

# Prattle & Run

The Magazine for Thornbury Running Club

October 2008



TRC at Nailsworth during the 5-Valleys Walk

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## Caretakers Cupboard.....

Since my last article for P&R which “**The Editor**” kindly wrote on my behalf, a lot has happened within the club. Not all good.....

Dare I mention the cattle incident? For those who are not aware of this please speak to **Bob HALL** who is now the official farmer liaison officer for TRC.

Can I remind you all to exercise caution whilst running through fields with livestock: If necessary **WALK**, as not to spook them, this will prevent them acting in an unpredictable manner. Be mindful of other people’s livelihoods.



More on a positive note we have enjoyed successes in recent races

- Phil Lucker showing his pedigree, winning the Westonbirt 10K trail race.
- Jo Williams winning the overall female category for DC LeisureTri series
- Garry Slater was 10<sup>th</sup> overall at Highworth Triathlon
- Mark Curtis & Simon Young continue their battles at the Bridge Inn 5K series.
- 24 TRC members participated in The Bristol Half Marathon.

Lets not forget our **Hi Viz Bibs**, you need to be seen out there, pounding the streets/roads on those horrible cold, wet, windy miserable nights. Remember if you haven’t got a Bib then you can borrow one from the club. (**Or buy one**)

If you do take one please return it and they don’t wash themselves.....



Thank-you **Dorothy T** for washing them the last time....

Let’s not forget the AGM looming around the corner.

With some individuals that make constant moans about the running of the club, it is time for you to step forward and show us how much better you can do it !!

Please give it some thought to nominations for the forthcoming year.

Captain and Treasurer are amongst the positions up for grabs.

*Mark Williams  
(19wks and counting)*

## **A tribute to editors ....**

This is an article written by the Longboat Newsletter Team.

As a past editor of P&R I do have empathy with this article. Please read on and think about our P&R editor (and then possibly think about how these thoughts could also be applied to the committee roles that Mark is talking about.....)

*John Grimsey*

## **Race to the printers**

Newsletter writing is a lot like running a road race. When you run the first one you're not quite sure what to expect and you're definitely a little, okay, a lot nervous. As you get more experienced with the next few races you have a better idea of what to expect, however everyone is a little different and there are always things you can't control like the weather ... and you're still nervous. I'm not sure the nervousness of producing the newsletter for a group as talented as the Longboat Roadrunners will ever dissipate; I know the nervousness associated with racing hasn't yet for me. I think this is what makes racing so enjoyable. You spend so much time training, running different distances hills, track workouts, the works ... getting ready for that big day. As the day approaches you worry about what to eat and how much training to do in the days leading up to your big event. Chasing down those last contributions or submissions is much like this, not quite sure what to expect or what might come. The day of the big event you almost feel as though you might be sick. As you approach the line after making that last trip to the Johnny on the Spot, you make sure your laces are tied tight, make it a double knot, check your watch for the hundredth time and wish your buddy a good race. Then the gun goes and you're off. It's not until you start running that you start to get into a rhythm and feel a little better that you've prepared for your race and everything will be okay. Each time we hand out the latest issue of the newsletter, it is the most nerve-wracking and exciting day/evening of the previous two months worth of hard work. Hearing the hush over the group of Longboaters following dinner at the Rex or breakfast at the Grenadier along with subtle comments from our fellow Longboaters is an incredible component to producing the newsletters. The day after the race you chat with fellow runners about the big day. You go over your strategy and talk about what went right and what you'll do differently for the next one. You always start looking towards the next race. The day after a newsletter comes out, the Newsletter team often has this same sort of discussion. We talk about what went well, what we'll do differently for the next issue, and what feedback we might have heard from the group. Above all you always pat yourself on the back following a job well done in a race. Even if you weren't completely happy with your time, you know you can always make some little tweaks to your training program and do a little better. We hope you enjoy our third issue of the newsletter as much as we enjoy watching you read them. Happy reading and running,

*Your Longboat Newsletter Team*

## The Meningitis trust - 5 Valleys Walk

**Since John had carelessly arranged to be in Canada this year, Maddie Parrott organised the Thornbury runners for this event. Here she describes the day.**

It was quite a misty start to Sunday 28<sup>th</sup> September and a bit on the chilly side, however, the sun soon burnt off the mist and warmed up the day. As in previous years a group of Thornbury runners had entered the 5 Valleys Walk in aid of the Meningitis Trust, an incredibly scenic circular route through 5 valleys of the Gloucestershire countryside. The event started in 1987 and has raised over £800,000 for the charity. Participants are predominantly walkers and their dogs however traditionally Thornbury runners have taken part and run the route.

The 21 miles is split into sections, the longest section being 2.5 miles, the shortest 0.9 miles with checkpoints at the end of each section. It's extremely well organised with water, sweeties, cakes and other edible paraphernalia available at the checkpoints. And of course if you don't feel able to run the whole route there are buses laid on to take you back to your car if you've had enough. Although this year Thornbury runners didn't make use of this service.

The day is extremely sociable and supportive and most certainly not a race. We run as a team using the checkpoints as an opportunity to regroup. There is no pressure to try and keep up with faster paced runners and everybody is looked after. The reward: well you can choose between a hot dog or hamburger from the barbecue at the end, tea or coffee, and a very smart certificate. The biggest reward, a massive sense of achievement, particularly for those who were 5 Valley virgins.



The beauty of the Slad Valley (especially the one second from the right!)

## The Long Run

**For many years John has shepherded a group (not all women!) on Sunday mornings, and many first-time marathoners can thank him for their success. But, he asks, is there any value in this Long Run? And below he answers the question.**

The Runners World web site has the following article in the Training section

**Question:** *I never race more than 5-K. Why should I do long runs?*

**Answer:** *Long runs are for every runner, not just marathoners. The runners I coach in college run a weekly 13- to 15-mile long run even though some seldom race over a mile. The long run increases aerobic base, improves running economy, and boosts confidence..*

*Shortly after college when I decided to race my first marathon, a friend asked why I'd moved up to the marathon when I'd enjoyed success at the 10,000 meters. "You must enjoy long runs," he said.*

*"Not really," I replied.*

*"I hate to tell you this," he said, "but the marathon is a long run."*

*Over the years I've learned that whether you're a recreational runner or a hard-core marathoner, the long run is the backbone of any successful training program.*

*Like any extended aerobic exercise, the long run delivers the predictable physiological benefits: increased max VO<sub>2</sub> and blood volume, maximum stroke volume (the amount of blood ejected from the heart with each beat), and new capillaries and red blood cells.*

*Just as important, the long run teaches your body to spare glycogen and rely more on fat as a fuel source. Translation: You delay glycogen depletion during a long race, so you delay bonking. And let's not forget the mental angle: To prepare for the psychological challenge of racing for hours, you have to train for hours.*

*How long? "Long" is a relative term. One person's long run is another's easy 8-miler. Most experts agree that 20 to 30 percent of your weekly mileage should be devoted to the long run, depending on your overall mileage. For example, an elite runner logging 100 miles per week might do a 20-mile long run (20 percent of weekly mileage), whereas someone running 40 miles per week might do a 12-mile long run (30 percent of weekly mileage).*

*Unless you're an ultra-marathoner, I recommend keeping your long runs to 3 hours or less. Any training benefit beyond 3 hours is just not worth the added fatigue and risk of injury.*

*How fast? If it feels too hard, it probably is. Tempo runs and interval workouts are for building lactate threshold. Long runs are not. They should be carried out at a comfortable, conversational pace. (Remember that even a "comfortable" pace will feel challenging in the last few miles.) For faster runners that means 1 to 1.5 minutes per mile slower than your 10-K race pace. For slower runners, 30 seconds to 1 minute per mile slower than 10-K pace.*

How often? Weekly long runs are fine, provided you:

1. Follow your long run with a recovery day of very easy running, cross-training, or rest.
2. Start your long run well hydrated and consume sports drinks and gels en route. This is excellent practice for the marathon and will keep you from getting overly fatigued.
3. Limit your long run to 1:45 or less (unless you're training for a marathon--see number 5, below).
4. Consume 3 to 4 grams of carbohydrate per pound of body weight daily to make sure carbo stores stay loaded.
5. Alternate long runs with very long runs when training for a marathon. For example: 2 hours one week, 2:45 the following week, then back down to 2 hours the week after that.
6. Run with someone of comparable ability. Otherwise your long run may turn into a tempo run or a Sunday stroll.
7. Ease back into training if you've missed a long run due to illness or injury. Going long as soon as you feel better can overtax an already battered immune system. Instead, do half or three-quarters of your scheduled long-run distance, then resume your normal schedule the following week.

There are a lot of facts in this article. There are many other articles written about “the long training run”. I don’t pretend to understand all that is written .... But everybody suggests that the long run is an important part of any regular runners training schedule. It does fit in with the other items in the training schedule, including efforts and recovery runs.

Thornbury Running Club organise runs that fit into this structure with –

<b>CLUB NIGHT:</b>	<b>Thursday</b>	<p><b>Club Night</b> starts at 7.00 p.m. at the Castle School, but the run starts about 7.15 p.m. All runs feature re-groups, varying according to the needs of each group. In the summer months many of the runs are off-road where we enjoy the countryside and the varied surface conditions. The runs are usually from 7 to 10 miles, but there are always shorter alternative routes.</p> <p>In the winter we remain mostly within Thornbury and Alveston for safety reasons, with runs from 5 - 8 miles.</p> <p>There are 4 running groups, from a slower 9-10min mile group to a faster 6.5 min mile group and the main two in between.</p> <p>Changing, showers and refreshments are available. We meet in the Dance Studio in the Sports Hall</p> <p>Attendance: 60 - 70 members.</p>
<b>LONG RUN:</b>	<b>Sunday</b>	<p><b>The long run</b> starts at about 8.30 a.m., meeting at the Castle School car park.. This is often off-road at all times of the year, but depending on conditions on the particular day. The distance varies from 10 to 16 miles (typically), but some members go farther especially when training for an event; conversely, there are turning off points for the less ambitious. All runs feature re-groups as required for those present. At present there are no changing facilities.</p> <p>Attendance: 5 - 20 members.</p>
<b>TRACK SESSION:</b>	<b>Tuesday</b>	<p>Currently we use the Filton College Wise Running track, with the session starting at 7pm and lasting approx 1 hour.</p> <p>For details of how to get there, <a href="#">click here</a>.</p> <p>Attendance: 6 - 15 members.</p>
<b>CYCLING:</b>	<b>Monday &amp; Wednesday (not Winter)</b>	<p><b>Cycling</b></p> <p>On Mondays a few people including some Club members go out for typically 10 miles, (see Pete Mainstone, Trevor Roberts, Mark Williams or Jacqueline Wadsworth for details), and in conjunction with Severn RC on Wednesdays (see Trevor Roberts) - both days daylight permitting.</p> <p>Start 7.00pm Mondays</p> <p>Attendance: 6 - 12.</p>

<b>CYCLING:</b>	<b>Saturday or Sunday (not every week)</b>	<b>Cycling</b> At weekends some members go out for a "medium" distance, perhaps 20 - 30 miles Start 8.30 am Attendance: 6 - 12.
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You may not be training for a marathon (or even a half marathon) – but you should think about putting that “long” run into a schedule.

It is *vaguely* possible that you may not want the wit and repartee that a Thornbury Running Club Sunday morning run brings .... But if you do want some company on your long training runs then please consider the Thornbury Long Run. I’ve always found that these runs are FAR more enjoyable in company – especially with likeminded people from TRC. I do like the comments that these runs should be carried out at comfortable, conversational pace.

The Sunday morning runs meet at 8:30. If the school car park is open then we meet there. If the school car park is closed then we meet at the car park by the scout hut.

The Sunday runs usually have *some* thought about a route – although weather conditions can often mean slight deviations from the planned route. The summer long runs often include some off-road (but do try to stay away from extremes of off-road) whereas the “marathon” long runs (at the start of the year) are usually planned around road running. The routes usually have several turn-off points if people don’t want to do the full, planned distance. The longer runs, and the runs in hot weather, usually have water stops around the route. I don’t believe, in 20 plus years of Thornbury long runs, we have ever lost anybody!

Come along and see how an enjoyable steady long training run can improve your running - whether that run is a 5k or ultra run.

*John Grimsey*

## In Brief

CONGRATULATIONS to Rachel Willis who by the time you read this will be Mrs Gareth Pretlove. Best wishes to them both for a long and happy future together. We hope Trina managed to get Mike back from the wedding in Italy soberly and safely.

DON'T MISS the annual ‘do’. Jane Leslie has again booked Tortworth Court and the ceilidh band ‘Spinach for Norman’ for 7<sup>th</sup> February 2009. The cost is £35 per head, but well worth it if last year’s event is anything to go by. We’re hoping for at least 100 members, partners and friends to attend, which will save us the cost of the room hire.

## Oh dear! (We’ve got an ode ‘ere!)

The editor has a reserve of a number of poems serious and otherwise, which could appear in Prattle & Run at any time when there’s not a lot else. If you were at Pete Mainstone’s ‘farewell’ on 18<sup>th</sup> September, you would have seen the below enacted by some of the ladies of the club. If you weren’t – use your imagination.

Pete will now be happily trekking around the Himalayas, prior to joining the orphanage at the beginning of November. He has promised to keep a blog – don’t hold your breath ...

There's a little bat-eared Welshman  
To the north of Katmandu  
In a little orphanage outside the town  
And he's gone out there to help them  
And to teach them English too  
And we know that he will never let them down.

He was known as Mad Welsh Pete  
(And he had quite little feet)  
And on club nights running kit he used to sell  
But for all his foolish pranks  
He was worshipped in the ranks  
And a lot of women smiled at him as well.

He would sell them all their kit,  
Every single little bit,  
And they wore it proudly when they ran a race  
But when he said he'd go  
Off to peaks covered in snow  
Disappointment showed in every face.

They went running round the Hacket  
But Jo couldn't find her jacket  
A ghostly voice whispered "It's only pain".  
Pete would have let her have a hat  
And a bargain one at that  
But he had gone. She'd do without again.

Selina couldn't find her shorts  
(Garry's having wicked thoughts!)  
And wondered what on earth she was going to do  
She looked in every drawer  
But she couldn't buy some more  
"Cos he's gone and bugged off to Katmandu."

Sandra couldn't find her vest  
And she sighed, like all the rest,  
Though she still went out when Mark warmed up the squad  
And though they did the drills  
She could not forget her ills,  
"I'll kill the flippin' little bat-eared sod!"

Others thought they'd try a tri  
After Pete had said good-bye  
So Garry ordered them a posh tri-suit  
But though they trained each minute  
Their hearts were just not in it  
And all their efforts failed to bear much fruit.

They went running along trails  
In the rain and wind and gales  
They were tired and some got blisters on their feet  
But though it was good fun  
And once they saw the sun  
Their thoughts would often turn to Mad Welsh Pete.

After summer came the fall  
 When men play with odd-shaped balls.  
 Many bets were placed on winning the Five Nations.  
 Then the ghost of Mad Welsh Pete  
 (With its tiny little feet)  
 Cried "We 'ammered then!" in joy and jubilation.

There's a little bat-eared Welshman  
 To the north of Katmandu  
 While Thornbury girls run naked in the rain ....

.....  
 But Pete is in Nepal  
 And needs money from you all  
 Or else you'll have to sit through this again!

*JB assisted by JM*

## Cross Country without Pete

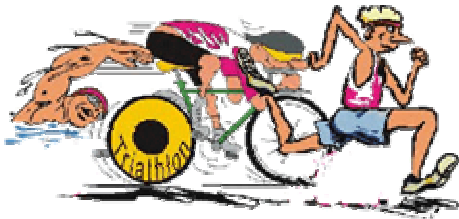
Doesn't seem possible, does it? But for this season we are going to have to manage on our own. Gloucestershire and Gwent Leagues start very soon, and we hope to have strong teams competing in both the Men's and Ladies' races. Although organisation is divided and shared (Maddie [0759 5539321] & Emma [0794 3845692] will chivvy the women and Bob Tyrrell [Home 01454 412953, work: 01452 872545] will co-ordinate the men) we hope wherever possible runners will stay to watch and cheer-on their other-gender team-mates. As far as possible, transport to the races is shared.

Although we hope for some good times and positions from our faster competitors, Thornbury is never ashamed to have runners close to the back of the field, so if you have any inclination to join in, you will be welcome, whatever your ability. Within the club there is a championship with awards for the age-adjusted male and female winners as well as the outright champions.

Dates for 2008/2009:

<b>Gloucestershire League</b>	
Date	Venue
11 <sup>th</sup> October	Bourton (new venue)
15 <sup>th</sup> November	Blackbridge, Gloucester
13 <sup>th</sup> December	Plock court, Gloucester
7 <sup>th</sup> February	To be advised

<b>Gwent League</b>	
Date	Venue
12 <sup>th</sup> October	Newbridge Fields, Bridgend
9 <sup>th</sup> November	University of Bath
6 <sup>th</sup> December	Blaise Castle
14/15 <sup>th</sup> February	Pentan Leisure Centre, Brecon
14 <sup>th</sup> March	United Counties Showground, Carmarthen



# Triathlon at Thornbury

## Running Club

by Jacqueline Wadsworth

Once upon a time, TRC novices made their way down the M5 to Burnham each June to dip their toes into the sport of triathlon. Not any more. In the last edition, we featured first-timer Roger Denton diving headlong into the Swiss Ironman. This time, Justin Taylor makes his debut at the world's biggest tri - London! Read about his adventure below, along with the fortunes of other TRC triathletes.

### IRONMAN UK TRIATHLON, 7<sup>TH</sup> SEPTEMBER

Three club athletes tackled the Ironman at Sherborne, with Rob Hopkins finishing in an impressive 11hr 25min 52sec (splits: 1hr 18min, 6hr 13min, 3hr 44min) - despite wearing the wrong size shoes. 'I had hoped to run faster, but my shoes were too big,' he said ruefully. And before anyone asks, yes, his shoes were new.

Well done also to Jon Greenwood who came ninth in the M55-59 age group, in 14hr 12min 56sec (1hr 23min, 7hr 42min, 4hr 46min)

And after a disappointing World Champs in June, Jane Leslie was thrilled to finish her first Ironman in 15hr 44min 48sec, describing it as 'a fantastic, if very painful, experience!' She said: 'The swim (split: 1hr 11min) was OK though an absolute bun fight for the first 1000m. I had cramp twice and had to roll over and massage my legs. The bike ride (8hr 19min) was really tough. I took it easy as I knew the distance plus relentless hills were a big challenge for me. My big problem was extreme nausea and stomach pains. I started the marathon (5hr 58min) barely able to walk.



'The comradeship was amazing and I am sure I would have given up if it hadn't been for my fellow sufferers urging me on. At 20 miles I was finally well and truly sick! After that I felt a new woman and blasted round the last 3-4 miles at 9 minute mile pace!'

Jane has an amusing tale to tell regarding her shoe horn: 'I set off on the run in a pretty distressed state, with dreadful nausea. At mile seven my brain registered a certain discomfort in the arch of my left foot. I stopped by a marshall to see if my sock was rucked up, and to her astonishment produced a blue plastic shoe horn from inside my shoe! I had run on it for seven miles and only just noticed. She asked me what on earth that was for, and I announced that it was for putting on my shoes,

proceeded to put my shoe back on with it, and placed it in my pocket. I left her looking totally astonished!

## Triathlon at Thornbury Running Club

### **MALMESBURY TRI, 24<sup>TH</sup> AUGUST**

Eight TRC triathletes entered the Malmesbury race (400m, 22k and 5k) with Garry Slater continuing his summer success by finishing 29<sup>th</sup> out of 242 finishers, in 1hr 10min 36sec. Richard Phillips was 35<sup>th</sup> (1hr 11min 33sec) and Mark Williams in 52<sup>nd</sup> (1hr 14min 11sec). Jo Williams was fifth woman to finish, and 49<sup>th</sup> overall, in 1hr 13min 30sec, and she was followed by two TRC women in their first triathlon season: Emma Brown (1hr 19min 11sec) and Maddie Parrot (1hr 22min 58sec).

The final word must go to Pete Mainstone who hasn't stopped competing all season and was still going strong at Malmesbury, despite all the preparations for his trip to Nepal. He finished in 1hr 21min 6sec, in 117<sup>th</sup> place.

**TRC STARS!** Malmesbury Tri was the last in a three-race series (Springfield in May, Westonbirt in June), with prizes awarded to the Series winners. The women's winner was our very own Jo Williams - a great end to a fine season, and Pete Mainstone came first in the M55. Congratulations to you both! Well done also to Mark Williams who finished an excellent fourth in the competitive M40 age group.



### **LONDON OLYMPIC TRIATHLON, 10<sup>TH</sup> AUGUST**

Andrew Darton geared his tri season to achieving a good result at London and he didn't disappoint, finishing in a great time of 2hr 10min 3sec - which included a super-speedy 39min 41sec 10km run! His swim split was 26min 30sec, and bike 1hr 8min 14sec. Was he satisfied with his performance? Not quite. 'My brother beat me,' said Andrew. 'I knew he was working on his bike to beat me, and he did!'

Richard Phillips also had a great race, finishing in 2hr 27min 13sec, with Rob Hopkins just behind in 2hr 30min 39sec; Justin Taylor, 2hr 43min 30sec; and Sandra Webber, 3hr 1min 58sec.

It was Justin's first-ever triathlon, a huge event for a novice. In Sandra Webber's words: 'London's scary massive - finding your bike in transition was a nightmare, and swimming in the docks?!' As if that wasn't enough, Justin had a blow-out too: 'I had a puncture about a mile from the end of the bike leg, which locked the front wheel - the inner tube came out and wrapped itself around the hub. So I ran the last mile barefoot, bike shoes in one hand (not bright enough in the heat of the moment to think about clipping them back into the cleats!) and carrying the front half of the bike with the other hand! I did get a very big cheer at transition, but was fairly puffed out for the start of the run!' Oh yes, and this was Justin's first open-water swim, and first time in a wetsuit!

### **BREDON TRIATHLON, 27<sup>TH</sup> JULY**

This boiling hot day saw five TRC triathletes race over 1200m (open water) 50k and 10k, with Garry Slater coming out top of the bunch in 2hrs 42min 39sec. In his wake were Rob Hopkins (2hr 50min 3sec), Andrew Darton (2hr 52min 9sec), Jo Plumbley (3hr 6min 34sec) and Selina Davies (3hr 37min 37sec).

### **BATH TRIATHLON 27<sup>TH</sup> JULY**

On the Same hot day, Maddie Parrot finished the extremely testing City of Bath Standard Triathlon (1500m, 50k, 10k) in 3hrs 16min 15sec. And in the sprint event

Triathlon at

## Thornbury Running Club

(750m, 25k, 5k), Mark Williams finished 32nd (out of 157 finishers) in 1hr 32min 15sec, with Sian Holley 79<sup>th</sup> in 1hr 42min 31sec.

**NOW HERE'S A CHALLENGE!** To find a company that would like to be associated with a big, successful, local sporting event, and to have its name and logo featured on every t-shirt, entry form and letterhead for hundreds of people to see. There must be lots of organisations who would jump at the chance. Do you know of any?

The sporting event in question is TRC's own aquathlon, which being held at Bradley Stoke Leisure Centre next March. Organiser Sandra Webber is looking for a sponsor to donate £550 for the hire of the pool. 'If we can find a sponsor to underwrite the cost of hiring the pool, we can concentrate on promoting the event, and providing t-shirts and goodie bags for competitors,' said Sandra.

If the aquathlon is successful, a triathlon is planned for 2010 - and then things can only get bigger and better. 'Triathlon is becoming hugely popular and it's a great thing for businesses to become involved in,' said Sandra, 'especially if they're in at the start of an event like ours, which we have great plans for.'

Sponsors so far include Sandra's own Kudos Group, Linela Embroidery of Olveston, and TRC member John Watt's X-Press Legal Service Ltd. If you can help, get in touch with Sandra at [Sandra@thekudosgroup.com](mailto:Sandra@thekudosgroup.com).

Aquathlon logo: congratulations to Colin Bell, who came up with the winning design, (*below left*) which will be used on entry forms, stationery, t-shirts etc to give the event its own identity. The logo can be subtly changed (*right*) for the TRC triathlon, which is planned for the summer of 2010.



Trial Event: On Sunday November 16, at 9am, a trial aquathlon is being held at Bradley Stoke Leisure Centre. Volunteers are needed to help out as timers, lap-counters and marshals. People are also needed to take part, in either the 500m swim / 5k run event, or the 1000m swim / 10k run - enter as an individual or in a team, with one swimming and one running. Cost: just pay for the swim session. Prizes: none, just the satisfaction of providing the organisers with constructive feedback! Volunteers should contact Sandra on club night or at the address above.

**THEY'RE HERE!** The club has taken delivery of its first batch trisuits - 25 in all, each costing around £50 and resplendent in club colours. You can see one pictured right, carefully laid out in a



'scene of crime' pose. If anyone has any shots a trisuit in action, do send them to [jacquelinewadsworth@btinternet.com](mailto:jacquelinewadsworth@btinternet.com)

All have been pre-ordered by club members, so there are none spare for sale.

However, there's no reason another batch can't be Triathlon  
at Thornbury Running Club

ordered if enough people are interested. The minimum order is 15.

See Garry Slater for details of the supplier, but someone else will have to order them. Having overseen the design, manufacture and delivery of this batch, Garry's having a rest now.

**MONDAY NIGHT** bike time trials have proved hugely popular this summer, with 42 club members taking part in at least one. Mark Williams set a new club record of 23min 41sec on June 2. On a serious note, some cyclists who took part had not paid their £5 TRC triathlon supplement, which covers club insurance. Everyone who takes part in a TRC bike ride should share the cost of insurance - any one of us could be involved in an incident which results in the club being sued. The time trials have now finished until next spring, and a schedule of winter rides has been drawn up (below), with Level 1 the shortest and easiest, and Level 3 the furthest and hardest. Enjoy.

Sun 12<sup>th</sup> Oct: Level 1, Graham Bishop

Sun 19<sup>th</sup> Oct: Level 2, John Watt

Sat 25<sup>th</sup> Oct: Level 3, Garry Slater

Sun 2<sup>nd</sup> Nov: Level 1, Emma Brown

Sat 8<sup>th</sup> Nov: Level 2, Richard Phillips

Sun 23<sup>rd</sup> Nov: Level 3: Rob Hopkins/Ray Sunnucks

Sat 29<sup>th</sup> Nov: Level 1, Maddie Parrott

Sun 7<sup>th</sup> Dec: Level 2, Jo and Mark Williams

Sat 20<sup>th</sup> Dec: Level 2, Selina Davies/Sandra Webber



Also popular this summer were the Castle Combe Duathlons on Wednesday nights. Here are the fastest TRC times (results from the TRC website):



F - Jo Williams, 53min.53sec  
FV40 - Maddie Parrot, 58min.30sec  
FV50 - Trina Willis, 66min 18sec  
M - Garry Slater, 48min.56sec  
MV40 - Mark Williams, 53min.35sec  
MV50 - Bob Tyrell, 52min 0sec  
MV60 - Trevor Roberts, 56min.02sec

Sandra Webber & Richard Phillips were the fastest relay team in 53min 06sec. And Martyn Green screamed round the track in the Monsterman event (2m, 10m, 2m, 10m, 2m) in 1hr 25min 10sec, first club member home.

Unfortunately, neither the men's nor women's top time was as fast as last year's, when Rob Hopkins recorded 48min 45sec and Ciara Williams (who's no longer with the club) 52min.11sec. Sorry!

**FOR THOSE INSPIRED** by GB's open-water medals at the Olympics, there are three sessions left this year at Lake 12, South Cerney, near Cirencester: October 11, 18, and 25. They run from 8.15 - 8.30am and cost £5 per session.

**ONE TO WATCH:** When someone starts regaling you with the details of their training mileage and their plans for the winter, you know they've been bitten by the bug. This is so of Emma Brown, who has



Triathlon

at Thornbury

Running Club

just finished her first triathlon season, and is now planning a hard winter on the bike. Emma is definitely one to watch!

**STOP PRESS...**Two results came in just in time for inclusion, both September 21st: **Langport Tri**, Somerset (400m/22.5k/5k): Richard Phillips 31<sup>st</sup>, 1hr 14min 50sec; Mark Williams 49<sup>th</sup>, 1hr 17min 43sec; Sandra Webber 151<sup>st</sup>, 1hr 31min 42 sec. **Highworth Tri**, Wiltshire: (400m.20k/5k): Garry Slater 10<sup>th</sup>, 1hr 9min 49sec.

**AND FINALLY** we now have a grand total of 40 members in the TRC Tri Section!

### And really, really finally

Many thanks to everyone who has contributed to this edition of Prattle & Run, and especially to Jacqueline who pulls together all the threads that make-up triathlon to present me with a batch of ready-to-print pages each time. I am waiting to see what she can do out of season.

I am always conscious that I am duplicating some of the information that appears on the website and on Arthur's Diary Updates. Some, but not all! Do look at these other sources of information or you might just miss something important to you.

It's frightening, but by the next edition of Prattle & Run we will be in the run-up to Christmas. All items to me please by Tuesday 18<sup>th</sup> November, either e-mailed to [judy.mills@avonandsomerset.police.uk](mailto:judy.mills@avonandsomerset.police.uk) or on paper.

*Ed.*