



# Footnotes

Great Western Runners  
Magazine

Apr 2008  
No. 257

## In this issue:

Performance training, cross country and more...



Audrey proves that she's not always in fancy dress!

## GWR Coaching Sessions -

Visit [http://www.greatwesternrunners.org.uk/frm\\_coach.html](http://www.greatwesternrunners.org.uk/frm_coach.html) for info

## Hello and welcome to issue number 257 of Footnotes

Like everyone else I was shocked by the sad news about Arthur and myself and Em would like to offer our condolences to Arthurs family.

Following my request for submissions in the last issue I have been very pleased with the response and you will see that all of the items in this issue have been submitted by GWR members – which is fantastic – keep up the good work!

In the last issue we ran another word search competition. This time the prize was a voucher for Easy Runner which will soon be finding it's way through the letterbox of Chris Taylor. Well done Chris! Watch out for more competitions in forthcoming issues.

**Hot News:** GWR once again have a place in the prestigious Welsh Castles relay. If you want to run the sign-up sheets are on the notice board – places are going fast!

Nic Oughton – April 2008

### Club Committee 2007 to 2008

Chairman:	Mike Willcox	(0117) 964 1091	Gloucester League Manager etc
Vice Chairman:	Paul Glennie	(0117) 902 4924	
Secretary:	Nigel Barker	(0117) 904 7626	Webmaster
Treasurer:	Mike Bull	(0117) 938 4028	Club kit vests, reflective bibs etc.
Non Executive:	Martin Church	(0117) 927 7740	
	Moya Church		
	Hilary Coe	(0117) 924 3234	Club archives (storage only)
	Paul Marshall	(0117) 977 6408	
	Emma Oughton	(0117) 962 5710	Footnotes editor

### Club Training

**Bristol Lawn Tennis and Squash Club**, Redland Green, Redland, Bristol BS6 7HF  
tel: 0117 973 1139. Club mobile (in use on XC race days): 07967 419783

**Mondays:** 18:45 Choice of informal training runs between 4 and 7 miles or rep speed session – meet at BLTSC, Redland Green

**Wednesdays:** Main Club Night – meet from 18:30 at BLTSC, Redland Green  
Club notices at 19:00 prior to group runs over routes of 4, 6, 8, 10 miles and upwards.  
Routes vary from summer to winter.

**Sundays:** 09:30 Meet near Nova Scotia pub, Cumberland Basin.  
Weekly long run, usually about 10 miles.

## Arthur Dagger

It is with great sadness that we have to inform you that Arthur Dagger suddenly passed away on Monday 17th March.

Arthur has been a long standing member of Great Western Runners, right from the early days. Very much a club man, Arthur was a past Chairman, from whom I took over five years ago, but stayed on the Committee as a non-executive. On Wednesday evenings he introduced the new members to the club, so old and new members will know him.

Over many years Arthur, with his wife Angela, put Footnotes together and distributed them to members. Running wise Arthur like his cross country, and for many years was Team Manager for the Gwent Cross Country. Two years ago Arthur did his 100th Gwent, which not many runners have done.

Arthur will be missed very much.  
All our thoughts are now with Angela and her family.

Mike Willcox  
Chairman

### A Tribute to Arthur (1947 – 2008)

It came as a big shock to both Pam and I when we were informed of the death of Arthur Dagger.

Arthur was one of the founder members of the club in 1984 and continued to play a major part in the development and management of the club. He was "Footnotes" editor when I first met him in 1986 and it was then that the club was awarded a prize for the "Best Club Magazine". He retired as editor at the end of 1987 but remained as its chief distributor. He then undertook the responsibilities of Membership Sec, Leader of the junior section and Track & Field manager. He regularly took part in the small Track & Field team raised by the club and led a group of children from the Baptist Mills School in the Avon League. He was the club General Secretary throughout 1989 & 1990 after which he took a rest from committee meetings but always remained involved in the background.

Ten years later he was elected Chairman and retained that post throughout 2000 to 2002, after which he continued to be involved as a non-executive member.

Arthur regularly took part in Cross-country events, particularly the Gwent League. He didn't always see eye to eye with some of the members, probably because he expected them to be as devoted and enthusiastic as he was. He knew every member by name and invariably could be found at the door to greet new members and introduce them to a suitable training group. He did much more for the club than many realised.

We extend our condolences to Angela, he will be sadly missed.

Pam & Ray Gooding

## Performance Training - Mike Hockett

Being involved in coaching and hanging around in coaching circles, it's interesting to hear what a lot of UK Athletics coaches and UK Athletics teaching staff have to say about how we can best improve our all round performance.

Many have their own ideas; however I believe that in general runners also have their own ideas about what is going to work for them. I hear much about peoples' ideas on training on Wednesday's club nights and it's really is quite varied. People do running for a variety of reasons and some also have limited time to go through the correct sessions, however listed below are sessions and how to do them.

**Tempo Run:** A really important session for us, however a great deal of us are pushing our tempo runs to hard which is leading to break down and making us slower, leaving our best times in training instead of in the race we may be aiming for.

Tempo or lactate threshold run is designed to be run at you current lactate threshold pace or just a few seconds faster this will provide the best results for improving your lactate threshold.

Lactate threshold is the speed you can run before Lactate a bi product of the muscle builds up in the muscle. In other words you are producing it faster than what your body can get rid of it if you are over your current lactate threshold. Too much lactate stops the muscle working properly. It is also the body's way of stopping you doing more than you're capable of.

When doing tempo runs you should run for around twenty minutes as a warm up and then run from three to eight miles at your current half marathon or ten mile race pace for faster runners, these paces represent your current lactate threshold pace. Then go into your cool down for the remaining miles you wish to run.

Running 10 miles at threshold pace like some of us do on Wednesday club nights will start to break you down as it's like doing a race every week, you will defiantly get faster if you do a tempo run, for that 10 miler.

You can also do Lactate threshold intervals if you want, I however believe the tempo run is better.

**Intervals:** Intervals are designed to improve your Vo2 Max, which is the amount of oxygen your heart can produce to make energy.

When doing intervals you need to bear in mind that they should be a controlled effort and not an all out sprint, if doing for example 6 times 800 meters with 2 minutes recovery, if your done for by effort 3 you've not got the most from your workout. To improve your Vo2 Max you

should accumulate at least 15 minutes when doing intervals at maximal heart rate. The best pace to run is close to your 5k race pace or 3k race pace for faster runners.

Also by running intervals to fast you need to also be able to do your other workouts of the week and be recovered enough to be able to do them? If you ran so hard in your intervals that you are so fatigued that your two tired to do other sessions at the correct pace then you've done yourself no favours.

When doing intervals try get on a track or grass, the constant pounding on the concrete will take its toll. Do a twenty minute warm up which should be progressive. Then do your intervals, the longer the interval the better however bear in mind the longer the interval the more recovery you will need. When doing marathon training also bear in mind that intervals are important but not as essential as they are for 10k or 5k. Ensure you don't fatigue yourself so much that your other sessions suffer.

You can also do a fartlek session, which can be done running through woods or on the road. Fartlek is running hard for a sustained effort then running at recovery pace for a short while. Unlike intervals they don't tend to be measured and can be done very informally by the runner.

**Strides:** Strides are excellent to promote running economy and make leg speed faster. They also train your body to be able to maintain a good running form when racing. Strides also don't take that much out of you and you don't build up any lactate acid.

When doing strides you can do them after a recovery run or a steady run. You should already be well warmed up. Do strides on the grass and on the flat. You do up to about 12 times 100 or 150 metres with a full recovery between sets. Aim to run fast but controlled, do not tense your body or clench your fists, be really relaxed and accelerate at a rapid pace. After running a 100 metre stride walk back to the beginning; ensure you're fully recovered. Once finished just do some stretching.

Strides are also a great way to warm up for an interval session after steady running to prepare you. Many runners use them to warm up before races especially good when doing 5k or 10k races.

**Recovery Runs:** I've often heard the words rubbish miles said when referring to recovery runs. Not true remember training to improve in distance running is about volume and intensity. Recovery runs get the blood flowing to muscles again that aids repair and recovery and they allow your body time to adapt after a hard training session. When doing recovery runs it's important to remember that they are just that. Paul Glennie once said to me I take my recovery days and sessions as seriously as I take my quality sessions. This Paul I have to say was music to ears of all the UK Athletics staff and a phrase that has stayed with me and always will.

When doing recovery runs bear in mind you're resting your mind as well, taking the pressure off. Go out enjoy it, run easy and run short 6 miles is enough really. If that isn't enough for you then do another recovery run in the evening? Elite runners tend to run twice a day, recovery in the morning and then more running in the evening to get their volume up. Remember we're not elite and we don't have the luxury of going back to bed after sessions like they do. Remember you have the toll of work and family etc.

**Long Runs:** A long run is important whether you're a marathon runner or a 5k runner; they're of course extremely important for the marathon runner. Long runs are a great way to boost your endurance and to teach your body to store glycogen and to teach your body to use fat as a fuel.

When doing long runs I've heard the rumour run them long and slow? These are the rules to get the most from them.

A medium long run, which a lot of marathoners do mid week is from 11 to 16 miles.

A long run is 17 miles onwards.

A long run especially if you're training for a marathon should be twenty percent slower than your race pace goal. If you do what a great deal of people do and just plod on them, your body will not cope with racing a marathon, in the latter part of your run it should go down to only ten percent slower for serious runners, example the last five miles. However it's important to start off slow and progress.

20 and 22 plus runs I'm not saying don't do them, but I have to say every week in preparation for a marathon I think they take too much out of you. Run up to 18 miles and do a couple of the really big ones, but not every week. Mike Wilcox has always stated that he will stop at around 18 miles and I have to say I agree. However this is not a hard and fast rule, but an opinion.

A final word about long runs. If you are running a marathon and want to just finish, then running long and slow will work. However if you are looking to finish in a good time you need to put the 20 percent slower than race pace into practice. As Bob Porter once said to me, "Anyone can run a marathon, not anyone can race one."

**Steady or General Aerobic Runs:** Not a recovery run and not a pace run. Run at a comfortable pace, but with effort, boosts aerobic capacity in the muscles.

**After Training:** Ensure you eat and drink carbohydrates the body refuels the muscles fast in the first hour after exercise, this will aid your recovery.

**Hill Reps:** Hill reps are great to build power. You can do reps run at interval pace for example 12 times up to 400 metres and even 800 metres if desired with a good recovery, Jogging back down the hill slowly. I personally believe 400 metres is good enough, just increase the reps you do, not the distance, however it's up to you.

**Warm up and cool down:** A lot of people ignore this; I've seen it with my own eyes. Warming up prepares the body for action, gets joints and ligaments etc warm sends blood to the muscles which help with cooling the body, plus helps prevent injury. Cool down after training with gentle running followed by stretching allows the body to return to normal and gets rid of lactate acid, also if you suddenly stop after hard training your blood pressure can increase as there is too much blood being pumped around and you can become dizzy, it also helps prevent injury.

**Flexibility Training:** A great way of improving performance. Doing a session can stretch muscles etc making you faster. Also it increases the range of movement also helps prevent injury.

**Cross training:** Weight training is a great way to improve your performance and stay injury free, by strengthening the muscles you take a lot of pressure of the joints and get rid of the imbalance that occurs due to running. Core strength training on a Swiss ball is also a fantastic activity that will help you in your running and help to keep you injury free.

I hope this has been of interest to all or some readers I know most of you are fully aware of how to train, however I also know that some are not. Training is also a personal thing as you know your body better than anyone, also you have to enjoy it or you will not keep it up. These sessions will improve your performance; however you need to know your limitations. Some people struggle with 30 miles a week where some put in 80 with no trouble. Remember don't increase your mileage by more than 10 percent and stay at that for about three weeks

Also remember that quality sessions, like tempo or interval training need to be followed by an easy session, also the amount of quality you do in a week depends on your ability to recover. Some can do three quality sessions a week, some only one. I have to say that three is the very most and could lead to injury a lot of sessions now only include one quality session a week and alternate tempo and interval each week.

Remember performance training needs performance food as well, you would not run a high performance car on rubbish fuel and your body is no different, this should also include good hydration. Eat carbohydrates but don't forget you do need some protein as well, ensure you don't fill up on protein it's the carbohydrates that fuel your performance training.

Performance training also equals proper equipment. Training shoes should be replaced after 500 miles and it's wise to have two pairs allowing the cushioning to return to its normal shape

after miles of hitting the pavement alternating a different pair each day. Racing flats don't use them for training and only race in them if you're no more than 10 stone and with a time of sub 1.25 for a half marathon.

A final word; don't do week in and week out of hard weeks of training. Every few weeks put in an easy week reduce mileage and reduce your quality session allowing your body not a complete rest but a chance to take the pressure off it a bit. Your body will respond and I believe this will make you faster. Many people do an easy week after every third week of training. You know your body and it's up to you to decide, however that is a good guide to go by. Good luck.

Mike Hockett

UK Athletics Coach Level 2  
Endurance



### Coaching Sessions

Regular coaching sessions will be held on Tuesday evenings at the [Portway Rugby Development Centre](#), commencing Tuesday 25th March 2008. All members are welcome.

They will start with a warm up at 19:00 and finish at 20:30.

Mike Hockett will be coordinating and running these, in his role as a UK Athletics Coach - Level 2 Endurance. He will be supported initially by Lucy Ellis, who has passed her Level 1, and hopefully joined by other club members who are applying to become coaches.

### Arrangements:

Sessions will be scheduled around Mike's working patterns, so there will be the odd week when a session will not take place (although Mike is hoping to arrange cover) and this site will be used to communicate the schedules: which for April are:

1st April, 8th April, 15th April, 22nd April, 29th April

Mike has negotiated the free use of the grounds (with floodlights if necessary) on the proviso that those arriving by car, **park in [Riverleaze](#)**, which is on the opposite side of the Portway, and **not** the Portway Rugby Development Centre itself.

If the support and demand grows, it is hoped that we will be able to book and open up the facilities for changing, showers and parking etc.

For further information visit the GWR website <http://www.greatwesternrunners.org.uk/>.

## Cross Country 2008 – Andrea Culp

It's only been a few weeks since the close of the cross country season, and already autumn cannot come fast enough! Who can resist ankle-deep mud, crazy van rides, steep hills, laughter, exhaustion, and camaraderie? Or deny the thrill of competition, teamwork, and accomplishment? There is nothing finer than strapping on the old spikes, standing at the starting line, and rubbing elbows with some of the finest athletes in the UK (true story!). These are just a few of the experiences of cross country.

Just the other day, the veteran ladies showed some of us "newbies" race photos from years' past. There were pages and pages filled with team photos. Of course some would giggle over the old uniforms and wild hair, but what was more striking was the number of participants! It was said that Great Western Runners could produce five competitive women teams alone! Wow! The men's teams could probably boast similar numbers. It's almost baffling comparing those numbers with our current list of cross country enthusiasts. Take February, for example. For the first time in 25 years, the ladies could not produce a full squad for a Gwent cross country league event. It was an unfortunate record to break.



What made the teams of yesterday so inviting, exciting, and strong in numbers? And how can we boost participation? Perhaps all it takes is a little encouragement or just simply asking individuals. I admit that's how I got hooked! Even though the next season is half a year away, it's never too early to spread the word!

A big thank you to John Hargreaves who enthusiastically volunteered his driving expertise to cart the team to and from the races! And thank you GWR for financially contributing to our competitions! It's greatly appreciated! And last, but not least, a BIG congratulations to Audrey for completing her 100<sup>th</sup> consecutive Gwent league race this season!

## 2008 GWR Towpath Series – Yes, (once again) Your Club Needs You



Every year that we put on the GWR Towpath Series, Mike Willcox and the Committee have the challenge of meeting the ever increasing burden of legislation and paperwork associated with staging events.

Your support in volunteering to come down and help out at as many of the events that you can, is just one way that you can help ease this burden.

The races continue to be popular, with many using them as training and good markers of progress for events like the Bristol Half Marathon. This is particularly good news for the Club, as they generate the largest proportion of our annual income which is then used to fund/subsidise Club events for you throughout the year.

It is vital that we maintain our reputation for putting on a professionally organised series of races, which brings with it the responsibility to ensure that they are safe to run. Part of this is ensuring that, at every event, all marshal and other jobs are covered. Mike Willcox does a superb job in managing their delivery, and relies on volunteer support from club members, plus their friends and relatives to do so.

This is therefore an appeal/reminder for all of you to put the dates below in your diaries and come forward to provide your help, particularly on the night. Jobs include: course setup and clear down; race administration; timing; place recording; water station; "tail end Charlie" and marshalling. You can either let Mike know direct, or put your name down on the sign-up sheets on the Club Noticeboard: marshals are asked to be there by 7pm.

So please don't be shy (you'll be given any equipment and briefing that you need) and rest assured, it's great fun, and your support is very much appreciated not only by the Club, but also those running.

### Race Dates:

Friday 9<sup>th</sup> May  
Friday 18<sup>th</sup> July

Friday 6<sup>th</sup> June  
Friday 1<sup>st</sup> August

Friday 11<sup>th</sup> July (Mob Match)  
Friday 22<sup>nd</sup> August

You will note that there is also going to be an “Inter-Club Mob Match” on Friday 11<sup>th</sup> July, which will also need similar support plus runners for the GWR team. Look out for further details, announcements and the sign-up sheet.

Many thanks.

Nigel Barker  
General Secretary

### **London Calling** - Jonathan Goodland

Having reached my 50th Birthday last year, and inspired by Steve Duddell efforts, I thought I might give the London Marathon another go, 25 years after the last time I ran it, and 23 years after my last marathon. In the last few years I have limited myself to 5-10k races apart from the odd longer race, if it was a club championship. So I was not totally committed, in fact you could say I was in two minds (two minds)!! due to the amount of training I would have to do to do it well.

So when I sent off my normal entry and didn't get in I was disappointed (quite pleased). But then I thought I would keep trying and entered the club draw.

Imagine my delight (devastation) when my name was pulled out as the last one, Great, I thought (Oh \*\*\*\* I thought).

So I started the training, I am up to 55-60/week. I have joined up with the GWR & BAD Tri group on a Sunday to make sure I get my 20+ mile run in. I have forgotten how much easier (more tiring) it is to go for a steady long run than always be pushing the pace.

I will be running in fancy dress so no club vest (sorry Mike), but no Rhino costumes as I still intend to beat 3hrs.

I am really enjoying the training and looking forward to the race and enjoying the atmosphere ( I am looking forward to tapering and I hated all the crowds and noise last time I did it)

### **London Marathon 2009**

Good Luck to everyone running the London Marathon – and don't forget that entries for the 2009 race open, on-line, (bizarrely) during this year's race - Nic

### **Sunday Runs**

Sunday runs currently do not have a leader and will continue as an informal arrangement with BAD Tri, from The Pump House

### **Canix – Westonbirt Arboretum**

24<sup>th</sup> February, 2008

I know there are lots of GWR members who run with their dogs and being exercise junkies you probably have a hound that needs a lot of exercising, so as a runner you can save time by combining the two activities. I have a little hound and we can run about 3 miles together. He has now turned one and on Sunday 24<sup>th</sup> Feb ran his first Canix. Chutney may be considered a poochy lap dog and looks it when being towed to work in his own carriage (Little Lord Chutneyroy) but he certainly gave me a run for my money on Sunday. I have not been in oxygen debt like that since I ran in the Midlands Relay Team and while I was panting he was bounding ahead trying to catch the next runner.

Canix is cross-country running with a canine companion. The distances are 2 – 5 km but some events are longer. You have to run with the dog on the leash and several combinations are allowed and some not. We ran with a harness and long lead. Also, there are things you are meant to say to indicate you are overtaking and you are to overtake on the right – this is totally alien for me as when you are in a running race the last thing you want is to warn anyone you are about to overtake or they will just speed up, veer to the right and blow you out, so we (Chuts and me) forgot about all that and just felt chuffed each time we, well, I waddled and he bounded, past anyone and their significantly larger hound. Besides I was not capable of uttering warnings or pleasantries of more than 2 syllables.

Those good runners with fast dogs seem to be able to sprint the circuit, their dogs pulling them up the hills. When Chutney gets into pulling I will really have to step up my speed training, but for now I am just coping with not getting tangled up or tripping over a little dog who unpredictably zips from one side of the path to the another then hangs back leaving me to negotiate a tightening lead wrapped precariously round my feet and calves.

Westonbirt was, as always, glorious and although the day was dreary, some of the trees were already in blossom and the pines and firs looked spectacular. A lovely place for a run. There is a lovely flat 10km there in September and you can spend the day in the Arboretum. There are 17 miles of trails if you have any energy left or would just like to go for a run there anyway. If you have a dog, you can let them run freely in certain parts.

More speed work for me and some endurance and lead training for Chutney and we will have a go at the 5km. The next race is a Canix demonstration at Crufts on Friday the 7<sup>th</sup> March but there are other races in the South West; Bodmin, Salisbury Plain (the long one) and Cheltenham before the season comes to a close. More information on [www.cani-cross.co.uk](http://www.cani-cross.co.uk)

Veronica Ford

### Slaughterford 9

Jan 27th 2008

1			0:54:50
22	David Hobbs	SM	1:03:02
48	Will Hillier	SM	1:08:18
62	Bob Porter	MV50	1:09:27
103	Andy Kirby	MV50	1:13:19
215	Jonathan Bird	MV40	1:25:36
228	Alan Knight	MV50	1:27:02
284	Nicola Bird	FV35	1:35:46
346	Ran		

### Bridge Inn Series - Race 4

29th Jan 2008

1			15.09
59	Keith Harris	M50	19.34
66	John Hargreaves	M50	19.52
77	Steve Morgan	M50	20.29
85	Roger Hemming	M55	20.58
113	Nigel Andrews	M50	23.23
119	Peter Tanner	M40	23.56
129	Sharon Hemming	L45	27.17

### Blackmore Vale Half Marathon

Sunday 3 February 2008

1			1:09:11
20	Nigel Edwards	M40+	1:24:34
303	Martin Hucker	MU40	1:52:37

### LongLeat 10k

10th Feb 2008

1			00:32:09
566	Roger Haynes	MV60	00:55:12

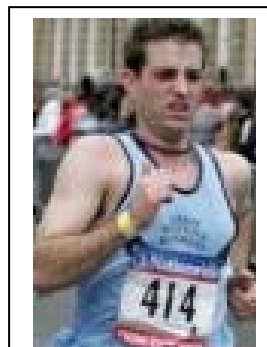
### Dursley Dozen

10th Feb 2008

1			1:18:13
12	Nigel Edwards	MV40	1:26:01
24	David Hobbs	SM	1:29:35
26	Edward Bailey	SM	1:29:58
38	William Griffith	SM	1:32:00
53	Martin Hollamby	SM	1:34:57
76	Will Hillier	SM	1:37:57



Veronica Ford & Chutney

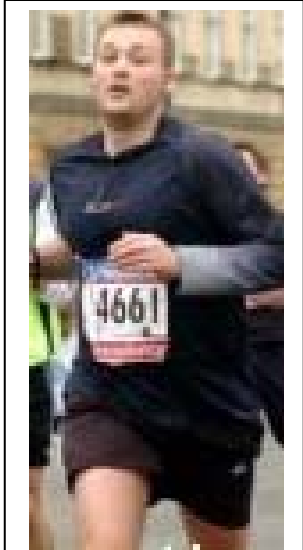


Matthew Widdup

102	Emma Oughton	FV40	1:39:57
259	Jeremy Hull	MV45	1:56:06
306	Lucien Campbell-Kemp	SM	2:01:29

### Tough Ten - Sun 17th Feb 2008

1			0:55:01
61	John Evans	SM	1:05:32
79	Keith Harris	MV50	1:06:12
94	John Dilks	SM	1:07:07
99	Bob Porter	MV50	1:07:35
101	Will hillier	SM	1:07:43
111	Martin Hollamby	SM	1:08:18
131	Graham Grew	MV55	1:09:28
270	Patrick Lee-Browne	MV40	1:15:33
293	Tony Myers	MV50	1:16:14
295	Jen Woolfson	FV40	1:16:17
298	Catriona Ambrose	SF	1:16:24
384	Roger Hemming	MV55	1:19:03
416	Nicola Lee-Browne	FV45	1:20:08
475	Nigel Andrews	MV50	1:21:58
478	Alan Knight	MV55	1:22:06
483	Jonathon Bird	MV40	1:22:17
495	Simon Frampton	MV60	1:22:45
526	Martin Hucker	SM	1:23:28
698	Rita Davies	FV55	1:29:04
817	Steve Parsons	MV65	1:33:43
818	Malcolm Offer	MV70	1:33:43
875	Sharon Hemming	FV45	1:36:30
898	Keith bonham	MV65	1:38:07 (21st consecutive run in this race - well done Keith!)



Martin Hucker

### Weston Prom Run - Thurs 21st Feb 2008

1			00:26:25
13	Goodland J	MV50	00:29:17
37	Wintle D	MV50	00:31:40
39	Richards S	SM	00:31:47
46	Porter B	MV50	00:32:14
49	Burton P	MV40	00:32:19
55	Wilcox M	MV50	00:32:35
69	Harris K	MV50	00:33:38
101	Barker N	MV40	00:35:22
109	Brown A	LV35	00:35:54
112	Ambrose L	SL	00:36:12
123	Bull M	MV50	00:36:49



Cross Country or Bath Half?!

138	Fiebig D	MV50	00:37:57
140	Frampton S	MV60	00:38:10
147	Hucker M	SM	00:38:43
156	Tanner P	MV40	00:39:11
161	Wootten R	MV60	00:39:56
189	Parsons S	MV60	00:42:09
218 Finished			

**Terminator - Sun 24th Feb 2008**

1			1:12:15
71	Jim Willis	SM	1:27:07
142	Bob Porter	MV50	1:32:33
205	Matthew Widdup	SM	1:36:52
822 Finishers			

**Bridge Inn Series - Race 5 - 26th Feb 2008**

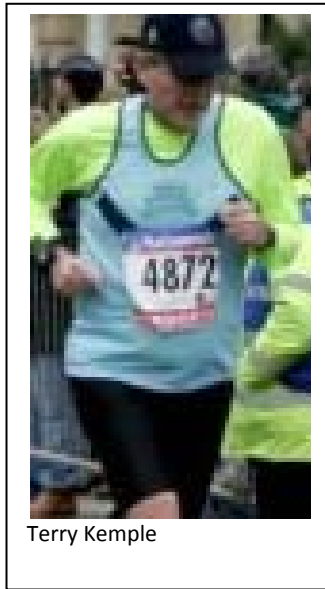
1			15.16
39	Dave Wintle	M50	19.02
47	John Hargreaves	M50	19.51
64	Roger Hemming	M55	20.49
96	Dante Fiebig	M50	23.17
111	Sharon Hemming	L45	27.05

**Bridge Inn Series Final Positions**

22	Dave Wintle	M50
40	Keith Harris	M50
46	John Hargreaves	M50
52	Roger Hemming	M55
69	Nigel Andrews	M50
80	Sharon Hemming	L45

**Reading Half Marathon - Sun 2nd March**

202	Nigel Edwards	M40	01:21:31
291	John Thorpe	M40	01:24:02
306	James Hope	SM	01:24:15
451	Andrew Smith	M45	01:27:05
452	Stephen Threadgold	SM	01:27:05
677	Peter Murphy	M50	01:29:52
946	John McNeilly	M55	01:32:56
3217	David Taylor	M40	01:46:19
4373	Caroline Threadgold	SF	01:51:08
4393	Peter Tanner	M40	01:51:14
4700	Anna Eason	SF	01:52:40
5144	Sarah Ackroyd	F50	01:54:30



Terry Kemple



Arthur Dagger

**Bath Half - Sun March 16th 2008**

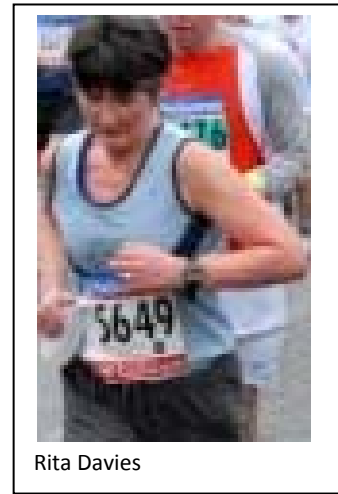
120	Jonathan Goodland	01:18:46
161	Steve Duddell	01:21:06
173	John Thorpe	01:21:45
184	Chris Ledgard	01:22:10
189	Mark Gildersleve	01:22:21
272	Chris McCarthy	01:24:51
367	Matthew Widdup	01:27:19
407	Colin Pemble	01:27:53
1030	Stephen Morgan	01:36:29
1209	Lucy Ellis	01:38:04
1327	Roger Hemming	01:38:51
1508	Peter Foreman	01:39:19
1480	Jayne Pemble	01:39:38
1718	Martin Church	01:42:09
2239	Ian Maxfield	01:42:31
2258	Peter Brook	01:42:41
2797	Jeremy Hull	01:47:59
3113	Simon Frampton	01:49:06
3277	Peter Hawkins	01:50:25
4363	Martin Hucker	01:51:00
3965	Terry Kemple	01:53:16
3887	Moya Church	01:53:39
4555	Rita Davies	01:55:57
5261	Nic Oughton	01:59:30
6499	Susan Morgan	02:05:17
6655	Sharon Hemming	02:06:21
7967	Marcia Vowles	02:13:21
7268	Sara Farrell	02:14:36

**Forest of Dean Half Marathon**

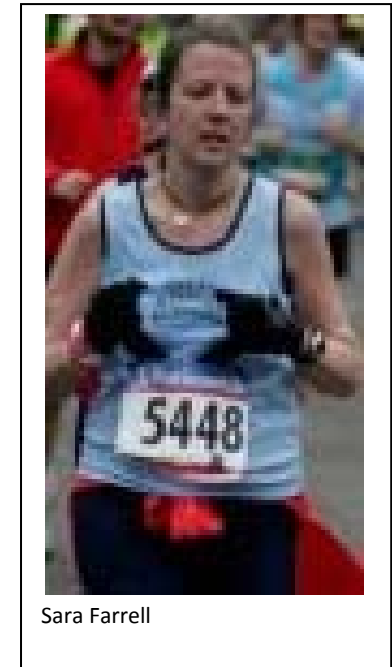
Sun 16th March 2008

1			01:15:27
119	John Dilks	MSNR	01:32:37
288	Andrea Ghirardini	MSNR	01:41:32
362	Jenny Woolfson	FV35	01:44:14
488	Kate Hughes	FV35	01:48:27
493	Claire Buchanan	FV35	01:48:47
506	Nicola Lee-Browne	FV45	01:49:15
575	Lucien Campbell-Kemp	MSNR	01:51:40
606	Jeremy Floyd	MV50	01:52:44
910	Peter Tanner	MV40	02:04:23

**Ironwood Challenge - Sunday 16th March**



Rita Davies



Sara Farrell

1			0:41:59
12	Bob Porter	MV50	0:52:03
13	John Hargreaves	MV50	0:52:40
17	Andy Kirby	MV50	0:53:57
62	Steve Parsons	MV60	1:08:58
73 Finishers			

#### Weston Prom Run - Thurs 20th March 2008

1			00:27:07
7	Goodland J	MV50	00:29:14
12	Edwards N	MV40	
25	Porter B	MV50	00:32:01
38	Harris K	MV50	00:32:48
64	Barker N	MV40	00:34:55
78	Brown A	LV35	00:35:47
92	Ambrose L	SL	00:36:25
100	Bull M	MV50	00:36:54
117	Tanner P	MV40	00:39:29
129	Parsons S	MV60	00:41:06
163 Finished			

#### The Hanham Horror - Sun 23rd March 2008

1			00:39:22
14	Peter Royle	SM	00:47:04
16	Gavin Watkins	SM	00:47:30
24	John Hargreaves	MV50	00:48:43

#### Hogweed Hilly Half - Sun 30th March

1			1:20:58
27	Graham Grew	MV50	1:32:53
40	John Hargreaves	MV50	1:37:30
130	Roger Hemming	MV50	1:52:32
156	Jonathon Bird	MV40	1:57:42
197	Peter Tanner	MV40	2:08:26



Audrey Butler

#### MP3 Players And Earpieces - Nigel Barker

As a self confessed IT gadget “geek” I was interested to read the article in the last Footnotes, and was wondering to myself why I had not got in to the MP3 way of things.

My conclusion is that whilst they may have some motivational advantages for some, in today’s world, they are a danger to both those who wear them, and those around them.

I’m not trying to be a killjoy, and whilst this might seem a radical view, consider the following:

When you are out training, often on your own and on roads, pavements and in other public places, you need to be aware of and react to others. As a cyclist, using the Portway Cycle track, I am regularly unable to make myself heard – by using my bell and shouting – when approaching runners from behind who are using MP3 players. More often than not they are being played loud enough to drown out external noise. They are a danger to me as a cyclist as, when I overtake, they suddenly jump when I pass as slowly and with as much space as I can. I am also conscious of lady runners in particular (but it applies equally to men as well) of being so easily able to “sneak” up on people and catch them off guard. Personal safety can be compromised, and the snatching of pieces of nice shiny electronic kit is unfortunately not uncommon. As a runner on the Portway Cycle Track, I always acknowledge cyclists who ring their bell when approaching me from behind, so they know I have heard them, and I then move to the left side of the shared track. You also cannot assume that, at any road junction, there will not be other road users around who will expect you to hear their horns to alert you to danger.

When you are racing, you can never assume that closed roads (a luxury for many races) means no traffic. As a Lead Sector Steward for the Bristol Half Marathon, I can assure you that there is vehicular traffic zooming around closed roads at all times of the race. For example, drivers who have parked overnight and are returning to retrieve their cars, or residents trying to escape from a road closure. I have personally had to physically stand in the middle of Victoria Street, Bristol (whilst making emergency calls on my radio to Event Control), stopping traffic and protecting runners who were still on the course from buses etc. that had got through a road closure which was due to have been in place for another hour. The roads are never closed to cyclists either (see above.) Runners need to be aware of their surroundings at all times.

When you are racing there are marshals, officials and (occasionally) members of the emergency services there to help and guide you. You need to be able to hear and react to their instructions. At a recent event, a marshal was guiding runners and advising them that they were approaching a dangerous and slippery section at the end of a Slipway. A runner with an MP3 player could not hear, so stopped in their tracks, took out their earpieces, and asked what was going on. In the interim, runners behind were put in danger of injury, piling up behind and swerving to avoid them. Not what you want within the last mile of a race.

#### More runners profiles are needed please!

Go to [http://www.greatwesternrunners.org.uk/docs/runquestions\\_blank.pdf](http://www.greatwesternrunners.org.uk/docs/runquestions_blank.pdf) to download the questions (add your own if you like) .

Then mail to [footnotes@greatwesternrunners.org.uk](mailto:footnotes@greatwesternrunners.org.uk) preferably with a picture!

Now I know that an argument is often made that there is nothing in the “Rules” to say that MP3 players are banned in races, but I can only let you know that things are currently being reviewed by UK Athletics, and there is a proposal to add a new rule, banning them in races: so watch this space. I understand that this years Reading Half banned them, and more and more race organisers are of the same opinion. Also, you never see Paula, and other leaders using them in races.

As an extreme example, consider this article I read in the press recently:

*“Armed police in Stoke confronted mechanic Darren Nixon outside his house – having trailed him as he rode home on the bus. He was handcuffed, DNA tested and fingerprinted because a member of the public had seen him changing tracks on his MP3 player, and decided it was a gun. Initially Darren did not respond to the police challenge because he had his earphones in. Moral of the story: be careful when carrying hi-tech devices. You have been warned.”*

One of the pleasures of running is to get out in to the open, and the fresh air, to enjoy the “great outdoors”. To me, to enjoy this to its maximum advantage, you need to be aware of what is going on around you, hearing the crunch of leaves, the birds singing and the wind whistling past you. Impairing this with music just doesn’t do it for me.

### AVR GRIZZLY 2008 – ‘ARMAGEDDON AGAIN’ – Mike Bull

Seaton – 9<sup>th</sup> March 2008

The ‘Grizzly’ really is a race like no other. 19 miles of true multi terrain running, including beaches, rivers, bogs, fields, hills, cliffs and tracks around superb Devon scenery.

I spotted the following around the route to encourage us on – Bagpipes, a Violin, Bands, a Didgeridoo and Buddhist prayer flags with joss sticks and incantations. Every few hundred yards would be a sign with a semi inspirational phrase – for example ‘Stairway to Heaven’ at the long climb up the cliffs.

Part of the wreck of the ‘Napoli’ was visible just along the coast. She was the reason for last year’s March race to be cancelled after containers were scattered over the beaches.

Axe Valley Runners have about 100 members but put on a superb race, ably assisted by the Lions Club, the Coastguards and the Inshore Lifeboat.

1<sup>st</sup> – Lee Turner, Torbay AAC - 2.24.34

Nigel Barker 3.44.29 – 598<sup>th</sup>

Mike Bull 4.06.51 – 861st (My slowest race time ever!)

1379 finishers

### Forthcoming Races (Further details and entry forms available in the race folders at BLTSC on Wednesday evenings.)

06/04	Sun	10.30	Taunton Marathon	26.2ml			'+ Half Marathon
06/04	Sun	10.30	Chedworth Roman Trail 10	10ml	MT		
06/04	Sun	11.00	Trowbridge 10k	10km			Studley Green School
13/04	Sun	'09.00	London Marathon	26.2ml			
17/04	Thu	19.30	Weston Prom 5	5ml	8 of 9		<b>TARGET RACE</b>
20/04	Sun	11.00	Frenchay 10k	10km			
24/04	Thu	19.15	TACH The Wrington Woodland Run.	10km	MT		
27/04	Sun	13.00	Pensford 10k	10km			
27/04	Sun	11.00	Corsham 10k	10km			
29/04	Tue	19.30	Bridge Inn 5k	5km			
04/05	Sun	'09.30	Great West Run	13.1ml			Exeter
05/05	Mon	tbc	Bristol 10k	10km			<b>TARGET RACE</b>
09/05	Fri	19.30	Towpath 10k	10km	1 of 5		Help required please
10/05	Sat	11.00	Keevil 10k	10km			Airfield in Wiltshire
11/05	Sun	'09.30	Tewkesbury Half Marathon	13.1ml			
11/05	Sun	11.00	The Cow Pat Canter	10km	MT		Midsomer Norton
14/05	Wed	19.30	Bitton 5k	5km	1 of 4		
15/05	Thu	19.30	Weston Prom 5	5ml	9 of 9		<b>TARGET RACE</b>
18/05	Sun	11.00	Keynsham 10k	10km			<b>TARGET RACE</b>
19/05	Mon	19.00	Hogweed Trot 10k	10km			Yate Football Club
20/05	Tue	19.15	Self Transcendence 2 miles	2ml			Eastville Park
22/05	Thu	19.15	TACH The Dundry Thunderer	10km	MT		
24/05	Sat	11.00	Bath Hilly 10	10ml			Culverhay Sports Centre
25/05	Sun	11.00	Pewsey Vale 10k	10km			
27/05	Tue	19.30	Bridge Inn 5k	5km			
02/06	Mon	tbc	Blaise Blazer	6km	MT		Henbury
06/06	Fri	19.30	Towpath 10k	10km	2 of 5		Help required please
08/06	Sun	'09.30	Long Ashton 10k	10km			
09/06	Mon	19.30	Westonbirt National Arboretum 10K	10km	Trail		
10/06	Tue	19.30	Clevedon 10k	10km			<b>TARGET RACE</b>
11/06	Wed	19.30	Bitton 5k	5km	2 of 4		
14/06	Sat		Welsh Castles Relay (also Sun 15/06)		Relay		20 stages
15/06	Sun	'09.30	Miners 10k	10km			Midsomer Norton
17/06	Tue	19.15	Self Transcendence 5km	5km			Eastville Park
24/06	Tue	19.30	Beacon Batch Fell Race	5ml	MT		Lower Langford
25/06	Wed	19.30	Nailsea Festival 10k	10km			
28/06	Sat		Cotswold Way Relay		Relay		10 stages
01/07	Tue	19.15	Self Transcendence 2 miles	2ml			Eastville Park
05/07	Thu	19.30	SundaysHill 10k	10km			Thornbury
07/07	Mon	tbc	Blaise Blazer	6km	MT		Henbury
10/07	Thu	19.15	TACH The Rowberrow Rabbit Run	8km	MT		
15/07	Tue	19.15	Self Transcendence Relay	3 x 1ml	Relay		Eastville Park
16/07	Wed	19.30	Bitton 5k	5km	3 of 4		

If you know of any other races, which may be of interest to club members please contact  
Pete Hawkins on 01225 330002.