



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#98 – April 2009



How many Metres in a 10K?

Those of us who were taught the metric system at school are probably all thinking 10,000 and up until a few months ago I would have agreed. You may recall last October that the ARC sent out an appeal for candidates to train as Course Measurers. Well having a lifelong love of maps and running (When working away from home I very often print off a local area map and engage in planning a running route to follow, inevitably getting lost somewhere) I decided to embark upon the online course and on completing the introductory lessons and passing the first test paper I was invited to undergo the Theory Training Seminar to become a Grade 2 Course Measurer. I was also issued with the course measurer's tool of the trade - the Jones-Oerth Counter which fits to your bicycle wheel and is the internationally accepted mechanism for measuring courses.



The first lesson on the Theory Training Seminar was the measuring out of a calibration course, this is a straight piece of road of a known distance upon which you can then cycle and count the number of increments notched up on the Jones-Oerth Counter. My first impression of this was why are all the distances for the calibration so obscure, why measure a calibration course as 399.86m rather than make it a round 400m? The answer came down to physics and the relative expansion of steel. To measure out a calibration course you need to use that age old method of getting out a tape measure - not just any old tape measure but an EEC class II accuracy standard steel measure tensioned at 50N (That's Newton's - a unit that I learnt about at school and hadn't heard of again for about quarter of a century). Then whatever distance that you measure on the tape you need to adjust to accommodate any contraction of the tape according to the temperature at the time of measuring. **School boy physics 101: Steel contracts at 11 parts per million per degree.** To try this out I measured a calibration course along Corsham Road in Whitley, the road afforded us a straight length of 410m but given that it was a nippy 2 degrees our actual measurement came in at 409.91m. Aably assisted by Andrew Hoddinott we also discovered a number of other things about measuring calibration courses that were not featured in the Seminar:

- Why do people always assume the worst when they see two men in Hi-Viz jackets and a tape measure?
- Why does a seemingly quiet road become very busy once you try to work in it?
- And why, why, why with a brand new tape measure did we manage to avoid cars going over it but not Hodd's size 10's!!!

Despite the above I now have an approved calibration course that can be used by me or any other course measurer – if we can ever find where we banged the nails into the road!

Cycling up and down the calibration course several times then provides you with the number of counts that the Jones-Oerth counter will clock up in a mile or kilometre and it is here that the answer to the question posed in the title of this article is revealed. Once the number of counts is determined over a calibration distance the result is multiplied by 1.001 a figure known as the Short Course Prevention Factor (SCPF), therefore a 10K will measure in at 10,010m, for a Marathon the SCPF will add another 42m that is possibly costing a runner on a 3-hour schedule around 10 seconds!

All is not lost, as the course measurer is trained to follow the Shortest Possible Route (SPR) as they cycle around the course being measured, endeavouring to stay 30cm away from the kerb and cutting straight across bends and it is the deviance from this SPR that will eat into the allowance provided by the SCPF, but at least there is a sufficient buffer to ensure that the course is not short – very important for the credibility of PB's! The seminar also provided a practical use for Pythagoras in measuring across busy roads and where parked cars are preventing the SPR from being followed. Pi also got a look in, used for calculating the distance to be run around turning points.

I attended a practical day in Abingdon and honed my skills upon a very twisty course with several parked cars to calculate my way around. Anyway after many hours of suffering numerically induced headaches, I have now qualified as a Grade-2 Course Measurer and will be covering Wiltshire going forward.

Darren Wrintmore

Please send Results or Articles to news@avonvalleyrunners.org.uk

Tips from the Head Coach

Drills are important: Step forward, landing on heel of front foot whilst simultaneously rise up on ball of the back foot, roll through to the ball of front foot, at the same time bring back leg forward to land on heel again. Move arms in slow running action – repeat. Do this in front of a mirror to ensure you are doing it correctly.

Alan Hayes



Fixtures

Sunday, April 5th	Trowbridge 10K – Studley Green School, Trowbridge @11:00
Monday, April 13th	Easter Bunny 10K – Yeovilton @11:00
Sunday, April 19th	St George's 10K** – Corsham @11:00
Sunday, April 26th	Flora London Marathon – Blackheath @09:00
Tuesday, April 28th	Heddington Hill Climb – Ivy Inn, Heddington near Calne @19:30
Sunday, May 3rd	Neolithic Marathon & Half – Stonehenge
Tuesday, May 12th	The Roundway Chase – Ivy Inn, Heddington near Calne @19:30
Saturday, May 16th	Bratton Happy Valley Hilly Run – Bratton
Sunday, May 17th	Cowpat Canter++ – Midsomer Norton @11:00
Monday, May 18th	Hogweed Trot** - Yate, South Glos.
Saturday, May 23rd	Shaw&Whitley Stampede + Kanter – The Beeches, Shaw @14:00

++ Off-Road qualifying race ** AVR Race Series event

All Those Years Ago...

Tales from the April edition of the “Valley News” 5, 10, 15 & 20 years ago:

2004: Fay Merrell recounted her epic trek to the summit of Kala Pattar in Nepal.

Darren Wrintmore took on the role of sub-90 minute pacemaker for Runner's World magazine and led a group around the **Bath Half** in 1:29:08.

1994: Roger Carey was our first man back at the **Bath Half** recording 1:20:56; Linda Brown was our first lady back clocking 1:28:08 and with Jackie Rockcliffe and Rose Barber, took the second placed team prize.

1999: Alec Woods of Bath AC won the 3rd staging of “**Over the Hills**” and Sam Ghey was first back in the 2-mile Fun Run.

Rose Barber and Judy Farr scooped the 1st F40 & 1st F50 prizes at the **Romsey 5**.

1989: A then club record of 44 members took part in the **Bath Half**.

21 members lined up for the **London Marathon**.

AVR entered a team into the **Sahara 6** in Tunisia.

Baby Lunchtime

Just to let you know that ‘Baby Lunchtime’ has arrived safe and sound. Sophie Sabina was born on Wednesday 4th March at 11am (Western Australian time), weighing 7lb 15oz. All is well and we were all home last night. Sophie is doing fine and Alex is being a dotting big brother and refusing to call her anything else other than Baby Lunchtime!

Tanya, Mike, Alex and Sophie Maidment



Bad News

If you are reading this and have not submitted your membership renewal, then regrettably any results that you have notched up in AVR colours so far this year have become null & void – with the obvious impact upon your standing in the Club Championships and the Race Series.

Please send Results or Articles to news@avonvalleyrunners.org.uk

Secretary's Notes

I would like to start by welcoming into the Valley Steve Halligan from Warminster, Helen Watson from Bath, Mark Mather and Stephen Newcastle from Melksham,

Our call for marshals' to assist at the Start/Finish area at the **Trowbridge 10K** has been well received and we hope that come April 5th that we will be able to continue our reputation of being a competent race organisation.

I would also like to inform you that after two years of excellent work in keeping our website current, that Anthony Hickson has handed the reigns over to Andrew Hoddinott. Mike Pace will continue to support the website as Hodd introduces some fresh ideas on content presentation.

At the Annual General Meeting of the Wiltshire Athletics Association on 16th March the county committee rejected my request for clubs to be notified of any runners selected for county representation. I was somewhat disappointed that none of the other road running clubs present supported this motion and allowed the T&F clubs to dominate proceedings – which is where the majority of county athletes (and county team managers) appear to herald from. So could I please ask that any of you who are fortunate enough to be picked to represent Wiltshire, please notify the committee so that we can capitalise on any PR opportunities and it is also nice to know of your success.

The Special General Meeting of Avon Valley Runners held on 19th March, allowed the club constitution to be amended to allow juniors from the age of eleven to join the club. So whilst we are working to build a pool of appropriately skilled coaches, you are now able to bring any athletic offspring to train with you on a club night.

Darren Wrintmore

Thanks for the Memory

1, Thanks for the memory when a Valley Runner I became
In my search for glory and for fame
Proud to wear the green & yellow and put other clubs to shame
Oh Thank you so much.

3, Thanks for the memory of pounding around the town
Up a hill and then another down
Nearly always with a cheery smile and never a frown
Oh Thank you so much.

5, Thanks for the memory of events put on when AVR was host
Organised superbly this was our proud boast
Applauded & acknowledged by other clubs as to us they gave toast
Oh Thank you so much.

7, Thanks for the memory of we were a winning band
As triumphantly we travelled around the land
To do our best in races on tarmac, grass and sand
Oh Thank you so much.

9, Thanks for the memory of when evening trainings done
When to the pub we'd run
To eat and drink & do the quiz which we even sometimes won
Oh Thank you so much.

2, Thanks for the memory o those days out in the sun
When thro' forest glades we'd run
Along the paths and byways, oh didn't we have fun
Oh Thank you so much.

4, Thanks for the memory of all friendships made
The laughs and the games we played
Those happy reminiscence will last and never fade
Oh Thank you so much.

6, Thanks for the memory of all those training tips unique
As striving to improve so I did seek
When I battled hard and long to better my technique
Oh Thank you so much.

8, Thanks for the memory of when injured we laid there
The pain too much to bear
But your soothing words brought comfort and loving care
Oh Thank you so much.

10, Thanks for the memory now it's time to end this screed
May all of our dreams succeed
Remember then to be very best in deed
Oh Thank you so much.

Tony 'the bard' Bartlett

On On

To celebrate one year since the launch of the Wednesday evening sessions in Melksham, we will be holding a **Hash Run** on April 15th. Starting from Christie Miller Sports Centre at 19:00 our two Hares: Carl Davies and Richard Newman will be donning the bunny ears and laying a trail leading to a local hostelry. The pack will be under the control of Men's Vice Captain Andrew Hoddinott and will aim to chase them down before they reach the destination. Of course those wily hares will be laying false trails aplenty to take the pack off of their scent.



Member Profile – Bernie Hobbs

Date of Birth:	21 st March 1949	Residence:	Upper Westwood
Height:	5' 11"	Occupation:	Rubber Manufacture
Weight:	12st to 15st!	Shoes:	Saucony Grid
PBs:	10K: 38:28 – Devizes 1991	10 Miles:	63:55 – Bournemouth 1991
Half Marathon:	1:22:17 – Bath 1993	Marathon:	3:00:01 – London 1993



In my school years I participated in every little sport apart from a small amount of running at seniors. This amounted to a weekly run around the school field during the PE lesson, the annual school cross country race and one attempt at the mile. This introduction to running was however enough to start to tell me that long distance running would become a passion. There were very few that actually ran all the way around the school field, most the class would hide behind the nearest tree and were bewildered by those who went the full distance. The annual cross country was much the same, the majority finding as many short cuts as possible and stopping off for a smoke. Very few could understand my enjoyment of completing the full course. In my final year Geoff Saxty and I were the only entrants for the mile race. We were allowed time off of class to race each other. I came second, about a lap behind Geoff.

At the age of sixteen I joined Bradford on Avon rowing club. Once again my passion for running came through. As part of winter training we met once a week at Bradford grammar school. We would all be sent out by the coach to run into Trowbridge and back before doing Gym training in the school hall. Again I found myself running out ahead of the rest who would join me on the run back into the school after waiting at the top of Widbrook Hill for my return. I left the rowing club and all sport activity at the age of 18 when I started shift working.

I had always held a fascination for the marathon event and after the first London Marathon was staged in 1981 I was inspired (in the cover of darkness) to take up road running. I trained for my first marathon at Winchester in 1982 and on completion of the course and coming home with my medal I decided to 'come out' as a runner and run in the light of day. I ran my first London Marathon the following year 1983 having queued for 3days outside Bristol main post office to gain an entry. Entry at that time was as first received in the post from given Post offices across the country. I have since run the event in 1990, 1992, 1993, 1995, 1997, 1999, 2000, 2001 and 2002

"I joined AVR shortly after it was founded in 1986".

I finished the 1993 London Marathon in 3Hours and 1 second. At this time the Iron Man Event was starting to take my interest and I vowed that once I had completed the marathon distance in less than 3 hrs I would take up the challenge of the Iron Man. In 2002 my job took me for 3 years to live in Hanover Germany, my passion turned to German beer and sausage and my weight rose to 15 stone. I did manage to reduce it to 14 stone to complete the Hanover marathon in my final year there.

In 2005 shortly after my return from Germany my eldest son Joby read out an article in the local news paper stating that the UK Half Iron Man event was to be held at Longleat in a couple of months time. I jokingly said to him that if he could manage to get me entered I would do the event. Half an hour later he returned from the computer and announced that my entry had been accepted. I had not run since the Hanover Marathon and my weight had returned to a 'round' 15 stone again. It was at this point I decided to give up on the under 3 hour marathon challenge, get on with my life and convinced myself that line to line on the London 'old' course I had achieved around 2:58. There was a new challenge ahead and only a short time to prepare.

The worst part of the Half Iron Man on the day was squeezing into the wet suit, that was, before I became terrified having started the open water swim. I completed most of the course with breaststroke only managing crawl for the swim into the finish to try to look good. The following year I entered the Half Iron Man again this time to be staged at Wimbleball on Exmore, and the UK full Iron Man held at Sherborn, Dorset. About a week before Wimbleball I did my back in at the gym, when it came to the event I managed the swim (but still terrified of open water swimming), on the bike was not to bad but had to walk all the up hills and the run was never going to be a run as my back forced me to walk the entire distance. When the Full Iron man came round a couple of months later my back had eased a little. The swim was brilliant, at last I had got my head around open water swimming and for that part there would be no going back. The bike went quite well, managed to stay in the saddle the full distance but when it came to the 'run' I managed a 10 mile jog followed by 16 and a bit mile walk-but finished the total in under 15 hrs. The following year I entered the full Iron Man-UK championship again August 2007. Training was going well until the spring when the cycle route out of the bottom of Trowbridge park-under County-Way took me to a bridge, up and over!!!!!!! And down a steep set of steps--- head first, smashed my face and knee and was laid off running for the next 8 weeks. At the Iron Man event, had a good swim, awful bike and the 'run' was a half marathon run jog and a half marathon walk, finished just under 17 hrs.

I took 2008 off completely from competition. The next challenge is to run Bristol to Reading along the Kennet and Avon tow path at Easter 2009. I still hold an ambition to start an Iron Man fit and injury free and to qualify for Hawaii – ye right!!!