



Valley News



THE NEWSLETTER OF AVON VALLEY RUNNERS
#109 – March 2010

www.avonvalleyrunners.org.uk

The clubs website was originally launched in September 2001 during a week that is better known for events that occurred on the global stage. Utilising Yahoo’s Geocities free web-hosting service, Darren Wrintmore built a site based on HTML Frames that provided visitors with Club Contacts, Race Results, Coming Events, Runner Profiles and Running Links. In 2005 the website was moved over to hosting services provided by Streamline and the domain name www.avonvalleyrunners.org.uk was registered. In 2007 the role of Web master was passed over to Anthony Hickson and the site was revamped to use Style Sheets which allowed a consistent look and feel to be adopted. Then in 2009 Andrew Hoddinott took on the stewardship of the website and along with Darren started development of a new look site based on the content management system, “CMS Made Simple” and some ten months later, here it is....

So a quick tour of the features is in order:

- **Events** – a list of forthcoming events with links to their respective websites if applicable.
- **Results** – the results recorded by our members.
- **Competition** – here you will find details and current standings in the Club Championships & Race Series.
- **Reports** – write ups on events in which our members have taken part.
- **Tools & Links** – visit the sites of other local running clubs or online resources of interest.
- **Valley News** – online archive of our monthly newsletter.
- **Forum** – the place where you can interact online with your fellow members and find details of forthcoming training sessions and AVR closed events.
- **Shop** – a link to Pro-Direct Running who will soon be offering a range of AVR branded kit online.
- **About Us** – where we are and who is who.

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

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

Running CV's

Another spot of team building at the Melksham session that preceded the 5K time trial. We presented the attendees with the running CV's of our coaching staff (and a couple celebrity runners) and they had to determine to whom did the CV belong – a slight twist being that one of the statements on the CV was a bit of a fib. We have shown the results here and italicised the porkies...

<ul style="list-style-type: none"> • I got lost during last year's Uphill to Wells Relay. • I ran the Bath Half Marathon in two hours dead. • <i>I was once a Hare in a Hash run and got caught within two miles of the start!</i> • My favourite race is the Poole 10K. 	<ul style="list-style-type: none"> • I missed three months of running through injury, following a tiff with my husband! • I am currently training to run the Paris Marathon in April. • Last year I Raced the Train and the Train won! • <i>I founded our Conkwell Killer!!! Race.</i>
<ul style="list-style-type: none"> • <i>I won gold at the 1984 Los Angeles Olympics.</i> • I broke the world record for 1500m, The Mile and 2000m in 1985. • I have a marathon PB of 2:35. • I carried the Olympic torch for the 2008 games. 	<ul style="list-style-type: none"> • In my first race for AVR I beat a former Commonwealth Games Marathon Champion. • I won the Trowbridge Pancake Race last year. • I was awarded with a Chocolate Egg when I set my PB for 10K! • <i>I have run two sub-3hour marathons.</i>
<ul style="list-style-type: none"> • I held the club record for 5K until 1989. • I have completed the Amsterdam Half Marathon on four occasions. • I celebrated my 40th birthday by running the Walt Disney World Marathon. • <i>I captained an AVR Vets team to victory in the 2006 Cotswold Way Relay.</i> 	<ul style="list-style-type: none"> • I am an asthmatic runner. • <i>I have won both the Boston & Rotterdam Marathons.</i> • I took an unscheduled pit stop at the 2005 London Marathon and still won! • I am current holder of the women's World Records for 10K and Marathon distances.
<ul style="list-style-type: none"> • I once ran in a race so hot that the soles of my trainers started to melt. • I celebrated finishing the 2007 Bromham 10K by eating three Christmas Puddings! • <i>I challenged Usain Bolt to a 60m sprint at the 2004 World Junior Championships.</i> • I finished the 2008 Slaughterford 9 on all fours. 	<ul style="list-style-type: none"> • I captained the AVR ladies team to victory at last year's Uphill to Wells Relay. • I finished last in the Trowbridge Pancake races last year. • <i>I have completed the Flora London Marathon in under three & half hours.</i> • My favourite race is the Weston Tough Ten.



The celebrity runners in case you are struggling were #3 – Steve Cram & #6 – Paula Radcliffe.

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5K

Our coaching staff at the Trowbridge and Melksham sessions have staged 5K time trials in the last month to allow you to gauge your current level of fitness. The results of the February 5K time trials are:

Trowbridge		Melksham			
Mike Towler	17:20	Carl Davies	16:41	Dawn Hulbert	25:29
Jim Hart	18:14	Alun Rees	18:02	Colin Sharp	25:47
Andy Hawkins	18:55	Andy Strange	19:49	Hayley Southgate	26:30
Dan Jones	18:57	Dan Sharp	20:26	Holly Card	28:26
Stuart Avery	18:59	Sean Oakman	21:31	Patricia Quayle	28:26
Brett Flook	19:22	Liz Clark	22:12	Tammy Phillips	28:36
Stuart MacGregor	19:32	Sarah Jewers	22:36	Mandy Loran	28:45
Roger Carey	20:42	Kate Veakins	22:48	Jackie Tuckett	38:08
Will Whitmore	20:54	Rebecca Brown	22:59	Angela Weir	38:08
Tom Brook-Taylor	21:07	Tony Dunsford	23:12		
Kevin Gover	21:25	Tanya Elling	24:26		
Jo Mumford	21:39	Kirsty Leather	24:47		
Andy Strange	21:57	Kat Mayo	24:58		
Mike Pace	23:07	Richard Metcalfe	25:01		
Richard Newman	24:31	Anthony Hickson	25:09		
Sue MacGregor	25:20	Julia Drewitt	25:15		

To put these times in to perspective, the top-five performances by Avon Valley Runners over the distance in competition are shown below:

- | | |
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| 1. Jackie Rockliffe 18:35 – Wells 1996 | 1. Gerry Fice 16:21 – Melksham 1989 |
| 2. Linda Brown 19:11 – Bath 1991 | 2. Andy Robertson 16:38 – Wells 1996 |
| 3. Rosemary Barber 19:16 – Wells 1994 | 3. Kevin Sparey 16:38 – Yeovil 2003 |
| 4. Judy Farr 19:39 – Bath 1986 | 4. Darren Wrintmore 16:42 – Midsomer Norton 1988 |
| 5. Kerry Fice 19:54 – Bromham 1988 | 5. Dave Seymour 16:45 – Wells 1996 |

Please keep your eye on the Club Forum to see when the **5K Time Trials** are next taking place.

Secretary's Notes

I would like to start by welcoming into the Valley the following new members, from Trowbridge: Katherine Allard, Kirsty Leather and Natasha Drake; from Melksham Kate Veakins, Tanya Elling, Dawn Hulbert and Angela Weir; from Bradford on Avon: Andy O'Pray, Peter Leach, Luke Hobbs and Jake Hobbs.

Congratulations are in order to Joyce Field, Kathy Kinsey, Rebecca Brown, Megan Orrell and Andy Hawkins who all successfully qualified as Running Group Leaders in February.

Our Melksham Coaching staff are celebrating after learning that they are to be honoured by Melksham Town Council in the civic awards for the work that they put in for the Beginners Sessions last year; Andrew Hoddinott, Julia Drewitt, Carl Davies, Sarah Jewers, Richard Newman and myself will be getting dressed up to receive the Sporting Achievement award at Melksham Town Hall on Friday 5th March.



The Melksham Beginners Sessions

Just a reminder that Membership fees are now due to the Treasurer at £15 + £5 for competitive membership if you wish to compete in UK:A licensed events. **Darren Wrintmore**

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Fixtures

Sunday, March 7th

Bath Half @11:00 – Bath

Sunday, March 14th

Salisbury 10 @11:00 – Salisbury

Sunday, March 21st

Hogweeds Hilly Half @10:30 – Horton, Chipping Sodbury

Sunday, March 28th

Sport Relief Mile (1, 3 or 6 miles) @11:00 –Melksham/Trowbridge + others

Sunday, April 11th

Devizes 10K** @11:00 – Devizes

Sunday, April 18th

White Horse Half Marathon** - Grove, Oxon - **RACE FULL** –

Trowbridge Lions 10K – Studley Green, Trowbridge @11:00

The Better Half (Womens only Half Marathon) - Castle Combe

** *Race Series Event*

++ *Off-Road Championship*

Captains' Corner

We had a great start to the new year with the team event at the **Highworth Half Marathon** where there were three PB's to come out of a tough half! Mike Towler, Carl Davies and Liz Clark all flying around to take minutes of their previous best times. Thank you to those that helped to make the team and we finished in 6th place out of 13 teams.

A couple weeks later and we had some more good results at the **Longleat 10K**, not an easy course but some quick finishing times none the less. Mike Towler came home in 5th place recording 35:30, followed by Richard Ayling 37:23 in 7th position, Stuart Avery in 17th and Andy Grist in 33rd, well done to everyone else who completed the event.



Andy Grist, Michael Towler, Richard Ayling & Stewart Avery at the Longleat 10K

Twenty six members made the coach trip, to run in the **Bramley 20/10** and despite the weather, it proved to be a day for some great times. First back for AVR was Carl Davies in 57:41 finishing 9th overall in another PB time, then to follow was the return of Joby Hobbs who hadn't wore a valley vest for over 10-years and completed the '10' in 65:25. A great run from Simon Ringham saw him home in a PB time of 69:17 just ahead of Jo Mumford. Well done also to Ali Atkinson and Liz Clark who both recorded PB's for 10-miles. In the '20' there were more great runs: Paul Mumford coming back in a cracking time 2:14:17, followed by Chris Atkinson with a PB time of 2:21:10, then came Jackie Rockliffe with a run of 2:27:04. Well done to Megan Orrell who on the day worked hard to complete her first ever 20-mile race and also to everyone else that made it a great day out. At AVR we do love those coach trips and there's another one coming up in the autumn - a cracking 10-miler at Tadley.

"Bucket loads of mud" will be the name of the game over the next few weeks looking ahead to the **Terminator** and **The Grizzly** - all the very best to those competing. And of course **The Bath Half** looms - good luck to you all, just what will the weather be doing that day!!!

The Captains are starting to gather interest for teams in the following: **Cotswold Relay** (26th June), **Avon Valley Relay** (10th July), **White Horse Relay** (5th September) and a smaller team suggested for **Man Vs Horse** (12th June).

Kathy Kinsey & Carl Davies

The Avon Valley Melksham Mile

Sarah Jewers along with Beccy Brown, Richard Newman & Andy Strange are leading the organisation of a **Sport Relief Mile** to be held on Sunday 21st March at Bowerhill Playing fields in Melksham. We are holding 1-mile, 3-mile and 6-mile options. The event is aimed at getting families involved in running and raising money for worthy causes, so please support us and bring everyone along. We hope to make the day a bit of event and have invited the Majorettes, local Football clubs and will have refreshments available. If anyone has any other offers for entertainment on the day or are able to assist then please contact Sarah at mile@avonvalleyrunners.org.uk



We hope to see you all there - please enter online at www.sportrelief.com

- Sarah Jewers

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