



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#105 – November 2009



SEAA Relay

On Sunday 27th September, six Avon Valley Runners set off for Aldershot to compete in the South of England Athletic Association Road Relays, 'a step up in class' to quote Head Coach Alan Hayes (he was right). Each leg consisted of two laps in and around the Rushmoor Arena in Aldershot, a mixture of roads and gravel tracks approximately 6K in length. The weather, as with most of September was hot and humid, fortunately we were able to position ourselves close to the start and finish line in the shade with a great view of the race.



Carl Davies led the team off on the first leg, starting steadily as the lead runners blasted off into the distance, warming to his task he started to move through the field to finish the leg in 88th position recording 23:50. Carl handed over to Michael Towler who ran superbly well in 21:21 to pick up 8 places before handing on to Alex Booth who produced the performance of the day for our team picking up a further 7 places, recording 20:53. Alistair Bartlett continued the progress by picking up a further place (recording 23:50), to put us 72nd overall, before handing over to Mike Pace who ran well to hold our position. Mike did however have the honour of sharing the finish straight with winning team, Aldershot, Farnham & District AC, as their runner completed the race in 1 hour 49 minutes 28 seconds. The final leg was completed by Stuart MacGregor in 23:37 bringing the team home in a total time of 2 hours 17 minutes 33 seconds, to finish 72nd out of the 78 teams to complete the race.

The result of 72nd out of 78 finishers might on the face of it not appear to be a great result, however each of the six runners enjoyed the experience and want to go back next year. Now we know what it's about we will do better!

Stuart MacGregor

Wimborne by Bus

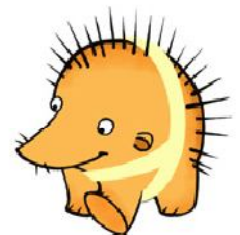


Avon Valley Runners are laying on a bus for the **Wimborne 10** being held on Sunday 15th November. The bus will leave the car park at Clarendon School aka Trowbridge Sports Centre at 07:15 and should get us to Wimborne in plenty of time for a good warm-up. So if you have not already done so, please send your entry form in to the organisers ASAP. Please let Kathy Kinsey know if you wish to use the bus, so that we can get the right size vehicle. It is also planned to stop off on the way back at the Wimborne Football club for a drink or two.

Be Safe – Be Seen

With the night's drawing in, it is important that you are visible to other road users. Please make certain that you are wearing reflective running vests or at the very least a white top when you attend our evening training runs.

Remember that it is not just cars that you need to be wary of, but pedestrians also - especially those who have not yet grasped the concept of being seen at night. The same is also true of cyclists and you can bet the one's without lights are the same ones who cycle full pelt along the pavement!



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

Fixtures

Sunday, November 15th
Sunday, November 22nd

Sunday, November 29th

Sunday, December 6th

Wimborne 10** @10:30
H30 Pro 10K – Castle Combe @11:00
Swindon 10K – Wroughton @11:00
Hayling 10 – Hayling Island @10:00
Wiltshire XC Championship – Corsham @11:00
Christmas Pudding 10K** – Bromham @11:00
Santa Fun Run – Longleat @10:30
Eldene 10K – Swindon @11:00
Full Monty ‘Cute’++ - Yeovil

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

Secretary's Report

This last month has seen our numbers swell significantly through the **Melksham Beginners** group, some of who had never run before and can now confidently tackle four or five miles – many thanks to our coaches Andrew Hoddinott and Julia Drewitt, our Group Leaders: Carl Davies, Richard Newman & Sarah Jewers for keeping them on track.



Thanks also to John Millichip who managed to uncover a copy of the Valley News from October 1999 for me, so the October 2014 edition will now have a source of 15-year old information for the “*All those years ago*” section.

Sunday November 29th see's the **Wiltshire XC Championships** take place at Corsham Park, so it would be really good to have a high attendance from AVR – even if you just come along to support.

In readiness for Christmas it has been suggested that we meet for a festive curry on Friday 11th December at the Beijing Palace, Trowbridge before moving on to the Wetherspoons Night Club for some late night partying. If you are interested then please contact Liz Clark on 0781 3581757 before 13th November so that she can book a table or two.

Congratulations to Chris Atkinson on recording a Personal Best time at the **Abingdon Marathon** recording 3-hours and eleven minutes. Our other would be Marathon runners should now know whether they have been accepted into the 2010 **Virgin London Marathon**, if you were unsuccessful in the public ballot then please pass your rejection letter onto either Denise Ellis or myself for inclusion in the draw to be held on Thursday November 12th before training at Bradford on Avon for the three club places. I will therefore conclude my Secretary's Report with a joke picked up from this year's Edinburgh Fringe. "I was watching the London Marathon and saw one runner dressed as a chicken and another runner dressed as an egg. I thought: 'This could be interesting'." Go on I dare you!

Darren Wrintmore

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