



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS

#111 – May 2010



Grizzly – The Bear Facts

If you see Tina Vivian or Denise Ellis waving a suspicious entry form in front of you -run in the opposite direction as quickly as possible!!! - Only joking of course - we're all glad we signed on the dotted line and our famous daring duo got us involved. If it's on your race list to do – definitely do! – It's an amazing 20 mile 'journey'. It's somehow so much more than just a race and it certainly was for our team of six - The Grizzly girls on tour.

Base camp was the most delightful cottage in East Devon - a few miles from race start and in a village where they keep moving the pub - 6 torches, a map and set of instructions and we still couldn't find it. Kay Middleton and Tina almost got invited to an Oscar's party when we ended up knocking on doors for directions asking if anyone had seen a pub recently.



I grew up in Devon and my Mum lives in the next village along and so we used Ma's for post race mud scrub off, showers and a proper Devon Tea. The baggage store and race change at Seaton is a night club. The last time I was in there I'd rolled up in a Ford Capri some 30 years previous. It hadn't changed much – just the optics! & the music!!!

So the race journey begins and ends on Seaton Seafront, involves the thick end of 2,000 runners and 350 marshals and turns almost immediately on the pebble beach which is basically mile one & your wake up call. From then on it's a heady patchwork of road, zillions of hills, pathways, woods, 2 more beaches, cliff side paths, 3 bogs, a river & a stream, one of the longest villages in England!! Messages of encouragement on posters around every corner and of course from the many marshals and support groups, numerous musicians from bagpipes, fiddlers, the Dave and Bert band, 10 steel drums, a Yak Tibetan Shrine with scented air! A pub garden, a memory tree, one of the largest cow pats in the world (imported from Pewsey) and a nice easterly breeze on the long stretch of shingle beach at about 17-miles before a cliff climb just to keep you on your paws.

An outstanding event and a credit to those who arrange it. We were blessed with a very cold but gloriously sunny day, surprisingly in places, somewhat more solid ground than the Terminator turf. In only a week it had hardened off which did help us. The rich Devon Countryside looked so much the richer for the sunshine. The Tee shirts are always a surprise at this race. This year - bright pink and we shall wear them with pride. Results are still a bit sketchy actually & the time is very much alongside the 'taking part', the completion and the experience but we have the positions and congrats to all - that was a great team effort and we had such a lovely time together.

First home for us was Kay Middleton – strong as ever and a brilliant time of 3:44 in 521st place, next Capt'n Chaos 576th 3:47, Ali Atkinson - (best known for speed on tarmac - bravely took one of the toughest races on the off-road calendar) - an outstanding 828th with a superb time of 4:08. Next Tina Vivian – 4:20 - great time & in 980th - despite unfortunately not feeling too well on the day. Julia Drewitt on 4:49 – poorly paw now on the mend – and a brilliant time. Julia actually stopped to help a runner who had fallen very badly and assisted with the First Aid and so a special well done for that too. Denise following in 1377th at 5:06 - looking good right to the finish line- a big smile from her and big cheer from all of us. Denise was also unwell with the beginnings of a heavy cold that day so a big well done there. What's next for the Grizzly ladies? (we've got team shirts now so better do something else!)- something possibly cooking in support of the Haiti/Chile Disasters Appeal for 'Shelter Boxes' - raising money via the Eden Project Marathon & Half Marathon- just an idea on the table at the moment but it's beginning to take shape. (Anyone interested in joining us – give me a shout)

..... Get your paws on the Grizzly!

Kathy Kinsey

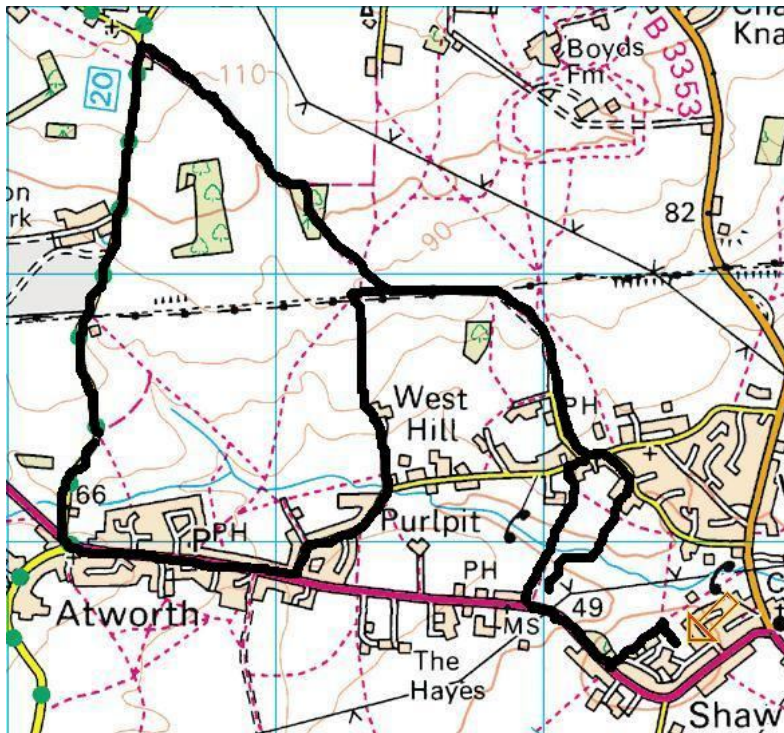
Please send Reports or Articles to news@avonvalleyrunners.org.uk

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The Shaw Stampede 10K

I am once again organising the **Shaw Stampede** this year to be held on Saturday 22nd May at 14:00 over one of my multi-terrain training routes around the villages of Shaw, Whitley, Neston & Atworth. Acting on feedback received in previous years I have changed the course to avoid some of the livestock fields and in the process extended the route to measure out at 10K.

In support of this event will also be a 2K Family Fun Run/Walk called the **Keane Kanter** named in memory of Keane Meyers, a friend of my son's at Shaw School and nephew of Men's Captain Carl Davies who unfortunately passed away last year. All proceeds from the event will be going to children's cancer charity CLIC Sargent.



If anyone can spare a few hours to help with marshalling, timekeeping or manning the entry desk on the day, then please drop me a line. As in recent years, I am also offering Avon Valley Runners an opportunity to run the course prior to race day and if you would like to join me in Shaw on Monday 10th May at 19:00, then please let me know so that I can get some drinks in for some post-run hydration.

Darren Wrintmore

All Those Years Ago

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

<p>2005: AVR Ladies took the team awards at the Shaw Stampede and Bratton Hilly 11K on the same day. Joyce Field was 1st FV60 & Dennis Mellor 1st MV70 at the Bath Hilly 10.</p>	<p>2000: The AVR Men's team of Alistair Bartlett, Bob Ellis, & Richard Hudson along with the AVR Ladies team of Denise Ellis, Viv Toms & Susie Phillips took the team prizes at the Warminster Forest 10.</p>
<p>1995: Viv Toms penned the "Loneliness of the Short-Distance Runner" for the Valley News. Rose Barber, Denise Ellis & Judy Farr took the Ladies team prize at the Fontmell Magna 8.</p>	<p>1990: 24th placed Phil Mitchell led home our twenty members at the Chippenham Half Marathon in 1:21:56. Mike Hehir clocked up 92-miles at the Warminster 24-hour race.</p>

Running Music

A snap poll of musical tastes whilst running at a recent Melksham session revealed the following top-20 artists residing on your MP3 Players and iPod's:

- | | | | |
|----------------------|------------------|------------------------|---------------------|
| 1 – Kings of Leon | 6 – Motorhead | 11 – Chemical Brothers | 16 – The Fratellis |
| 2 – The Killers | 7 – The Prodigy | 12 – Blondie | 17 – The Ting Tings |
| 3 – The Foo Fighters | 8 – Depeche Mode | 13 – Blur | 18 – Iron Maiden |
| 4 – Green Day | 9 – Donna Summer | 14 – Moby | 19 – Usher |
| 5 – Jay Z | 10 – Meat Loaf | 15 – The KLF | 20 – Lily Allen |

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5K Time Trial

The results of the April Time Trial held at Melksham are as follows:

Richard Morgetroyd	18:12	Liz Clark	23:32	Hollie Card	27:39
Dan Sharp	19:56	Rachael Davies	23:50	Vicky Thomas	27:45
Andy Strange	20:11	Abby Osbourne	25:00	Tamaris Phillips	29:32
Sean Oakman	20:24	Anthony Dunsford	25:02	Patricia Quayle	29:32
Richard Newman	21:54	Dawn Hulbert	25:16	Jackie Tuckett	34:24
Russ Cole	23:29	Colin Sharp	25:30		

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

The May Mile

If you have any athletic offspring then you may be interested in **The May Mile** taking place at Bromham Football Ground on Sunday 16th May. This is a One Mile Run for Fun, organised for under-16's in a safe, off-road environment to encourage an active lifestyle helping young people realise their potential. It's also a unique opportunity for the county's fastest runners to compete with their contemporaries and for the younger years to discover their running legs.

The first race is at 11am and every runner will get a special May Mile Medal courtesy of Sainsbury's, Melksham. There are separate races for: Under 7s (The May Half mile), Under 11s, 11 - 12 years, 13 - 14 years and 15 - 16 years. Mums and Dads can run also, but must be accompanied by a child and registered as a family.

Sportzcoach will be organising a timed assault course to test your Speed, Agility and Quickness... you'll get another medal for being the fastest or for trying your hardest. This is free and open for anyone to try.

The May Fayre will be going on all day too. There'll be loads of things to buy including original crafts direct from the designers. There's also a tombola and the May Mile Smoothie Station, cream teas and loads more.

Fixtures

Tuesday, May 11 th	The Roundway Chase** – Heddington @19:30
Saturday, May 15 th	Bratton Hilly 11K – Bratton
Saturday, May 22 nd	Shaw Stampede 10K – Shaw @14:00
Saturday, May 29 th	Bath Hilly 10 – Rush Hill, Bath @11:00
Sunday, June 6 th	Kennet Kanter – Devizes @10:30
Sunday, June 13 th	Run in the Wild - Cricket St Thomas, Chard @10:30
Monday, June 14 th	FOSMS 5 – Chippenham
Thursday, June 17 th	Melksham 5K** - Christie Miller, Melksham @19:30
Saturday, June 19 th	“Over the Hills Backwards” – Bradford on Avon @19:30
Sunday, June 20 th	Mendip Mashup – Charterhouse Mendip @14:00
Saturday, June 26 th	Forest 10** – Warminster
	Cotswold Way Relay – Chipping Campden to Bath (10-stages)

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Hi! I'M RUNNING
the
MAY MILE!

A one mile run
for FUN

Organized for **UNDER 16's** in a Safe, Off-Road Environment.

Inspire your friends
Surprise your class
Wow your teachers!

Sunday 16th May
1st Race 11am

Bromham Football Field, Bromham
All proceeds will go to St Nicholas School, Bromham

For more details and pre-registration go to:
www.maymile.co.uk

It's a family day incorporating
The May Fayre
A Traditional Arts and Crafts Fair
Look Out For Details!

Japan Handled

A wise man once said that the marathon was our one true mistress but that sometimes she could be a cruel one. Actually it was Dave from the Perth running club who is neither wise nor, technically speaking, a man. Not after that unfortunate incident involving some barbecue tongs and a pair of lycra shorts at last years Christmas Party. I won't go into details but it leant a whole new meaning to the term 'sausage sizzle'.



Anyway, this year's **Tokyo Marathon** was crueller than most. Having spent years training in the winter months of the northern hemisphere then running a warm spring marathon on the Mediterranean, I decided to reverse the process and train in the heat of an Australian summer and run in the balmy weather that a Japanese Spring marathon surely promised. As plans go it was a good one and I reasoned I could pick up a couple of minutes with the drop in temperature.

I got it half right. The training was certainly completed in some relentlessly warm weather. The only time to get a long run in was early in the morning. Very early! Sometimes I was up at 4:30 for a 6am run in the Perth hills. I joined a group of runners for regular 30K+ outings leading up to the event. It was a pleasant change from plodding round the river on my own and it meant that by 10 o'clock I was back home with the whole weekend ahead of me. At least it would have if I hadn't spent two or three hours collapsed on the sofa with the children climbing over me while I tried to get them to pretend to be asleep.

The heat meant that I had to drop some of my lunchtime runs – over 35⁰C and even a 7K run is debilitating. My regular lunchtime route takes in a wildlife sanctuary, a pretty lake and native woodlands. I was having a lovely run one day when I saw my first snake. The sky was blue; the snake was black and my shorts were very nearly brown as I reversed mid-air and scooted back up the track, narrowly missing the shin high sign that read 'Warning: Tiger Snakes in this Area'. I had assumed this was an exaggeration, placed as it was near a Children's play area. After all, tiger snakes are in the top ten poisonous snakes in the world – surely there are laws about stuff like this? I have since learned that they are unlikely to attack unless you tread on them, which I have no intention of doing having managed to avoid about a dozen over the past year. I can't say I'm entirely happy about the snake thing but it does give the training runs a bit of an edge!

For the three weeks prior to the marathon I was working away from home in rural New South Wales. I had to question what the hell I was doing for my last 32K run when in order to get to work on time, I had to get up so early it was practically the previous evening, to run round a largely unlit hamlet, praying that no-one had let their dog out - I could hear the barking but could see nothing. I didn't need a map as it was so dark I could have navigated by the stars. Startled flocks of saffron crested cockatoos and pink and grey galahs took off from their trees as I ran under them and the occasional road train thundered past. Once it got light enough I just picked a road out of town and ran until I had made up the distance. There is an awful lot of nothing in the middle of NSW and when the highlights of the run included a post and a long dead kangaroo I knew a photo was unlikely to make the 'rave runs' section of Runner's World.

I had been lucky to get in the marathon in the first place. The allocation filled up in three days with places decided by ballot. The majority of runners were Japanese with only a handful of Australians making up the 30,000 participants.

Tokyo is like an inscrutable Tunbridge Wells as Frankie Howerd once said. It is polite, quiet and very clean with virtually no graffiti. The subway is far less crowded than the Tube and as you would expect the marathon is very well organised. Sadly though, despite all my training they could do nothing about the weather. The day of the race proved to be cold, rainy and overall pretty grim. It rained all morning, during the interminable wait for the start of the marathon and throughout the race until about an hour after I finished when the sun capriciously emerged.



It was so wet that many runners completed the course in rain gear, but as I am truly hard and was proudly wearing my AVR vest, I shed my bin-bag at the start and was pretty much cold all the whole way round as a result. I'm sure the route took in many of the sights of the city but as usual I was pretty much oblivious as my fingers struggled to open gels and my mind struggled to stay focussed, particularly when I passed the 10K finish. Boy did that look inviting!

Having said that I still felt a great sense of achievement to plough through the finish in 3:27. Obviously running in the rain there is a certain price to pay in chaffing that occurs but on the plus side, it was so wet that my running shoes actually came out cleaner than when I started. We were given a nice towel and a medal as souvenirs and lots of enthusiastic Japanese bowed to us as we went through the recovery area, which was a nice touch and reminded me that running a marathon really is something special. Next time though I might just be tempted to hang on to my bin bag a bit longer. *Mike Maidment*



Curry Night

Liz Clark is arranging another curry night for Avon Valley Runners to be held on Friday 28th May at the Refa Tandori in Melksham at 19:00. Please reply to lizandpojo@hotmail.com by 10th May to book your place at the table.

For Fox Sake

You might recall that last year we held a social run in memory of Tom Fox, a member of Corsham Running Club who died suddenly during a relay race in Lacock on May 27th 2008. Tom loved running and competing, and few things gave him more pleasure than a run with friends having a chat and telling one or more of his many anecdotes. To reflect the spirit that Tom, and many others bring to our wonderful sport, I wanted to create an annual event where local runners from local clubs got together to run socially rather than to race. I called it "For Fox Sake" and we start and finish at The Fox in Broughton Gifford, between Melksham and Bradford on Avon. Last year we had around 60 runners, mostly from Corsham RC and Avon Valley Runners, with one from Calne. This year on Tuesday 18th May we would love to see you all again.

We meet at 18:50 for a brief briefing. Run out at seven around an easy, mostly flat 5.5 mile route (pretty much the route for the excellent Foxtrot 5), and then into The Fox for a drink and a chat afterwards.

I hope that you and many of your members can and will accept our invitation to come and join us. Please ask everyone to wear club vests or training tops as I think it will be helpful to see who is from where.

Dominic O'Connor - Corsham Running Club

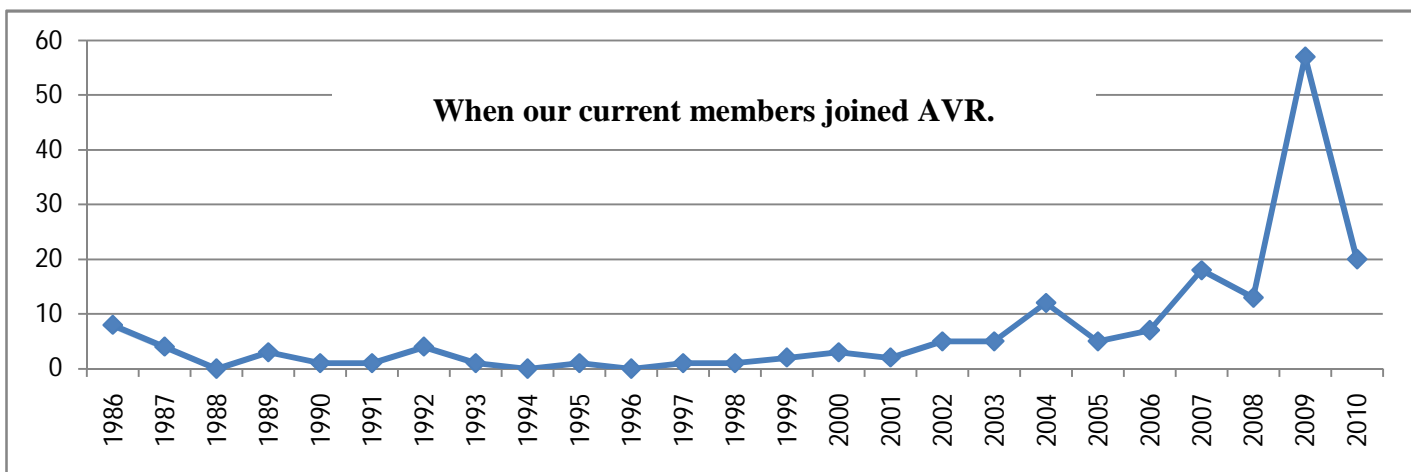
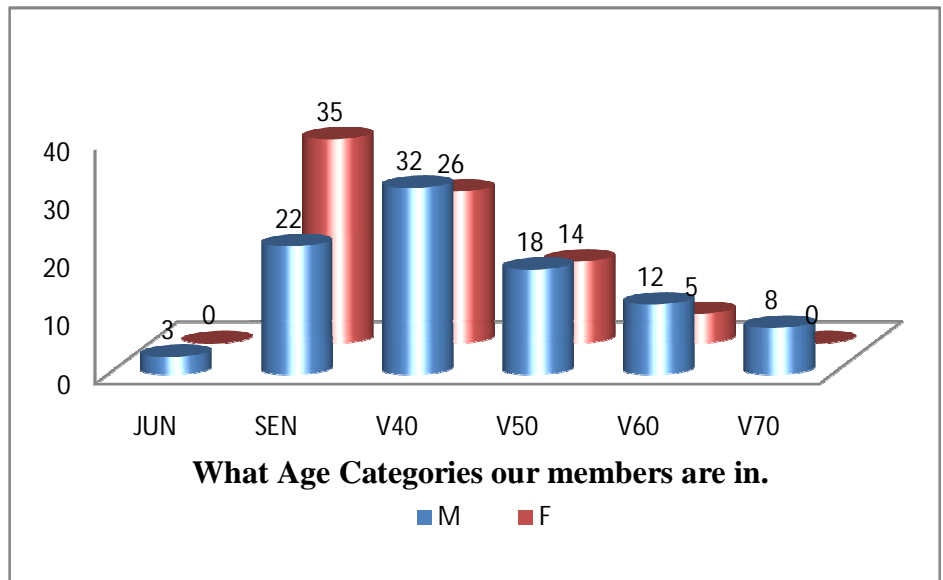
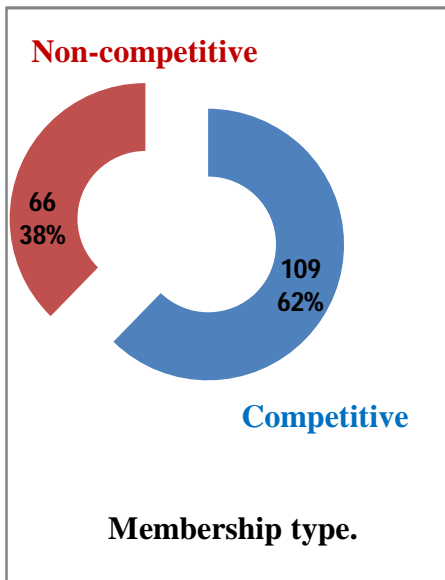
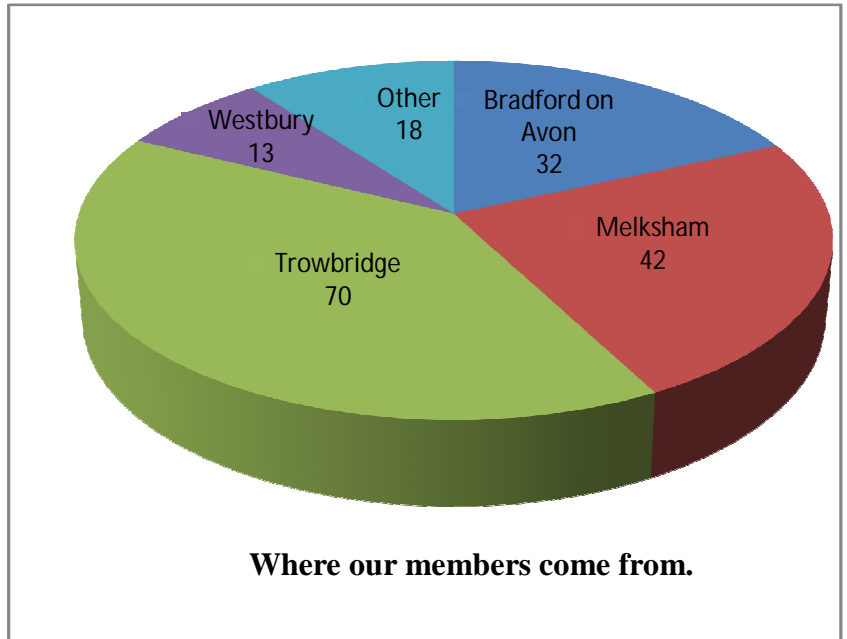
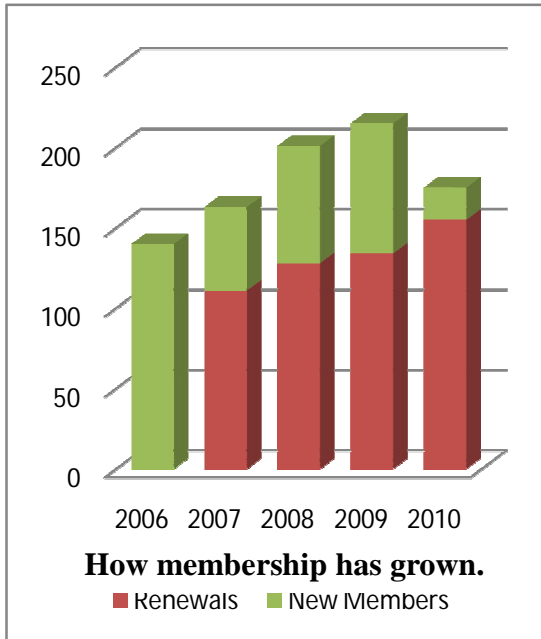


Welcome

A warm welcome to Avon Valley Runners for the following new members, from Westbury: Martin Pearce; Great Hinton: Debbie Ellis; Semington: Abigail Osborne; Lower Westwood: Tom Fisher; Melksham: Russell Cole and Victoria Thomas; Hilperton: Tom & Katherine Coney.

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Lies, Damned Lies and Statistics



Statistics compiled from Membership data on 15th April 2010.

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