



Cover Photo

Congratulations from TRC to Selina and Garry, married on 23rd June. Both have served the Club well, Selina being a previous Social Secretary and Garry a former Club Captain and they were part of our impressive Ironman team of 2006. Garry is still getting quicker, achieving pbs at 10k: meanwhile Selina will be having a rest from racing for a few months - but I am sure she will be back.

Thornbury's Rich Phillips, a long-term friend was Garry's Best Man. Arthur, Pete and Mark W played their part during Rich's speech: being made to hold the Thornbury banner to keep them out of trouble. And something tells me Sandra W had a BIG part to play too ...

Our love and best wishes to Mr & Mrs Slater and family!





At last ... it's the final countdown

For seven years we've been counting down to the Olympic Games and now, at last, they're about to begin.

It seems a long time ago that we watched David Beckham, Kelly Holmes, Sebastian Coe et al jumping for joy at the announcement that Great Britain had won the 2012 Olympics, beating the French into the bargain which made things even sweeter.

Since then preparations have been gathering pace, and Thornbury Running Club has been playing its part locally:

- With 100 days to go until the opening ceremony, TRC held a 'Try Athletics' evening in April at a rather wet Mundy Playing Fields, for members of the public to come and give running a go.
- In May, Malcolm Carr and Jo Plumbley each ran a leg of the Olympic torch relay when it came to the Bristol area.
- This month, TRC regulars at the WISE track are standing aside for Kenya's Olympic athletes, whose national team are using the University of the West of England as their pre-Games training camp.
- Jan Burke will be there, working alongside the Athlete-specific volunteer manager to help set up/set down athletic training equipment across WISE Campus, South Gloucestershire & Stroud Colleges, escorting the team around the venues, and providing general support during public gatherings.
- Jac and Malcolm will be offering the Kenyan runners their expertise and assistance (see below).
- John Francksen will be working in his volunteer role as Cycling Team Leader
- And once the Games are in full swing, Judy Mills will be preparing for her role in the photo team at the Aquatics Centre during the Paralympics, which begin on August 29.

Some lucky people have got tickets for the Games, the rest of us will have to pretend that we can see what's going on far better on the telly anyway.

So who is a good bet for gold?

On the track, 400m hurdler Dai Greene is an athlete whose belief in himself has always matched his physical ability. Barring injury and illness, there's no reason he shouldn't win gold. He trains at Bath so, at a push, we can even claim him as 'local'!

Triathlon fans don't have to look far for their winner. Either one of the Brownlee brothers is certain – yes, I'll stick my neck out and say certain – to win gold, with the other taking silver.

Followers of cycling are spoilt for choice, with a huge amount of British talent on the track and on the road. However plenty can go wrong at speed on two wheels, but one rider who inspires absolute confidence is Laura Trott, a young track rider who actually seems to enjoy pain.

And finally ...

If you want to be AMAZED, look out for the thighs of German track cyclist Robert Forstemann. TV cameramen seem mesmerised by them, and commentator Hugh Porter has been heard to gasp: 'Just look at those pumpers!'

To see an ENORMOUS smile, keep your eyes on Dwain Chambers if he qualifies for the 100m final.

And if you are SICK AND TIRED of the Olympics, go round to John Grimsey's house on the day of the Opening Ceremony, July 27th, because that's when he's celebrating his 65th birthday! Many happy returns John.

Jacqueline Wadsworth

Running with the Kenyans

The Kenyans arrived in Bristol earlier this month for their pre-Olympic training camp ... well, some of them did. Unfortunately middle-distance stars David Rudisha and Pamela Chelimo weren't among them. Neither were any of the Kenyan distance runners, who had chosen to stay at altitude before descending on London.

A wave of disappointment passed through the ranks of volunteers like me, who had been hoping to do a bit of star-spotting while helping out at the Kenyans' daily training sessions at the WISE track in Filton. But it didn't last long, how could it when those who had turned up were such a friendly bunch?

Based at the University of the West of England, the core of the group were 400m runners – including Commonwealth champion Mark Mutai. There were also 400m hurdlers, plus a javelin thrower called Julius, self-taught and self-coached, with a pb of 79m. Looking after them was Bruce, a tiny former distance runner with a big smile, who put the runners through their paces after a long warm up with plenty of drills. One session I watched comprised a series of 120m and 80m sprints. The next day was a series of 200m efforts with several minutes recovery.



Team Kenya take to the track with Commonwealth 400m champion Mark Mutai second right

Maureen, a 400m hurdler and one of the two female athletes, explained how much easier it was to train near sea-level. Two hard 200m runs at altitude would take her around 28-29 seconds and leave her exhausted, she explained. Here, she had just run four 200s in around 23-24 seconds, and still felt relatively fresh.

A fellow volunteer, whose business is advising athletes and triathletes on biomechanics, drew our attention to the Kenyans' flexibility and efficient running action. He took the following footage which can be seen on Youtube:

Warm-up drills: <http://www.youtube.com/watch?v=wJxUpyZjh40&feature=plcp>

Slow motion: <http://www.youtube.com/watch?v=P2XqXMPomvs&feature=endscreen&NR=1>

On some training days there were as many Kenyan 'officials' as athletes, among them *chef de mission* Jonathan who invited some of us volunteers for a jog around the track with him – thankfully with nothing competitive at the end! As we ran, he chatted about his country's running strength in depth and told us how Kenyans jokingly referred to those who had been signed up to run for other countries as 'Kenya B' and 'Kenya C' teams.

Was there any antagonism towards those who chose to switch nationality for money? 'Why should there be?' he replied. 'Why not let them run for other countries? We've got plenty more athletes coming through. Athletics is big a sport athletics is in Kenya – everyone wants to be an athlete.'

In truth, there wasn't really much for us volunteers to do, apart from getting out the hurdles, pointing out where the toilets were, and keeping onlookers away from the track, because the Kenyans were happy to do most things for themselves. But they did thank us for making them feel so welcome. To which we replied in our best Swahili: *hakuna matata*. No problem.



Chef de mission Jonathan, centre, prepares volunteers for a warm-up

Jacqueline Wadsworth

Advice (mostly!) for the ladies. The Editor will ask Jan if she can provide gender-specific advice for the men in the next issue!



Beat the Bounce!

Anyone standing watching a race can tell that some women aren't wearing the correct bra. It can be painful to watch and must be a lot more painful for the woman in question!

As part of Sweatshop's commitment to helping everyone be the best they can be, all staff (yes, even the men) receive training from the University of Portsmouth in breast science and health, while women have additional training in bra fit.

Why should women wear a sports bra?

- Many women experience breast pain while exercising and a supportive bra will make exercise more comfortable
 - Lack of adequate support can lead to breast-sag, and self-consciousness can be a barrier to physical activity.
- Poor support can also have a detrimental effect upon performance. The average UK size is 36D and the mass of each breast is approximately 500grams so that's a fair bit of weight to swing around unfettered.

Which sports bra is the best for me?

A lot depends on what sport you want to use the bra for. If you're doing yoga or Pilates you will need less support than if you're running (and just because you're only running slowly it doesn't mean you need less support than a sprinter: the reverse can often be true).

There are two main types of bra, compression and encapsulation, which work in different ways to control the movement. The pure compression bra is only recommended for smaller-breasted women while the encapsulation type, where each breast is contained separately, is effective for all breast sizes.

How do I know if it's a good fit?

There is no commonly-agreed system for bra sizing so your usual size may not fit in another brand. It's best to get it properly fitted when you buy it. The band should be firm and level around the ribcage, there should be limited elasticity in the cups, the shoulder straps should be firm, wide and with some padding. Cup size is important, too, with no wrinkling on the cups or breasts bulging at the sides. There can be fluctuations in breast size and symmetry, depending upon the stage of the menstrual cycle (larger before menstruation, smaller afterwards) so bear that in mind when trying on.

When should you replace your sports bra?

Much depends upon how you wash your bra. One which is carefully hand-washed is going to last longer than one chucked into the washing machine on a hot wash and then tumble-dried. We usually recommend buying a new one as often as you buy new running shoes (after about 500 miles).

For more information about the need for a good sports bra and how to check it fits correctly, watch the video at <http://www.sweatshop.co.uk/sportsbras.cfm>

Jan Burke

... and still it rained!

This year for the first time we used on-line entry for the Sundayhill 10k, so it was easy to track how entries were going. By the day of the race I was getting worried because we had only received around 60 entries. No matter, I thought, given this rural setting, a sunny evening will bring out local runners in their droves. I had run the Frampton 10k only days before and it was over-subscribed – a good omen.

On the day, in the words of the spiritual, 'Lord, didn't it rain?...'. Looking out of the window gloomily around 4 o'clock I imagine my worst fears being realised. What about making it an Aquathlon? We have been struggling to keep it going – this is a golden opportunity. Given the state of the roads we can easily organise both disciplines around the Rugby Club.

Saner thoughts prevail, and putting on my wellies I decide to set off to Rockhampton to start setting up. I don't immediately recognise what looks like two Arctic explorers in the car park, but on closer investigation they turn out to be Ros and Liam. A figure emerges from the Club that looks like a deep-sea diver, cloaked from head to toe in heavy gear and wearing enormous lead-weighted boots. No..., these are the overshoes that more serious cyclists than me wear in these conditions – this is Graham.

Admittedly, I am early. But there's no-one to be seen other than marshals. Then, out of the mist – a runner. 'Is it all right to register on the night?' I treat the runner with the respect of a doorman at the Waldorf, introduce him to the row of three expectant registrars sat neatly behind a stack of race numbers, a pile of change, and three ball-point pens set out before them with mathematical precision, plus the inevitable roll of sellotape. 'Well, you never know...'



From that point on, my worries evaporate. Marshals appear from all directions to receive instructions from Mick, there is a flurry of activity in the HQ, the car park overflows; we open up a second one; the race referee arrives and chats with old friends... By the time the race starts we are up to a total of 137 entries. I no longer care that some who have paid don't turn up. This is better than last year.



Winner Michael Johnson

I now begin to feel guilty. I should have known. Runners are an intrepid breed, likely to regard the worst weather we have ever experienced for this race as a challenge rather than a deterrent. Despite the waterlogged roads, several runners report PBs. The winner comes home in 32.43 – which I consider fast in *any* weather.

Afterwards, the clearing up. Some items are cumbersome – the shower curtain set-up and the numerous cones I lugged from the farm. It is going on ten o'clock and I haven't eaten. I negotiate with the groundsman – yes, I can leave it all until Monday to pick up. Greatly relieved at this, I go out into the blackness of the car park. I check for the cones? They've gone.

I check the showers for the kit. Gone.

The bags of rubbish? Gone.

I turn to Dorothy, 'This is a well-oiled machine. Let's go home.'



Words: Gareth Thomas
Pictures: Rob Watkins

Captain's Column



"Any idiot can run a marathon, but it takes a special kind of idiot to run an ultra-marathon" (Anonymous)

Just before The Abingdon marathon last October, I was reading articles on post-marathon recovery. There were the usual suggestions of cold baths, massage and protein shakes, all of which I do from time to time. The one thing that interested me most was 'How to avoid post-marathon blues'? Basically, you have been training for months towards one single race, and now that race is over you suddenly have nothing to aim for. The answer of course is to enter another race that will challenge you that little bit more than the last.

Entries for the inaugural 'Ultra Trail South West' had just come online, so I thought it would be rude not to.

I trawled the internet for training advice. There is an awful lot out there, some more sensible than the rest, but it's not much different to marathon training. The most important session of the week is the long run, and this needs to be much further than when training for 26.2.

So from January 2012, 20-mile runs were normal and 30+ mile runs soon became regular, sometimes followed by 10 miles the next day. These peaked out at 43 miles (from home to Cheltenham) mainly off-road via the Cotswold Way. During a 'family' holiday I recce'd some of the Cornish coastal path, totalling 95 miles. This was all ideal training, six weeks before the event. After a three-week taper I was as ready as I could be to take on 100 miles of South West Coast Path.

Lining up for a group photo at the start in Porth Leven, I recognised Daniel Doherty, a world class ultra-runner. The race would attract a number of very serious runners as it was a qualifying race for the 'Ultra-Tour du Mont-Blanc'.

A total of 78 competitors set off at 7pm on a glorious June summer evening. There would be a head wind until Land's End (30 miles) but then as we rounded Britain's most westerly point we would be treated to a tail wind virtually all the way to the finish at Watergate Bay.

I rarely ran on my own during the entire race, one guy 'Jerry' kept me company for almost 60 miles. Everyone I spoke to was positive and upbeat which is essential if you are to complete this sort of event. The other important thing is to pace yourself from the start. This means walking uphill and running the flats and downhill. Eating and drinking steadily, but almost continually, is also rather important!

There were 10 checkpoints along the route, roughly nine miles apart. Each had a box for you to dip your wrist dibber into. Water and some basic food were provided too. At Land's End there was vegetable soup and at Pendeen Watch there was porridge. Most of my calories came from Torq bars and Shot Bloks and hydration was taken care of by Nuun electrolyte tablets.

I have fantastic memories; some bits of the 21,385ft of climbing were tough but I suffered no real pain, no blisters, no cramp and I finished running strongly. Things took a slight downturn two hours after finishing. During a meal with Cathy at the event's base hotel, I passed out and was taken to the Coronary Care Unit at Truro Hospital. After four days of observations, tests and scans they let me go. I have a couple of electrical issues with my heart but they are the sort of thing that is 'normal' for some people.

Thank you to everyone that sent texts and emailed Cathy and me with congratulations and get well messages. It's at these times you really appreciate being part of a close, friendly club like Thornbury RC.

Rob.

In the last edition of Prattle and Run, pool-running coach Linda Ward explained the benefits of running in water. This time we look at how to train correctly, and suggest some sample sessions.

Training in the pool follows the same principles as training on land – the more intense the session, the harder your heart and lungs work. Just as on land, water-running can be done at aerobic, threshold or anaerobic pace, either as intervals (see Sample Sessions) or perhaps as a more relaxed fartlek session. Or you may opt for a steady run instead.

To intensify the workout, increase the cadence of your arms and legs. When you're working hard, try to stay on the same spot and aim not to lean forward more than 3 degrees.



Coach Linda Ward believes the best way to measure intensity is by perceived effort rather than heart-rate monitor or cadence bleeper. 'When you're concentrating on getting everything right in the water, it's a nuisance to have to concentrate on equipment too,' she said. 'I use a scale of 1-5, based on the Borg RPE Scale, with 1 being easy walking pace and 5 being flat out.'

If you do choose to use a heart rate monitor, be aware that the heart rate slows by around 10 per cent when immersed in water. This doesn't mean you're not working hard, just that the heart is working more efficiently.

Give it a go! Water-running coach Linda Ward at the poolside

Whatever session you choose, running through water will always be developing your muscular strength. Water resistance on all sides means that opposing muscles (biceps/triceps, quads/hamstrings) are forced to work equally.

It's not just your legs that will feel the benefit, but also the upper body which must pump the arms, and the core muscles which keep the body upright, providing a stable 'platform' from which the limbs can work.

The key thing to remember while training is that if you feel yourself losing posture, slow down and concentrate on technique again.

Here are some common faults observed in hard-working beginners:

- tense, stiff shoulders
- failure to activate core abdominals
- poor body posture

Warming up and down

This should be done in the water wearing a flotation belt.



Technique is all-important - practice makes perfect at the pool edge

Prepare for your training session with 10 minutes at a brisk walking pace, focusing on posture and technique. Make sure your muscles are ready for action and haven't been lulled to sleep by the water.

When training is over, maintain body temperature with a few minutes of brisk walking, while stretching the calves, hamstrings and quads, holding the side of the pool if necessary.

Lactic acid that accumulates during anaerobic sessions will be flushed away more easily by the warm, massaging effects of water and the hydrostatic pressure which pushes fluids upwards. The same processes also reduce swelling in the body, allowing joints to move more freely.

Sample sessions

These sessions use a scale of perceived exertion where 1 is easy walking and 5 is flat out. Check you can see a clock with a second hand before you start.

Aerobic workout (45-50mins)	Speed-building session (50-60mins)
<p>Warm-up: 10mins @ level 2 (brisk walk pace)</p> <p>5 mins @ level 3 (brisk jog) 15 secs @ level 3.5 45 secs @ level 4 (quite hard) 1min @ level 2 (brisk walk) active recovery Repeat</p> <p>4mins @ level 3 25 secs @ level 3.5 35secs @ level 4 1min @ level 2</p> <p>3mins @ level 3 40secs @ level 3.5 20secs @ level 4 1min @ level 2</p> <p>Cool down/stretch @ level 1-1.5 for 5-10mins</p>	<p>Warm up: 5-10min @level 1-1.5</p> <p>2 x (3min @ level 3; 1min @ level 1) 2min @ level 3.5 ; 1min @ level 1 4 X (1.30min @ level 4; 2min @ level 1) 6 X (30sec @ level 5; 2min @ level 1)</p> <p>Cool down/stretch @ level 1-1.5 for 5-10mins</p>

If you are interested in water-running, Linda Ward takes sessions at a variety of locations:

- Thornbury Leisure Centre - Wednesday at 11am; and on Thursday at 7pm Linda includes 20-25 mins of water running in her aquafit class.
- Chepstow Leisure Centre - Monday, 2.15pm and Tuesday, 8.15pm.
- in September Linda will be teaching at Filton pool. Times are still to be arranged but she is hoping for at least one lunchtime slot for local workers at BAE etc.

For more information contact lindawardaqua@yahoo.co.uk .

*Words: Jacqueline Wadsworth
 Photos: Catherine Dunn*

Nothing is Impossible

Romy Gill meets the 101-year-old runner who found fame late in life at the London Marathon

It was such an honour to meet Fauja Singh, the legendary 101-year-old marathon runner. I know him through my husband's uncle and the day before the London Marathon we met at Goodmayes Gurdawara, a Sikh place of worship in Ilford, Essex, where both men go.

We went into the quiet room and started chatting about how he started running; he remembered each and every detail of the marathons he has run in various countries.

Fauja Singh was born in Punjab, India, and came to live in the UK in 1992. He rediscovered running at the magical age of 89 and ran his first marathon in London 2000. He said he used to run 20 km easily and wanted to run a marathon - believing it to be just 26 km! When he realized the distance was 26 miles he started training seriously.

When he did the London Marathon he rose to fame by completing the race in 6hrs 54mins and becoming the world's fastest in his age category. Since then he has featured in an advertising campaign for Adidas alongside Muhammad Ali and David Beckham.

His secret is no smoking, no alcohol and eating a simple vegetarian diet. He is a humble and god-fearing man who enjoys running and is not worried about rewards. His memory is very sharp as he remembered my daughters, whom he had met a few weeks previously with my husband's uncle.

Some of his achievements:

London Marathon 2000: 6:54
London Marathon 2001: 6:54
London Marathon 2002: 6:45
Bupa Great Half Marathon 2002:
2:39
London Marathon 2003: 6:02
Toronto Waterfront Marathon
2003: 5:40
New York Marathon 2003: 7:35
London Marathon 2004: 6:07
Glasgow Half Marathon 2004:
2:33
Toronto Waterfront Half Marathon
2004:2:29:59
Toronto Waterfront Marathon
2011: 8:11:06
Hong Kong Marathon (10k)
2012:1:34
London Marathon 2012:7:49:29



Romy Gill

Dabbling with duathlon!

One of TRC's most committed triathletes explains how her plans for the race season have had to change and why she's now aiming for something new this summer.



Sandra, Richard Illingworth, Maddie Parrott and Arthur Renshaw at the end of the Dambuster Duathlon

In my work I encourage people to set personal goals, and I encourage managers to set goals for their people, their businesses and their teams - so it's good that I practice what I preach! This year, however, I have learned that sometimes you need to reassess your goals and be flexible.

For the 2012 tri season, Rich (Phillips) and I decided it was time to enter some different races rather than the same local events we've been doing for the past few years. We love the local races but also like the excuse to travel further afield and race against different people.

With this aim, and with me entering a new age category V50 (not Rich yet!) we entered a few events which serve as qualifiers for the world age-group triathlon championships, which are being held in New Zealand this October, to experience racing at a higher level for the first time.

One of these triathlons was The Dambuster at Rutland Water in Leicestershire, so earlier this year we decided to enter a duathlon held on the same course to practise the challenging bike route.

After entering, Rich and I happened to mention it during one of the Thursday Shelly's Cafe breakfast meetings ... it wasn't long before we had Richard Illingworth back into running and entering the race, as well as Arthur Renshaw and Maddie Parrott. A group expedition was in the making. What I didn't mention until they had all entered was that the race was also the national duathlon championships - and a qualifier for the 2012 world duathlon champs!

A week beforehand, as I had never done a duathlon before, I entered the Chilly Duathlon at Castle Combe - good fun chasing Arthur around the track in unseasonably warm weather for February. Ok, so now I had at least done one of these duathlon things.

The big day

We all travelled up to Leicester, via very different sat nav routes, and had a good pre-race meal at a local eatery. Unfortunately Rich was unwell and couldn't race so he joined Helen Renshaw as support team for the day (I think he was secretly pleased as there wasn't a swim bit in this event!)

Only when we arrived in the early morning did the penny drop that this was a fairly serious competition! I loved the tannoy guy regularly shouting the phrase as we ran over the Rutland Water dam: 'Remember where you are - you are at the British championships'. It did make me run a bit faster.

The 'Rutland ripple' on the bike was challenging and it was hard work cycling 42km after a fast 10k run. The legs feel dead for the first 5 miles.

It was a rough Duathlon, however we all completed it, muttering something along the lines of 'never again', with Richard Illingworth vowing never to commit himself to anything at Shelly's Cafe.

The standard of athletes there was amazing and times were very impressive.

Swim disappointment

The next race on the calendar was out in Lanzarote, an Olympic distance tri which we do most years. Although I enjoyed the race I found the 1500m swim a real challenge after a shoulder operation last August, and it left me with a lot of catching up to do on the bike and run.

On returning to the UK we had three races in as many weeks: the Cotswold tri in a freezing lake, the Eton sprint in another freezing lake, and the Big Cow tri near Milton Keynes, in a much warmer lake thank goodness. My swim was getting better with each race but still not back where it used to be.

I realised it was going to take longer than I thought to get the speed and strength back for this discipline of the triathlon. So when I discovered that, as a result of our group outing to the Dambuster Duathlon, I had qualified for the world age-group duathlon championships in Nancy, France this September, I decided this should be my goal for this season – triathlon should go on the backburner.

Time to re-adjust

My race performance was telling me to focus on the things I can do. I tell my clients: be flexible, re-adjust your plans if circumstances change. It was time to practice what I preach again.

I'll continue with the triathlons we entered at the beginning of the year, swimming to get stronger, but I won't put pressure on myself this season.... perhaps that is the goal for 2013.

New training-plan actions for duathlon:

- Talk to Trevor about the technical Nancy bike course, he has already competed there in a European duathlon.
- Do a lot of biking with Jacqueline Wadsworth and Maddie Parrott to get quicker by September.

Sandra Webber

Rose-tinted spectacles?

Thornbury optometrist and runner Hayley Johnson explains why sunglasses are an essential piece of kit for runners in the summer

It may not be a scorcher, but it's officially summer and the new range of Nike and Sunwise sunglasses are now in stock at Johnson & Furze Optometrists in Thornbury. The frames have been engineered for sport, and are particularly suitable to meet the needs of runners and cyclists.

As well as looking great, sunglasses are an important piece of kit for athletes to ensure that their performance is not affected by glare and that harmful ultraviolet radiation is filtered from the eyes. UV cannot be seen, but over time causes cumulative damage to the eyes and is thought to be responsible for the development of early cataracts and other degenerative conditions in people who spend a lot of time outdoors.



Sunglasses are available with a range of tints for people who do not need spectacles, or can be supplied with ophthalmic lenses glazed directly into the frame or into a detachable insert.

Traditional prescription lenses in high-wrap frames often cause the wearer's peripheral vision to blur and distort. Lenses can now be designed with digital technology that computes optimal curvature over tens of thousands of data points to consider the interaction of your eyes and frame to provide a truly individual lens. The results are sharper peripheral vision, eliminated distortions and exceptional visual clarity.

Fitting ophthalmic lenses into high-wrap frames is difficult, but quality is assured at Johnson & Furze by the finishing of prescription sunglasses in their on-site manufacturing workshop.

Sunwise (www.sunwise.co.uk) supply products to England Athletics and are recognised as being high quality, affordable sports sunglasses with non-prescription models starting from only £19.

Nike Vision (www.nikevision.com) offers the best in sports sunglasses and the latest sunglasses technology. They look and feel fantastic, with their design influenced by top runners like Paula Radcliffe and Mo Farah. With these models the UV protection is built into the lens. This means that it cannot be scratched off and leave your dilated pupils exposed.

The Nike sunglasses are available in a variety of tints, including Nike MAX transitions which respond to changes in light conditions and enhance the visual details of the natural environment encountered during sports.

Optometrist and international runner Michael Johnson, who jointly owns Johnson & Furze with his wife Hayley, finds these lenses particularly helpful when off-road and rapidly moving between light and shade on forest trails, and for protecting his eyes from bugs on days that are not so bright.

As with all spectacles at Johnson & Furze, members of Thornbury Running Club will enjoy a 10% discount on sports sunglasses, including those with prescription lenses and Nike MAX transition tint. If you would like to try them on then just come in and browse or speak to Michael or Hayley at Johnson & Furze, 7 Chapel Street Thornbury, tel: 01454 411760 (www.johnsonandfurze.co.uk).

Edinburgh Marathon 2012

Liz Dix has come (or gone!) a long way since starting to run with Thornbury Running Club

Back in November I decided I needed a challenge; despite having been running for less than a year I wanted to run a marathon! So after a little encouragement I took the plunge and entered Edinburgh. As 2012 started so did the traditional Sunday long run. If it hadn't been for the Sunday morning club runs I would have missed so many runs due to weather or laziness. The worst part of the training was watching everyone we were training with complete their marathons weeks before we were even tapering.

Eventually the day dawned and feeling particularly nervous I was in my starting pen as was Sarah Bradley who was starting in a pen further forward. The Half Marathon had been going for 2 hours and Angela Bushell was finished before we started at 10, at least she was able to finish before it got too hot! We were on the Regent Road start which is in the heart of the city, the course then takes you through Holyrood Park with great views of Arthurs Seat in the first couple of miles. The next few miles take you through the urban streets of Leith and before you know it after about 5 miles you're running along the coast complete with sandy beaches off to your left. As you can imagine in the sunshine there was nothing I wanted to do more than stop to get an ice cream and go paddling in the sea! However the thought of another 21 miles to go kind of focuses the mind and I resisted the temptation. After about 8 miles I spotted a friendly Thornbury top and after a few words of encouragement from Sarah I was on my own again ploughing through the coastal villages towards Musselburgh. The locals had all turned out to support the runners and had set up impromptu water stations along with hose pipes and sprinklers!

At Musselburgh we could see the last few Half Marathon runners and I was pleased to see Angela (complete with new t-shirt and medal) and Brian there cheering us on. A couple of miles later at mile 11 my husband and Steve Dimond were cheering on enthusiastically. Steve had entered the race, but had to pull-out at the last minute due to illness. Around about this point you head onto country lanes which at times are hedged on either side trapping in the heat. After 18 miles you turn back and know that you are heading for home but there is a nasty surprise in the woods, gravel! The scenery however is beautiful and helps to

keep your mind off your aching legs...So it was back along the country lanes and through the same villages, past the power station and back into Musselburgh where you finally see the 26 mile marker (and my husband!) and turn into the finishing straight. I was lucky enough to find someone going at my pace for the last 6 miles and we kept each other going. As we turned the final corner we couldn't help ourselves and sprinted to the end for our final blaze of glory!



Liz, Angela and Sarah, surrounded by empty wine glasses, proudly displaying their Edinburgh medals.

Despite the heat it was an enjoyable and well organised race. I hadn't realised that the scenery would be so nice and am happy to report that both Sarah and I successfully finished the Marathon and Angela completed the Half.

Liz Dix

Cotswold Way Relay, 30th June 2012 – Race Report

There was some consternation this year when the date for the Cotswold Way Relay looked set to change – hadn't they heard about Selina and Garry's wedding? Eventually it was confirmed for its usual slot; the last Saturday in June. Garry, who should have had other things on his mind, was still up for arranging the teams.

Two years ago there were four teams; last year three but this year we could only muster two. Why? To many of us this event is a Must Do: the rest of you don't know what you're missing!

The Cotswold Way runs from Chipping Camden to Bath and for the purposes of the relay is divided into ten Stages. If you choose to run for 10 years you can say you have run the whole length of the Cotswold Way, and Team Bath who organise the event will award you the title King (or Queen) of the Cotswolds. Thornbury RC has more of these than any other club – though it took John 18 years to achieve, either because he was enjoying it so much or because he kept going over old ground.

There are no marshals, but most runners get together with others from the Club doing the same Stage to check the route beforehand. Pete Mainstone often does a Sunday run on part of the route, so there is no need to go it alone; on the other hand it can mean a pleasant walk with the dog and the wife/husband, just to make sure you know where to go on the day.

In 2012 a total of 81 teams took part. There is great camaraderie between the runners (well, there is at the back where I am!) and usually someone to call you back if you do take a wrong turning. Each Stage has a Time Allowed, and there are always several runners who exceed it. Their 'given' time is then the Time Allowed time so, looking at the results, no-one need know if you missed it by a second or an hour! The times of all 10 runners are added together, with a 'Non Runner' time somewhat greater than the 'Time Allowed' time being added if the Team has no-one for that Stage. There are awards for Men's, Ladies', Mixed (at least 3 ladies) and Vet teams as well as individual prizes for Stage winners.

This year the weather was mostly kind. The torrential rain which Jan Constable and Justin Taylor encountered on their way to the 7am Stage 1 start obligingly stopped, leaving the air fresh and clear. By mid-day when John Francksen and I were running Stage 5 it was warm and quite humid, and the occasional light shower was welcome.

Put the date in your diary for 2013: TRC have the ability to field a winning Vet team and a pretty good ladies team. That would still leave place for the less quick runners who would have a very enjoyable day out. We will enter as many teams as we have people wanting to do it, so there will always be a place for you.

Thanks to Garry for the statistics:

Overview

Out of the 44 mixed teams taking part in the event, our Bogtrotters team came 8th, with a combined time of 14 hours 51 minutes. Our Hillbillies team came 26th in 16 hours 56 minutes. The mixed team race was won by our arch rivals Chepstow Harriers in shade over 13 hours. A full suite of results can be found on the CWR website at <http://www.cotswoldwayrelay.co.uk/2012Results/2012Results.htm>

Notable Performances – Ladies

Nancy Harding had a very good run on Stage 2 coming within a minute of Jo Plumbley's TRC stage record of 1:57:47 set in 2009.

Jo Plumbley ran Stage 4 and got within 30 seconds of Trinity Booth's TRC stage record of 1:52:23 also set in 2009.

Notable Performances – Men

Roger Denton managed to squeeze Stage 4 in between a hard swim session and a long bike and came within 2 minutes of Tim Thorne's longstanding TRC stage record of 1:27:21

On stage 7, Rob Cowlard had another strong outing, managing to lower Martin Green's TRC stage record of 55:59 by over a minute to 54:47!

Outstanding Achievement Award

Our club stalwart John Grimsey became one of only 16 people who have been crowned King or Queen of the Cotswolds, having completed all 10 stages. He follows in the footsteps of current and former TRC members Derek Rugman, Dave Andrews and Tim Thorne. Grimmo, we salute you!!!

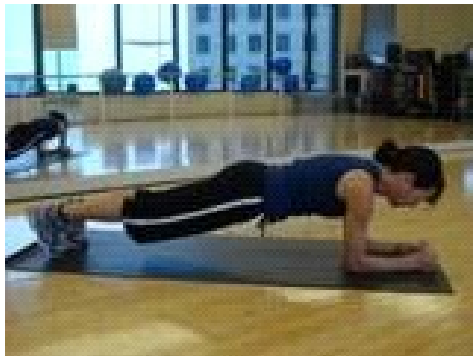
<u>TRC male stage records</u>	<u>TRC female stage records</u>
1 Roger Denton 01:24:10 2008	1 Judy Nutting 01:39:50 1999
2 Martyn Green 01:26:28 2007	2 Jo Plumbley 01:57:47 2009
3 Garry Slater 01:00:47 2008	3 Janet Constable 01:11:59 2008
4 Tim Thorne 01:27:21 1996	4 Trinity Booth 01:52:23 2009
5 Clive Bromhall 01:10:40 2007	5 Judy Nutting 01:30:06 1997
6 Nick Langridge 00:59:16 1996	6 Maria Hobbs 01:19:56 2011
7 Rob Cowlard 00:54:47 2012	7 Judy Nutting 00:56:56 1995
8 Arthur Renshaw 01:18:28 1996	8 Sara Harman 01:38:35 2004
9 Paul Horsfall 01:03:39 2009	9 Carole Bishop 01:19:29 2000
10 Martyn Green 01:09:19 2009	10 Clare Watt 01:23:02 2011

Garry Slater & Judy Mills

Today CLARE WATT ... this is your 20 Questions!

A few things have happened since Clare wrote this: her first marathon, her first half-ironman, and she is still smiling, and walking! Some of her answers may have changed though.

1. Where were you born? *Teddington Middlesex*
2. What is your favourite race? *The Riverbank Rollick.*
3. What is your favourite film? *The Commitments, great film so funny.*
4. What sporting moment you are most proud of, (PB etc)? *My Recent Half Marathon at Forest of Dean 1.37.58.*
5. What is your favourite book? *The Jungle Book.*
6. How many years have you been running? *10 years.*
7. What is your occupation? *Nurse.*
8. How many miles a week on average do you run? *10-25 miles.*
9. What is the first piece of music you ever bought? *The Osmonds Crazy Horses.*
10. What is your favourite piece of running kit? *Brooks GTS11 running shoes, such bounce!*
11. Secret crush? *My daughter Laura, always so full of life, and I love to watch her compete at swimming events, so brilliant!*



12. Do you have any pre/post race rituals/habits? *Pre-race ginger porridge, while it's cooking I hold the 'plank' position (see picture) - have made 2.30mins on the microwave! Post race cold bath in my running gear! OMG how sad is that!*
13. Which is your favourite, winter or summer? *Summer living with the sun of course!*
14. Who is your sporting hero? *Michael Phelps an amazing swimmer. Good six-pack as well.*
15. How do you get through 'the wall'? *"Mind always gives in first not the body".*
16. Tell us about an embarrassing moment? *Having Arthur Renshaw knock at my bedroom door at Cape Wrath last year with only his boxers on and ask what I thought of his black.....toes!*
17. What is your current running goal? *To be able to run a marathon then walk again!*
18. When you were a child what did you want to be when you 'grew up'? *Hairdresser.*
19. Do you have any secret ambitions? *To complete my HALF IRONMAN and smile.*
20. Why did you start running? *My friend started doing triathlons in the RAF and suggested I have a go at running.*

Rob Watkins submitted the below saying: "I've just stumbled upon this amazing story. I know there are a few members that think they can ride a bike."

Tommy Godwin's 'unbreakable' cycling record

Tommy Godwin cycled the equivalent of three times around the world in a year. It has been described as an "unbreakable" record.



In 1939, Tommy Godwin rode 75,065 miles in a single year to set an endurance riding record that some believe will never be beaten.

In fact, he kept on going until 14 May 1940, setting the record for the time taken to ride 100,000 miles.

Born in Stoke-on-Trent in 1912, Godwin would have celebrated his 100th birthday this year. But unfortunately, Godwin's record is now largely forgotten.

The Year Record has fallen out of fashion and is no longer the coveted cycling achievement it used to be. Imagine spending every day in the saddle for 18 hours, covering over 200 miles, repairing any mechanical failures, picking yourself up after crashes and then riding even further the next day to make up lost time. "When I tell other cyclists about the record, they simply don't believe it's possible" says Dave Barter, a keen cyclist who is writing a book about the Year Record.

The distance is the equivalent of three times around the world in a single year, or riding from John O'Groats to Land's End and back every week. It was all achieved on a heavy steel bike with only four gears. Yet more than 70 years later, the record still stands.

"It's those statistics that make the record virtually unbreakable," said Dave: "I've gone through his mileage diaries and painstakingly recreated each day's mileage into a spread sheet. Sometimes he survived on four hours' sleep and there were probably days when he didn't even bother and just carried on and kipped in a field for an hour."

"He pushed it [the record] beyond the limit of any mere mortal. I worked with a guy who tried it again this year - he lasted about a month and a half. The essence of it is that for a year you have to completely give up your whole life. When I tell other cyclists about the record, they simply don't believe it's possible."

Godwin's daughter, Barbara Ford, described her father as "hard as nails" but also said that he was really "a big softie": "There was nothing he wouldn't tackle or do, and nothing he wouldn't do to help anyone. At 14, he used to ride a bike in a pair of shoes he'd borrowed from the lady next door. He'd get on an iron-framed butcher's bike and cycle a road race of 25 miles and win it. He never bragged or told anyone. He was so unassuming and didn't want any fuss. He once saved a woman from a fire, and after checking she was ok, he simply got on his bike and carried on riding. All his cups and trophies, he gave away. It wasn't that he was ungrateful - he just didn't need any recognition. When they unveiled a plaque in his honour someone asked me what my dad would have said. I told them he wouldn't have turned up"

"Everyone should have had the privilege of meeting Tommy Godwin, because he was just so lovely. I remember asking him why he attempted the record. He just said: 'Why not? Why did Mallory climb Everest? 'Because it is there.' He did it just because he loved cycling so much. Guinness did say that my dad's record would always be safe. They won't accept a challenge because they think it's too dangerous. There are also issues over verification: it would be all too easy for a rider these days to swap a tracking unit with other riders."

Tracking devices did not exist in 1939, so Godwin's mileage was verified by respected figures such as police officers, and posted daily to *Cycling* - the magazine that originally set up the challenge. Stoke-on-Trent cycling legend Brian Rourke said: "In theory, the record should be breakable because new road surfaces and modern bikes offer a huge advantage. They can do 500 miles in a day now. But to do over 200 miles, every day for a year, on a three-speed bike made of steel, is basically impossible. Nobody could ever match his record. Even if it was broken, the conditions just aren't comparable."

After the feat, Godwin had to learn to walk normally again and uncurl his hands. Yet within weeks, he was serving his country in the RAF.

"I honestly don't know how he did it. His constitution is just unimaginable," said Mr Rourke: "He is totally unique - someone the world will never see the likes of again."

Just when you thought it was safe ...

TRC Triathletes have had some pretty cold experiences this year, but nothing quite like this! Thanks to Mike from Toronto and John G for the article,

Fangs pierced Leah Prudhomme's legs as she swam across the deep, dark rum-colored northern Minnesota lake. It could be anything, she thought -- muskrats, beavers, maybe a muskie. But it didn't let up.

In the middle of Island Lake near Duluth, the triathlete struggled as the animal sunk its needle-sharp teeth into her legs, feet and back, leaving 25 bite marks, some 2 inches deep.

"It just kept coming after me," said Prudhomme, 33, of Anoka. "You never knew where it was going to bite next."

In between peppering her with puncture marks, the animal's head popped up a few feet away. That's when Prudhomme noticed its distinctive long tapered tail, small beady eyes and gray head. An otter.

The rare lake attack baffled conservation experts and doctors, who could only surmise that the atypically aggressive otter had rabies or was a mother protecting young pups.

"You always wonder, 'oh my gosh what could happen out there,'" she said. "Already, you're trying to get over your fear of fish or whatnot. You can't even see your hands below."

They swam around an island and veered back to shore. As they passed a bog, Prudhomme felt a nip at her ankle. She stopped, frantically treading water. Up popped the otter's head before it dove back underwater and attacked "ferociously."

She said she's thankful she wore the wet suit, which was shredded during the attack, but which likely saved her from more extensive injuries.

Prudhomme, who's done about 50 triathlon and road races, said she now needs to do what she's done after bike crashes or other mishaps: get back up.

Next month, she plans to do the Duluth Triathlon -- on the same lake.

"I'm scared, but it's one of those things you don't want to let get the best of you," she said. "It's not like I'll be bitten by another otter."



Article by: [KELLY SMITH](#) , Star Tribune