



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#110 – April 2010



The Plan - Revisited

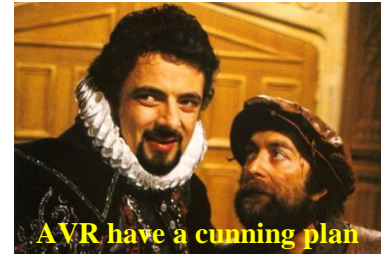
Some of you may recall that after the 2007 AGM the committee drew up a development plan to take the club forward. Well three years have now passed and as with all organic plans this has been re-visited and amended where appropriate to continue the momentum.

Mission Statement has since been incorporated into the club constitution:

"To be the club of choice for runners in West Wiltshire and to be recognised as a club of excellence and support for the promotion of running as a sport and a recreational pursuit".

The three primary objectives of the club remain unchanged:

1. Attract and retain new members and ensure an induction into the club.
2. Facilitating members to achieve their running goals through training and mentoring.
3. As a competitions provider AVR endeavour to provide a number of well-organised events across the local area.



The approaches to achieving these objectives have been tweaked:

Promotion of AVR – Become recognised as a West Wiltshire club, not just thought of as a Trowbridge/Melksham/Bradford on Avon based club; Continued media coverage with reports in the Wiltshire Times and Melksham Independent News; Forging of links with local sixth form schools [*This requires members with the desire and commitment to coach Juniors to come forward*]; Wearing of club vests at races; Production of other AVR branded clothing *i.e.* Windcheaters and jogging tops [*The online shop will be opening soon*]

Reception – Ensure presence of a Welcome Pack for new members, to include club information sheet / membership form and Valley News. Identify Running Group Leaders / Coaches at each session to who new members can be directed for a reception and identification of running ability [*Rotas are being drafted of Running Group Leaders / Coaches for Reception duty*].

Coaching groups – Formation of training groups covering sub-7min/mile; sub-8:30min/mile; sub-10min/mile at club nights. For those who want a more formal approach, creation of eight to ten week training plans. Invest in coaching qualifications at UK:A Level-2 standard and UK:A Running Group Leader standard [*Five members have already qualified this year as Running Group Leaders to support this*]. Identify and increase if necessary the number of first aiders in the club [*If you are a qualified first aider and able to assist can you please inform a committee member*]. The gauging of performance, through regular closed time trial events [*5K time Trials are now taking place at both the Melksham & Trowbridge sessions*]. Encourage greater team spirit through club competition and relays [*The Captains are fostering a much greater degree of pro-activity in this area, so please support their requests for participation*].

Event service description – In the “Conkwell Killer” and “Over the Hills” AVR host two of the best races in the local area, we need to capture the factors that make these events successful and apply them to those races where we are asked to play a supporting role [*The Trowbridge Lions 10K & Stampede Sports events are all being organised in line with our Event Service Description document*].

Success Measures

The success of this plan will be measured through the following criteria:

1. Membership averages between 180 and 220 per annum. [*In 2006 we had 140 members, 2007 – 165 members, 2008 – 202 members & 2009 – 215 members*]
2. That 75% of new members joining AVR in a given year rejoin. [*63% in 2008 down to 48% in 2009 – the committee need to focus effort in this area.*]
3. That we maintain our current compliment of coaches of four at UK:A Level-2 and continue to increase our compliment of Running Group Leaders. [*We have four UK:A qualified coaches at Level-2 (Alan Hayes, Andrew Hoddinott, Darren Wrintmore & Julia Drewitt), two at Level-1 (Jo Mumford & Chris Atkinson) & eight Running Group Leaders (Carl Davies, Sarah Jewers, Richard Newman, Rebecca Brown, Joyce Field, Andy Hawkins, Kathy Kinsey & Megan Orrell)*]
4. That AVR organise the "Over the Hills" & "Conkwell Killer" events and any supported events in compliance of the AVR Race Service Description.

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

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The Gloucester XC League

The Avon Valley Committee has agreed to support an exciting new initiative to join the **Gloucester Cross-Country League** for the 2010/11 season.

- The Gloucester Cross-Country League has accepted that Avon Valley Runners can enter their XC races.
- Entry to each race is on an individual basis, as per normal road races with fees at £3.00 for seniors and £2.00 for young athletes, or all four races for £10.00/ £6.00.
- The team race comprises: 6 for senior men, 4 for veteran men, and 3 for other categories.
- Medals for veterans (35 for women/40 for men) are presented in five-year age groups
- The proposed dates for the 2010/11 season are on the following Saturdays: October 9th, November 20th, December 11th and February 5th
- Last year's venues were Guiting Power, Gloucester, Tewksbury and Cheltenham.
- The distance of each race is variable, according to the promoting club, but in the last race of the 2009 season the leading runners in the men's race were finished in 30 minutes, and the women in 23 minutes. So one could guess at ~6 miles for Men and ~4 miles for women.

If successful, this could lead to Avon Valley participating in the area and national cross-country championships, which should be every athlete's ideal before they retire. More information is available at www.glosaaa.org.uk If you are interested then please contact the Club Captains.

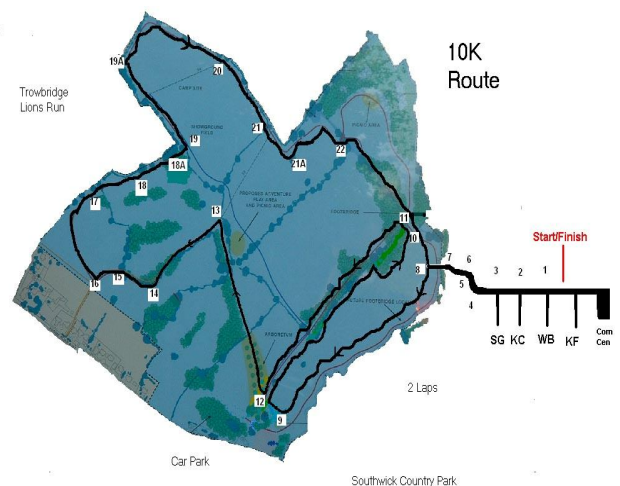
Alan Hayes

Secretary's Notes

I would like to start by welcoming into the Valley the following new members, from Trowbridge: Warren Wade & Alison Lawford; Bradford on Avon: Jo Davies, & Fiona Johnston; Melksham: Judith Greenman, Paul Moth & Shaun Oakman; Dilton Marsh: Katheryn Slip and from Rudge Benedict Doonan.

Following on from the success of the Melksham Beginners sessions, we are launching a similar initiative in Trowbridge. Starting on Tuesday April 13th from Trowbridge Sports Centre @19:30 Running Group Leader Rebecca Brown will head the sessions, if you would like to get involved then please drop a line to beginners@avonvalleyrunners.org.uk

The club has been asked to support the **Trowbridge 10K** on Sunday April 11th. Our chairman Andrew Hoddinott is acting as Race Referee and will be organising the Start/Finish area and would love to see you toeing the line (or helping), especially if you have been unsuccessful in entering the **White Horse Half Marathon**.



Many thanks for the feedback received on the new club website, we are now planning the next stage. Code named "Project Jubilee" this will be the complete searchable archive of all things AVR. Twenty five years of Results, Valley News & Championships all online to coincide with the clubs Silver Jubilee. To make this happen we need your help, as most of the records from 1986 to 2001 are paper-based – so if you can type, have access to Microsoft Excel and can spare a few hours over the next few months, I would love to hear from you. An area will be set up on the club forum to chart progress and major milestones announced on the website.

Darren Wrintmore

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Relays

Over the years relay events seem to be becoming more popular, a chance for club members to work together as a team and brings an enjoyable event all around!

This year we are lucky to have two new relays coming our way, one being organised by our very own Darren Wrintmore (**The Avon Valley Relay**) and another from member: Anthony Hickson (**The White Horse Relay**). Along with the **Cotswold Way Relay** and the **Uphill to Wells Relay** we will be spoilt for choice throughout the summer.

It's good to have these events but we need the teams to go in them so we are asking all of whom are interested to come forward and put your name down so we can then decide what teams to put in! We would like to receive responses at this early stage so we can organise teams and for some of the events we need to start recceing as that is the fun part and there will be no marshals on race day!

These events all fall in the summer months and are situated in lovely areas around the South West and Wiltshire. From my experience they are some the best events for this time of year.

There is usually a presentation afterwards and we can arrange an evening meal and more drinks. All this will have to be arranged so if you could respond to this on the AVR Forum or email myself crdavies@blueyonder.co.uk (07818 553621) or Captain Kathy at kkinsey@pritchard-partners.co.uk (07971 911747) we would be grateful.

We really hope everyone can get involved in at least one of the events or if not all of them.

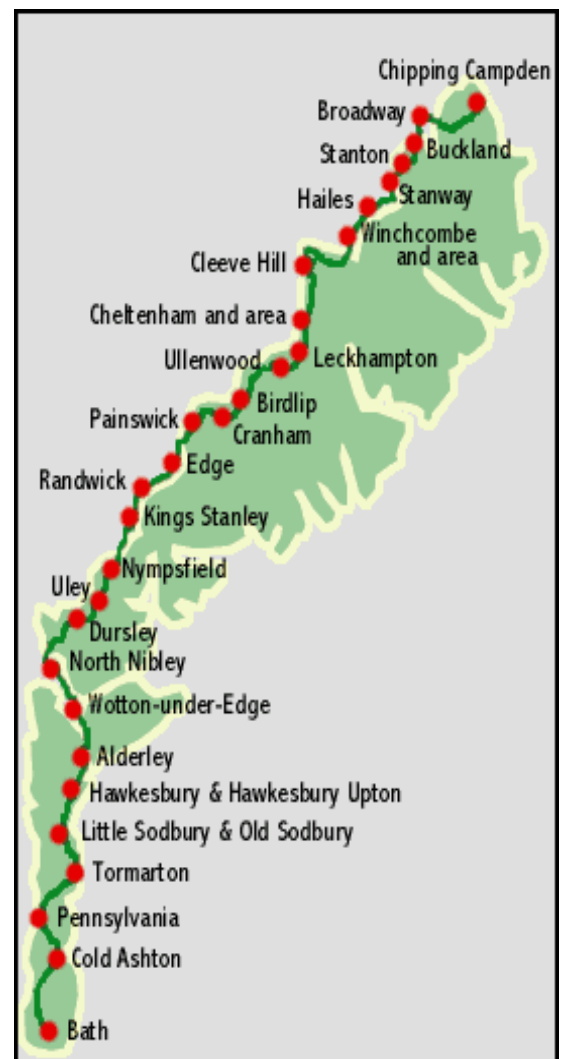
Saturday 26th June 2010 – The Cotswold Way Relay

The Cotswold Way Relay is now in its 19th year and is operated as 10 back-to-back races, starting each stage with a mass start at the expected arrival time of the first runner from the previous stage.

Running from Chipping Campden in the early morning, through to the arrival at Bath Abbey in the early evening, using the waymarked route of the Cotswold Way as our route, the relay is over 90% off-road, taking in many hills, woodlands, fields and tracks, all offering spectacular views of the countryside around (if ever a runner looked up from the path to take it in!).

We split the 103-mile route up into 10 varied stages, varying in ascent and length, to offer a differing flavour for each runner in the team. There are no marshals on the route, so route finding is all part of the spirit of the event. In recent years the Cotswold Way Authority has considerably improved the signage on route, as part of its upgrade to National Trail status, but there's always one or two who speed past a sign to take time to appreciate some countryside off the main route. The race route follows the National Trail precisely, with the exception of the end of Stage 7 into Wotton-under-Edge, where the High Street is avoided for safety reasons.

Many runners do a recce of their stage before the event, others fall in behind someone else. Most runners find that doing a recce through the beautiful Cotswolds in the company of other runners is all part of the great pleasure derived from this event. You will certainly observe more of the views during the recce than in the race.



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Saturday 10th July 2010 – The Avon Valley Relay

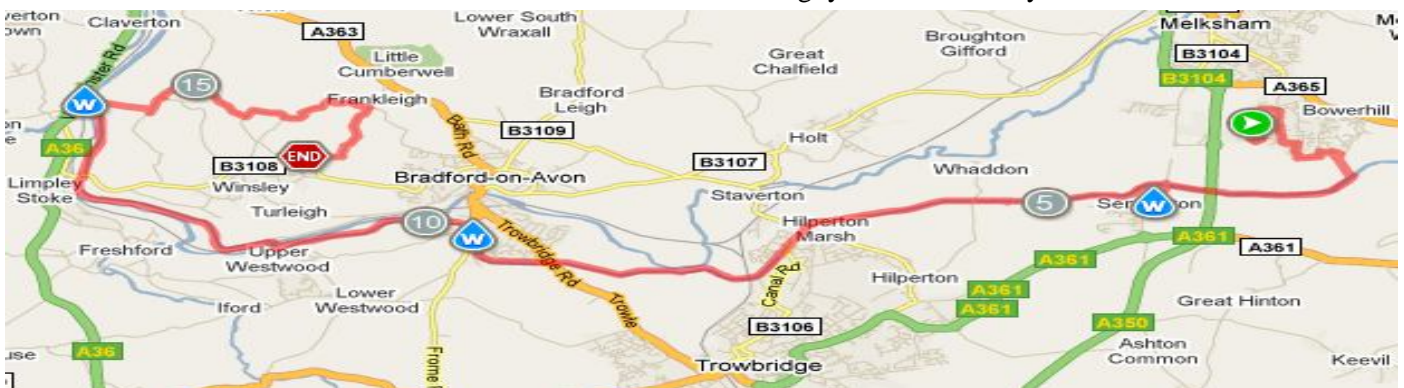
The Avon Valley Relay is a traditional 'pass the baton' type event covering just under 18-miles in four self-navigated stages. Starting from Christie Miller Sports Centre in Melksham and finishing at Bradford on Avon Rugby Club in Winsley and following the beautiful Avon Valley.

Leg #1 of 4-miles. Starting from Christie Miller Sports Centre in Melksham the route weaves around Bowerhill before joining the towpath of the Kennet & Avon canal just after the 2-Mile mark. The towpath is then followed down to Semington Road with the first handover point being at the "Somerset Arms".

Leg #2 of 5.5-miles. Starting outside the "Somerset Arms" the route heads back along the Semington Road towards Melksham, where the towpath is rejoined. The towpath is then followed all the way into Bradford on Avon, where at the Frome Road runners then head to the second handover point at the "Barge Inn".

Leg #3 of 4.5-miles. Starting outside the "Barge Inn" the route heads back along the Frome Road towards Bradford on Avon, where the towpath is again rejoined. The towpath is then followed down through Avoncliff and onto the final handover point at Dundas Aqueduct.

Leg #4 of 4-miles. Starting at Dundas Aqueduct the route crosses the Kennet & Avon canal and heads up the very steep Miners track on Conkwell Hill. Once up the hill the lanes that make up the final miles of our Conkwell Killer course are followed back to the finish line at Bradford on Avon Rugby Club in Winsley.



Sunday 5th September- The White Horse Relay

This is a relay of 14 stages (7 to 10 runners per team, at least four of whom must run two non-consecutive stages each) around the 8 visible Wiltshire White Horses along tracks, across fields, through woods and one stage entirely on road, some of it tarmaced, some of it unmade, using mainly the White Horse Trail, the Wessex Ridgeway, Wansdyke Path, Tan Hill Way and the Imber Range Path. It gives a wide variety of interest for short distance (from 1.9 miles) to 10 mile runners who like both cross country and (for one stage) road, not to mention the great views that can be seen from this wonderful countryside.

There are 4 stages of less than 3 miles each, 7 stages of less than 7 miles each and 3 stages over 8 miles each. Each stage will start as a mass start at about the expected time of arrival of the first runner from the previous stage.

Each runner will be awarded points based on the position they finish in each leg. In order to encourage teams of only seven runners, a further point will be added for each runner in the team. The winning team will be the team with the least points. No times will be recorded.

Saturday 25th September – Uphill to Wells Relay

An off-road relay race starting at Uphill beach near Weston Supermare and finishing at Wells Cathedral with an evening party to follow. The route is 90% off-road and more or less follows the West Mendip Way along footpaths and bridleways.

The race is run as a 'hand-over' relay without marshals, water stations or other assistance. Teams are responsible for their own safety and for researching the route although their progress will be monitored at two check-points at 10 mile intervals. The 29 mile route has a total of 3,259 ft of climb and is divided into six legs from 3 to 7-miles in length.

We won both the Men's and Ladies prizes at this relay in 2009!

So come on and get your names down!!!!

Carl Davies

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Eddie Izzard in BoA

Sport Relief



Nearly two hundred runners went the extra mile for Sport Relief at the **Avon Valley Melksham Mile**. Organised by Avon Valley Runners the runners had the choice of completing one, three or six miles on the course around Bowerhill Playing Fields.

After a mass warm up the first wave of runners were got underway by the Melksham Town Crier. Race Director Sarah Jewers made certain that the event went like clockwork and that all runners were rewarded for their endeavour with a goody bag and Sport Relief Medal.

Men’s Vice-Captain Chris Atkinson donned a wig and tache and with brother Tim, ran as the 118-Runners. Club Secretary Darren Wrintmore got into the spirit of the event by emulating Eddie Izzard, not by running 43 marathons in 51 days, but by dressing up as a transvestite! It is hoped that the Avon Valley Melksham Mile will have raised over £5,000 for Sport Relief charities.



Pictures courtesy of Matt Paish at the Melksham Independent News

All Those Years Ago

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

<p>2005: Michael Bryant won the Trowbridge 10K. Rose Barber was runner up at the Pensford 10K. Mike Maidment completed the Paris Marathon in 3:20.</p>	<p>2000: Kevin Sparey led home the AVR contingent at the Trowbridge 10K by running 35:24 for 4th place. Viv Toms wrote of “No Pathos in Paphos” about the Cyprus Marathon.</p>
<p>1995: Maureen Laney won the Bristol Half Marathon recording 1:22:23. Joyce Field was 1st FV50 and Judy Farr the 2nd FV50 at the Totton 10K. AVR fielded five teams at the Gillingham Relays.</p>	<p>1990: Concern was expressed at the growing trend of charging an extra £1.00 for entries on the day at races. Thirty six members ran the Trowbridge Lions 5.3-miler. Twenty eight members ran the Corsham 10/5.</p>

Bad News

If you are reading this and have not submitted your membership renewal, then regrettably any results that you have notched up in AVR colours so far this year have now become null & void – with the obvious impact upon your standing in the Club Championships and the Race Series.

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Introducing the Avon Valley Grizzly Girls....



From Left to Right: *Julia Drewitt, Kathy Kinsey, Denise Ellis, Ali Atkinson, Kay Middleton & Tina Vivian* all took on the challenge of this year's 20-mile Grizzly race at Seaton in Devon – this year named “Beauty and the Beach”. A full report on their endeavours next month.

Fixtures

Sunday, April 11th

White Horse Half Marathon** - Grove, Oxon - **RACE FULL** –
Trowbridge Lions 10K – Studley Green, Trowbridge @11:00

Sunday, April 18th

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

Sunday, April 25th

St Georges Day 10K** – Corsham @11:00

Virgin London Marathon – Blackheath

Tuesday, April 27th

Heddington Hill Climb – Heddington near Calne @19:30

Wednesday, April 28th

The Melksham Hash – Christie Miller @19:00

Sunday, May 2nd

Neolithic Marathon & Half – Stonehenge @10:30

Cowpat Canter++ – Midsomer Norton @11:00

Tuesday, May 11th

The Roundway Chase** – Heddington @19:30

Saturday, May 15th

Bratton Hilly 11K – Bratton

Saturday, May 22nd

Shaw Stampede 10K – Shaw @14:00

** *Race Series Event*

++ *Off-Road Championship*

Stop Press

We have been advised that the **Pewsey Vale 10K** is not being run this year and so we needed an alternative race in May for our Race Series. Acting on feedback from members provided through Facebook and the AVR Forum, we have selected "**The Roundway Chase**" on Tuesday 11th in Heddington near Calne as the replacement.

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