



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#107 – January 2010



Champions

The results of the 2009 **Club Championships** have now been totted up with the best 10K, 10-mile and Half Marathon times providing the scores. In first place winning his first ever club title is Michael Towler who ran the fastest 10K and 10-Mile times of the year, recording 34:47 at Bromham and 58:37 at Wimborne in November, along with a 1:18:02 clocking at the Chippenham Half in September. The clubs fastest time for the Half Marathon in 2009 fell to Steve Newcastle with his 1:16:49 at Tewkesbury, whilst Ian Mapperson clocked 2:57:48 at London for the clubs fastest Marathon time of the year.

Applying the new Age-grading mechanism to the results, Michael also achieved the clubs **Gold standard**, an honour shared with last years' champion Kevin Sparey who had to settle for second spot, but who's 36:32 at the Langport 10K gave him a WAVA score of 84.9%.

Age category winners are: M40 Chris Atkinson (Silver); M45 Mark Harris (Silver); M50 Kevin Sparey (Gold); M55 Pete Jones (Silver); M70 Anthony Hickson (Silver).

The ladies championship saw Jackie Rockliffe come back out on top, recording the club's fastest times for 10K and the Half Marathon with 41:57 at the Bromham 10K and 1:32:57 at the White Horse Half, backed up with a time of 73:40 at the Great South Run. Last year's champion Liz Ringham claimed the fastest time of the year over 10-miles with 68:56 recorded on the first day of the year at Gloucester. At the London Marathon Jo Mumford clocked 3:25:08 to run the fastest time of the year over the classic distance. Rose Barber continued to dominate the age graded results with a 79% rating for her 47:31 at the Hangover 10K back in January.

Age category winners are: W40 Ali Atkinson (Bronze); W45 Kathy Kinsey (Bronze); W55 Rose Barber (Silver); W60 Frances Hood (Bronze).



Position	Name	Category	10K	10M	Half M	Total	WAVA	
1	Michael Towler	SEN	34:47	58:37	1:18:02	2:51:26	2:51:26	Gold
2	Kevin Sparey	V50	36:32	59:48	1:21:25	2:57:18	2:36:41	Gold
3	Jim Hart	SEN	36:46	1:02:34	1:20:26	2:59:46	2:59:46	Silver
4	Alistair Bartlett	SEN	37:00	1:03:23	1:22:55	3:03:18	3:03:18	Silver
5	Richard Ayling	SEN	36:43	59:36	1:27:37	3:03:56	3:03:56	Silver
6	Carl Davies	SEN	38:14	1:03:20	1:26:16	3:07:50	3:07:50	Silver
7	Andrew Grist	SEN	38:21	1:08:00	1:26:18	3:12:39	3:12:39	Bronze
8	Chris Atkinson	V40	40:22	1:05:27	1:29:36	3:15:25	3:06:37	Silver
9	Mark Harris	V45	40:22	1:06:36	1:28:58	3:15:56	2:59:52	Silver
10	Stuart MacGregor	V50	39:02	1:07:23	1:35:39	3:23:05	2:58:04	Silver
Position	Name	Category	10K	10M	Half M	Total	WAVA	
1	Jackie Rockliffe	SEN	41:57	1:13:40	1:32:57	3:28:34	3:28:34	Bronze
2	Sophie Grist	SEN	44:19	1:13:43	1:36:17	3:34:19	3:34:19	Bronze
3	Ali Atkinson	V40	46:27	1:14:04	1:43:30	3:44:01	3:35:35	Bronze
4	Kay Middleton	V40	45:43	1:18:05	1:42:05	3:45:53	3:37:24	Bronze
5	Kathy Kinsey	V45	46:40	1:17:46	1:43:13	3:47:39	3:29:34	Bronze
6	Sue MacGregor	V50	46:31	1:18:57	1:50:49	3:56:17	3:24:55	Silver
7	Tina Giles	V40	44:45	1:20:41	1:52:36	3:58:02	3:49:04	-
8	Linda Ladner	V45	48:27	1:21:58	1:49:15	3:59:40	3:40:37	-
9	Rosemary Barber	V55	47:31	1:22:43	1:50:51	4:01:05	3:15:58	Silver
10	Tina Vivian	V50	50:37	1:24:36	1:49:16	4:04:29	3:32:07	Bronze

In the **Off-Road Championships**, Michael Towler also took victory through his winning performance at King Alfred's' Torment supported by good runs at the Conkwell Killer and the Wiltshire XC Championships. In second place is Stuart MacGregor through his performances at the King Alfred's' Torment, Bratton Hilly and the Walter George. In third place is Alistair Bartlett with performances at the King Alfred's' Torment, Six Moor Miles and the Trowbridge 10K.

For the ladies championships, Kay Middleton takes the honours with performances at King Alfred's' Torment, the Roundway Chase and the Neolithic Marathon. Second place goes to Melanie Nicholls with performances at the Rough&Tumble, Cotswold Relay and the Trowbridge 10K. Third place goes to Tina Giles with runs at the King Alfred's' Torment, Wiltshire XC Championships and the Roundway Chase.

Pos.	Name	Total	Race #1	Race#2	Race #3
1	Michael Towler	295.49	King Alfred 97.8	Conkwell 102.01	Wilts XC 95.68
2	Stuart MacGregor	327.23	King Alfred 114.79	Bratton Hilly 107.91	Walter George 109.66
3	Alistair Bartlett	328.59	King Alfred 113.86	6 Moor Miles 113.42	Trowbridge 101.31
4	Doug Barber	337.44	King Alfred 110.24	Over the Hills 114.6	Mudlark 111.42
5	Darren Wrintmore	338.2	Barbury 118.06	Bratton Hilly 113.23	Neolithic 106.91
Pos.	Name	Total	Race #1	Race#2	Race #3
1	Kay Middleton	316.97	King Alfred 103.84	Roundway 110.95	Neolithic 102.18
2	Melanie Nicholls	321.97	Rough&Tumble 111.63	Cotswolds 105.02	Trowbridge 105.32
3	Tina Giles	339.26	King Alfred 113.33	Roundway 107.92	Wilts XC 118.01
4	Ali Atkinson	347.9	King Alfred 111.06	Stampede 120.52	Cotswolds 116.32
5	Sue McGregor	350.68	King Alfred 113.45	Bratton Hilly 114.9	Over the Hills 122.33

The Race Series provided two very closely fought contests at the top. For the Men, Carl Davies came out victorious with 183pts ahead of Mark Harris with 161pts and third placed Alistair Bartlett with 152pts. Whilst for the Ladies Ali Atkinson came out on top with 191pts ahead of Tina Giles with 168pts and Kay Middleton with 131pts.

Pos	Name	Total	#1	#2	#3	#4	#5	#6	#7	#8	#9	#10	#11	#12
1	Carl Davies	183	19	18	16	20	18	-	12	17	19	20	18	18
2	Mark Harris	161	16	16	15	18	15	-	16	15	18	20	17	13
3	Alistair Bartlett	152	18	19	18	-	17	-	18	14	14	19	-	15
4	Michael Towler	120	-	-	-	-	20	-	20	20	20	-	20	20
5	Tony Griffith	115	14	-	7	15	13	16	9	-	8	18	14	1
6	Richard Ayling	59	20	20	19	-	-	-	-	-	-	-	-	-
7	Tom Frost	58	-	13	14	19	-	-	-	12	-	-	-	-
8	Kevin Sparey	56	-	-	17	-	19	20	-	-	-	-	-	-
9	Stuart MacGregor	55	-	-	-	-	-	-	17	9	13	-	-	16
10	Anthony Hickson	51	15	10	-	16	-	-	10	-	-	-	-	-
Pos	Name	Total	#1	#2	#3	#4	#5	#6	#7	#8	#9	#10	#11	#12
1	Ali Atkinson	191	20	-	19	19	18	-	20	18	19	20	20	18
2	Tina Giles	168	-	19	20	20	19	20	-	16	18	19	17	-
3	Kay Middleton	131	18	18	-	-	20	-	-	19	20	-	19	17
4	Tina Vivian	129	18	-	18	-	15	19	-	15	16	-	15	13
5	Kathy Kinsey	54	19	17	-	-	-	-	-	-	-	-	18	-
6	Joyce Field	40	-	-	13	-	-	-	16	-	-	-	-	11
7	Jackie Rockliffe	40	-	20	-	-	-	-	-	-	-	-	-	20
8	Rachel Bown	39	20	-	-	-	-	-	-	-	-	-	-	19
9	Sue Macgregor	36	-	-	-	-	-	-	19	-	17	-	-	-
10	Julia Scott	34	17	-	17	-	-	-	-	-	-	-	-	-

#1 Bramley 20/10
#2 Devizes 10K
#3 St Georges 10K

#4 Hogweed Trot
#5 Forest 10
#6 New Forest 10

#7 Foxtrot 5
#8 Chippenham Half
#9 King Alfreds Torment

#10 Cricklade Half/10K
#11 Wimborne 10
#12 Bromham 10K

*Awards will be presented at the club social evening on Saturday January 23rd at the "Farmhouse", Southwick
See Denise Ellis or other committee members to get your tickets.*

The Race Series 2010

At a recent meeting of the Clubs coaching staff we determined a strategy for taking forward the athletic aspirations of our members. The approach that was agreed, was that we target four key race distances per year and tailor the coach led sessions to meet the particular nuances of the target distance, so for the first quarter of the year coach led sessions will be geared towards those looking to run a Marathon or Half Marathon in March/April *e.g. Bath Half or VLM*; for quarter two we will be sharpening up for a 5K or one of the many short road relays in June/July; quarter three we will be aiming for an Autumn Half or Marathon; then to complete the year, training will be geared towards the cross country season and Winter 10K's.

The Race Series has been planned to support this strategy and so for 2010 we have the following line up of events:

- | | | |
|---------------------------|-----------------------------------|----------------------------------|
| 1. Bramley 20/10 – Feb | 6. Pewsey 10K - May | 11. Chippenham Half – Sept |
| 2. The Terminator - Feb | 7. Melksham 5K – June | 12. Tadley 10 - Oct |
| 3. Devizes 10K – Mar | 8. Warminster Forest 10 – June | 13. Wilts XC Championships – Nov |
| 4. White Horse Half - Apr | 9. Barbury Track 'n' Trail – July | 14. Bromham 10K – Dec |
| 5. St Georges 10K – Apr | 10. Foxtrot 5 – Aug | |

To make the Series a little more tightly fought (we hope) only your best 8 scores from 14 races will count.



Christmas at AVR

Twenty two Avon Valley Runners got into the festive spirit for the final training session of the year. Wearing an assortment of Santa hats and reindeer antlers, the group negotiated patches of black ice on their run out of Christie Miller to admire the Melksham Christmas lights.

Forty one members of Avon Valley Runners turned out for the **Stan Farr 5K**, marking the 50th running of the Boxing Day race started by the club's founder back in 1960 during his days at Trowbridge & District AC. The race saw a close three-way tussle with Michael Towler making his move with just 200m to go to retain his title in 18:23 with Michael Bryant and Jim Hart close behind. For the ladies Melanie Nichols claimed victory recording 22:23 with Ali Atkinson & Tina Giles in second & third places.

XC vs OMM

There have been many articles in the athletics press about the reasons for the demise of British distance running since its highs of the 1960s to the 1980s, with many correspondents pointing to the reduction in the numbers competing in cross country from running clubs. I would like to gauge the interest in the Club for AVR to enter either the Gwent or Gloucester XC Leagues next winter.

I must firstly inform you that I was not the greatest cross country runner - being an 800m specialist in my twenties, I ran cross country before Christmas and concentrated on track running after. I have, however, many happy memories of the friendships and camaraderie engendered by running in cross country races in the Chiltern League, the South of the Thames Championship, the Southern and National Championships. Also one can bring to mind the recent participants such as Paula Radcliffe, Keninsa Bikele, and Mo Farah internationally, and Alistair Brownlee the outstanding British Triathlete.



More locally, the recent Wiltshire XC Championships at Corsham, where the senior races were won by Simon Plummer and Holly Rush – both of whom are outstanding road runners and realise the benefits in strength, speed and racing capabilities that cross country competition and training bring to the table. *Can somebody explain to me the difference in running in the OMM or other Off-Road races over cross country conditions and running in a Cross Country League on a regular basis as training for these longer races?*

If you are interested in being part of an AVR Team next winter in a Cross Country League (both male and female), please email me on alanpathayes@tesco.net - **Alan Hayes**

Fixtures

Sunday, January 10th	Rough 'n' Tumble 10++ – Milton Lilbourne @11:00 Gloucester 10 – Quedgeley @10:30
Sunday, January 17th	Riverbank Rollick 8.7 - Thornbury, Bristol @11:00
Saturday, January 30th	Woodhenge Womble 10K – Amesbury @14:00
Sunday, January 31st	Slaughterford 9++ – Rudloe @09:50 Stonehenge Stomp 10/20/30/40K – Amesbury @08:00
Sunday, February 7th	Longleat 10K – Longleat @10:00
Sunday, February 14th	Bramley 20/10** @10:30 *** Coach Trip planned, please see Kathy Kinsey ***

Sleepwalking

Starting at Taly-bont-on Usk @18:00 with 20-miles of trails, 2641 ft ascent and a five-hour time limit – this was the **Sleepwalker Night-Time Trail Race**. The course takes you through forested valleys via tracks and rocky paths, through bogs and streams and over wild open empty mountain terrain and all of this at night.

After a kit check and safety briefing, where it was stated that the entire course was run-able, 124 souls lined up for the start. It was funny to think that we were all trying not to stand in the puddles. But after 5 minutes of running, it didn't matter as the path was in full flow with a stream running down it. After about 45 minutes of climbing I passed through the 1st check point (CP1) where the rain had turned to snow with dense fog. I had to remove my steamed up glasses as I couldn't see a thing, which made the descent very tricky.



The field soon opened up after the first hour with only the faint glimmer of a head torch giving any clue to the fact that you were not alone. A level tram way ended at CP2, where warm sweet tea was on offer. With a failing head torch and cup of tea in hand, I trotted off into the boggiest part of the course. Cursing my decision to give my spare head torch to my girlfriend, who at this time was sat in the dry warm village hall with no intention of using it! I made it through the bogs and streams and on to the road. This led along to CP3 where I was able to change the batteries on my head torch and take on some more tea. A steady climb up a rocky track, gave way to an open mountain side. The organisers had placed markers every 300 metres, but the knee deep puddles of water on the path were good enough.

With 10 feet of visibility, a covering of snow and freezing conditions, the isolation I felt was fantastic. I soon found my way to the final CP. Before the race a local told me that from here I should head straight down to get back on the level tram way and run in along that. Due to the rain, the track I had chosen was more stream than path, but after a few false turns I was back on the tram way heading for the finish. A quick thank you to the cheering supporters outside the pub and I was heading to the finish and an endless supply of tea.

At the hall the tea and cakes made up for the cold showers. The race was well organised but challenging and I would recommend it to anyone who enjoys their running a little on the wild side. **Ian Harryman**

All Those Years Ago

Tales from the "Valley" 5, 10, 15 & 20 years ago:

<p>2005: Kevin Sparey & Liz Ringham were crowned Club Champions for 2004. Alistair Bartlett won the Tesco 10K in Trowbridge.</p>	<p>2000: Kevin Sparey & Jackie Rockcliffe were crowned Club Champions for 1999. Alistair Bartlett won the Bradford on Avon 5 in 28:17.</p>
<p>1995: Club champions for 1994 were for the Men - 10K & 10M: Andy Robertson 35:36 & 57:44; Half: Roger Carey 1:20:56; Marathon: Ted Rockcliffe 3:10:36. Ladies – 10K: Rose Barber 40:01; 10M: Jackie Rockcliffe 67:13; Half: Linda Brown 1:28:08; Marathon: Christina Tyler 3:58:20.</p>	<p>1990: Martin Connor was crowned club champion for the Marathon & Half; Keith Elsey for 10K & 10M. Ann Bull was crowned club champion for the Half & 10M; Linda Brown for 10K. Dennis Mellor & Linda Brown were judged to be the most improved members.</p>