



Valley News

The Newsletter of Avon Valley Runners

#165 November 2014

email: news@avonvalleyrunners.org.uk



Contents this month

- Horsey Horsey, Don't You Stop
Darren Wrintmore
- JAVR News
Joby Hobbs
- Training Tip
Steve Williams
- JAVR News
Joby Hobbs
- XC Championships 2014
Darren Wrintmore
- The Wiltshire Road Race League
Tom Coney
- AVT News
John Kingwell

A packed edition this month with a couple of articles from last month's member profile subject, Darren; describing a very successful annual event as well as an exciting finish to the XC championships. Steve's training tip encourages us to try something that may be a little out of our comfort zone but carries potentially significant benefit.

The Wiltshire Road Race League has finished for 2014 and Tom Coney has given us some interesting stats for that along with the awards presented to a number of AVR runners after the recent Calne 10K. Tom's article is accompanied by a new scoring system for the AVR Championship; a move made necessary by the considerable increase in AVR members over recent years.

We have the usual exploits of some of our youngsters and for the first time in my tenure, we have an article of a recent triathlon event in which Avon Valley Triathletes pulled off an excellent team result. Well done guys and please give us more news of your exploits.

Did you know?

For those of us who have difficulty pacing ourselves in a race, take a leaf out of the book of American middle distance runner Dave Wottle. In 1972 at the Munich Olympics, wearing his trademark peaked cap and running alongside two Kenyans, Wottle entered the 800 metres. For the whole of the first lap and for most of the second lap he was in last place and at one point was about ten meters behind the rest of the pack. Going into the home straight he'd picked up a little but was still only in fourth place and a long way behind the lead runner. In the last twenty five meters he picked off all three front runners and pipped the leader on the line by 0.3 seconds to take the gold medal. That was an amazing finish by any standards but what was more amazing is that Dave's 200 meter splits were *all* 26 and a bit seconds. Clearly he'd paced himself perfectly and let the other runners burn themselves out before the finish line. He gained two nicknames after this race; *Wottle the throttle* and *The Head Waiter*; neither title truly reflecting the achievement of a near perfect pace.

Horsey Horsey, Don't You Stop....

Nearly four hundred runners lined up at the Duke of Beauforts 52,000 acre estate for the 31st running of the Badminton Horseless Team Event. With good success in recent years Avon Valley Runners fielded three teams to tackle the picturesque XC course complete with jumps and brought a fine selection of silverware back to West Wiltshire.

In the five mile race Mike Rose led home the AVR Stallions in second place overall and led Peter Slade in 3rd, Dominic Beddis in 4th, Richard Morgetroyd the all-important fourth scorer in 14th and Team Captain Darren Wrintmore in 21st to the Men's Team prize ahead of Stroud AC.



The Avon Valley Mares were led home by Rebekah Carrivick closely followed by Kiersty Barnett, supported by Team Captain Liz Gard, Gill Perry as the fourth scorer and Fiona Gibbs completing the team which took the Ladies Team prize ahead of Luckington Ladies.

The Men's 9-miler proved to be a much tighter team race with Thomas Coney leading home for the AVRabian Studs in second place overall and last year's winner Peter Veleski in third.



Tim Lowrie finished in 6th but it was down to fourth runner Sean Carrivick in 9th place to ensure that the

Men's Team prize came back to Avon Valley for the third time in four years in the hands of Team Captain Warren Wade who finished 11th overall holding off the challenge of Chepstow Harriers and Dursley Running Club.



After last year's shenanigans at the awards presentation, the handing over of trophies was awaited with nervous anticipation and a sense of déjà vu came in when the winner of the 5-miler came forward not looking anywhere near the athletic beast that Mike Rose is...but fortunately it transpired that he was collecting the award on behalf of another runner.



It was still a little unclear as to how Rebekah and Kiersty were awarded first and second place, as the results showed a lady ahead of them, though with a 10K PB of >50-mins it probably wouldn't have troubled our girls – one suspects that a bit of inadvertent chip swapping had occurred in the registration area. As for Tom, well he needed a steward's enquiry to eliminate a five mile runner who had been counted ahead of him in the nine miler. The Team prizes however went to the right people....namely Avon Valley Runners!





JAVR News #17



JUNIOR CHAMPIONSHIP LEAGUE UPDATE

Just two races remain in this year's league and JAVR continue to produce some fantastic performances. In the boys league Luke Slade has made consistent improvement with 6 personal best times recorded in his 8 races in the league this year. Luke currently sits in first place in the league ahead of Andrew Tipple who has joint points (110) in second place, and club mate Robert Warner who trails by just one point in third place. In October's race Niall Thorne recorded a new personal best of 7.44, his 4th P.B. in 6 races and Max Davies set a new P.B. and B13 record with a time of 6.52. 87 runners have participated in the boy's league this year and with 10 points separating the top five positions it promises to be an interesting finale. In the girls league Mia Ralph and Lola Harris both produced excellent runs in October's league race to record new personal best times. Mia set her 3rd P.B. in five races with a time of 8.33 and Lola recorded a time of 10.10. Abbie Brown continues to track the top positions in the league and currently has 110 points in second place, just 3 points off the leader with two races to go. Participation in the girl's league also continues to grow with 55 participants in the 2014 league so far.

WILTSHIRE CROSS COUNTRY CHAMPIONSHIPS

The Wiltshire XC Championships take place at the University of Bath on Sunday 14th December. There will be junior races in the following categories: U11 Boys/Girls, U13 Boys/Girls, U15 Boys/Girls, U17 Boys/Girls. Wiltshire Athletic Association will be presenting individual Gold, Silver and Bronze medals in each of the race categories. Entries into the XC Championships can be made at <http://www.entrycentral.com/xc2014> before midnight on Thursday 11th December and there will be NO ENTRIES ON THE DAY. The race will also be used to select the Wiltshire team for both the South West Inter-counties event which takes place at Bicton College near Exeter on Sunday 4th January and the National Inter-counties event which takes place at Cofton Park, Birmingham on Saturday 7th March. Due to the time constraints on entry for the South West Inter-counties if you wish to be considered for selection then you should enter the event online at: <http://www.sw-athletics-academy.co.uk/upcoming-events/?ee=10> and advise the respective Wiltshire Team Manager who will be at the finish line. For further information regarding the Wiltshire XC Championships visit the Wiltshire Athletics Association website: www.wiltshire-athletics.org.uk

This Month's Training Tip

Cross-Country Racing. What is it? Why Do It?

Some of you may be aware that the club is entering a number of cross-country (XC) races - both the Gwent League events and major championships such as the Tri-County, South of England and the English National championships.

What is the difference between a XC race and an off-road one?

Whilst both types of races are 'off-road' there are a number of differences. XC races take place in winter and tend to be 2 or 3 lap affairs that take place within a specific defined location such as a park, university campus or National Trust estate. They very rarely feature any road whatsoever and, particularly in championship races, any hardcore surfaces are normally overlaid with sand or straw to enable the use of spiked running shoes (spikes).

Whilst XC courses are challenging, you are unlikely to encounter the long hills that you often find in off-road races e.g. our very own climb up to the A46 from Freshford Mill in the OTH. The distances of XC races are less than you would expect to encounter in off-road races. Typically 5K to 8K for women and 8K to 12K for men.

These 'less challenging' courses and the lesser distances to be covered mean that XC races are run at a faster pace than you would expect to encounter in an off-road race. In addition, many of them are used as winter conditioning sessions by middle-distance and track athletes and, consequently, at the front end of the race they can be very competitive events. That said, there are many runners who take part purely for the joy of getting away from the tarmac and, as a result, XC running is the fastest growing branch of the sport of athletics.

Why should you do XC races?

Taking part in XC races will have benefits for you as a runner. They are excellent for developing strength as the terrain forces you to use the whole body in order both to maintain balance and an effective running style. As a consequence, your leg strength will improve, your core will strengthen and you will have to make more use of your arms. All this physical development will mean that when you return to road running you will be both stronger and faster and, technically, more efficient. Whilst these benefits can accrue from running off-road races, the fact that XC races are shorter, faster and over 'runnable' routes means that they are more readily realised and more pronounced.

XC races are an excellent way of learning race craft without worrying about what your watch is telling you. Without the pressure of running a specific time you can learn to concentrate on how you feel and what is going on around you in a race. You will begin to notice how your body reacts to different stresses, where your strengths and weaknesses lie (the nature of the courses will make this apparent) and develop a much better natural understanding of your body. (No more 'listening' to what your Garmin is 'telling' you – pah!)

From a psychological perspective, the fact that you are racing effectively over challenging courses will bring untold benefits when you return to the road. (Why should that road hill bother you when you have negotiated a tougher hill whilst racing up a muddy woodland track?) You will become more race-focused in terms of maintaining your concentration for the duration of a race without having to 'worry' about your kilometre splits. You will develop mental 'stickability' as you learn to work your way through the tougher parts of the courses you encounter. All these attributes can be 'carried over' into your road racing and make you a more mentally robust and focused road racer.

All in all, XC races are a win-win situation for you as a runner and should be an integral part of your winter's training. So... keep an eye on the AVR Website and Facebook/Performance page for details of forthcoming events and give one a try. I assure you that it will be both a liberating and beneficial experience.

Steve Williams

XC Championships 2014

With the Wiltshire Off-Road League now well underway and Avon Valley Runners are once again vying with Chippenham Harriers and Team Bath at the top of Division One. It is therefore shaping up to be a pivotal race at Bath University on Sunday 14th December at the Wiltshire XC Championships.

Last year our Ladies team of Jackie Rockcliffe, Fiona Price, Jill Westwood and Diane Hier acquitted themselves well to secure the county Team Title for the fourth time in five years, ahead of Chippenham Harriers and Team Bath. Whilst Michael Towler headed all of the Wiltshire athlete's home to defend his county XC title and led the Men's team of Chris Roxburgh, Joby Hobbs, Tim Lowrie, Thomas Coney & Pete Veleski to the county XC Team title for the second time, ahead of Chippenham Harriers and Swindon Harriers.



Alongside the Wiltshire XC Championships will once again be the championships of Somerset and Avon, which will see us up against the full strength of Team Bath who are able to call upon their wider pool of athletes from neighbouring counties, along with the customary very strong teams from, Wells City Harriers, Westbury Harriers and Bristol & West AC. Though as previous Tri-County results have shown we have performed very well against this higher level of competition with our Men taking bronze in 2010, 2011 & 2013 and our Ladies narrowly missing out on podium positions.

It is not just Team Titles that are up for grabs, there is the chance of gaining individual honours and county selection, right across the age groups.

11:00 - U11 Girls (1.9k)

12:10 - U15 Girls (3.8k)

13:10 - U17 & U20 Men (5.7k)

11:15 - U11 Boys (1.9k)

12:30 - U15 Boys (3.8k)

13:40 - Senior & Vet Ladies (6.6k)

11:30 - U13 Girls (2.8k)

12:50 - U17 & U20 Women (4.7k)

14:10 - Senior & Vet Men (10.3k)

11:50 - U13 Boys(2.8k)

15:00 – Presentation of Senior awards



For more details of the Wiltshire XC Championships including course maps and on-line entry (There will be NO ENTRIES ON THE DAY) please visit www.wiltshire-athletics.org.uk

The Wiltshire Road Race League

The Wiltshire Road Race League 2014 concluded with the Calne Clock Challenge 10K. Going into the final race Avon Valley Runners had already secured their 3rd consecutive title, but the A team were 1 point away from a maximum score having dropped a point at both Chippenham and Devizes Half Marathons, with the B team sitting 3 points ahead of Chippenham Harriers. However with the best 9 scores over the 11 races to count, only a win over Chippenham would guarantee the B team remaining 2nd in the league. With a sell out race, Avon Valley were well represented with 40 out of the 260+ runners that lined up at the start line. The weather was kind given it was late October with only a slight chill in the air when standing around, and no rain or wet grass/leaves to contest with. With the race underway, quickly Patrick Martin of Stockport and Simon Nott of Calne were closely pursued by Mike Towler and Rich Ayling of Avon Valley as the front runners, which is where they remained crossing the line in that order. With Mike Rose also finishing well in 7th place AVR took the team prize. In the ladies race Fiona Price lead from start to finish, with Anita Mellowdew 3rd lady and Kiersty Barnett in 8th, Avon Valley also took the Female team prize.

After the League scores we're tallied, Avon Valley Runners A team comfortably secured first place to take 20 pts and finish the year on maximum pts, while Chippenham Harriers ended up with a score of 817 compared to Avon Valley Runners B score of 815, so by 1 place managed to take the 19 pts from the race and claimed 2nd place by a single point(though Avon Valley had a superior 'score' from tallying all running positions over the 11 races)

Pos.	Team	M- Score	F- Score	Total Score	Points
1	Avon Valley Runners - A	5201	5113	10314	180
2	Chippenham Harriers - A	3953	3597	7550	166
3	Avon Valley Runners - B	4475	3293	7768	165



With the conclusion of the League individual trophies were also presented to athletes that came first in their age category and medals awarded to those that achieved scores above certain thresholds; Gold: 810pts, Silver: 720, Bronze: 540. Avon Valley athletes again were well represented with the following recipients:

Male Senior Winner : Rich Ayling
 Male V50 Winner : Robin-Mark Schols
 Male V60 Winner : Frank Lamerton
 Female V40 Winner : Juliet Coulson
 Female V50 Winner : Adele Cooper
 Female V60 Winner : Rosemary Barber

Gold: Rich Ayling, Mike Rose, Peter Veleski, Juliet Coulson
 Silver: Robin-Mark Schols, Kiersty Barnett, Adele Cooper
 Bronze: Dominic Beddis, Thomas Coney, Anthony Mills, Tim Lowrie, Pete Slade, Joby Hobbs, Warren Wade, Fiona Price, Suzann Large



A final mention is warranted by both Matt Evans and Juliet Coulson who were 2 out of only 3 athletes that represented their club in all 11 races that made up the 2014 Wiltshire Road Race League.



Provisional Fixtures for 2015 are:

- #1 **Devizes 10k** - Devizes - *Sunday 15th March*
- #2 **Highworth 5** - Highworth - *Sunday 12th April*
- #3 **St Georges 10K** * - Corsham - *Sunday 19th April*
- #4 **The Trowbridge 5K** - Trowbridge - *Sunday 10th May*
- #5 **Chippenham 5** - Chippenham - - *Sunday 7th June*
- #6 **Broad Town 5** - Broad Town near Wootton Bassett - *Saturday 20st June*
- #7 **Frome Half Marathon** - Frome, Somerset - *Sunday 19th July*
- #8 **Heddington 5K series** - Heddington - *Race series(race #3) -Best time to count- concludes August*
- #9 **Malmesbury 10K** - Malmesbury - *Saturday 5th September*
- #10 **Melksham 10K** - Melksham - *Sunday 13th September*
- #11 **Cricklade Half Marathon** * - Cricklade - *October*
- #12 **The Clock Change Challenge 10K** - Calne - *Sunday 25th October*

There is going to be a change for the scoring of the AVR road series in 2015.

Currently the scoring system has 20pts for 1st place, 19pts for 2nd, decremented by 1 until 1pt for 20th place **and all subsequent** finishers. At the end of the league an athletes highest 8 scores out of a possible 12 are added together with the highest score winning. As the club grows and participation continues to increase this leads to a situation where at larger events like at St George 10k we had 18 male athletes all scoring 1pt. In 2014 out of the 11 races 7 had at least 2 Male athletes scoring 1pt and 3 of the races had at least 2 females scoring 1pt. Given time this could result in occasions where members could consistently score 1pt, but the table would not necessarily reflect whom finished in front of the other on more occasions and not reflect the competition between these athletes.

To rectify this and enable continued growth but still allowing a true representation of all performances to encourage competition throughout the club in future the scoring system will be changed to:

For each race 1pt will be awarded for 1st place, incremented by 1 for every additional place. Where an athlete was unable to attend a default value will be used which will be Number Of AVR Runners + 5, with a minimum of 20. The winner of the series will be the athlete with the lowest score when their lowest 8 out of 12 scores are added together.

This new scoring system can be viewed at the following link which uses the results from the 2014 league
<https://onedrive.live.com/redir?resid=4A7A8E6AD6B56013!154164&authkey=!AGm663D8N8j8NV0&ithint=file%2cxlsx>

AVT News

AVT win their first Trophy at the Thruxton Duathlon.

With the end of the traditional triathlon season upon us, a triathlete's winter racing fix now consists of duathlons, aquathlons and running events.

If you didn't already know, a duathlon is a run followed by a cycle and then another run to finish, all completed one after the other, with a short 'transition' in-between each discipline. There are various distances but typically Sprints are 2m, 10m, 2m, and Olympic 10km, 40km, 5km, but there are plenty more options available, both shorter and longer distances.

Races are generally 'road' based and therefore fast and furious, but there are also lots of 'off-road' races too. These offer a mixture of cross country running and mountain biking, often on testing courses involving plenty of mud. These can have a more fun feel to them but they are certainly not an easier option.



The Thruxton 'Mass Attack' Duathlon is a popular event based at the live airfield and racetrack just off the A303 between Salisbury and Andover.

Four of us from Avon Valley Triathletes joined the 120 strong field on a very blustery autumnal morning ready to tackle the 5km, 30km, 3.8km course around the super smooth 2.4 mile track.

The eventual race winner had already been seen warming up; Lee Piercy, the current ITU World AG Champion, but the four of us had our eyes on the Team Trophy. Adam Robins and Simon Robinson were both looking for Top 20 finishes and with either Nigel Evans or me being the 3rd man home, we knew we had a chance even though plenty of other clubs were well represented.

Right from the start Simon set off quickly but was overhauled by Adam towards the end of the first 5km run. Adam never looked back and his quick running, a fast split for the 8 laps on his new aero bike, and a solid second run he was first AVT home, 7th position overall and 3rd in his category M30-39.

Simon soon followed finishing strongly in 12th position overall, only 48 seconds behind Adam, 6th M40-49 Cat. I was next in 33rd position, 12th M40-49 and Nigel came in 46th overall, 18th M40-49.

Great results all round and the aggregate times for Adam, Simon & I made AVT convincing winners in the Team challenge beating Wight Tri & Salisbury Tri Club.

1 st Avon Valley Triathletes	4:32:31
2 nd Wight Tri	4:38:58
3 rd Salisbury Tri Club	4:52:31

If all this talk of duathlons has inspired you then why not have ago yourself?

DBMax Events organise the very popular Chilly races on 16th Nov '14 & 22nd Feb '15, both at the Castle Combe race circuit and are 2m/10m/2m in distance. These are ideal for beginners, you don't need a fancy time trial bike, any roadworthy steed will do the job and I can guarantee you will love it! If you prefer a little mud in your life then why not try the Cirencester Off Road Duathlons organised by TriFerris. They offer a shorter option of 1m XC/5m MTB/1m XC or the full 2/10/2 event.

Don't forget as an Avon Valley Runner you are also free to hook up with AVT, just join our Facebook page, please see the AVR website for details.

John Kingwell