



Valley News

The Newsletter of Avon Valley Runners

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This month we have a fascinating diary and account of a (possibly) once in a lifetime event. Many have us have never ventured to run as far as a marathon, let alone run those 26 miles *after* a 2.4 mile swim and 110 miles on the bike. This result was a rewarding experience for both the participant *and* his very supportive fiancé.

For this month's member profile I've chosen someone who puts in a great deal of effort for the club behind the scenes, particularly with the junior members - we have his regular and always interesting account of their progress this month. He also plays an important role with many one-off events and he's contributed an account of one of those events this month - a race with quite an unusual characteristic where you can cross the finish line in first place and still come last. Confused? Read on to find out more.

Coach Steve Williams provides another valuable contribution and remember Steve's words of advice come from many years of running as well as many years of very successful coaching, so they're not to be dismissed lightly.

The local Parkrun completely a significant Anniversary recently and will be remembered for more than one reason.

Did you know?

Musician Irving Berlin and author Arthur Conan Doyle have a connection with an athletic event. To discover how, we need to go back to the 1908 Olympics. Italian Dorando Pietri was the first to cross the finish line in the Marathon in a time of 2:54:46. He was so exhausted at the end of the race that he fell a number of times and was helped by race officials. The last 350 metres took ten minutes to complete. American Johnny Hayes finished in second place but the American team lodged a complaint because Pietri had been helped across the line. The complaint was upheld and Pietri was disqualified.

As a compensation for missing the medal, Queen Alexandra gave him a gilded silver cup. Arthur Conan Doyle had been commissioned by the *Daily Mail* to write a special report about the race. He was so impressed by the effort of the Italian at the stadium that he commented: "The Italian's great performance can never be effaced from our record of sport, be the decision of the judges what it may." Conan Doyle proposed to the *Daily Mail* to start a subscription to raise money to help Pietri open a bakery in his native town. £300 was raised, of which Conan Doyle contributed five. Composer Irving Berlin dedicated a song to him entitled "Dorando" and Pietri received requests to participate in exhibition races in the United States. On November 25, 1908, in Madison Square Garden, a return race between Hayes and Pietri was organized. Pietri won that race and another the following March, thus vindicating his Olympic triumph.

IronMan Zurich – Anything is possible

Almost a year ago to the day I completed my first Triathlon. The Cosmeston Sprint Triathlon in Cardiff was my first attempt at a multi discipline event and where the idea of attempting an Ironman began. A field of about 120 people lined up at Cosmeston lake on a fresh summer morning, with equipment far surpassing anything I possessed. 1 hr 20 mins later I had finished, driving home with a massive smile on my face.

So how do you go from a 750m swim, 20km bike and a 5k run to an Ironman in one year? One word in my opinion encapsulates this.....dedication. Google the word and just reading the synonyms gets you fired up. Training for an Ironman takes enthusiasm, drive, devotion, loyalty, tenacity, I could go on all day, however it's not just the competitor that requires these traits, anyone closely associated with you does too.



After doing a 1500m open water swim at the Virgin London Triathlon as part of a relay team later in the summer, I decided the time was right to enter an Ironman. So which one? Initially I went for Ironman Wales, it was the closest and logistically probably the most suitable. After a discussion with Julia my fiancé, the decision was made that if I was going to do such a big event, it should be abroad. Going back to the word dedication, my closest supporter was enthusiastic and driven from the start and this helped me massively all the way through the process.

Pulling a basic training program off the internet was relatively easy, there are loads out there and most fit around a working week. I found a 20 week program made up of 3 swims, 3 bike sessions and 3 runs a week with 1 rest day. Having an already basic level of fitness and a good swimming background I was confident I could complete it. Not only that but the training plan I devised fitted perfectly with an imminent tour to Afghanistan with the RAF where on my return it was exactly 20 weeks until the start of the Ironman.

Afghanistan came and went along with a merry New Year, it was then time to start the program. Back at work and into my routine, weeks 1-4 were a breeze. Short swims (in my eyes) with cycles lasting not much more than an hour with a 10k run on a Sunday, all was going well. Week 5 was one of the worst weeks in my training life. It all started with a routine commute to work, a 1.5 mile run in the Welsh wind and rain. Tripping on a curb that day and landing on my knee almost shattered my Ironman dream. Not only did I look a complete idiot to the passing motorists, I'd smashed my knee on the concrete and left myself with an injury that plagued me through weeks 5-11. At the time I thought it was just a bruise, however nearly 6 weeks of Physio, sports massage and visits to the chiropractor I realised it was not just a simple bruise.

At this point I nearly had to abandon all hope. I was able to swim, cycling wasn't too bad but I hadn't attempted a run for 5 weeks. It was do or die. Persuaded to just 'run through it' by Julia proved to work. Although I had pain in my knee it eased the further I went and I found coming off the bike to run actually helped the injury, game on! Training then picked up, along with my spirits which had been managed and tolerated by Julia for the last 6 weeks.



Injury got me down like I can't describe and her support through this period was invaluable, it would have been all too easy to give in. During the next few weeks I completed a 110 mile Wiggle sportive that did wonders for my cycling, although it was the hardest ride I've ever done. I also completed the Immortal Triathlon at Stourhead, a half Ironman 7 weeks out from Zurich and an endurance weekend at Vobster a couple of weeks later. Both these events were massive confidence boosters and put me right back on track with my program. Weeks 16 and 18 were crunch training weeks, the former consisting of a 100 mile bike and an 18 mile run and the latter a 70 mile bike with an 8 mile run straight off the back of it. I managed both fairly well and it was at this point I felt ready to take on the Ironman.

We decided to drive to Zurich. I've driven the distance to Scotland a few times and thought the mileage wouldn't be a problem. Zurich was 650 miles away and with the Eurostar it would take us about 12 hours to travel.

Off we set, with my bike in the back of the car and a bag full of Triathlon gear and sports nutrition. In the year that had passed since the Cosmeston Sprint, my bike, my wetsuit along with other accessories had been upgraded tenfold. Bike envy, is not a good thing, I don't recommend it, especially when you are getting married at the end of the year. Sometimes it's hard work explaining to your future wife why you need £700 wheels for your bike which are 300 grams lighter when you have a harpist to book.....

We arrived in Zurich on the Friday after a long drive of toll roads through France and Switzerland. The English race brief was at 2pm which we didn't want to miss. It was pretty much as I expected with a few useful tips thrown in here and there. One thing I did take on board was the advice to walk the aid stations on the marathon leg. After the race brief we raided the Ironman shop, spending like it was going out of fashion. By this time I had registered, got my race number and it was back to the hotel for lots of food and to prepare my transition bags for bike check in the next day.

Friday night I must have slept for 9-10 hours. I was constantly eating and always had a sports drink of some kind to hand. I felt like I was getting enough nutrition and the right nutrition. I practically lived on homemade flapjacks for the few days leading up to the Ironman. Bike registration on the Saturday was well organised, just like the entire event from start to finish. I racked my bike up and met the guy next to me who was also a Brit! We exchanged a few pleasantries before the main question came along.....what time do you think you'll do? I've always had 12 hours in my mind, not sure why, other people I knew that had completed an IronMan were around that mark, so I just said that. My fellow Brit said the same. The weather that day was terrible, heavy rain without a break.



Our transition bags were hooked on large frames with hooks according to our race number which was great, apart from having to tie the tops very tightly to stop the rain getting in. When bike registration was complete we raided the Ironman shop again, at the end of the day you only do an Ironman once.....don't you?

The night before I was restless, I must have slept for about 2-3 hours. I was going over my race tactics in my mind over and over again. My plan was to hold back on the swim, I recently did the distance at Vobster where I won that discipline at the Endurance weekend in a time of 54 mins. I thought if I come out of the swim within the hour I would still do a good time at my best discipline, but also have lots of energy back in reserve.

Six hours was a time I'd given myself on the bike. My run tactic was initially just to make the distance and get round so I set myself 5 hours. These times including the transitions gave me the magic 12 hour target. At 03.45am, I was already awake and eating a flapjack, banana and drinking a shot of beetroot juice.

The course was pretty good with long flats, some short sharp climbs and quick descents. I thought I was quite a competent cyclist but the murmur around the place was that most people would be closer to 5 hours! Probably the most important thing about the race was the nutrition aspect. If you look at magazines, Internet forums and books they all bang on about getting this right and how your race can be won and lost on getting it right. There were plenty of aid stations on the course but I decided to use my own on the bike consisting of alternating malt loaf and energy gels. Every hour I consumed one gel, one slice of Malt loaf and 750 ml of sports drink.

It was the day of the race! At 06.45 ACDC had just finished playing on the loud sound system, the professionals were in the water and I was pumped up and ready to go. Julia was frantically taking photos on the side, wrestling for a good viewing position with other supporters. There were two waves of competitors, those who could swim sub 70 Mins and those who swam over that time. I started in the first wave which was 5 mins after the professionals. Each wave had about half the competitors in, about 2,300 athletes in the sold out competition. Before I knew it we were rushing down the beach and we were in the water! One solid hour of being punched, kicked and elbowed in a lake was fantastic, it was hard don't get me wrong, but it was familiar territory for me and I loved it. I've always been confident in the water, I swam nationally as a teenager over shorter distances but over 2.4 miles it was all about holding your technique and staying relaxed. I exited the swim in the top 30ish people in 1hr 1min slightly bruised but feeling fresh.

T1 was a blur. I picked up the wrong bag to start with and took it to the change tent where I realised I didn't have black cycling shoes or a mars bars in my bag. I took the bag back to the hooks and found mine, by this time I'd wasted about 2 mins in transition. Wetsuit off, cycling shoes on, gels loaded into my tri suit and I was then pushing my bike out of transition and on to the road. During the entire bike ride I must have only overtaken about 5 people.

I was out with a lot of the elite competitors after the swim and everyone's bike seemed more expensive, more aero and better than mine and I'd also put myself at a bit of a disadvantage by not using tri bars on the bike. I hadn't had enough practice with them on the build-up and decided not to use them. I was starting to regret this decision as it would have saved me a lot of time on this course. The first lap of the course I completed in under 3 hours, it was raining and about 20 degrees, the roads were slippery and the course included some technical descents. During the first lap a horrific crash happened behind me where all I could hear was the buckling of carbon fibre and on looking around a body sliding down the road. The second lap dried out slightly, riders were still blowing by me on the flat parts of the circuit but I could more than hold my own on the hills which were appropriately named The Beast, The Terminator and the short steep climb Heartbreak Hill. Julia stood at the top of Heartbreak for the 2 laps which was a total of 6 hours offering food and drink to me as I passed. I felt bad because I didn't need it, but I guess my nutrition strategy had gone to plan.

T2 was more positive. I was focused. I hadn't experienced any mechanical problems on the bike which is always a worry, a puncture or something worse can put you back minutes. I rode past one guy at the 90 mile point stood on the curb with a broken chain in his hands, something I'd changed during my bike service 2 weeks prior. I imagine that would have been the end of his Ironman dream.

The run course was four 10k laps with each lap rewarding you with a coloured band to show completion. My first lap felt good and I was already thinking about crossing the finish line and becoming an Ironman, what an idiot I then thought, I still had 22 miles ahead of me and I had to concentrate. I just completed my first lap as the 4th place professional female was turning into the finish straight. The crowd were roaring and it felt good to be out there and part of the event.

During the first lap I consumed energy drinks at each aid station keeping to my plan of walking them and also eating sports beans as I ran. Julia had made her way down from Heartbreak Hill and she was a welcome sight halfway through the 2nd lap. I was beginning to feel a bit sick from the gels and drinks I'd been eating and soon couldn't stomach any more beans, from here on it would just be the drinks. One part of the course was sparsely populated with spectators and I struggled each time I went past it. It was the part of the course just after you turn in for the finish to start your next lap, it seemed a long way and each time through this section of the course I felt sick. Luckily for the next two laps Julia was on hand to provide me with Dioralyte, to replenish my body salts. I felt great after this, it just seemed to work, she was a lifesaver with this stuff and I was glad we'd thought through the course together the night before with a nutrition strategy. The last lap was amazing, I picked up my last band at the halfway point and noticed so many people with less bands on than me, it sounds harsh but it was a great feeling! Many of the people who had blasted the bike were struggling and I was overtaking them on the run. I knew at this point that everything I'd done nutrition wise from carb loading to hydration during the race I'd got spot on. The last aid station came with 2k to go and this was the only station I didn't stop at. I picked up the pace and flew straight past it. I must have overtaken at least 10 people in those last 2km who were on the same lap as me.

I actually thought I had energy in reserve but it was probably just being on such a high coming close to the end. I'll never forget the last 100m of the race. I'd run past Julia who was shouting and cheering and entered the finish straight with cheerleaders dancing around and the crowd in raised stands on either side. I took a moment to think how far I'd come in a year, how dedicated to this event I'd been and how supportive Julia had been towards me doing the event and my training. Even though she doesn't believe me, I couldn't have performed to the level I did without her and it wouldn't have been the same if she hadn't been there. After all, this wasn't just my experience, it was ours; it was teamwork. I'll be getting the Ironman M Dot tattoo in the next couple of weeks, Julia deserves one too for putting up with the moods, hours away on the bike and my anti-social nature over the last 5 months. I crossed the line finishing the marathon 35 minutes faster than I expected in 4:25 with a total time of 12:44:38 finishing 998th overall with the immortal word ringing in my ears from the commentator.....

GARY DANIELL, YOU, ARE, AN.....IRONMAN!!!!!!!



Member's Profile



When I joined AVR some years ago, the name Hobbs kept cropping up. There seems to be a superfluity of them, particularly from one family. I've been reliably informed of the healthy rivalries that exist in that household, but I've always been impressed by the times Joby seems to turn out on a regular basis. Despite his youth, he's been a very longstanding member and maybe that's why he keeps a keen eye on the Junior AVR members.

Joby's always very prompt with his JAVR reports and regularly supplies other interesting material for the AVR news; and for that I'm very grateful.

I can't let this report go by without a suitable comment...
 "How cute is that!!"

I joined Avon Valley Runners in 1988 aged 6. On the 23rd October that year I took part in my first race (see picture, right - that's me in the race - aged 6 ½). The race was a 7 mile race that took place in my home town of Bradford-on-Avon and I completed it in 1 hour, 11 minutes, 8 seconds. I was pretty tired but I beat my dad!! I really enjoyed the race and so I carried on running with the club and as I got older I started to train with the adults. It was great fun chasing them around the streets of Bradford-on-Avon on Thursday evenings and after a few years the adults even started enjoying chasing after me!



My days as a youngster with Avon Valley Runners were fantastic and the adult members really encouraged and supported me and my parents took me to lots of races which were great fun. Unfortunately I had to take some time away from the club as University and then a job moved me away from Wiltshire for a few years. I returned to the club during the winter of 2011 after spending 6 months of 2011 cycling around the coast of Great Britain with my partner Jilly. This was a 5500 mile journey covering the entire British coastline on our bikes with 6 months of kit and a tent strapped to the back – it was an amazing experience.

I currently live in Bradford-on-Avon and, having previously worked as a Sport Development Officer, in the past couple of years I have set out on a new path into the world of auctioneering. If I can find any time outside of running you will mostly find me at a music gig or festival, watching Bath Rugby, or driving around in my 1965 Volkswagen Beetle.

Running is my main pastime/hobby/obsession (delete as appropriate!) and I train six days a week (Friday is my day off and on that day I will not run for anybody!). A typical training week will include a combination of a long run, speed session, threshold/tempo run, a couple of 'easy' runs, with some hills thrown in somewhere along the line. I am currently playing around with introducing a bit of swimming and turbo-training (cycling on a static bike) into my training too, but this involves getting up early – and I don't do mornings.

My current personal best times are:

5km:	16.52 (2014)
10km:	35.41 (2012)
10 miles:	59.56 (2013)
½ Marathon:	1.18.54 (2014)
Marathon:	2.49.48 (2013)

My favourite local race is the Heddington 5km and I am also quite fond of the Bromham 10km. Despite this I mostly enjoy racing over the longer distances and my best experience as a runner had to be the Amsterdam Marathon (if you ever get the chance I would recommend it!).

Final Thought: Always challenge your self to do something that you think might not be possible.

The Tom Roberts Watchless Three and a Bit



The Garmin (other GPS devices are available). The runner's best friend or worst enemy. No matter what side of the argument you stand on there is little debate over the fact that this little gadget that beeps reassuringly from one's wrist is relied upon by almost every runner.

It was a debate among AVR members regarding the (over) use of the trusty Garmin that led to the idea of creating a watchless race for AVR members. The event would be set over the old Tom Roberts Handicap course (three and a bit miles) and each participant would estimate how long it would take them to complete the race, which they would run without a watch. The winner would be the runner who finished closest to their estimated time. On a warm and sunny evening on the 3rd July 43 runners turned out to participate and there were no watches in sight! Whilst all the runners registered their estimated times, a small army of volunteers disappeared to erect the start and finish gantry (very posh), the very new AVR gazebo – and very nice it is too!

Once all the runners had been subjected to the race directors briefing it was time for the off. The timekeepers were then left to see how close the predicted first runner would be to their estimated time... and the top 10 results were: (full results available on the AVR website)

Name	Predicted Finish Time	Actual Finish Time	Time Difference	Notes
Michael Towler	17.22	17.21	0.01	1st Man
Richard Newman	26.30	26.18	0.12	2nd Man
Gretchen Tucker	35.30	35.16	0.14	1st Lady
Peter Jefferies	25.25	25.08	0.17	3rd Man
Anthony Hickson	34.12	34.31	0.19	
Tina Vivian	28.30	28.06	0.24	2nd Lady (joint)
Denise Ellis	31.45	32.09	0.24	2nd Lady (joint)
Frank Lamerton	25.10	24.42	0.28	
Paul Thorne	30.55	30.26	0.29	
Nicole Jackson	29.30	28.58	0.32	3rd Lady (joint)
Helen Essery	39.23	39.55	0.32	3rd Lady (joint)

Remarkably Michael Towler complete the course within one second of his estimated time and this is no mean feat accounting for the course taking the runners up Jones Hill and down Avoncliff Hill. Gretchen Tucker, first lady, impressively finished within fourteen seconds of her estimated time. Well done to both our winners who after the race were awarded with a sports watch! A big thank you to all the volunteers on the evening – Robin, Jilly, Fiona, Alan, Carol, Ian, Tina. See you next year.

Joby Hobbs – Race Director

This Month's Training Tip

The more efficient your running technique then the faster you will run. It will also delay the onset of fatigue. From my observations over the last 12 months or so (is it really a year since I started my speed sessions?!) many of you could improve your race times by being aware of HOW you are running and making adjustments to improve your technique. In particular there are three key areas that, from my perspective, seem to raise the most 'issues': Arms, Foot Strike and Core. Taking each of these in turn.

Arms: the arms are levers that should help your overall movement. The rate your arms move helps determine the rate your legs/feet move (if you want to get the best sprint finish in a race pump your arms faster!). They should be moved in a backwards and forwards plane and moved from the shoulders – which should be kept relaxed at all times. Too many runners move their arms across their chests and are affecting the efficient forward propulsion that they need to maintain. Ideally, the arms should be held with the elbows at an angle of (just) less than 90 degrees and not jutting out. The key is to keep all elements that affect the arm relaxed – shoulders, the arms themselves and the hands. The latter should be kept loosely clenched. Any tension in any of these areas will affect your efficiency.

Foot Strike: too many runners lead with their heels when running. (This is in part due to the design of modern running shoes, but that is for a separate article.) If you lead with your heel then your foot is landing in front of your centre of gravity (the hips) and is producing a braking effect. Instead you should be leading with your knees and ensuring that when your foot strikes the ground the hips sit above it. This issue is often compounded by the fact that lots of runners tend to sit in on themselves because their hips are too low and this affects both the stride length and foot strike. You should run with high hips – pretend that you have a helium balloon attached to your head or, my favourite, you are running with a glass of your favourite tippie on your head and you don't want to spill any. Incidentally, the hips are the key part of the leg when it comes to running. They determine stride rate and length. Therefore it is important that hip flexor exercises are a part of your training routine.

Core: if you have a weak core then this will have a major impact on technique, particularly when fatigue starts to set in. You need a strong core in order to provide a **stable** platform for the limbs to move forward and exert force. Any weakness in the core will translate itself into a detrimental effect on running technique. The sitting in on yourself, referred to above, is a prime example. Another is runners folding in on themselves, bending forward from the waist, when tired or under pressure – very noticeable at the end of races. As with the hip flexor exercises (above) it is important that you develop and maintain a strong core – sit-ups, press-ups, squat thrusts etc are just some of the simple exercises that can aid this.

If you feel that any of the 'issues' highlighted above apply to you then please feel free to have a word with me about them. In the meantime, it is well worthwhile doing some very short 'technique' runs. These are easy runs of a couple of miles or so when you simply concentrate on applying the techniques referred to above. It may feel strange at first but once learnt they will greatly assist you in your training and racing.

Steve Williams

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CHAMPIONS

Castle Combe race circuit played host to the final fixture of the Wiltshire Junior Race League 2014. The league which began in February saw juniors from clubs across Wiltshire compete in six races of varying distances between 2km – 5km. After race five at the Frome 5km JAVR remained in first place so now just 3km stood between Junior Avon Valley Runners and a first place finish in the inaugural year of the competition. In the boys league eight juniors competed with JAVR taking the first three positions, and in the girls league three juniors ran taking finishing in three of the first four positions. This impressive team performance saw JAVR taking maximum team points from the race resulting in a final league point total of 119 points and JAVR being Crowned Junior Race League Champions 2014. Well done to all the juniors who participated this year.

In addition to the club award, there were also individual awards presented to the juniors. U15 Champion (boys) – Niall Thorne (also gold medal award). U17 Champion (boys) – Alex Tucker (also gold medal award). A gold medal award was also awarded to Luke Slade and a bronze medal award to Max Davies. U15 Champion (girls) – Ellie Brown (also gold medal award). A gold medal award was also awarded to Ellie Isaacs.

The Wiltshire Junior Race League 2015 will commence early next year. Events and dates will be confirmed in the autumn and will be published in JAVR News as soon as they are available.



MAX TAKES FIRST PLACE

Recording a time of 18.27 Max Davies continued his impressive form by finishing in first place in the Frome 5km on the 20th July (Race 5 of the Wiltshire Junior Race League).

AVON VALLEY RELAY

The annual Avon Valley Relay took place this year on the 5th July. The event is a traditional 'pass the baton' relay covering just under 17-miles in four self-navigated stages. Starting from Trowbridge Rugby Club in Hilperton and finishing at Bradford on Avon Rugby Club in Winsley and following the beautiful Avon Valley. This year JAVR entered two teams, JAVR Boys and JAVR Girls. The boys team consisting of Max Davies, Tom Weedon, Ollie Weedon and Niall Thorne finished in 14th place overall and 1st junior team, in a time of 2 hours 10 minutes 51 seconds. The girls with Hannah Gibbs, Megan Ross, Ellie Brown and Ellie Isaacs finished in 34th place in a time of 3 hours 2 minutes 35 seconds. Well done to both teams!



UPCOMING RACES

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

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

The 150th Parkrun

The 150th Parkrun was graced with the presence of many Avon Valley Runners in July. Nearly fifty of us turned out in what was destined to be a great event with music, fanfares, pacers the lot. I was hoping Sean would have repeated his previous week's kit and run in his town crier outfit but he chickened out of that one.

There was only one problem facing us that morning. The weather! After the race I asked a number of participants how they would describe the event and had a number of interesting responses ranging from "Wet" to "Extremely Wet" to "I now know what the start of a triathlon feels like."

I have to say "Wet" whilst being a technically correct description of the conditions, does not do justice to the severity of the downpour. You couldn't have got any wetter standing under a power shower going at full throttle.

Despite that, it really was a great occasion and a testimony to all the volunteers, the pacers and the runners who stoically braved the storm. First AVR home was Chris Roxburgh in a time of 19:59 (playful or what?)

As for my part in the race I followed my pacer, intending to go for a PB. I stuck to his left ear all the way and after overtaking him right at the end, I powered on to the finish (sort of!) He then told me after the race that according to his GPS watch, we'd run further than 5k and it therefore took a little longer than anticipated. The result was I missed out on a PB by four seconds. Could I have gone faster? I don't think so - I'm grateful that he encouraged me to get that close.

Thanks must go to all the pacers; and so that you can see just how impressively close they were...especially Richard Newman who ran without a GPS watch and had to guess how far he was behind Sarah Jewers:

Tim Lowrie	20:01 (20 minutes)
Thomas Coney	21:11 (21 minutes)
Richard Morgetroyd	22:05 (22 minutes)
Antony Mills	23:21 (23 minutes)
Edric Hobbs	23:57 (24 minutes)
Andy Cunningham	24:59 (25 minutes)
Sarah Jewers	26:00 (26 minutes)
Richard Newman	26:48 (27 minutes)
Peter Jefferies	27:59 (28 minutes)
Steve Moore	28:45 (29 minutes)
Tony Dunford	30:02 (30 minutes)
Steven Cade	30:58 (31 minutes)
Liz Gard	32:18 (32 minutes)