



# Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS  
#104 – October 2009



## A Tale of Two Teams

Back in July I received an eMail from Martin Berkley of the Mendip Hills Hash House Harriers who had organised the **Mendip Mashup** event that a few of us had enjoyed back in June and had a certain amount of success. The eMail read:

*We have a new race for you! - **The Uphill to Wells Relay** is a brand new 'hand-over' relay race to be held on Saturday 12th September following the West Mendip Way from Uphill beach to Wells cathedral. The 29 mile route is 90% off-road and is divided into six stages varying from 3 to 7 miles in length. Teams can be made up of from 1 to 6 runners who can run any combination of legs each. Tell your friends, I hope you can get a team together?*

Andrew Hoddinott had also received the same eMail and together we decided that AVR could enter a couple of teams, obviously our main concern was the date being the day before the **Chippenham Half**, neither of us were running it and therefore thought that there would be others in the same position, there was of course also the option of offering short legs to those that were. We took the proposition to the club committee and it was agreed that we would enter a Men's team and a Mixed team.

I engaged in the steady process of calling club members who I believed would be interested in running the event, so after leaving countless voice mails and sending a multitude of eMails I managed to get positive responses from just four members, as some of the legs were only 3-miles my contingency was to talk someone into running two legs, though dreading the prospect that it could end up being me! Hodd within minutes though had got his three required Ladies for the Mixed team (he was wearing Lynx that day) and had signed up a couple of men too! Then the calls began, "*I forgot that I was running Chippenham*", "*I don't like running uphill!*" it was now starting to look like Hodd and I would be running the whole 29-miles each! A change of approach was required and so we opted for a Men's team and a Ladies team, putting Hodd's charm to work we managed to declare our two teams just hours before the cut-off time. I advised the Men's team to reccie their legs, which although time was tight most of the Men managed to do, with Carl Davies doing his reconnaissance about an hour before his start time on the day!

On race day I found myself lining up on the beach at Weston Super mare as the sole Avon Valley Runner – so where were the Ladies? – stuck on the M5 trying to cross the Avonmouth bridge! The starting horn went off and had to concentrate on the seven miles of trail now in front of me, despite a slight disagreement with a barbed wire fence; I ran reasonably well and handed the baton over to Carl in 4<sup>th</sup> place. Meanwhile Sarah Jewers had made it to the start line and then further suffered a number of navigational errors to reach Julia Drewitt at the back of the field.



Start on the beach at WSM.



Dougie at Black Rock.

On Leg-2 Carl showed a good turn of speed to bring the AVR Men's team up to third place, whilst Julia ran well to narrow the gap on the teams in front. The 6.5-miles of Leg-3 saw Doug Barber run his first race for over six months and put in a fantastic performance to take the lead in the race for the Men's team. Also putting in a fantastic performance was Megan Orrell who started to move through the field in the Ladies race, just one problem – she didn't have the baton!

Leg-4 was a heavily undulating 3.5-mile route from Black Rock at the top of Cheddar Gorge across to the village of Draycott, Richard Morgetroyd however was unable to hold off the challenge from the Mendip Hash "Motley Crew" (By their own admission full of ringers drawn from Weston AC, Bitton Road Runners and Wells City Harriers) and came in second one minute down on the new race leaders. The fortune of the AVR Ladies team seemed to improve with a splendid run by Kay Middleton, complete now with baton, thanks to Hodd tearing through the narrow lanes of the Mendips to recover the baton from where it had been left at the end of Leg-1!



The Men's team with Susie at Wells.

Meanwhile at the handover point for Leg-5, Kevin Gover was desperately trying to pry the baton from the jaws of Richard's dog Susie who had taken a fancy to it! With that challenge over Kevin was faced with a steep climb out of Draycott and on into Priddy, unfortunately unable to close the gap on the "Motley Crew". Tina Giles ran a good leg to move AVR ladies ahead of their nearest rivals from Hogweed Trotters and Wells City Harriers, despite having to make a detour to avoid a herd of cows – apparently they weren't shown on the map.

The final leg provided Stuart MacGregor with a good 5-mile downhill run from the village green in Priddy to the finish line in front of Wells Cathedral, coming in second behind the Mixed team of the "Motley Crew". However we were the first all Men's team to finish and claimed the 'Open' title for Avon Valley Runners. Sue MacGregor brought home the Ladies team in 9th position overall and claimed the Ladies team title for the club.

Then it was back to the "Sherston Inn" in Wells to collect very tight fitting race t-shirts and receive the most eclectic winners prize ever, representing the journey taken our prize consisted of: Six sticks of Weston Super mare rock, A bucket full of sand, A scare crow, Axbridge honey, A truckle of Cheddar Cheese, Goats Leap beer, Wells Cathedral tea towel, a packet of sheep's droppings (chocolate ones) and a certificate each. I also got to keep the relay baton as a souvenir, albeit sporting the teeth marks of Susie the dog! *Darren Wrintmore*



Kay collects Ladies team prize

## The Spectator

1, When you've been training or out in a race  
You suddenly feel a twinge of pain - just a trace  
Slow down, take it easy and be cautiously aware  
That somewhere on your body a slight injury is there.

3, The diagnosis is grim and compounds all your fears  
And the thought of not running brings you close to tears  
But you just have to be patient for as long as you can  
And settle for a while as a spectator man.

5, A lot of the followers are consumed with great passion  
With hats, scarves and banners, the ultimate fashion  
Their vociferous yells and throbbing tribal chants  
Are occasionally accompanied by a frenzied dance.

7, At prize giving time you cheer the winners so truly  
To not do so would be considered churlish and unruly  
And to your club mates a special loud cheer  
A fervent hope that they will buy all the beer.

9, The op has gone well and the doctors are pleased  
And so are those young nurses you gently teased  
Club mates are staunch allies and visit when they can  
To pay their respects to a miserable old man.

*Tony 'the bard' Bartlett*

2, As soon as you can pack the area with ice  
For prolonging the agony is not very nice  
Have the problem examined by an expert in the medical trade  
For repairs to the damage must be surgically made.

4, Now spectators come in many a disguise  
So to watch, learn and listen, this I advise  
The most ardent of fans can be seen at some races  
As the objects of their adoration go through their paces.

6, Good wishes and good luck to team mates can be sung  
With good natured abuse to the opposition be flung  
You can clap all the runners as they pass you by  
But secretly you wish how you could give it a try.

8, On club night you sometimes drop in for a chat and a drink  
But amongst those fine-toned athletes your heart begins to sink  
For an operation is necessary your surgeon has deemed  
No chance of early recovery of which you had dreamed.

10, At last you're discharged and pas out the hospital gate  
Training can now begin the streets you await  
But you puff and you pant, sweating like a great tub of lard  
But it's better than watching, believe me spectating is hard!

## Fixtures

Sunday, October 11 <sup>th</sup>	<b>Swindon Half Marathon</b> – Swindon @11:00 <b>Box Fun Run</b> – Box @11:00
Sunday, October 18 <sup>th</sup>	<b>Exmoor Stagger</b> ++ – Minehead @11:00 <b>Tadley 10</b> – Tadley, Hampshire @10:00
Saturday, October 24 <sup>th</sup>	<b>GRIM8</b> – Tidworth @10:30
Sunday, October 25 <sup>th</sup>	<b>Clock Change Challenge</b> – Calne @10:00
Sunday, November 1 <sup>st</sup>	<b>“Over the Hills”</b> – Bradford on Avon @10:00
Saturday, November 7 <sup>th</sup>	<b>Cheddar Half Marathon</b> @13:30
Sunday, November 15 <sup>th</sup>	<b>Avebury 8 Trail Run</b> @10:30 <b>Wimborne 10</b> ** @10:30
Sunday, November 22 <sup>nd</sup>	<b>H30 Pro 10K</b> – Castle Combe @11:00 <b>Swindon 10K</b> – Wroughton @11:00
Sunday, November 29 <sup>th</sup>	<b>Hayling 10</b> – Hayling Island @10:00 <b>Downton Half Marathon</b> @10:00
Sunday, December 6 <sup>th</sup>	<b>Christmas Pudding 10K</b> ** – Bromham @11:00 <b>Santa Fun Run</b> – Longleat @10:30

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

## Secretary's Report

September saw Avon Valley Runners launch a **Beginners Running Course** at Melkshams' Christie Miller Sports Centre. We were particularly pleased to have thirty five runners joining up for the first session, who under the watchful eyes of UK: Athletics Level-2 coaches Andrew Hoddinott & Julia Drewitt and assisted by Running Group Leaders: Carl Davies, Richard Newman and Sarah Jewers, led them through a simplified dynamic warm up routine before heading to Bowerhill Sports Field for the main session based on a run/walk/run programme. The second week saw an amazing forty four runners turn up for the Beginners Running Course – word must be getting around. We still have a few weeks to go before we can unleash the “beginners” on a 10K by which time we hope that they would have joined Avon Valley Runners.

I am now in receipt of three club entry places into next year's **Virgin London Marathon**. If you would like to be considered for one, then please pass evidence of your rejection from the public ballot to a committee member.

Not such good news, is that our **Head Coach** Alan Hayes was taken into hospital after suffering a suspected heart attack, Alan is now back home and taking it easy. Whilst Alan is recovering, Andrew Hoddinott will be leading the Tuesday speed work sessions. We all wish Alan a speedy recovery.

*Darren Wrintmore*

## All Those Years Ago....

Tales from the "Valley" 1, 5, 15 & 20 years ago:

**2008:** After a five year break **The Tom Roberts Handicap 5K** made a welcome return to Bradford on Avon and saw Christina Davidson, Debbie Vowel & Kevin Gover claim the bottles of wine that were on offer.

Avon Valley Runners launched a Group on **Facebook**.

A **Bowling Night** was held at Christie Miller.

**1994:** Rosemary Barber recorded a time of 32:11 to take victory at the **Frome 5**, where along with Judy Farr and Joyce Field they scooped the first Ladies team prize. The trio of Ted Rockliffe, Nigel Stevens and Mike Hehir placed third in the Men's team race.

**2004:** Anthony Hickson won the Vets II category at the **Fionnary-Pannossiere** hill race in Switzerland.

Viv Toms took on the 86.5-Miles of the **Ridgeway Challenge**.

Seventeen Avon Valley Runners travelled to **Amsterdam** to take part in the Marathon/Half/10K and to indulge in some Euro-culture.

**1989:** Tim Northwood got knocked over by a bicycle whilst competing in the **Midsomer Norton Half Marathon**.

Gerry Fice set a new club record of 16:21 at the **Melksham 5K**. [*It still stands today!*]

*If anyone has got a copy of the Valley News from October 1999.....*

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



## The Championships

With three quarters of the year now gone, a surprisingly low number of members have completed the requisite 10K, 10-Mile and Half Marathon to feature in the Club Championship:

Pos	Name	Category	10K	10M	Half M	Total	WAVA	Standard
1	Kevin Sparey	V50	36:32	59:48	1:21:25	<b>2:57:45</b>	<b>2:36:37</b>	Gold
2	Alistair Bartlett	SEN	37:00	1:03:23	1:22:55	<b>3:03:18</b>	<b>3:03:18</b>	Silver
3	Carl Davies	SEN	38:14	1:03:20	1:28:33	<b>3:10:07</b>	<b>3:10:07</b>	Bronze
4	Mark Harris	V45	40:22	1:06:36	1:28:58	<b>3:15:56</b>	<b>2:59:52</b>	Silver
5	Peter Jones	V55	43:23	1:12:49	1:36:50	<b>3:33:02</b>	<b>2:59:51</b>	Silver
6	Steve Halligan	V50	49:04	1:27:51	1:55:12	<b>4:12:07</b>	<b>3:42:10</b>	-

Pos	Name	Category	10K	10M	Half M	Total	WAVA	Standard
1	Sophie Grist	SEN	44:19	1:13:43	1:36:17	<b>3:34:19</b>	<b>3:34:19</b>	Bronze
2	Kay Middleton	V40	45:43	1:18:05	1:42:05	<b>3:45:53</b>	<b>3:37:24</b>	Bronze
3	Ali Atkinson	V40	46:35	1:14:04	1:45:24	<b>3:46:03</b>	<b>3:37:33</b>	Bronze
4	Kathy Kinsey	V45	46:40	1:17:46	1:43:13	<b>3:47:39</b>	<b>3:29:34</b>	Bronze
5	Tina Giles	V40	44:45	1:20:41	1:52:36	<b>3:58:02</b>	<b>3:49:04</b>	-
6	Tina Vivian	V50	50:37	1:27:52	1:49:16	<b>4:07:45</b>	<b>3:34:58</b>	Bronze

The fastest times recorded in the club so far this year are:

- **10K:** Michael Towler - 34:48 at Castle Combe / Jackie Rockliffe - 44:16 at Devizes;
- **10-Miles:** Richard Ayling - 59:36 at Bramley / Liz Ringham – 1:08:56 at Gloucester;
- **Half Marathon:** Steve Newcastle - 1:16:49 at Tewkesbury / Jackie Rockliffe – 1:32:57 at White Horse;
- **Marathon:** Ian Mapperson - 2:57:48 at London / Jo Mumford - 3:25:06 at London.

The Off-Road championships are looking reasonably healthy with the tables looking like this:

Pos	Name	Total	Select Race #1	Race #2	Race #3			
1	Mike Towler	304	King Alfred	97	Conkwell Killer	102	Roundway	104
2	Alistair Bartlett	328	King Alfred	113	Trowbridge	101	Riverbank Rollick	113
3	Darren Wrintmore	338	Barbury Castle	118	Bratton Hilly	113	Neolithic	106
4	Carl Davies	340	King Alfred	108	Slaughterford	121	Cotswold Relay	111
5	Stuart McGregor	343	King Alfred	114	Bratton Hilly	107	Cowpat Canter	120
6	Mark Harris	345	King Alfred	110	Terminator	115	Roundway	120
7	Doug Barber	346	King Alfred	110	Kennet Kanter	117	Terminator	118
8	Mike Pace	346	King Alfred	112	Bratton Hilly	112	Roundway	121
9	Kevin Gover	368	Slaughterford	127	Stampede	120	Cotswold Relay	120
10	Andrew Britten	374	King Alfred	123	Trowbridge	124	Cotswold Relay	126
11	Richard Newman	498	Slaughterford	196	Trowbridge	144	Kennet Kanter	157
12	Anthony Hickson	502	Cowpat Canter	179	Trowbridge	159	Sherborne Castles	162

Pos	Name	Total	Select Race #1	Race #2	Race #3			
1	Kay Middleton	316	King Alfred	103	Roundway	110	Neolithic	102
2	Melanie Nicholls	321	Rough & Tumble	111	Cotswold Relay	105	Trowbridge	105
3	Ali Atkinson	347	King Alfred	111	Stampede	120	Cotswold Relay	116
4	Kathy Kinsey	354	Cowpat Canter	125	Roundway	115	Cotswold Relay	113
5	Sue McGregor	355	King Alfred	113	Bratton Hilly	114	Cotswold Relay	126
6	Rosemary Barber	360	Slaughterford	130	Inca Trail	114	Bratton Hilly	115
7	Tina Vivian	370	Rough & Tumble	123	King Alfred	123	Roundway	124
8	Clare Williamson	395	Terminator	141	Bratton Hilly	121	Roundway	132
9	Megan Orrell	409	Terminator	146	Roundway	125	Run in the Wild	137
10	Chris Davidson	414	King Alfred	140	Westonbirt	135	Stampede	138
11	Sue Cook	427	King Alfred	140	Rough & Tumble	149	Westonbirt	137
12	Julia Drewitt	431	Cowpat Canter	139	Slaughterford	150	Cotswold Relay	141
13	Denise Ellis	442	Rough & Tumble	154	Terminator	160	Neolithic	128

Forthcoming Select Races include: **The Exmoor Stagger, The Sodbury Slog & The Full Monty 'Cute'**.

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