



# Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS  
#108 – February 2010



## For the ARC.....

I was recently asked by the Association of Running Clubs to put together a club profile on Avon Valley Runners for publication on their website at [www.runningclubs.org.uk](http://www.runningclubs.org.uk). Normally clubs submit a 'team photo' but given the logistics of getting our 200+ members together in the same place at the same time, I opted for a montage which I believe captures the ethos of the club. Anyway here it is and the profile.....



Avon Valley Runners are a Running club based in West Wiltshire. The club was founded in 1986 from the road running section of Trowbridge & District Athletics Club and now has over two hundred members of varying ages and abilities.

We meet at least three times a week at our training venues in Trowbridge, Melksham and Bradford-on-Avon with typically between 10-40 members running anywhere between 1 and 10 miles in different pace groups. Evening winter training tends to be around the towns and during the lighter evenings, a wide variety of routes are followed through the beautiful Avon Valley. For those who want a little more structure to their training we have a number of qualified coaches on hand to provide advice, guidance or even produce a plan to get you into peak condition for your big race or just to get you running.

Avon Valley Runners host a number of open events throughout the year including the "Over the Hills" 12K Multi-Terrain Race and the Conkwell Killer which includes one of the toughest climbs in the area, but rewards with a simply breath-taking view! We also hold a few closed events including the Avon Valley Mile and the Stan Farr 5K, which celebrated its 50th running on Boxing Day.

Avon Valley Runners compete in a number of local events in the South West that form our annual Race Series allowing us to concentrate our presence at key races, which serves to promote the club and to hopefully pick up a good selection of prizes!

Our members also participate in events right across the United Kingdom including at both regional and national championship events. Internationally Avon Valley Runners have had members present at the Amsterdam, Hong Kong, New York and Berlin Marathons, to name a few. We also compete in the Cotswold Way and other Relay races and plan to host our own Avon Valley Relay in 2010. **Darren Wrintmore**

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

*Note: Hand written submissions can no longer be accepted for publication by the Editor.*

## Highworth or Bust

The **Highworth Team Half Marathon** is a by invitation only team event that takes place in North Wiltshire largely along the quiet country lanes around the villages of Hannington, Kempsford and Castle Eaton, with the first 5 runners coming home from a club to score – one of who must a lady.

The snow for the preceding two weeks nearly ruined the 16<sup>th</sup> running of this event and with Marathon training and Grizzly training to be done, we were all keeping our fingers crossed that this event could go ahead. As it was, the snow amazingly disappeared and we were off to Highworth which turned out to be a glorious day. We had nine selected Avon Valley Runners to complete our team and we were nicely welcomed and mentioned at the start.



We all put in a great effort on the day, considering the lack of training for some and those who didn't feel confident. But they still turned up to help the club out!

The first runner across the line was Gary O'Brien of Swindon Harriers defending his title from last year in an improved winning time of 1:14:32 with our very own Michael Towler hot on his heels for second place in a personal best time of 1:15:02. New Men's Captain Carl Davies put in a performance worthy of his position recording a PB of 1:19:46 for 8<sup>th</sup> place overall. Our third runner home in a time of 1:27:17 was 32<sup>nd</sup> placed Richard Morgetroyd, followed by 49<sup>th</sup> placed Paul Mumford in 1:32:36 and 57<sup>th</sup> placed Chris Atkinson in 1:34:15. The first lady to complete the course was Steph Lane of Bourton Road Runners who recorded a time of 1:21:42 to finish in 13<sup>th</sup> place overall. Jo Mumford finished as fourth lady in 1:36:11 and provided our female scorer in 63<sup>rd</sup> place overall. 87<sup>th</sup> placed Kay Middleton recording 1:42:56, 105<sup>th</sup> placed Liz Clark knocked nearly fifteen minutes off of her previous best time to record a new PB of 1:47:42 and 118<sup>th</sup> placed Tina Vivian recording 1:56:37 brought the Avon Valley Runners team home as the sixth placed team behind defending champions Bourton Road Runners, Woodstock Harriers and Swindon Harriers

So a respectful position I thought. The time keeper also said that the Valley did a great job considering we didn't really know the course. So what a good start to 2010!

*Carl Davies*

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## A Swift 10

1. Who is the English Record Holder for the Men's Marathon?
2. Who ran the fastest time in the club for the Marathon in 2009?
3. In which Wiltshire town is the "*St Georges Day 10K*" race held?
4. Which other English running club shares its initials with AVR?
5. What is the total distance run on the **Cotswold Way Relay**?
6. Which Avon Valley Runner has recorded the most victories at our **Boxing Day race**?
7. In which year was the **Sports Relief Mile** first held?
8. Where does the **London Marathon** start from?
9. Which part of the body can be injured by a Mortons Neuroma?
10. Over what distance is our **Conkwell Killer** race run?

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## Secretary's Notes

The new decade brought with it icy winds and snow, which although it may look pretty on the ground it serves to play havoc with one's training schedule. Those with gym memberships headed off towards the tread mills as we were forced to cancel our organised sessions in Melksham & Bradford on Avon (*how did Trowbridge escape?*). This also meant a lower than usual attendance at the club's Annual General Meeting, but those who did make it against the elements were able to debate and agree on a number of constitutional changes (*these can be found on the clubs website*). I did my now customary report against the clubs development plan and was pleased to report the following:

**Attract and retain new members and ensure an induction into the club:** *In 2009 we attracted 81 new members into the club mainly through the Beginners Sessions at Melksham. Of the 202 members at the end of 2008, 145 rejoined marking a 71% retention rate. However of the 73 new members that we gained in 2008 only 35 renewed their membership. We did however end the year with an all time high membership level of 215!!!*

**Facilitating members to achieve their running goals through training and mentoring:** *The club now has six UK: Athletics accredited coaches, four at Level-2 and two at Level-1. In addition the club has three accredited Running Group Leaders and two more scheduled to undertake the necessary coaching course. The Race Series proved popular and brought a number of team prizes back to the club, most notably at **King Alfred's Torment** where most of the prizes on offer came back to the Valley. The Club Championships were dominated by Michael Towler and Jackie Rockliffe but the overall level of qualifying participation was down on previous years. The **Bath Half Marathon** again proved to be the most popular event among AVR members with 44 taking part. No club records were set in 2009 but we did have fun with the Hash Runs and Treasure Hunts.*

**As a competitions provider AVR host a number of well-organised events across the local area:** *Both of our Open events were very well received among the local running community with "Over the Hills" organised by Simon Ringham & Tina Vivian attracting 300 runners and the **Conkwell Killer** organised by Julia Drewitt attracting over 100. The club entertained Team Bath, Chippenham Harriers and Corsham Running Club at a **Mob Match** with AVR taking both the Men's and Ladies victories. **The Avon Valley Mile** which saw Michael Towler and Tina Giles take victory. We held our inaugural Track Championships at Clarendon School in Trowbridge which found us having to mark out a new track on the evening due to the planned track having 'disappeared'. Carl Davies made his directorial debut in organising the **Stan Farr 5K** which drew 41 members out on Boxing Day to enjoy an accurately measured course and chip timing. The club provided support to the **Trowbridge 10K**, **Shaw & Whitley Stampede**, "Around the Common" 5K & the **Foxtrot 5** - all generating additional revenue for the club.*

The AGM also brought us a new Chairman with Andrew Hoddinott taking over from Denise Ellis, in steering the club on the course set by the committee, Andrew will be supported by Julia Drewitt in her second year as Vice-Chairman; Joyce Field will continue her role as Treasurer (*I think that is four years now*); The dynamic duo of Carl Davies and Chris Atkinson are taking on the roles of Men's Captain and Assistant Captain and to keep a successful partnership going Kaptain Khaos (*aka Kathy Kinsey*) and Kay Middleton will once again represent the racing interests of the Ladies. Also joining the committee are Sarah Jewers, Sue MacGregor, Liz Clark and Tina Vivian. Good luck to you all and thanks to the departing committee members for all of your efforts in 2009.

I would also like to thank Mike Pace for agreeing to take on the administration of the Clubs Off-Road Championships and Ian White for having run it for the past three years. Also thanks to Ali Atkinson who will keep going with the administration of the Clubs Road Championships. The Championship will see a slight change this year in that the V45, V55 & V65 categories have disappeared a Junior category has been introduced for runners aged under-20 and also the baseline target times calculated on WAVA graded performances (excluding Seniors) are to be lowered to the following for the combined 10K, 10-Mile & Half Marathon time:

<i>Standard</i>	<i>Men</i>	<i>Ladies</i>
<i>Gold</i>	<i>2:50</i>	<i>3:10</i>
<i>Silver</i>	<i>3:00</i>	<i>3:20</i>
<i>Bronze</i>	<i>3:10</i>	<i>3:30</i>

Membership fees were set at £15 for Seniors and £5 for Juniors/Students + £5.00 for a Competitive membership affiliating to England Athletics. These are now due to the Treasurer.

**Darren Wrintmore**

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## United Nations

1, When with a worldwide event your presence you grace  
You're just one of many, every religion and race.  
There are Christian and Muslim, Gentile and Jew  
Hindu and Buddhist to name but a few.

3, Bantu and Zulu, Bedouin and Moor  
Moroccans as well from North Africa's shore.  
An olive skinned Greek with a flag white and blue  
Plus a native bred Inca from darkest Peru.

5, There are Finns, Swedes and Danes, blonde & exciting  
Reminiscent of warriors from the land of the Viking.  
Two Navaho Indians and an Apache close by  
"Geronimo, Geronimo" echoes the cry.

7, There are Frenchmen, Americans and Canadians too  
And tough little Ghurkhas from old Kathmandu.  
A lone Irishman next "Bejusus Begorra"  
"I was nearly too late – I thought t'was tomorra".

9, There's a Fijian giant and a tall lanky Scot  
Not many more now, that's nearly the lot.  
Argentineans and Brazilians, South Americans who roam  
Just like the Eskimo – a long way from home.

Tony 'the bard' Bartlett

2, Multi-cultural people of all colours and creeds  
Beginners and talented who set their own speeds.  
International competitors eager to start the race  
Rocketing off with a blistering pace.

4, A couple of Germans, proud and teutonic  
Whistling Wagner's Valkeyrian Demonic.  
Petite Japanese with their almond shaped eyes  
Including a Sumo – My God what a size!

6, An Aussie and a Kiwi from antipodean climes  
Trying to improve and set new P.B. times.  
An Italian gigolo – "Oh Mamma Mia"  
"There's a beautiful lady – I'll follow her rear".

8, A Welshgirl called Blodwyn and another named Beryl  
Get in their way if you dare at your peril.  
A Russian, three Turks and a man from Mauritius  
A Spanish senorita dark and delicious.

10, Now this cavalcade of runners a kaleidoscope of delight  
All brothers and sisters in the world should unite.  
So to you now I tender this humbling phrase  
Run your life straight and trust till the end of your days.

## Fixtures

<b>Sunday, February 14<sup>th</sup></b>	<b>Bramley 20/10** @10:30 **Coach Trip planned, please see Kathy Kinsey**</b>
<b>Sunday, February 21<sup>st</sup></b>	<b>Hearts First Jog 10K @11:00 – Wilton</b>
<b>Sunday, February 28<sup>th</sup></b>	<b>Terminator** @10:30 – Pewsey</b>
<b>Sunday, March 7<sup>th</sup></b>	<b>Bath Half @11:00 – Bath</b>
	<b>Salisbury 10 @11:00 – Salisbury</b>
<b>Sunday, March 14<sup>th</sup></b>	<b>Hogweeds Hilly Half @10:30 – Horton, Chipping Sodbury</b>
<b>Sunday, March 21<sup>st</sup></b>	<b>Sport Relief Mile (1, 3 or 6 miles) @11:00 – Trowbridge + other locations</b>
<b>Sunday, March 28<sup>th</sup></b>	<b>Devizes 10K** @11:00 – Devizes</b>

## Coming Soon

A new look website for a new decade at

[www.avonvalleyrunners.org.uk](http://www.avonvalleyrunners.org.uk)

## Answers to a Swift 10

1. Charlie Spedding – 2:08:33 at the 1985 London Marathon; 2. Ian Mapperson - 2:57:48 at London; 3. Corsham;  
4. Axe Valley Runners; 5. 103 Miles; 6. Judy Farr - 17 victories (1964, 1965, 1966, 1967, 1969, 1971, 1973, 1977, 1978, 1979, 1981,  
1983, 1984, 1985, 1986, 1987 & 1989); 7. 2004; 8. Blackheath; 9. The foot; 10. 8.25 Miles.

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#### AVR Events

**Dec 26, 2009**  
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 Athletics club.  
[\[More\]](#)

**Jan 7, 2010**  
The Annual General Meeting of Avon Valley Runners is to be held on Thursday 14th January at the "Riverside" in Bradford on Avon from 21:00.  
Details of the nominations received and new business for discussion can be found on the club forum.

**Jan 7, 2010**  
The Club Presentation evening is to be held on Saturday 23rd January at the "Farmhouse" in Southwick.

#### Welcome to the Avon Valley Runners Website

Avon Valley Runners are a Running club based in West Wiltshire. The club was founded in 1996 and currently has over 200 members of all abilities.

We meet at least three times a week at our training venues in Trowbridge, Melksham and Bradford-on-Avon with typically between 10-40 members running anywhere between 1 and 10 miles in different pace groups.

Avon Valley Runners host a number of events throughout the year including the "Over the Hills" 12k Multi-Terrain Race and the Conkwell Killer as well as assisting with the organisation of the Trowbridge 10k and the Shaw&Whitley Stampede.

#### Latest Reports

**Dec 26, 2009**  
**Stan Farr 5K**  
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 Athletics club.  
[\[Read Full Story...\]](#)

**Dec 23, 2009**  
**Melksham Christmas Run**  
Twenty two Avon Valley Runners got into the festive spirit for their final training session of the year.  
[\[Read Full Story...\]](#)

#### Notices

**Jan 15, 2010**  
**Bramley 20/10**  
A coach trip is planned for the Bramley 20/10 being held on Sunday 14th February.  
[\[More\]](#)

**Jan 14, 2010**  
**Training Cancelled**  
Although the roads are clear the pavements are still pretty icy and so the committee has taken the decision to cancel the evenings Avon Valley Runners training session at Bradford on Avon.  
The AGM however will still go ahead in the function room at the "Riverside" (BA15 1DE) @21:00 so please make every effort to attend this.

**Jan 13, 2010**  
**Training Cancelled**  
Due to the overnight and continuing snowfall we have taken the decision to cancel this evenings Avon