



# Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS  
#113 – July 2010



## The Jubilee Shed

For the last twenty five years the clubs inventory of signage and other race day materials has led a pretty nomadic existence as they have been moved from garage to garden, barn to car boot and back again. Since we launched the appeal for a new home for our race signage last year, we had investigated a number of commercial options all of which would have proved the club's single biggest annual expenditure item and exceeded the material value of the items in question (and then some).

Some thinking outside the box was required and a suggestion came forward, that if we could not find a suitable and/or affordable storage location then why not make one. So the Jubilee shed project was launched with Julia Drewitt volunteering a corner of her garden in Trowbridge where we could construct a shed that would provide a permanent home.

Leaning heavily on the carpentry skills of husband Steve, the shed was completed and the first signs moved in. The shed was officially opened on June 12<sup>th</sup> with Honorary Secretary Darren Wrintmore cutting the appropriately coloured green and gold ribbons.



## Sport Nutrition

What you eat can make a difference in both your performance and your recovery – so what should you eat before exercise? Sports nutrition can be very complicated, but there are some basic principles that can be applied to nearly every runner. Join Nutrition Adviser Melanie Nicholls of Freedom Fitness in the first floor bar area of Christie Miller in Melksham after training on Wednesday 21<sup>st</sup> July as she talks about: Food as an energy source and how our body uses it; Pre/post exercise nutrition; Fuelling on the run and is it necessary; The three macro nutrients and how they help in assisting our training/racing and what our requirements should be of all of them; Energy drinks etc.

Mel is happy to answer any questions that you may have on sports Nutrition if you would like to eMail them in advance to [mel@freedomfitness.me.uk](mailto:mel@freedomfitness.me.uk)

## The Shop is Open

The Avon Valley Runners online shop is now open at Sportzform offering a range of AVR club kit that is set to grow over the coming weeks.

Currently hoodies in Black or Grey are available at just £20 including VAT and performance running tights at £30 – all adorned with AVR logos.

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# The Loneliness of the Track Runner

How difficult can it be? Quoting James Cordon as “Coach of the Year, ‘you just go round and round, it’s not real running.....”

It all started with a beer, a fact which will not surprise those of you that know me! It was Boxing Day 2009 and I had just completed what I thought was a good 5K. Flushed with success, the beer started talking, asking Alan (Head Coach) what he thought about me having a go at racing on a track even though I’d only ever trained once on the University track. He thought it might be a good idea. All went quiet for a while. I was doing the Tuesday sessions in Trowbridge Park together with Saturday mornings in the mud at Southwick. Then in March 2010, Alan asked if I was actually going to have a go at it, time was moving on and I needed to decide what I was going to do. Even without the beer I was still up for it, so Alan started sending me training sessions to do at the University, an advantage of working across the road from the track! I in turn replied with the results of my efforts. Looking back these seemed pretty pathetic but it was a start.

The sessions on the track started in mid March and I rapidly discovered one of the big downsides of training at Bath; it’s often very cold, wet and the wind really does blow in your face down the back straight. I often get the track to myself which is a bit of a double-edged sword; admittedly there are very few people around to watch me cock things up! but it’s very lonely and there is the odd low moment, usually about half way through a set of 400m reps, when I get to thinking I could die out here and then get to wondering how long it would be before somebody found me. I also realised early on that I was the lunchtime entertainment for the diners in the Sports Café and my kit apparently provided a nice dry spot for one of the “elite” athletes to leave his things on top of, not once but twice! However, after a few weeks I was starting to get used to a diet of interval sessions ranging from 150m up to 1,000m.

As the training progressed my thoughts started to turn to when was I actually going to race and what distance. At last the opportunity presented itself, an open meet at the University so at least I would get to do my first race on home territory. I had a choice 800m, 1500m or 3000m: based on the timing I settled for the 1500m. Entry was on the day, so up I turned, feeling slightly self conscious and a bit nervous! A bit like the first day at school day except whilst the other competitors were largely accompanied by proud parents, I was accompanied by not so proud daughter, Laura (who also happened to be older than most of the other competitors.....) I found the entry desk and was asked to fill in a form and to add my name to a list together with my PB for 1500m. I was the second entry, the first entrant had a PB of 4 min 10sec - I lied and said I had no idea of what I could do for 1500m and so left it blank. Things were not looking good.

The entry process now successfully negotiated, it was time for a warm up. I think this was more about settling nerves than getting ready to race but I did all those funny exercises that Alan insists we do anyway, I’m now starting to realise that they really do work and everybody should be doing them regardless of what distance they’re racing! Then it was time to go to the start whilst looking around me at the competition - four girls and two boys - they really hadn’t got a lot of entries for this race so there wasn’t going to be anywhere to hide here. The gun goes and we’re off and I’m surprised at how fast everybody took off with me chasing them. First 400m, 75 sec (somebody beside the track calling out times), 800m, 2 min 31sec, doesn’t sound bad to a novice like me. Then reality sets in and I start to fade, the legs are beginning to feel heavy but there’s only one runner behind! Somebody calls out a time for 1200m but by this time I’m past caring. I get to the bell, only 400m to go, I’m really hanging on then I hear the most inspiring line anybody has directed at me - ‘you’ll catch him he’s old!’ “No, you b\*\*\*\*\* won’t” I think, and set off with renewed vigour to finish in a time of 5 minutes 4 seconds. OK it’s not brilliant but it’s a start.



So now I had a benchmark and some idea of what I had gotten myself into. And still I carried on. So now it was time to find another challenge, it didn’t take long, Alan identified a 3000m race at Millfield organised by the British Milers Club. An online entry what could be simpler? As I was reading the entry information and filling in the relevant boxes I saw:

*‘Where no standard is indicated there is no restriction on entry although athletes significantly slower than the BMC membership standard for their age group may be out of their depth’.*

This seemed to be a step up in class and I hesitated. Then I figured that with my predicted entry time they might not accept my entry anyway so I pressed the submit button and almost instantly received a response:

*‘Thank you for your entry please collect your race number and pay your entry fee on the night’.*

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A few days contemplating the prospects of this race didn't help; was it going to be too fast? Was I going to make an idiot of myself? How many times might I get lapped? It was on a Bank Holiday Monday, couldn't I have found something better to do? I carried on getting myself worked up and things didn't improve on the day, seeing the quality of all the other races. So after a warm up, there I am on the line, still wondering what on earth I'm doing. BANG the gun went, off they went. It seemed just as fast as the 1500m but there were pacemakers in this race, so there was something to aim at - stay with the last of the three pacemakers as long as I could. Then at four laps, I'm hanging. No amount of encouragement from Alan waving his stopwatch and shouting '*close up, stay with them*' solved the problem. The last three and a half laps were very painful. I was starting to lose it mentally then I heard the bell - the last lap, '*So one last effort to put in a good finish*'. Then as I approached the line, I see the board; it says one lap to go! Was I just hearing things? Did I really have to go round again? After all, this was my big effort to look good at the end... Crossing the line, I realised that most of the other competitors were there waiting for me. I looked round and there were still people to finish, I wasn't last, I hadn't been lapped and fame had arrived, the time was fast enough to make it into *Athletics Weekly*!

However, there was no time to bask in the glory because the following weekend it was the **Wiltshire Track and Field Championships**. This time I had entered both the 800m and the 1500m (well, there was an hour between them...) I got there early to give myself time to see how things worked and get warmed up. Then it was time for the race and looking around they all looked very young and probably fast. I suddenly realised that I didn't really know what I should be doing, the 800m starts in lanes and I didn't know how far I had to go before I could move out of my lane. Sheepishly I asked one of the officials who kindly spared my blushes by reminding the whole field that they had to run the first bend in lane until they reached the green line. BANG, the rest of the field is gone; I feel like I'm standing there on my own, I set off in hot pursuit. One lap completed, 68seconds, I can't run that fast! Into the second lap then the reality of the 800m starts to hit home half way down the back straight, my legs screaming, my lungs burning and I still have more than 200m to go. Time to see what I'm made of; I make it to the finish, time of 2min 26secs. My target for this race was to be inside 2min 30, so mission accomplished. The 1500m is an equally painful experience but I have a solid race, much more even pace than the first and beat my previous time again.

With no races on the horizon, it was back to serious training for a couple of weeks. However I didn't have to wait long for the next opportunity, a meeting in Cheltenham. Another chance to run 800m and 1500m back to back! Knowing what to expect definitely helps get your mind around these things. Anyway after a good warm up it was time to get to the start line. It seems strange but there is a period just before the gun goes when you gather your thoughts and you know it's going to hurt and unfortunately this was what the photographer captured (really, I'm sure I don't always look like that...) BANG! This time there's somebody in the race of a similar age to me and who claims to be slower than me so I have to beat him. One lap gone he's right on my shoulder, the rest of the field might as well be in another race somewhere else on the track, this is serious. I'm determined to hang on for the second lap, was he lying to me about his time? No, as we get to the 200m mark he starts to fade. The finish is in front of a grandstand with seating for 500 people and a lot of the seats are taken, so it's got to be a good finish. I cross the line with absolutely no idea what the time is and they take almost an hour to announce the results. But it's worth waiting for - 2mins 22secs, another PB.

One down, only the 1500m to go but at least I had a bit of moral support in the form of Michael Towler who was there to do the same race. So after watching a few races, it was time to warm up, unfortunately realising that my legs were feeling very heavy. The races were graded, thus Michael and I are in different races, each race was made up of runners of about the same pace, giving a mixture of ages and sexes, so this time I really am in a race albeit against a thirteen year old who probably had more experience than me. BANG! We're off. 50m and I am in the lead, not something I'm used to, one lap gone I'm still there. Two laps gone I'm still just in the lead but can sense two runners on my shoulder. Then they go past with about 700m to go and at this point all I can hear is a little voice in the back of my head, it's Alan '*close up, close up, don't let a gap open...!*'. With one lap to go, the 800m is beginning to take its toll but at least I'm keeping the two lead runners in my sights then I realise that I'm pulling them back. 200m to go and the second placed runner is less than 10m in front of me. Time for one big effort and by 150m to go I'm in second place, gaining slowly on the leading runner. In the finish straight now, still gaining, he's slowing, is he tired? No I think he's basking in the glory the crowd is cheering. I'm closing him down, there's only 10m to go when somebody calls out in true pantomime tradition '*he's behind you....!*' and with this he sets off like a scalded cat! Probably not the prettiest sight, looking over his shoulder, and being confronted by me in full flight so I can understand his effort. Anyway the result was he beat me by one second, but I got another PB, 4min 53secs.

So there it is the brief history of my track career. Admittedly it's had its moments and I'm by no means the youngest or best looking runner out there, but it's been an exciting challenge and lots of fun along the way. It's has been very satisfying to go from zero to a national ranking at 3 distance in six races in my age group (Vet 55)! Perhaps those wet, windy and utterly depressing training sessions experiencing the loneliness of the track runner will seem worth it next year - the **World Masters Track Championships** are in Sacramento, California.....anybody up for it?

**Stuart MacGregor**

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# Table Status

We are now over half way through the year and our Club Championships are starting to take shape:

## The Race Series

Pos	Name	Total	Bramley 20/10	Terminator	Devizes 10K	White Horse	Corsham 10K	Roundway Chase	Melksham 5K	Warminster Forest 10
1	Michael Towler	100	-	-	20	-	20	20	20	20
2	Joby Hobbs	93	19	-	18	-	-	18	19	19
3	Bernie Hobbs	92	17	12	10	17	-	9	11	16
4	Mark Harris	92	-	18	14	-	14	13	15	18
5	Richard Morgetroyd	84	-	15	17	-	17	17	18	-
6	Carl Davies	78	20	20	19	-	-	19	-	-
7	Mike Pace	63	-	17	-	18	-	11	-	17
8	Tom Frost	60	-	-	13	-	16	15	16	-
9	Alistair Bartlett	57	17	-	12	-	15	-	13	-
10	Chris Atkinson	53	19	-	-	20	-	-	14	-

  

Pos	Name	Total	Bramley 20/10	Terminator	Devizes 10K	White Horse	Corsham 10K	Roundway Chase	Melksham 5K	Warminster Forest 10
1	Liz Clark	101	17	14	18	-	16	19	17	-
2	Sue Macgregor	73	-	15	-	19	-	20	-	19
3	Joyce Field	68	16	11	14	-	14	-	13	-
4	Tina Vivian	66	17	16	-	-	-	18	15	-
5	Claire Howard	59	19	20	-	-	-	-	-	20
6	Melanie Nicholls	58	-	19	19	-	-	-	20	-
7	Ali Atkinson	56	18	-	-	20	-	-	-	18
8	Megan Orrell	45	16	12	17	-	-	-	-	-
9	Dawn Hulbert	41	-	-	15	-	12	-	14	-
10	Jo Mumford	40	20	-	20	-	-	-	-	-

## The Road Championships

Pos	Name	Category	10K	10M	Half M	Total
1	Joby Hobbs	SEN	0:38:44	1:05:25	1:25:19	3:09:28
2	Alistair Bartlett	SEN	0:40:09	1:09:56	1:39:30	3:29:35

  

Pos	Name	Category	10K	10M	Half M	Total
1	Joanne Mumford	SEN	0:42:42	1:09:24	1:33:23	3:25:29
2	Ali Atkinson	V40	0:46:28	1:13:35	1:40:44	3:40:47

## The Off-Road Championships

Pos	Name	Score	Qualifier	Score 2	Score 3
1	Tom Fisher	290.67	92.85	99.57	98.24
2	Mark Harris	337.53	116.27	112.72	108.54
3	Doug Barber	340.30	116.62	112.94	110.73
4	Michael Pace	344.87	118.92	113.20	112.74
5	Kevin Gover	362.77	121.732	124.84	116.19

  

Pos	Name	Score	Qualifier	Score 2	Score 3
1	Melanie Nicholls	328.97	120.50	112.43	96.03
2	Sue MacGregor	357.02	136.01	110.43	110.57
3	Liz Clark	388.26	136.27	120.02	131.96
4	Christina Vivan	385.07	134.63	125.68	124.75
5	Joyce Field	415.09	152.65	130.19	132.23

**Best 10K:** Michael Towler 34:43(Castle Combe) & Rachel Bown 40:02 (St Georges 10K)

**Best 10M:** Carl Davies 57:41 (Bramley) & Jo Mumford 69:24(Bramley)

**Best Half:** Michael Towler 1:16:38 (Bath) & Jackie Rockcliffe 1:33:00 (Bath)

**Best Marathon:** Carl Davies 3:02:27 (London) & Jackie Rockcliffe 3:27:06 (London)

**Best WAVA:** Brett Flook 77.75% (10K) & Joyce Field 80.22% (10M)

*Note:* WAVA score based on either 10K, 10M or Half Marathon results only.

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## Fixtures

Monday, July 5 <sup>th</sup>	<b>Semington Stomp</b> – Somerset Arms, Semington @19:30
<b>Saturday, July 10<sup>th</sup></b>	<b>Avon Valley Relay</b> - Melksham to Winsley (4-stages) @15:00
Wednesday, July 14 <sup>th</sup>	<b>River Run 5K</b> – Chippenham @19:30
Thursday, July 15 <sup>th</sup>	<b>Tom Roberts Handicap 5K</b> – Bradford on Avon @19:30
Thursday, July 22 <sup>nd</sup>	<b>Dumb Post Dash</b> – Bremhill @19:30 (by invite from Chippenham Harriers)
Sunday, July 25 <sup>th</sup>	<b>Conkwell Killer!!!</b> – Winsley @11:00
Wednesday, July 28 <sup>th</sup>	<b>Melksham Treasure Run</b> – Christie Miller @19:00
Sunday, August 19 <sup>th</sup>	<b>Barbury Track 'n' Trail++**</b> - Barbury Castle, near Swindon @19:30
Thursday, August 5 <sup>th</sup>	<b>Avon Valley Mile</b> – Bradford on Avon @19:30
Sunday, August 22 <sup>nd</sup>	<b>Foxtrot 5**</b> - Broughton Gifford @11:00

\*\* *Race Series Event* ++ *Off-Road Championship*

## Mob Match – AVR vs CH83 vs CRC

Our friends from Chippenham Harriers and Corsham Running Club joined us in Barton Farm Country Park for a **Midsummer Mob Match**. Using our "Over the Hills" course but in reverse the fifty strong field was led home by our dynamic duo of Tom Fisher (43:19) and Michael Towler (44:38). However a strong mid-pack grouping of runners by Chippenham Harriers saw the Mens mob prize go up river.

In the Ladies race our new signing Ruth Barnes was a clear winner recording 49:29 and finishing in 9<sup>th</sup> place overall, with second placed Melanie Nichols crossing the line nearly ten minutes later.

So now to unravel the mystery of the scoring: In the Mens race AVR fielded 14 runners, Chippenham 12 and Corsham 7 therefore 7 was the lowest common denominator meaning that the positions of the first 7 runners from each club would be summed and that AVR would have 7pts deducted and Chippenham 5pts, being the number of additional runners in the mob. Therefore:

- 1 Chippenham Harriers: 3+4+6+8+11+13+14-5 = 54pts
- 2 Avon Valley Runners: 1+2+7+10+12+16+19-7 = 60pts
- 3 Corsham Running Club: 5+9+15+17+18+29+30-0 = 123pts

In the Ladies race AVR fielded 13 runners, however Chippenham only fielded three ladies and Corsham just the one. Therefore with five being the minimum limit of a Mob, AVR instantly had 7pts deducted whilst Chippenham had 36pts added and Corsham 72pts added – this reflects that with the total Ladies field size being 17 runners, therefore 18pts were added for each runner short of the minimum mob limit.

- 1 Avon Valley Runners 1+2+4+6+7-7 = 13pts
- 2 Chippenham Harriers 3+10+11+36 = 60pts
- 3 Corsham Running Club 5+72 = 77pts

Chippenham Harriers are returning the favour by inviting us to the Dumb Post Dash at Bremhill on Thursday July 22<sup>nd</sup> – so c'mon and lets get our own back!

## Find the Treasure

Put on your running shoes and adorn your thinking cap on Wednesday 28<sup>th</sup> July as we host another **Melksham Treasure Run**. Wrinty has devised a five mile course with twenty puzzles to solve enroute plus two bonus questions each worth five points each. All of the favourites will be there: 'Spot the difference', 'Add the running numbers' and 'Who is the mixed up runner'. So find a partner and remember that it is not the quickest that will necessarily win, as points will be deducted from your finish time for each correct answer and added on for any missed or incorrect answers.

There will of course be real treasure on offer to the winners!



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# AVR Track Championship

The club held its second annual track championship at Clarendon School, Trowbridge on Tuesday 22<sup>nd</sup> June:

## 800m Men

- 1 Carl Davies 2:28
- 2 Stewart Avery 2:30
- 3 Steve Bryant 2:38
- 4 Sean Butler 2:41
- 5 Mike Pace 2:43
- 6 Tom Taylor 2:44



## 800m Ladies

- 1 Claire Howard 2:55
- 2 Sue MacGregor 3:18



## 3000m Mixed

- 1 Michael Towler 9:39
- 2 Warren Wade 11:04
- 3 Stuart MacGregor 11:35
- 4 Kathy Kinsey 14:17



## 400m Men

- 1 Michael Towler 0:58
- 2 Carl Davies 1:03
- 3 Alex Shaw 1:04
- 4 Stewart Avery 1:05
- 5 Will Whitmore 1:06
- 6 Tom Taylor 1:07
- 7 Chris Atkinson 1:08
- 8 Stuart MacGregor 1:14
- 9 Mike Pace 1:16
- 10 Tony Dunford 1:22



## 400m Ladies

- 1 Ruth Barnes 1:13
- 2 Claire Howard 1:21
- 3 Liz Clark 1:24

## 1500m Mixed

- 1 Warren Wade 5:13
- 2 Ruth Barnes 5:18
- 3 Chris Atkinson 5:28
- 4 Sean Butler 5:29
- 5 Steve Bryant 5:29
- 6 Alistair Bartlett 5:37
- 7 Tony Dunford 7:00

## 4x400m Relay

- 1 Liz Clark, Will Whitmore, Sean Butler, Carl Davies 4:46
- 2 Mike Pace, Chris Atkinson, Steve Bryant, Ruth Barnes 4:47
- 3 Claire Howard, Stu MacGregor, Stewart Avery, Alistair Bartlett 4:49
- 4 Sue MacGregor, Warren Wade, Tom Taylor, Alex Shaw 5:08
- 5 Kathy Kinsey, Ben Shaw, Tony Dunford, Michael Towler 5:26

