



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#100 – June 2009



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

100 Not Out

*100 not out is a mighty score to achieve,
100 issues if you are to believe.
From the very first one printed in black and white,
To the current editions in colours so bright.
With an eye catching logo of a runner to be seen,
So smartly attired in yellow and green.
Compiled with integrity, honesty and care,
From those who have graced the Editors chair.
This fine journal covers the results and the news,
To be looked at and studied, and content perused.
We have profiles and poems and anecdotes galore,
If you possess every issue then you've a treasury in store.
The club membership has grown rapidly in size,
But there's probably room for one or two gals and guys.
So remember this excellent periodical belongs to you,
So compose an article or write a letter or two.
There if you're a staunch member, from Junior to Vet,
So write your article now before you forget.*

Tony 'the bard' Bartlett

All Those Years Ago....

Tales from the summer editions of the "Valley News" 5, 10, 15 & 20 years ago:

2004: Judy Farr was 1st F60 at the **Keynsham 10K**.

Doug Barber was 1st M40 at the **Cowpat Canter** and daughter Mitzi was 1st Lady in the 4K Fun Run.

Our Ladies team of Tina Vivian, Sue MacGregor & Viv Toms won the **Dartmoor Discovery** 32miler.

1994: It was announced that the training venue for Tuesday evenings would be Clarendon Sports Centre.

Jeff Avis of Somer AC won the **AVR 10K** in Trowbridge in a time of 31:53.

1999: Viv Toms completed the **Two Oceans (56K) Marathon** in South Africa.

Simon Spedding finished third in the **Shakespeare Marathon** clocking 2:47:53.

Jobe Hobbs won the **Great Hinton Agony Run**.

1989: 18 members completed the **London Marathon**, led home by Maurice Cockell in 2:55:22

Denise Ellis got a free ride in an ambulance after twisting her ankle at the **Kennett 5**.

Tips from the Head Coach

Nutrition: It is important to have a carbohydrate rich source at every meal – such as porridge oats, whole grain bread, or pasta, brown rice, beans and pulses which release energy more slowly. The general rule is 4-5 grammes of carbohydrate per kg of bodyweight – for people running 3-5 hrs/week. If you run 5-7 hrs/week aim for 5-6 grammes/kg of bodyweight.

Monitor mealtimes: If you lunch at 2.00pm and run at 7.00pm, you should have a carbohydrate-rich snack at 5.00pm. Cereal bar, banana or fruit smoothie, also immediately after your training (within half hour) – Kit Kat or equal. **Alan Hayes**



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Summer Time Schedule

The committee have come up with the following events to keep you occupied during the summer months:

- Wednesday 10th June – **Treasure Run** @19:00 in Melksham
- Thursday 18th June – **The Bern-Col Relay** @19:30 in Bradford on Avon – please bring a few pounds if you would like a fish ‘n’ chip supper.
- Thursday 2nd July – **The Avon Valley Mile** @19:00 in Bradford on Avon – separate races for Men, Women & Super Vets!
- Thursday 30th July – **The Tom Roberts Handicap** @19:30 in Bradford on Avon – 5K including the climb up Jones Hill.
- Thursday 6th August - **Treasure Run** @19:00 in Bradford-on-Avon.
- Tuesday 11th August – **AVR Track Championship** @19:00 in Trowbridge – events from 400m to 3,000m & 4x400m Relay.
- Thursday 3rd September - **Mob Match** aka “**Over the Hills backwards**” @19:00 in Bradford on Avon – taking on our friends from Bath, Corsham & Pewsey.

Fixtures

Sunday, June 7 th	‘Run in the Wild’ – Cricket St Thomas Leisure Centre, Chard @10:30
Tuesday, June 9 th	Heddington Relay – Ivy Inn, Heddington near Calne @19:30
Saturday, June 20 th	Mendip Mashup - Charterhouse Centre, Mendip Hills @ 14:00
Sunday, June 21 st	Forest 10** – Warminster @10:30
Wednesday, June 24 th	Around the Common 5K – Broughton Gifford @19:30
Saturday, June 27 th	Cotswold Relay – Please see Club Captains for Details
Saturday, July 4 th	Golden Cap Challenge++ – Charmouth @15:00
Sunday, July 12 th	New Forest 10** – New Park Farm, Brockenhurst @11:15
Tuesday, July 14 th	Heddington Relay – Ivy Inn, Heddington near Calne @19:30
Sunday, July 26 th	The Conkwell Killer + Junior Jaunt – Winsley @11:00

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

The Virgin London Marathon

As you are probably aware the **Flora London Marathon** is no more, with Virgin taking over as the headline sponsors for the next five years. It appears that Virgin have dispensed with the usual postal ballot and launched an online entries only process at the end of April and then closed it – **Full** within a matter of days!!!. There is still the charity route for a place in the race to be held on Sunday 25th April 2010 and for those who are bit swifter on their pins there is the ‘Good for Age’ route:



Men	Time (in hours)	Women	Time (in hours)
Age 18 - 40	2.45 - 3.00	Age 18 - 49	3.15 - 3.45
Age 41 - 59	sub 3.15	Age 50 - 54	sub 4.00
Age 60 - 64	sub 3.30	Age 55 - 59	sub 4.15
Age 65 - 69	sub 4.00	Age 60 - 64	sub 4.30
Age 70+	sub 5.00	Age 65 - 69	sub 5.30
		Age 70+	sub 6.30

Evidence of your performance needs to be sent to the London Marathon organisers by the 21st August 2009. Avon Valley Runners are also awarded a number of places in the **London Marathon** by UK: Athletics and these will be allocated by ballot later in the year.

Captains Corner

Corner? – I need a fair sized allotment to report some superb results in the first half of this year, so if we miss the odd name or two – apologies! – It's only due to lack of space. My co-capt'n and I hung onto a tree and cheered the brave Bratton Hillybilly bunch sail by in gale force conditions. We'd hardly had chance to unpack the thermos and buns before Bob Ellis was up the hill and away!! I hope to add some favourable results to the end of this report should they have managed to reach the finish line without becoming airborne.

Back to New Years Day & whilst most of us would probably be nursing a hangover – Rose Barber was racing the 1st fixture of the year and leading us into 2009 with her 1st F55 place in the **Hangover 10K**. Simon Ringham gaining a PB shortly after New Year in the **Gloucester 10** in a time of 69:59. Great times



Simon Ringham
at Slaughterford

in that race included 28th placed Alistair Bartlett in 63:23, and for the AVR Ladies 85th placed Liz Ringham in 68:56. For the mud hounds, there's been plenty of it this year & AVR competitors have been emerging from depths of the winter countryside with some great results. At the **Rough 'n' Tumble** - First home for AVR was 56th placed Andrew Grist in a time of 1:21:32, and for the Ladies, Mel Nicholls 234th recording a time of 1:38:3. Lambs to the Slaughter -ford - The Ladies won the 2nd team prize, Liz Ringham with 2nd F35 and 4th lady overall. **The Terminator** – a fifteen strong crew from AVR including 47th placed Andy Grist first back in a time of 1:31:01, and 248th Mel Nicholls first back for the AVR Ladies in 1:53:49. And then – the monster of them all “**The Grizzly**”, complete with its prayer garden and our intrepid and headline hitting duo completed the course in the terrific times of 4:13:36 for Tina Vivian & 5:05:38 for Denise Ellis. What is next on the calendar ladies?

Further afield and offshore, a mention for Phil Harding completing his **Hong Kong Marathon** in a brilliant 3:23:51 and more recently the **Guernsey Festival of Running** for Pete Jones with superb results in a hectic weekend consisting of a 10K, 4.75 XC, 4 x 2mile team relay and then just to round it off with a swift Half on the Monday – time 1:36:50 – amazing!

March kicked off with some great achievements at **Longleat 10K** for the club including: 21st Ian Mapperson 40:55 - 2nd M50, 82nd Tina Giles 46:49 - 1st F40 and 143rd Rose Barber 49:14 - 2nd F55. In the pre-London ‘prep’ races – our bus trip to **Bramley 20/10** again returned (via the pub) with tired yet successful runners. For the 10Milers - PB's achieved again for 9th placed Rich Ayling 59:36, 37th Carl Davies 63:20 & 122nd Ali Atkinson in 74:04 - In the 20 mile, 202nd Simon Ringham was first AVR man back in 2:23:45, with 220th Rachel Bown for the Ladies in 2:25:58 both also earning 20 points for the club race series. Later at the **Gloucester 20** and under atrocious weather conditions - first back for AVR men was 62nd placed Andy Grist 2:22:06, with 97th Rachel Bown in 2:28:50 being our first lady.



Carl Davies & Alistair
Bartlett at Devizes

At the **Devizes 10K** the club achieved team prizes, 1st for the Ladies and 2nd for the Gents with Jackie Rockcliffe returning to racing after the arrival of baby Eddie leading the ladies home for their team prize and Kay Middleton underway with her great racing year with a PB of 45:58.



Andy Grist

Onwards to a very warm **Bath Half** with some inspired runs from members of Avon Valley with 121st James Hart leading home with a very impressive 1:20:26, over 6 minutes quicker than his 2008 time! Followed by 153rd Ian Mapperson 1:21:53 and 180th Alistair Bartlett 1:22:5. First back for AVR Ladies was Rachel Bown in 1:33:13, hot on her heels, with PB runs for Laura Macgregor 1:36:02 and Sophie Grist 1:36:17. PB's were also achieved by Kevin Gover 1:38:40, Simon Ringham 1:31:31 and Ian Chalmers 1:42:14.

One week on and in the sunshine for the **Trowbridge 10K**, in his first race for AVR - Steve Newcastle led the Avon Valley Runners team to the team prize finishing in 3rd place overall along with 4th placed Alistair Bartlett and 5th placed Michael Bryant. Steve continued his fine efforts recording 1:16:49 at the **Tewkesbury Half**.

On the same day as the Trowbridge 10K our Ladies returned from Oxford with the 3rd team prize at the **White Horse Half**, again lead by Jackie Rockliffe. Later in the month, down on the coast, Kevin Sparey and Mark Harris competed in the **Bournemouth Bay Half**, Kevin was 19th overall and 1st M50 in 1:21:25 whilst Mark was 77th in 1:28:58.



Steve Newcastle

Easter Bunny time – always a great favourite for the AVR's among the 334 finishers were 13 members. Great runs from James Hart and Andy Grist ensured that they both achieved Personal Best times.

Corsham St Georges 10K – and again well supported from AVR - First back for the club and earning 20 points in the club race series was 5th placed Steve Newcastle in 35:44, Steve also won the 1st M40 prize, and along with 11th placed Rich Ayling 36:43, 12th placed Alistair Bartlett 37:00 and 13th placed Kevin Sparey 37:06 scooped the Mens Team Prize. For the AVR Ladies, 171st Tina Giles crossed the Finish line first, earning the 20 points, in a time of 47:36.

Onwards to **London Marathon Day** and a thought spared for those who have deferred thru' illness and injury – so tough, especially after weeks of hard training. Best wishes to those for 2010! For 2009 excellent achievements again under very warm conditions with Ian Mapperson having terrific run to complete the course in 2:57:48, Simon Ringham and Martin Meredith also achieved a PBs, with Simon in 3:20:56 and Martin 3:24:02. For AVR Ladies Jo Mumford was first home in 3:25:06, Tina Vivian ensured herself a place for next year with a "Good for Age" qualifying time of 3:55:41, Jo's time was also a GFA qualifying time. Andy Grist and Julia Drewitt were both running their first Marathons and with Sue Cook alongside, Julia ran a brilliant 4:44:56 after waiting 5 years for her well earned place. Andy completed the course in an excellent 3:19:12. What a great day for you all!

The first of the summer series of races at **Heddington - the Hill Climb** was well represented and great places achieved by 2nd placed Alun Rees, 4th placed Carl Davies, Steve Halligan in 13th and Anthony Hickson in 16th.

Into May and again further club victories at the **May Fayre 3** for 5th placed Kevin Gover 19:57 - 1st M40 & 6th placed Ken Marshall in 20:19 - 1st M50 with 15th Rose Barber 21:24 - 2nd Lady overall. Great to see Joyce Field back racing again after some time out with injury. The Glastonbury 10K race produced a 1st M50 placing for Kevin Sparey.

The Neolithic Marathon run from Avebury to Stonehenge is one of the most challenging of English Marathons - Kay Middleton competing in her very first, had an amazing run to finish the course in 3:50:44 & 3rd lady. Denise Ellis continued her schedule of tough races to complete the course in 4:49:08. Well done Ladies. **The Roundway Chase**, always a favourite for AVR's and produced some superb placings - 3rd Michael Towler, 14th Simon Ringham 15th Mark Harris, 16th Graham Forrester, 20th Mike Pace, 21st Charlotte Maurissen (1st Lady) – many more brilliant efforts after that but we're running out of space!!!

This last weekend did throw some wicked weather at the races but not to be deterred. Bob Ellis back from injury led the lads home for 1st Men's team prize at the **Bratton Hilly + Monsoon** – congrats to Stuart MacGregor, Mike Pace and Darren Wrintmore. The AVR ladies were led home by Sue MacGregor in 50th place overall finishing as 2nd F45 followed two places later by Rose Barber who claimed the 1st F55 prize. Clare Williamson won the 1st F35 prize with 72nd placed Julia Scott and 86th placed Genevieve Sharam completing the Avon Valley Runners ladies team challenge behind Warminster Running Club. The Macgregor's were back in tune again by Sunday morning and gained the 1st (Mr) and 2nd V50 (Mrs!!) placing at the **Cowpat Canter** & there were a few pats to dodge.



Lastly then – you'll see on the club website – calling for the **Cotswold Relay** teams for Saturday 27th June. Contact me on 07971 911747 or kkinsey@pritchard-partners.co.uk if you would like to join in. I'm underway with the recce's and happy to help on that side of things from now on in. The website is www.cotswoldrelay.co.uk. We'll also be shouting for **Heddington Relay** teams (June/July) and also the **Clarendon Relay Marathon** later in the year.

If anyone fancies an evening run in a different place, there's quite a nice route from Heaven's Gate Car Park over the back of Longleat forest up to the trig point and round. Off-road, up and down a bit and about 9-miles. I'll try and fix a date perhaps after the Cotswold is done but whilst the evenings are long.

Can't wait to report on the second half of the year. - **Kath Kinsey**

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Use it or Lose it!

Notice has been served on the club forum that through lack of use it will be closed by the hosting provider. The forum was set up twelve months ago as a vehicle for allowing members to communicate with other members who they might not see at club and also to pick up any additional information about events. It would be a pity to see it go as it has provided information on running numbers that are up for grabs, offers of lift shares to races and details of AVR events.



Avon Valley Runners

Club forum for Avon Valley Runners

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Moderators: [wrinty](#), [pippy](#)

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Topics	Replies	Author	Views	Last Post
Cotswold Relay 27th June 2009	4	Hodster	99	18 May 2009 09:56 pm brooksv →
Bath Half Marathon - 2009	3	wrinty	1334	16 Mar 2009 09:07 am wrinty →
Longleat 10K	0	brooksv	75	28 Feb 2009 10:48 am brooksv →
H30 Pro Castle Combe 10k - March 1st 2009	0	will	122	08 Jan 2009 08:10 pm will →
Full Monty Cute	0	wrinty	188	18 Nov 2008 02:45 pm wrinty →

The forum can be found at <http://avonvalleyrunners.forumup.co.uk/index.php?mforum=avonvalleyrunners> And signing up is a pretty straight forward process, though to keep the spammers at bay, your credentials are checked by the moderators before access is granted.

Secretary's Notes

Well it has taken the club twenty three years to reach this milestone edition of the Valley News, from the single sided sheet put together by our founder Stan Farr in the Summer of 1986 [A copy of which has been reproduced for this 100th edition], through the quarterly editions carefully edited by Tim Northwood and more recently the monthly coloured pages that I enjoy compiling. Of course none of this would be possible without the content provided by you the members of Avon Valley Runners, so please keep those race reports and anecdotes flowing in.

The club has been offered a spot at the **Trowbridge Sports Fair** being held at Clarendon Sports Centre on Sunday 5th July. This will provide a good opportunity to promote the club and its races. If the weather is good then we are going to try a 'What is your Marathon Potential?' challenge, where participants will run one lap of the Clarendon track and then their performance under the watchful eye of one of our coaches will be extrapolated to see what they could accomplish at distances up to the Marathon – not an exact science but could prove fun. Of course the main advertisement for the club comes from the testimony of our members, so if you are able to help at this event then please drop me a line.

Darren Wrintmore

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AVON VALLEY RUNNERS

NEWSLETTER No. 1

SUMMER 1986

Dear Member,

Welcome to "AVON VALLEY RUNNERS". The Club was formed on 2nd January 1986 by a mixture of experienced athletes and local fun runners looking for a low key running club without the hassle of track and field athletics.

The following members were elected to fill the key positions:-

President - M. Holland Snr.

Vice-Presidents - O. Swansbury, C. Eddy.

Secretary - I. S. Farr, 24 Victoria Gdns., Trowbridge. Tel. 5605

Treasurer - M. Holland Jnr. 20 The Rank, North Bradley, Trowbridge.
Tel. Trowbridge 62743

Chairman - P. Morgan. Tel. Lavington 3289

Captain - T. Northwood, 45 Hilperton Road, Trowbridge. Tel. 69929

If you have any queries ring any of the above or area contacts

T. Roberts Bradford on Avon 6764, M. Connor Melksham 705558,

R. Ellis Westbury 827138 and R. Merritt Bath 859173.

It was agreed to affiliate to the bodies governing Road Running and it is hoped to enter local cross-country leagues for the 86/87 season for any member who is interested in this sport.

Training for members bored with their own company is as follows:-

Tuesdays 7.30pm at the Judo Club, Innox Road, Trowbridge.

Thursdays 7.30pm at the Culver Close Pavillion, Pound Lane, Bradford on Avon. (near the Tythe Barn). Afterwards members can be found in the club Headquarters "The Three Horseshoes" near the station replacing their carbohydrates.

Sundays 10.30am meet in Pound Lane changed.

Club vests and T shirts are available from the Secretary at £3 and bobble hats at £2

If you wish to take advantage of the Club postal system please pass your race entries to the secretary or captain. Entry forms for many races can be obtained from the secretary.

Any member who competes in a race where the captain is not present and would like their performance included in the athletic notes of the local newspapers please notify the captain before the following Tuesday. The secretary would also like to enter your performance in the club activities book.

The club will be presenting a perpetual trophy to the fastest club Marathon runner of the year. Leader at the moment is Bill Thomas with 2hr-58-04 in the Bristol Marathon.

A donation of £10 was sent to the "Kennet & Avon Canal Trust" as so many members are using the cinder towpath which leads all the way to Bath amid stunning scenery through the Avon Valley.

Members are reminded that Bath $\frac{1}{2}$ Marathon forms which will be available in the Autumn must be sent in immediately to gain a place.