



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#112 – June 2010



Our First Hash

When we were asked if we would like to be hares and help lay the trail for the up-coming **Melksham Hash Run**, we were admittedly a little nervous... What would we actually have to do? Where would we go? What would happen if we got lost? And perhaps most importantly, since we normally run at a sedate pace with the 'conversational' group, what would happen if all the fast runners caught up with us before we were even half-way round?!?

We needn't have worried - our first hash run was a great experience! Andrew Hoddinott had prepared the route and had brought the flour, and even Captain Carl Davies turned up on his bike to help too - he had just completed his first marathon three days earlier.

We set off and soon got into the swing of things; leaving dollops of flour every so often along the picturesque route. We did get a little over-excited at times and laid a lot of false trails - Carl did some particularly long ones, saying that it was harder to judge distance on a bike...

We particularly enjoyed crossing stiles, climbing gates and skipping through fields full of horses. The cow pat field was a masterpiece, with flour positioned on fresh cowpats which had been thoughtfully left along our route. Towards the end, we were getting a bit worried that there had been neither sight nor sound of the chasing hounds, and it was starting to get dark, but we were just tucking into a well-deserved drink at the Pilot public house on Bowerhill when they started to turn up. Apparently, they had had to open the secret envelope and look at the map as our route was too misleading, but it seemed like everyone had enjoyed themselves nevertheless.

When's the next one?



Patricia Quayle & Tammy Phillips

AVR Track Championships

Doesn't time fly; it was almost a year ago when Hodd and Wrinty marked out the track at Clarendon School with dollops of flour left over from a Hash Run for the inaugural **AVR Track Championships**.

This time we have left it to the professionals to mark out and so on Tuesday June 22nd we will see how those speed training sessions have been paying off as we offer the following programme of events: 800m (Men); 800m (Ladies); 3000m (Mixed); 400m (Men); 400m (Ladies); 1500m (Men); 1500m (Ladies); 4x400m Relay (Mixed). Any two individual events can be entered from the list, plus the relay for which teams will be drawn on the night.



For the racing snakes, the coveted AVR winners medals will be on offer!

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

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

eMail

Always seeking to improve communications in our ever growing and distributed club, the following eMail addresses have been set up and aligned to specific club functions:

- results@avonvalleyrunners.org.uk – send here any results that you notch up in AVR colours, these will then go to the club championship administrators (Ali Atkinson, Mike Pace & Darren Wrintmore) and to the webmaster (Hodd). If you can include the event date, name & distance along with your name, position and time – not forgetting any club mates that may have entered the race alongside you. Providing the website address for the results will allow the opposition to be sized up for next year!
- news@avonvalleyrunners.org.uk – send here any race reports or stories for publication on either the website or in the Valley News.
- webmaster@avonvalleyrunners.org.uk – send here any suggestions or corrections for the website.
- welfare@avonvalleyrunners.org.uk – send here any personal concerns that you may have relating to AVR, these will then be handled in confidence by our Club Welfare Officer – Julia Drewitt.
- OTH@avonvalleyrunners.org.uk, killer@avonvalleyrunners.org.uk or relay@avonvalleyrunners.org.uk will go to the respective Race Director for the event.
- secretary@avonvalleyrunners.org.uk – send any correspondence requiring committee attention to Darren.
- avonvalleyrunners@yahoo.co.uk is set up for receipt of eMails from parties external to the club *i.e. Governing bodies and membership prospects.*

Fixtures

Sunday, June 13 th	FOSMS 5 – Chippenham
Monday, June 14 th	Melksham 5K** - Christie Miller, Melksham @19:30
Thursday, June 17 th	Mob Match - “Over the Hills Backwards” – Bradford on Avon @19:30
Saturday, June 19 th	Mendip Mashup – Charterhouse Mendip @14:00
Sunday, June 20 th	Forest 10** – Warminster
Tuesday, June 22 nd	AVR Track Championships – Clarendon School, Trowbridge @19:00
Saturday, June 26 th	Cotswold Way Relay – Chipping Campden to Bath (10-stages)
Monday, July 5 th	Semington Stomp – Somerset Arms, Semington @19:30
Saturday, July 10 th	Avon Valley Relay - Melksham to Winsley (4-stages) @15:00
Wednesday, July 14 th	River Run 5K – Chippenham @19:30
Thursday, July 22 nd	Dumb Post Dash – Bremhill @19:30 (by invite from Chippenham Harriers)
Sunday, July 25 th	Conkwell Killer!!! – Winsley @11:00

** Race Series Event ++ Off-Road Championship

Mob Match – AVR vs CH83 vs CRC vs TBAC

Avon Valley Runners have invited Chippenham Harriers, Corsham Running Club and TeamBath AC to a **Mob Match** to take place on the evening of Thursday 17th June. The event will be held in Bradford on Avon @19:30, adjacent to the Tithe Barn and be across our “Over the Hills” course – only backwards!!!

There will be a few exceptions to the course that is normally run, in that both the river crossing and Iford Manor will be closed to the runners. Also we will run the first mile or so over the normal part of OTH route to avoid congestion on the towpath. There will be no marshalls or signage and no times will be recorded, only positions to determine the match winners. The match points will be determined against the finishing positions of the runners belonging to the same club/sex up to the number of the lowest attending club and as this is a Mob Match the runners at the back can actually score better than the racing snakes at the front!

A presentation and drinks will take place afterwards at the Lock Inn.

Please see Club Captains Kathy Kinsey and Carl Davies for more information.



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