renowned for their running prowess, running as much as 200 miles in one session; for transportation, communication or hunting. Their own word for themselves is **Rarámuri**, which means **runners on foot** or those **who run fast**. They use the toe-strike method, which is natural for barefoot running. On the world stage a number of athletes have competed bare-foot in major competitions including Zola Budd, the British Athlete of South African Origin who competed in the 1984 Olympics and was involved in a controversy with American Mary decker during the 3000m event. One of the earliest runners to compete bare-foot was Ethiopian Abebe Bikila. In 1960 at the Rome Olympics, a few of the other runners sniggered when they saw him turn up at the start of the marathon with no shoes. As a television camera scanned the scrum of athletes readying themselves for the starter's gun, a commentator asked: "And what's this Ethiopian called." A little over 2 hours 15 minutes later, his name would go down in history. He had only been entered at the last minute as a replacement for Ethiopia's intended competitor who was injured. Unable to find any suitable shoes, Abebe decided to run bare-foot and went on the win the race in an exciting finish against the favourite, Moroccan Rhadi Ben Abdesselam.

The Mob Match 2014



The annual running of the Avon Valley Runners' Mob Match took place on Thursday 12th June and the 57 participants were treated to a delightfully warm and sunny summers evening. The usual suspects were out in force again this year with our friends from Corsham Running Club and Chippenham Harriers joining Avon Valley Runners for this friendly 'race' over the 'Over the Hills' course, backwards. Once again taking in the delightful Wiltshire and Somerset countryside' the route started from Avon Valley HQ in Bradford-on-Avon and headed out along the River Avon and Kennet and Avon canal towards Avoncliff, before taking in Westwood, Iford, Freshford, and then heading back along the river into Bradford-on-Avon.

Once all 57 runners had registered and been given the all important pre race instructions we were all set for go. Once again, despite there being no marshals or route signs on the course, all the runners found their way back to the finish as they somehow manage every year. Of course there were the usual post race stories of a few wayward runners here and there, but that's all part of the fun, right? A big thanks to all the runners for once again helping each other out with self navigation and ensuring nobody got too lost! It does however seem to have become custom at this event for the timekeepers to be kept well and truly on their toes, and this year was no exception. With all going to too smoothly for comfort Avon Valley Runners' Fiona Gibbs crossed the finish line. Except "that wasn't Fiona Gibbs!!" was the whisper among the timing team. A quick check of the race number, and another cross check against the



registration list, and yes race number 99 is definitely Fiona Gibbs, but no that runner is definitely not Fiona Gibbs! Another check of the results list then discovered that race number 99 and Fiona Gibbs had already finished, the plot thickened! Now at this point we realised the importance of distinguishing between number 6 and number 9 on race numbers. Runner number 66 had actually put their number on the wrong way around! Panic over, and with the final runners coming over the line with this years 'sweepers' Jilly and Fiona. it was over to calculating the results.

Men

Avon Valley Runners = 25

Corsham Running Club = 72

Chippenham Harriers = 75

Ladies

Avon Valley Runners = 16

Corsham Running Club = 50

Chippenham Harriers = 84

Liquid refreshment was once again this year served up at the Lock Inn Cottage as the presentations were made...

This year's lowest scoring team: Men's Team – Avon Valley Runners
Ladies Team – Avon Valley Runners

Prizes for the MOB Match are awarded the first guest team, and so the results were:

1st Men's Team – Corsham Running Club
1st Ladies Team – Corsham Running Club

Two spot prizes were also awarded to Catherine Dawes (Chippenham Harriers) and Gillian Sanders (Corsham Running Club). Thank you to Tim Lowrie (Over the Hills Race Director) and Avon Valley Runners for donating the spot prizes; two free entries for the 2014 Over the Hills Race.

Thank you also to Fiona Kerr, Jilly Westwood, Ian Isaacs, Sean Price, Fiona Price, Tina Vivian for assisting with this years event.

Full Results can be found on the Mob match page of the AVR website.

Joby Hobbs – Mob Match Race Director

From Lizard to Land's End



Cornish Quarter

What started off as a casual comment from me, ie, "I've heard of a race in Cornwall", turned into AVR on tour. Eight of the nuttier elements of the club travelled to Land's End for the 7th June race. A relay team of four, Kathy Kinsey, James Crawford, Bob Washbourne and Mel Nicholls and a couple of two person relays, Tina Vivian and Denise Ellis, Kay Middleton and me. The teams had to cover a distance of just over 44 miles of coastal path between them.

Bob had travelled down in his Bobmobile with his motorbike attached so that he could camp in comfort and then zip around easily, only he had forgotten that a bike works best when you have a key, this was in a safe place at home! First of a few challenges to overcome.

We were up at 4:45 the next day for breakfast, who eats at that time of day? Our intrepid teams started off at 7:00 from a very beautiful Lizard peninsula, inspiring.

Kathy ran well, only taking one detour and handed on to James, who shot off like a man possessed (maybe he is!), passing on the baton to Bob. Meanwhile Tina and Kay were running their legs, ploughing up and down the path, encouraged by the rest of the team at various points. By the time that they had reached the handover point, Tina had had a close encounter with the rocky route resulting in seeing stars and several nasty bruises, check out her cheekbone! (An early effort for an AVR award perhaps) Kay reached about 18 miles and then limped along with a calf injury, sterling effort but as she said "You can't stop!"

Denise and I took over for the next 22, did you know that there are 153 huge and uneven steps up to the Minack theatre? We do ! The next part of the path was unrunable and Mel joined us in climbing and clambering our way to the welcome sight of Land's End. Mel's ACL survived the test, whilst Denise sang (yes, really) as she crossed the line, I just looked a bit grey. Denise's joy was short lived as she then

felt ill needing ministrations of a lovely chap called Ed . The last incident of the day left James awaiting the RAC to fix the steering on his car, they duly turned up resolving the set back with a sturdy hammer.

Well done to the teams, we survived but never again, definitely, never ever! No really, well perhaps we could try.....

Linda Ladner.

This Month's Training Tip

Warming Up For Competition

If you wish to race competitively, i.e. run fast, then it is essential that you warm up properly before a race. This is especially important for the shorter distances such as 5K or 10K. For longer distances you could incorporate the early couple of kilometres into your warm up.

What is the purpose of a warm up? A warm up is intended to prepare you both physically and mentally for the race that you are about to undertake. The latter aspect is often forgotten – but more of this shortly. On the physical side you want to warm up and prepare your muscles so that the fast(er) start of the race does not come as a shock to the body and you can maintain a fast pace from the off. For a similar reason, the warm up will also raise your heart rate to a sufficient level to accommodate the start of the race.

How should I warm up? The warm up should consist of 4 key elements – easy running, some stretching, some mental planning and some comfortably rigorous short bursts or strides. The elements should be seamless and follow on from each other. The warm up should finish as close to the start of the race as possible. Ideally, just before the 'start gun is' fired. What follows is an illustration of what a warm up should look like but it is up to you to work out what best suits your specific requirements. You should arrive at a race in good time to allow a 20 to 30 minute warm up. Whilst it is good to warm up with other runners the danger is that the warm up may not be the best one for you. In a group warm up there is always an element of compromise. In addition, the mental planning aspect is very much a personal thing and being in a group can be distracting.

Easy running/mental planning - a typical warm up would start off with 15 to 20 minutes easy running. Use this time to undertake the mental planning. Think about the good races you have had over a similar distance and envisage yourself replicating them. You could think about a previous 'bad' race and how you are going to avoid the issue that led to such. (On a personal level, I used to 'prepare' myself by accepting that at some point the race was going to hurt but I would come through it as I had done so many times before.) You can also use this time to finalise your race strategy.

Stretching - By the end of the easy running you should be aware of any tightness in your body. You can then undertake some easy stretching that will address the specific areas. Do not force the stretches but hold for 15 to 20 seconds. In addition, some dynamic stretching should be undertaken. That is stretching that will address the actions that you will expect specific muscle groups to undertake during the race e.g. hip flexors to loosen your hips and enable you to stride freely.

Bursts/strides - A couple of minutes or so before the start, do some short strides – for example 4 x 50 metres or so. Make sure that they are sufficiently rigorous to raise your heart rate (75 to 80 per cent effort). Voila – you are ready to compete.

Finally, and based upon my observation of many club runners, do keep well wrapped up on a cold day whilst undertaking the warm up. Do not strip down to club vest and shorts. There is no point in doing a 'cold' warm up. It is self-defeating.

Steve Williams



JAVR News # 13



NEW TRAINING SESSIONS FOR JUNIORS AGED 7-10

After holding a very successful event at the Trowbridge Rugby Club on July 8th, The Junior Avon Valley Runners will be continuing the series with two more fun training sessions in various locations for ages 7 – 10. The current list of events is as follows:

Wednesday 23rd July 2014 – Bath Sports Training Village – 18:00 – 19:00
Saturday 9th August 2014 – Southwick Country Park – 10:00 – 11:00

All participants must be accompanied by an adult and places will be limited at each event. To register your interest to attend any of these sessions please send an email to: juniors@avonvalleyrunners.org.uk
(Stop Press: Unfortunately all sessions for 7-10yr olds are fully booked...ed)



STUNNING PERFORMANCES FROM LUKE

JUNIOR CHAMPIONSHIP LEAGUE 2014

May brought the 5th race of the JAVR Championship league and yet another impressive performance from JAVR's Luke Slade. Since recording a personal best time of 10.02 in the first race of the 2014 league in January, Luke has recorded a PB in all five races of the league so far! Not only has Luke recorded a PB in every league race, he has reduced his PB since January by a massive 1 minute, 22 seconds over the 2 km course. This continued improvement has enabled Luke to consolidate a 5 point lead at the top of the table with 75 points. Also in the top five positions in the league from JAVR are Robert Warner (62 points) and Niall Thorne (59 points) who have both recorded new personal best times in the league this year of 7 minutes, 51 seconds.

In the girls league three JAVR girls have raced in all five of the league races so far and are among the top ten positions in the league. Abbie Brown (60 points) and Lottie Brown (57 points) are in 4th and 5th place respectively, with Ellie Isaacs in 7th place with 50 points. Both Abbie and Lottie have recorded new personal best times in the league this year with times of 9.31 and 9.20.

After 5 races 66 boys and 36 girls have participated in the 2014 league, seeing a total of 102 runners. Next month brings the half way stage to the league and a league update in JAVR News.





UPCOMING RACES

Sun, 20th July - Frome Junior 5K - **Wiltshire Junior Race League**

Wed, 23rd July - AVR Track Championships - AVR Closed event

Sat, 26th July - JAVR 2K League, Southwick Country Park

Wed, 30th July - DBMax Junior 3, Castle Combe - **Wiltshire Junior Race League**

Thu, 21st Aug - AVR BernCol Relay - AVR Closed Event

Sat, 30th Aug - JAVR 2K League, Southwick Country Park

More information @ www.junior.avonvalleyrunners.org.uk

RESULTS

Full results available at:

www.avonvalleyrunners.org.uk

Full junior results including Junior Championship League 2km results available at:

www.junior.avonvalleyrunners.org.uk

Full Wiltshire Junior Race League results available at:

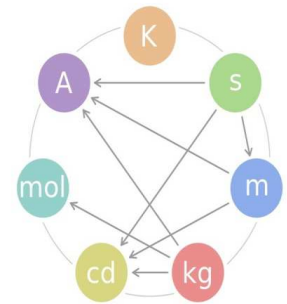
www.wiltshire-athletics.org.uk

K or k?

One of the tasks that I undertake on behalf of Avon Valley Runners is the proof reading of your favourite online monthly running publication - "The Valley News". Having been a previous editor of the newsletter from edition #86 in January 2007 through to #125 in July 2011, I like to keep a watchful eye on the quality and its editorial content. So a few days before it hits the web I receive a copy to my Inbox and start trawling for grammatical errors, spelling mistakes and things that are just plain wrong - I am glad to report that I don't find many!

On proof reading the June edition I noticed that in my own submission on the Trowbridge "Sci-Fi" 5K I had used a capital K in my references to the distance, in other articles within the same edition a lower case k had been used. Which was correct? - my 5K of course, but before I chastised Ken "The Editor" Marshall I thought that a quick search on Google was required. The returned results only served to cloud the issue further with a mixture of K's, k's, km's and Km's being presented as the definitive answer!

So now was time for some digging down on the matter. The K (or k) in question is referring to a distance - a Kilometre. The point of reference for all metric distances since 1960 (though the metric system itself was devised during the French revolution) is the Le Système international d'unités or International System of Units (SI for short). They define the metre as "the length of the path travelled by light in vacuum during a time interval of 1/299,792,458 of a second." though originally it was intended to be one ten-millionth of the distance from the Earth's equator to the North Pole passing through Paris at sea level. The symbol for a metre is m (not the letter m) and this can be prefixed with a k (lower case) to indicate a thousand or kilo-metres. With a K (upper case) being the symbol for the Kelvin unit of temperature.



If only it was that simple, as the US Metric Association addresses the question of "Is K a synonym for a kilometer?" by stating that it is nevertheless common to see "a 5K race," which everyone knows is slang for a 5km race, not a 5K race (5 kelvins, presumably a race conducted at a very cold temperature). As every English Language student knows (even in American-English) you should never write slang. So for a race of 5000m you can say "5K" or "5Kilometres" or even "5Klicks" but when writing it should be 5km.

Darren Wrintmore - Vice-President

The top-ten Avon Valley Runners over the 5km distance are:

1. Ruth Barnes 17:51 - Trowbridge 2013
2. Jackie Rockcliffe 18:35 – Wells 1996
3. Fiona Price* 19:08 - Melksham 2013
4. Linda Brown 19:11 – Bath 1991
5. Rosemary Barber 19:16 – Wells 1994
6. Laura MacGregor 19:31 - Burnham 2013
7. Charlotte Maurissen 19:32 - Corsham 2003
8. Jennifer Ford 19:35 - Trowbridge 2014
9. Judy Farr 19:39 – Bath 1986
10. Leanne Tilley 19:50 - Heddington 2012

*Fiona also recorded 19:28 for 5,000m at the 2014 Wiltshire Track & Field championships.

1. Michael Towler* 15:52 – Melksham 2013
2. Tom Fisher 16:07 – Melksham 2011
3. Gerry Fice 16:21 – Melksham 1989
4. Andy Robertson 16:37 – Bath 1996
5. Kevin Sparey 16:38 – Yeovil 2003
6. Darren Wrintmore 16:42 - Midsomer Norton 1988
7. Dave Seymour 16:45 - Bath 1996
8. Simon Spedding 16:54 - Yeovilton 1999
9. Brett Flook 16:55 - Yeovilton 2000
10. Richard Marsh 17:02 - Street 2001

*Michael also recorded 16:01 for 5,000m at the 2014 Wiltshire Track & Field championships.

Avon Valley Relay

It is really good to see how this event has grown in just five years. Back in 2010 for the inaugural running of the relay, we started outside of Christie Miller Sports Centre on Bowerhill in Melksham with just nine teams, seven of whom came from Avon Valley Runners and it was really no big surprise that crossing the finishing line 18-miles later in Winsley that Avon Valley Runners claimed the Open, Mixed and Ladies team prizes. This year we attracted 35 teams onto the start line at Doric Park, with Frome Running Club, Royal Wootton Bassett Hounds, Devizes Running Club, Westbury Running Group, Frome Triathlon Club, Team Bath, Hot Chilli Tri and Bitton Road Runners among the entrants. This however did not stop the same outcome with Avon Valley Runners making a clean sweep of the prizes.

First to conquer the now 17-mile course in four stages were the "Flying Pig Jon Jons" consisting of Mark Harrison, Rich Ayling, Mike Rose and Tim Lowrie. The next team through the finishing arch at Bradford on Avon Rugby Club were the AVR Mixed team of Fiona Price, Ruth Barnes, Dominic Beddis and Mike Towler followed by Bitton Road Runners. The first Ladies team were "The Valley Girls" of Jackie Rockliffe, Jen Ford, Jules Green and Diane Hier and in 14th the JAVR Boys (Max Davies, Tom Weedon, Ollie Weedon and Niall Thorne) were the first Junior team.



Pos	Team	Class	Club	Time	Pos	Team	Class	Club	Time
1st	FLYING PIGS JON-JONS!!	OPEN	AVON VALLEY RUNNERS	01:42	19th	ALIS FROME TEAM	MIXED	FROME RUNNING CLUB	02:22
2nd	MIXED VALLEY	MIXED	AVON VALLEY RUNNERS	01:43	20th	FROME FORCE FOUR	MIXED	FROME TRI CLUB	02:23
3rd	BITTON ROAD RUNNERS	MIXED	BITTON ROAD RUNNERS	01:47	21st	NUTTALLS NUTTERS	MIXED	WESTBURY RUNNING GROUP	02:24
4th	FOUR LEGGS	OPEN	VARIOUS	01:50	22nd	CHILLI CHICKS	LADIES	HOT CHILLI TRI	02:24
5th	AVON VALLEY ORGANISERS	OPEN	AVON VALLEY RUNNERS	01:52	23rd	AVR SOCIAL TEAM 1	MIXED	AVON VALLEY RUNNERS	02:29
6th	STARS AROUND 45	OPEN	AVON VALLEY RUNNERS	01:55	24th	FROME GIRLIES 1	LADIES	FROME RUNNING CLUB	02:31
7th	HOANG VAN CLAN	OPEN	WOOTTON BASSETT HOUNDS	01:56	25th	STING RAYS	MIXED	VARIOUS	02:35
8th	HOT CHILLI JALAPENOS	OPEN	HOT CHILLI TRI	01:56	26th	AVR SOCIAL TEAM 2	MIXED	AVON VALLEY RUNNERS	02:35
9th	VALLEY GIRLS	LADIES	AVON VALLEY RUNNERS	01:57	27th	RWBH - TEAM B	OPEN	WOOTTON BASSETT HOUNDS	02:36
10th	JADES JOGGERS	MIXED	WESTBURY RUNNING GROUP	02:01	28th	DEVIZES 3:1	OPEN	DEVIZES RUNNING CLUB	02:35
11th	VALLEY VIXENS	LADIES	AVON VALLEY RUNNERS	02:06	29th	DEAD ON ARRIVAL	LADIES	WESTBURY RUNNING GROUP	02:37
12th	FROME LADIES	LADIES	FROME RUNNING CLUB	02:07	30th	TEAM TUCKER	OPEN	AVON VALLEY RUNNERS	02:44
13th	FROME MEN	OPEN	FROME RUNNING CLUB	02:08	31st	FROME GIRLIES 3	LADIES	FROME RUNNING CLUB	02:45
14th	JAVR BOYS	JUNIOR	AVON VALLEY RUNNERS	02:10	32nd	WESTBURY MOBSTERS	OPEN	WESTBURY RUNNING GROUP	02:50
15th	HOB NOBS	MIXED	AVON VALLEY RUNNERS	02:16	33rd	FROME GIRLIES 2	LADIES	FROME RUNNING CLUB	02:51
16th	RUNNING ON EMPTY	MIXED	VARIOUS	02:16	34th	JAVR GIRLS	JUNIOR	AVON VALLEY RUNNERS	03:02
17th	SPONGEBOB SLOWPANTS	OPEN	AVON VALLEY RUNNERS	02:19	35th	TEAM SWEEP	SWEEP	AVON VALLEY RUNNERS	03:02
18th	R.A.S.H DASHERS	MIXED	AVON VALLEY RUNNERS	02:19					

A big thanks to my Avon Valley Organisers team of Carl Davies, Robin Mark-Schols and Pete Vleski supported by Julia Drewitt who made it all happen and also to Ian Isaacs who swept the entire course. A special mention too for Fiona Price who effected a canal rescue when a boater went over-board at Dundas Aqueduct!

Darren Wrintmore - Race Director



Fiona Does it Again



On Sunday 15th June, Avon Valley girl, Fiona Price, travelled to Brecon, South Wales to take part in the South West Vets Championships.

The event she chose was the one hour race which was integrated with the 10,000 metres. "It's a difficult decision to make when you are pacing for two different scenarios in the same race", Fiona Said.

Fiona finished the 25 laps (10,000m) as first lady in a Championship record time of 40:48 some way off her SW vets club record time of 40:11 set last year in Kingston. However, Fiona did not stop after the 25 laps because she wanted to record an hour distance. After 36 laps and 119 metres the hour gun went off and she had set a new British record for VW46 of 14,519 metres.

Fiona has never set a British Record before and is very pleased with the result.

(I bet she is....so are we all! Well done Fiona....ed)