



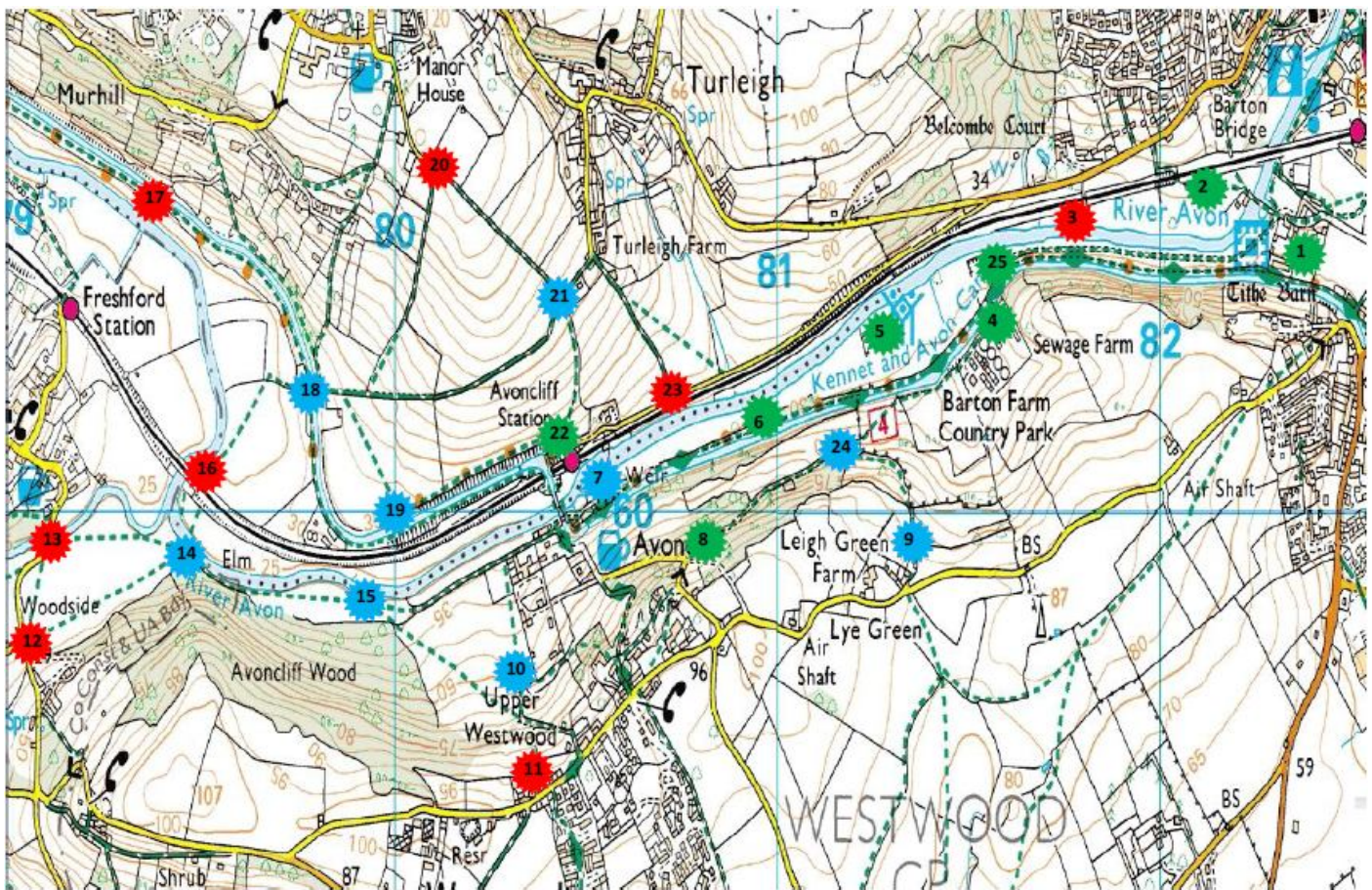
Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#114 – August 2010



The Mini Mash

Back in June a small band of Avon Valley Runners travelled down to Charterhouse Mendip to take part in the **Mendip Mashup**, which provides a unique blend of trail running, hashing and orienteering. For some of us it was a return visit, such is the appeal of the event. So that you can see why we rave about this event we have decided to host our own version on the evening of **Thursday 26th August**. Starting at 19:00 armed with a map you will have one hour to run and locate as many AVR flags as possible in the locale of Barton Farm Country Park, with possible excursions for the energetic out to Turleigh, Freshford and Upper Westwood. Some flags are of course worth more than others, typically those that are furthest away – Those marked on the map in green are worth 10-points, blue 20-points and red 30-points. Each flag on the ground will hold a special keyword which you will need to record to prove that you found it.



So the winners will be the man and lady runners who amass the most points in the allotted one-hour. However for every minute past the hour that you are late, you will be deducted 10-points, *my 450-points amassed at this year's Mendip Mashup would have got me second place however being 27-minutes late dropped me back to 18th!*

We would also like to invite your families along to take part in this event and so we are also having a Family Walk prize and will be firing up the BBQ – so advance notice of your intention to attend will help in determining the number of burgers to buy.

In keeping with the Mashup there will also be a hidden flag – this flag will be easily visible but is not marked on the map. Anyone finding this flag will be placed in a draw for a special prize.

Registration for the event will open at 18:30, so the earlier that you can get to Pound Lane, the longer you can have to plan your route and optimise your strategy for accumulating points.

Darren Wrintmore

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

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A Mountain Challenge

Whilst on holiday in Spain this year I did a unique mountain cycling challenge. We stay in a small village called Murla, which is roughly situated between Valencia and Alicante and inland by about 20-miles. It is in the Jalon Valley overlooking the Col de Rates Pass through the Marina Alta Mountain range. As in recent years I hired a good road bike, which we pre-book on the net from an excellent bike shop in the seaside town of Calpe.

I have previously ridden up to this mountain pass, known as Col de Rates, which is approx. 3K from where we stay, but that was on an old mountain bike, about 6-years ago. It then took me 44-minutes to ride up and 14-minutes to whiz back down again. This year however, we noticed a timing device at the foot of the mountain, and after investigating, found that you can fill in a card with all your personal details, slot it in the machine, where it prints out the time and date, then off you shoot, ride up the mountain and follow the same procedure with the card at the summit.



After 31-minutes and 40-seconds I reached the top, puffing and panting (which is what you do after the age of 60). After the machine has printed the finishing time you post the card in the machine, and someone from "www.stoppomat.de" collects it and records it on their website, to be viewed by all.

These results compare riders of all nationalities, who like me, just have to conquer the mountain cos its there. At the moment I am listed as 20th lady overall, but 1st in the Masters 4 group. These "Stoppomat machines" are dotted around Germany, but as yet, there is only one in Spain.

It certainly makes it more interesting than just riding up the mountain with only reaching the top as a goal.

Rosemary Barber

Fixtures

Thursday, August 5th
 Thursday, August 19th
 Sunday, August 22nd
 Thursday, August 26th
 Sunday, September 5th

Sunday, September 12th
 Sunday, September 19th
 Saturday, September 25th
 Sunday, September 26th

The Avon Valley Mile – Bradford on Avon @19:30
Barbury Track 'n' Trail++** - Barbury Castle, near Swindon @19:30
The Foxtrot 5** - Broughton Gifford @11:00
The Mini Mash – Bradford on Avon @19:00
Bristol Half Marathon – Bristol
White Horse Relay – Cherhill @09:00
Chippenham Half Marathon** – Chippenham @09:30
King Alfreds Torment – Stourhead++ @11:00
Uphill to Wells Relay – Weston-super-mare @13:00
SEAA Road Relay (Men) – Rushmoor Arena, Aldershot

** *Race Series Event* ++ *Off-Road Championship*

September Relays & Team Eventing

Following on from the fun of the **Cotswold Way Relay** and the victories at the **Avon Valley Relay**, the club would like to enter teams into the **White Horse Relay** (Sunday September 5th); **Uphill to Wells Relay** (Saturday September 25th); **SEAA Road Relay** (Sunday September 26th) and the **Badminton Horseless Trials** (Sunday October 3rd).

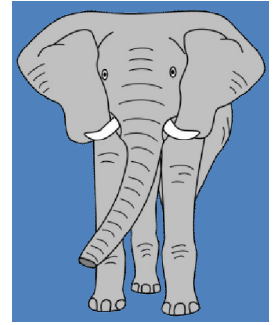
If you are interested in competing in any of these events then please indicate your availability on the club forum at <http://avonvalleyrunners.forumup.co.uk/>

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So what is a Pachyderm?

Twenty two club members paired up to tackle the Melksham Treasure Run. Five miles, twenty clues and two bonus questions to be conquered. As promised the favourites were there: The mixed up runner was a "A SO NICE BEAST" and the number tree continued to prove that addition and running doesn't mix. First back in a time of fifty minutes were Sarah Jewers & Rebecca Brown with 12 correct answers gained a net score of 46pts. A few seconds later Liz Clark & Kathryn Slip returned, also with 12 correct answers thus tying for the lead. The fifth pair to return was Kevin Gover & daughter Sophie in sixty seven minutes but with fourteen correct answers and both bonus questions answered, they finished third with 49pts.



The clue which no-one got correct was "Mix this pachyderm with an oddity to feel drunk" referring to the red elephant in the playground off Windsor drive.

Sports Nutrition – Top 10 List

#10. Eat breakfast. No excuses! Sit down and enjoy breakfast daily. If it's impossible to have a sitdown meal, grab and go with a cereal bar, muffin, sandwich, peanut butter crackers, yogurt, or fruit.

#9. Eat snacks. Ideally we should snack between every meal, especially if meals are more than 4-hours apart. Snacks supply energy and prevent us from getting so hungry that we overeat at meals.

#8. Eat Slowly. It takes 20 minutes for the "I've eaten enough" message to get from stomach to brain. By eating slowly we decrease our chances of becoming overfull. We'll also enjoy food more!

#7. Carbohydrates = Energy Complex carbohydrates found in fruits, starchy veggies and whole grains provide our bodies with the best type of energy to fuel exercise, and refuel after exercise. We need about 65% of our daily calories from carbohydrate.

#6. More protein does not mean more muscle. Avoid expensive high protein powders and diets. We only need about 15% of calories from protein. This equals daily about 4 servings of dairy products and 3 servings of meats or alternative proteins (fish, eggs, beans, nuts, seeds and tofu). Extra protein won't give us any extra benefit.

#5. Fats are not all bad. Our bodies need about 20% of daily calories from fat. Monounsaturated fats like canola and olive oils are best in terms of their heart-health benefits. Saturated fats from animal sources and some processed foods are less healthy.

#4. Dairy products are not the enemy. Unless you're lactose intolerant or a vegan, dairy products are probably your best bet for calcium. Calcium is essential for prevention of osteoporosis in men and women. Some dairy products contain lots of saturated fat (whole milk cheese) while others don't (skim milk). Calcium sources include yogurt, cow's milk and cheeses, and fortified soymilk and cheeses.

#3. Drink before, during and after exercise. Fluids protect our bodies from dehydration. The more active we are, the more fluids we need. Drink non-alcoholic and caffeine-free beverages for best hydration. By the time we're thirsty we may already be dehydrated. We're well hydrated if our urine is light-colored and odor-free. Dark infrequent urination is a sign of dehydration.

#2. Dietary supplements can't guarantee strength, energy or endurance. Research has not proven a relationship between dietary supplements and athletic performance. Vitamins and minerals don't provide energy because they don't provide calories. Save your money, you'll be better off eating a wide variety of foods. It 's important to remember that supplements are not regulated by the FDA, leaving lots of questions about safety, effectiveness and reliability of these products.

#1. Take time to recover from strenuous exercise. Intense activity leaves muscles feeling fatigued. You'll have a better chance of a quicker recovery if you eat (or drink) something high in carbohydrate, along with a little protein, within fifteen minutes after exercising. Try a bowl of cereal and a banana, lowfat cheese in a wrap, or peanut butter crackers and a sports drink. Resting your body is an important part of recovery too.

The Avon Valley Relay

The club staged the inaugural Avon Valley Relay, covering the 18-miles from Melksham to Winsley in four self-navigated stages. Ten teams accepted the challenge and nine teams stepped up to the start line outside Christie Miller Sports Centre. Winners in a total time of one hour and fifty seven minutes were the Avon Valley Runners Men's team led by Club Captain Carl Davies, who stormed off to complete the first leg of four miles to the Somerset Arms in Semington



in 23 minutes, handing over to Michael Towler for the 5.75-miles to "The Barge" in Bradford on Avon who increased the lead even further. Richard Morgetroyd then took the baton 4.25-miles onto Dundas Aqueduct before handing onto Chris Atkinson for the climb up the miners track on the four mile leg back to the finish at Bradford on Avon Rugby Club in Winsley. In second place overall, the Mixed team from Avon Valley Runners led by Sue MacGregor had a close fought run against Mendip Hills Hash House Harriers to finish in two hours and nine minutes. The Ladies Race saw Avon Valley Runners claim another relay title with Melanie Nichols, Rebecca Brown, Liz Clark and Jo Mumford coming home to finish in two hours and twenty seven minutes.

| Pos | Team | Club | Leg 1 | | Leg 2 | | Leg 3 | | Leg 4 | |
|-----|------------------------|------|-----------------|------|------------------|------|--------------------|------|---------------------|------|
| 1st | Carls Crew | AVR | Carl Davies | 0:23 | Mike Towler | 0:57 | Richard Morgetroyd | 1:27 | Chris Atkinson | 1:57 |
| 2nd | Atomic Sphincter | AVR | Sue MacGregor | 0:28 | Stuart MacGregor | 1:07 | Laura MacGregor | 1:40 | Mike Pace | 2:09 |
| 3rd | Hash Dashers | MH4 | Martin Berkeley | 0:29 | John Reynolds | 1:14 | Elly Milln | 1:49 | Mike Brown | 2:20 |
| 4th | Lucky Ladies | AVR | Mel Nichols | 0:28 | Rebecca Brown | 1:17 | Liz Clark | 1:54 | Jo Mumford | 2:27 |
| 5th | Avon Valley Organisers | AVR | Julia Drewitt | 0:35 | Darren Wrintmore | 1:16 | Sarah Jewers | 1:51 | Andrew Hoddinott | 2:31 |
| 6th | PPT Striders | U/A | Colin Goodhind | 0:32 | Bruce Sanders | 1:22 | Caroline Vowels | 2:00 | Helen Petteimerides | 2:36 |
| 7th | Captain Chaos Crew | AVR | Kathy Kinsey | 0:30 | Helen Watson | 1:23 | Sharon Gover | 2:04 | Linda Ladner | 2:37 |
| 8th | Slow but Social | AVR | Patricia Quayle | 0:40 | Holly Card | 1:34 | Tammy Phillips | 2:16 | Judith Greenman | 2:57 |
| 9th | Avon Valley Sweepers | AVR | Anthony Hickson | 0:40 | Nick Bracey | 1:35 | Brett Flook | 2:16 | Brett Flook | 2:57 |



The event managed to gain some good feedback on the Runners World website: *“Great scenery, very friendly, well organised – A great combination of quiet roads through Melksham and towpath along the canal. Glorious scenery with woods, valleys and even a hill at the end. Welcoming friendly atmosphere, we will be back next year”*.

I think that this gives a mandate to host the event again next year!

Darren Wrintmore (Avon Valley Relay Organiser)

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