



# Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS  
#102 – August 2009



## Who's Who?

Often in the Valley News the phrase “*please see a member of the committee*” is used and it has occurred that with a club of just under two hundred members and dispersed across three locations, that not everyone knows who the committee members of Avon Valley Runners are, so here is a quick guide.....

	<p><b>Honorary Secretary – Darren Wrintmore,</b> lives in Shaw nr Melksham and boasts a PB of 34:31 for 10K.</p>		<p><b>Chairman – Denise Ellis,</b> lives in Westbury and heralds a refreshing notion that all club runners needn't be thin &amp; fast!</p>		<p><b>Treasurer – Joyce Field,</b> is a grandmother who lives in Westbury and has completed five marathons!!!</p>
	<p><b>Ladies Captain – Kathy Kinsey,</b> lives in Trowbridge and has completed both the Chicago &amp; New York Marathons.</p>		<p><b>Men's Captain - Will Whitmore</b> lives in Staverton and is an International Duathlete as well as being head of DB Max!</p>		<p><b>Welfare Officer – Genevieve Sharam,</b> lives in Bradford on Avon and has completed three Bath Half Marathons.</p>
	<p><b>Assistant Captain – Kay Middleton</b> lives in Trowbridge and finds AVR inspiring on both personal and physical levels!</p>		<p><b>Assistant Captain – Andrew Hoddinott</b> Lives in Melksham and is a hairy geek who also looks after the AVR website!</p>		<p><b>Vice-Chairman Julia Drewitt,</b> lives in Trowbridge and has completed nine Half and one full Marathon.</p>

Not pictured above but serving on the committee are:

Assistant Secretary - Tina Giles, Head Coach - Alan Hayes, Carl Davies, Tina Vivian and Frances Hood.

## Track Championships

To see how much of that speed work has paid off; Avon Valley Runners are going to hold a **Track Championships** on Tuesday 11<sup>th</sup> August @19:00. Using the grass track at Clarendon School in Trowbridge we will be offering the following programme of events: 800m (Men); 800m (Ladies); 3000m (Mixed); 400m (Men); 400m (Ladies); 1500m (Men); 1500m (Ladies); 4x400m Relay (Mixed). Any two individual events can be entered from the list, plus the relay for which teams will be drawn on the night.

For the racing snakes there will be winner's medals up for grabs as well as the chance to set inaugural club records for the distances. For the rest of us, wouldn't it be good to see how we have improved (or not) from school sports day!

## Secretary's Notes

Well our summer season has kicked off with the **Bern-Col relay** in Barton Farm Country Park sporting nine teams being led home by the trio of Julia Drewitt, Alistair Bartlett & Jimmy Lowther. The **Mob Match** drew 32 runners into the valley, where we took on our friends from Corsham and Chippenham, Michael Towler led the field home around the "Over the Hills – backwards" course with our Men taking the honours this year. The **Tom Roberts Handicap** had 24 runners cursing our former members name as they ran up Jones Hill; Kevin Mander led home in 38:19 off of a 14-minute handicap from Michael Towler in 38:38 (recording the fastest run time of the night of 17:21 over the challenging 5K course) and Karen Butler in 38:43 off of a 14:05 handicap.

Coming up on August 6<sup>th</sup> is the **Bradford on Avon Treasure Run** where I will be asking you to put on your thinking caps as well as your running shoes, as you tackle twenty devilishly set clues around the 5-mile course. Then on the 11<sup>th</sup> August in Trowbridge we will be hosting our first ever **Track Championships**, to see how that speed work that our coaches have been drilling into you is paying off. To finish off our summer season we have the Avon Valley Mile on 3<sup>rd</sup> September, can you break into the all time list of AVR Milers?

- |                                                |                                                  |
|------------------------------------------------|--------------------------------------------------|
| 1. Michael Bryant 4:47 – Bradford on Avon 2006 | 1. Jackie Rockliffe 5:37 – Bradford on Avon 2006 |
| 2. Michael Towler 4:48 – Bradford on Avon 2008 | 2. Jo Mumford 5:48 – Bradford on Avon 2006       |
| 3. Andy Hawkins 4:49 – Bradford on Avon 2007   | 3. Tina Giles 5:57 – Bradford on Avon 2008       |
| 4. Richard Bailey 4:55 – Tewkesbury 1988       | 4. Mitzi Barber 5:58 – Bradford on Avon 2007     |
| 5. Paul Mumford 4:56 – Bradford on Avon 2006   | 5. Rose Barber 6:22 – Bradford on Avon 2007      |

Well done to Julia Drewitt and her team for putting on another superb **Conkwell Killer** race, which attracted 94 runners into the valley. The next race coming up for Avon Valley Runners is the **Foxtrot 5** at Broughton Gifford being organised by Gary Jardine and also features as the 7<sup>th</sup> event in the 2009 Race Series. The Race Series tables are currently headed by Carl Davies (91pts) and Tina Giles (98pts) with Mark Harris (80pts) and Ali Atkinson (76pts) in hot pursuit.

The Club championship with its new age grading structure is staring to take shape and currently the Men have one runner on Gold (Kevin Sparey), three silver (Alistair Bartlett, Mark Harris & Pete Jones) and one Bronze (Carl Davies). For the Ladies, four have completed the required 10K, 10-Mile and Half Marathon with Sophie Grist, Kathy Kinsey, Ali Atkinson and Tina Vivian all currently at Bronze standard.

Joining us in the valley over the last few weeks has been: Helen Maria from Bradford on Avon, Richard Morgetroyd from Melksham, Jo Hadfield from Gastard, Joanne Tucker from Westbury and Paul Howarth, Emma Williams, Stewart Avery all from Trowbridge. Whilst moving into the ranks of the veterans have been Genevieve Sharam F40 and moving on up are Andrew Britten M50, Roger Carey M50, Bob Ellis M50 and Bernie Waldron M60.

**Darren Wrintmore**

## Taking on the Big Guns

Avon Valley Runners have got an opportunity to take on the best athletes in the South of England at the **SEAA Road Relays** on Saturday 26<sup>th</sup> & Sunday 27<sup>th</sup> September. The relays are being held at the Rushmoor Arena in Aldershot and our Head Coach - Alan Hayes believes that we could gain valuable experience at this event and further us towards our aspiration of being a centre of excellence for running.

The Women's races are on the Saturday at 3:55pm Senior Women & Vets 4 x 3.8K. The Men's races are on the Sunday starting at 12:30pm 4 x 6K for Vets then at 2:30pm for the Senior Men's 6 x 6K relays.

Can you please contact Alan ([alanpathayes@tesco.net](mailto:alanpathayes@tesco.net)) before August 31st, if you are interested.

## The Cotswold Relay

Almost like Christmas really – all in the making for weeks before and gone in a day! The Cotswold Relay has come and gone again and we have some very happy memories this year.

Avon Valley Runners fielded two strong teams this year for the challenging 105-mile route from Chipping Camden to Bath Abbey. The route is way-marked but there are so many options along the way and not only has every competitor to tackle the route itself but try and recki it beforehand and remember those crossroads and options which may well take you off route and keeping one eye on that cut off time puts extra pressure on the competitor. We all spent quite a lot of time on prep this time .....up and down the A46, but worth it to enjoy the fantastic scenery and mainly excellent weather to accompany our reckies.

**Leg-1:** The day dawned – and the “leg oners” beat the dawn! Through the fog at the BP Garage on West Ashton Road – with half an eye open I mentioned to Martin Meredith that the first challenge of the day was over – getting out of bed at 3.30am! Leg one – Chipping Camden to Stanway House 11.9miles always tests with an almost immediate wakeup call and the climb up from Chipping and onward. Sadly this year the fog did shroud our way and thankfully that tower at Broadway always seems to take an age to reach in other years appeared out of the mist like a scene from Harry Potter (I was probably looking something like Hagrid by that point). Somewhat clearer for the rest of the route and Martin gave the lads team a great start with a run of 1:47:04 for 39<sup>th</sup> place and with Capt’n Chaos chasing in behind with 1:47:38 in 40<sup>th</sup>. Afterwards we shared coffee and cake with some members of team Bath and as is the way with this unique event, enjoyed the company of fellow clubs for a while after the race.

Saying goodbye to Martin and the other leg oners - I sped onwards to check up on the rest of the gang. Unfortunately I managed to miss **leg two** but pleased to report their success on what is also an early start 8am – and departs from Stanway House to Cleeve Common. Again one of the most challenging of the legs and one of the longest 11.6-miles (that’s why we gave this leg to these two AVR Members – congratulations to both Andy Strange completing in 1:48:22 (32<sup>nd</sup> place) and Mel Nichols 1:53:51 (45<sup>th</sup>).

The 8.2-mile **leg 3** was completed by our great ‘Mr and Mrs’ Danny and Liz Gard and I know it took quite a lot of organizing with Danny working away currently and with the children etc, so thank you both for competing this year. Again a terrific run by both, to achieve 17<sup>th</sup> place for Danny in 1:08 and 1:35 for Liz coming in 62<sup>nd</sup> place. I was able to catch up with them both at the end of the route at Seven Springs (source of the river Thames I believe) and see them before they headed off. Again a good gathering of runners taking 5 minutes to relax and enjoy the sun and meet with other teams etc.

Onwards to make my way to the end of **leg 4** the infamous Royal William Pub where you can’t upset the landlord which is fine & quite right because we just made sure if we used his car park - we enjoyed his wine and beer on the reckies (quite right too). This is one of the hardest and longest legs (12.68-miles) and run at a very hot time of the day from Seven Springs to Cranham Corner. Two runners who are enjoying great success with their running this year Carl Davies completed this leg in an excellent 1:35:23 for 11<sup>th</sup> place and Kay Middleton storming in with a 1.56.22, 42th placing. Congrats to you both – superb effort! This leg includes climbing up the famous cheese rolling hill – Coopers Hill. On the recki Kay and I decided it was far better to ski down it than run up it, but they did and brought in a great result for the teams.



At the same time I was able to see the departure of **leg 5** and saw both Andy Britton and Julia Drewitt on their way up the hill and onwards to Ebley Mill. Again we felt this one was a bit of a killer – 11.74-miles and the horseshoe bit which seemed to go on and on before dropping into Stroud. Andy completing his run in an excellent 1:38 in 27<sup>th</sup> and Julia 2:05 in 61<sup>st</sup> place.



**Leg 6** we'll remember for the recki – introducing Helen Watson to the Cotwold Relay with Capt'n Chaos missing the turning and going right to the top of the hill above Kings Stanley (well it did warm us up!!). Not on the day for Helen – completing this rolling section of 8.76-miles in 61<sup>st</sup> place with a 1:41 finish. A fine effort and the first time she has competed in this sort of race so Helen - we are all very proud of you. Unfortunately Doug Barber suffered an injury whilst warming up, he commenced the course and completed a good chunk of it and when we saw him at Uley he looked fine but unbeknown to Carl, Kay and I, he was struggling with the pain and we have a time recorded of 1:52. Doug - *wishing you a speedy recovery from the injury and a fine effort to complete so much of it in pain.*

Ah ...**leg 7** – Departing up that mountain out of Dursley and onwards thru some up and down countryside to Wotton Under Edge. The chase car occupants were now beginning a little thirsty so installed ourselves at the pub bench at North Nibley to see Ali Atkinson and Mike Brooks wiz by. Wiz being the operative word because we didn't actually see Mike but well done for completing his leg in 41<sup>st</sup> place in a time of 1:14 and congratulations to Ali Atkinson returning to her form now after a nasty injury with a fantastic achievement of 1:09 and in 36<sup>th</sup> place. Well done to you both. Again a tricky ol' 8.7-miles and some of the most difficult to navigate – that golf course just won't let you leave!!!



**Leg 8** from Wotton to Old Sodbury – again a tough 12-miler and by this point the sun was beating down on our runners – Sue MacGregor for the ladies and Mike Pace for the men's team. Sadly Ali and I didn't manage to see them both come in but pleased to report great runs – Sue in 2:06 for 46<sup>th</sup> place and Mike 31<sup>st</sup> in 1:49.



**Leg 9** with 9.17-miles of beautiful countryside from Old Sodbury to Cold Ashton and this leg raced by Stuart MacGregor for the men and Liz Clark for the ladies. Liz, like Helen was new to this kind of event and completed the route in 47<sup>th</sup> place recording 1:33 and Stuart Mac in 35<sup>th</sup> 1:22. Ali and I with Cornetto in one hand and stopping cars with the other were able to do a bit of marshalling to help on the tricky bend cheered both runners on their way over the fields towards Tormarton.

**Leg 10 – THE GLORY RUN** and again a right tricky one to navigate really. 9.76-miles completed by Kevin Gover in a fantastic 17<sup>th</sup> place with a time of 1:20 and for our 10<sup>th</sup> lady Linda Ladner in a great 38<sup>th</sup> place with an equally great time of 1:29.

A good gang of us had managed to shower and have a beer and get back to the Abbey to see them in. This was followed by the reception and prize giving at the Bath Rec bar which was great and I think the race Director Charlie is amazing in his organization of this event. Bet he slept well that night. Hoping not to follow in the footsteps of my sister who actually has fallen asleep in her curry we chased back to Bradford to enjoy a feast at the Maharaja and celebrate our special day.

So our team results finished with our ladies in 7<sup>th</sup> place out of 10 teams and our Senior Men 12<sup>th</sup> place out of 18 teams – so onwards with thoughts for next year, team Bath have set the date for the 2010 event as Saturday 26<sup>th</sup> June.

**WELL DONE TO YOU ALL AND THANKS VERY MUCH FOR YOUR EFFORTS BEFORE AND ON THE DAY** – I'm sorry I didn't take a photo of us all in the restaurant I really meant to do that, which of course means we need to repeat the event really soon.

So how about teams for: **Uphill to Wells Relay** on 12<sup>th</sup> September of just 29-miles along the West Mendip Way; **The Clarendon Way Marathon** relay on 4<sup>th</sup> October from Winchester to Salisbury; **The Parrett Trail Relay** on October 17<sup>th</sup> of 53 miles along the river Parrett in North Somerset.

**Capt'n Chaos a.k.a. Kathy Kinsey**

Please send Results or Articles to [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk)

## Perth Control

One of the great things about death, if there is any justice, is that you will find out all those things that have been a puzzle in life: can we really do anything about global warming?; how is it medically possible for the Rolling Stones to still be alive? And why, oh why, is Piers Morgan still gainfully employed?

When I finally lace up my celestial running shoes and enter St Peter's Half Marathon & Fun Run Relay (there must be one, this is heaven we're talking about) my second question after *'where the hell did I leave my car keys in 1989?'*, would be *'what could I have done to run a faster marathon?'* Is it the quality of the training? the weekly mileage? or is it something simple like if I'd eaten broccoli the day before the race or if I'd worn an extra pair of socks I could have been a couple of minutes quicker? It would be good to have a definitive answer though I fear that in this life at least the truth will prove elusive. The other great thing about death is that it would be preferable to enduring the last few kilometres of almost any marathon you care to name. Not that it stopped me lining up with another 430 runners and 100 relay teams for the **Perth Marathon** on the 5th of July attempting a sub 3:30. This was inside my PB, but realistic given the level of training I had achieved since arriving in 'the arse end of the world' as Paul Keating described it. Some would say that emigrating to Australia in the middle of summer with a 3-year old, a heavily pregnant wife and no job was, at best, a bit on the rash side. But what the hell! Can't take a joke, shouldn't have had children in the first place, I always say.

As we live within half a kilometre of the Swan River there are plenty of scenic traffic-free paths to explore, so in mid January I headed out for my first run. I've never been terribly good in the heat and this summer was one of the hottest on record. Given that there was snow covering Britain it was hard to believe we were on the same planet. Surely we had emigrated to a suburb of Mercury? After a painfully slow 7K I collapsed in front of the air conditioning. Unsurprisingly I got no sympathy from my friends in the UK, so instead of running I spent a lot of time at the beach. Once things cooled down to below 30 degrees I joined the local running club; the splendid sounding West Australian Marathon Club. The club meets on the shore of the Swan River in a clubhouse that doubles as a water ski centre. Most of the club runs and races use the dual-use tracks around the shorefront and parklands of the Swan River. The 10km, half marathon and marathon all take in part of the flat, scenic route. After a long run we have been known to stand in the river as an alternative to an ice bath. Mind you the river itself is full of jellyfish which although they don't sting are a bit off-putting. One triathlon that includes a swim into the bay can be pretty challenging as a result.



Getting a sub 3:30 in the marathon was a specific target as I had hooked up with the '3:30 bus', this is similar to the pacing groups in most marathons though in this case the 'bus' did a lot of training together and even had some singlet's printed with the target time emblazoned on the front and back – it's a great idea in theory but if something goes wrong on the day you have nowhere to hide. Having completed a few marathons I now set out more in hope than expectation of my target time to avoid disappointment. The marathon can be a cruel and jealous mistress but one I find irresistible and I return to it like John Prescott to the buffet in an all-you-can-eat restaurant.

Following the birth of Sophie my preparation was limited to the little known *'where the hell do you think you're going'* training schedule, as outlined by my wife. I was allowed a three hour pass at the weekend for a long run and an hour for club night on Wednesday evening. The rest of my training was restricted to lunchtimes and I only had limited enthusiasm for these as I was cycling to work – a round trip of 32km. In a nutshell then, apart from the long runs and mid week runs my mileage was lower than a dachshund's wedding tackle.

The marathon was run in near perfect conditions – no wind, clear skies and not too hot. The first half of the marathon was completed in a large group with the 'bus' and assorted outsiders chasing the same target. It was a bit claustrophobic at times and drink stations were overwhelmed as our group came through. It was only in the second half as the distance and pace started to take its toll that the runners thinned out. It was a bit like Russian roulette as people fell off the back (and one or two charged off the front) until only six of us finished together in a respectable 3:25:18.

I was certainly helped by running in a group at the end when I was determined not to lose the team and it was great to finish together, but what I didn't count on was the severe muscle fatigue – the worst I have suffered after a long race since the 2006 OMM. Over the next few days I shuffled around like Ozzy Osbourne at a rehab centre, which brings me back to my original comments.

I can only conclude that the reason my muscles suffered so much was down to the lack of mileage, pure and simple. You can do all the cycling or cross training in the world but there is no substitute for running, be it speed training, tempo runs, fartleks or just plain underrated 'junk' miles, regardless of your target. So next time I'll be better prepared. I might not get a PB but I can at least make sure I run a decent time and manage to walk down a flight of stairs afterwards without the need of a stair lift. And if that doesn't work I'll just try eating more broccoli. **Mike Maidment**



## Member Profile – Carl Davies

<b>Date of Birth:</b>	23 <sup>rd</sup> December 1980	<b>Residence:</b>	Trowbridge
<b>Height:</b>	5ft 8"	<b>Occupation:</b>	Customer Adviser
<b>Weight:</b>	10st	<b>Running Shoes:</b>	Nike Triax
<b>PBs:</b>	<b>5K:</b> 18:26 – Broughton Gifford 2009	<b>10K:</b>	38:06 – Yeovilton 2008
	<b>Ten Miles:</b> 63:20 – Bramley 2009	<b>Half :</b>	1:24:46 – Bath 2008

I started running in January 2007 after a heavy Christmas, I felt really unfit the football wouldn't start again for a while so I just wanted to get out and do something. So I looked on the website for a local running club as I had often seen a group of runners after I had finished playing indoor football on a Tuesday evening at Trowbridge Sports Centre. So I emailed [avonvalleyrunners@yahoo.co.uk](mailto:avonvalleyrunners@yahoo.co.uk) and was advised to just pop along and speak to Ted Rockcliffe, so that is what I did and have had a great time since. It has helped me to mature and to feel good about day to day activities and I hope to keep running for years to come.

I used to run at school. I used to run cross country and the 1500m. I don't think I was ever as fast as Mike Towler though! I used to fly off at the start and then suffer in the last 200m with everyone else overtaking me. After leaving school I decided to continue with my football instead of running and have played most weekends right up to last year. I do regret not continuing my running from school now that I'm pushing for 1.20 half's and 60-min 10-milers. But I did have a lot of success with football; I built my trophy cabinet up and have some great last minute winners as memories. But unfortunately I can't do both so these days I enjoying my running a lot. I sometimes loose motivation and then have to work really hard to get back to full fitness but I'm doing OK overall!

I have made some great friends at the club (too many of you to mention) but I would like to thank Darren Wrintmore and Chris Atkinson for all of the advice and who have from the start helped me to feel welcome at the club. You are all great runners and it's a pleasure to run with you all.

I would just like to finish by saying a BIG Thank you to Alan Hayes as he's been a great inspiration to me this year putting himself out to coach us. I need to return the favor by being a little more consistent at times.



## Fixtures

<b>Sunday, August 9<sup>th</sup></b>	<b>Salisbury 5-4-3-2-1</b> – Salisbury Firestation @09:30
<b>Sunday, August 16<sup>th</sup></b>	<b>Castle Combe 10K</b> – Castle Combe @11:00
<b>Thursday, August 20<sup>th</sup></b>	<b>Barbury Track n Trail++</b> – Barbury Shooting Club @19:30.
<b>Sunday, August 30<sup>th</sup></b>	<b>Foxtrot 5**</b> - Broughton Gifford @11:00
<b>Saturday, September 12<sup>th</sup></b>	<b>Uphill to Wells Relay</b> – Uphill, Somerset @13:00
<b>Sunday, September 13<sup>th</sup></b>	<b>Chippenham Half Marathon**</b> - Chippenham @09:30
<b>Sunday, September 20<sup>th</sup></b>	<b>King Alfreds Torment+++**</b> - Stourhead @11:00
<b>Saturday, September 26<sup>th</sup></b>	<b>Lyneham 10K</b> – RAF Lyneham @11:00
	<b>SEAA Road Relay (Women)</b> – Aldershot @15:55
<b>Sunday, September 27<sup>th</sup></b>	<b>Mells Scenic 7</b> – Mells near Frome @11:00
	<b>Biddestone 10K</b> – Biddestone @11:00
	<b>SEAA Road Relay (Vets/Senior Men)</b> – Aldershot @12:30/14:30
<b>Sunday, October 4<sup>th</sup></b>	<b>Cricklade Half** / 10K**</b> - Cricklade @10:30
	<b>Marshfield Mudlark++</b> – Marshfield @10:30
	<b>Clarendon Way Marathon++ / Half / Relay</b> – Salisbury

++ Off-Road qualifying race

\*\* AVR Race Series event

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