



# Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS  
#115 – September 2010



## Ryan Easy Baby presents The Bath 10K



A fast paced road race over a certified 10K course.

Prizes: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>, 1<sup>st</sup> V40, 1<sup>st</sup> V50, 1<sup>st</sup> V60

1<sup>st</sup> Team of 4 runners

To be held in Skegness, Lincs

Monday 30<sup>th</sup> February @04:30

Entry from

**29p**

### Value Added Extras:

Unattached Levy	£2.00
Online Entry	£1.50
Availability insurance	£2.00

### Mandatory Optional Extras:

Race number	18p
Safety pins	2p
Marshalling fees	£2.40
Results	30p
Memento	£1.22
First Aid cover	80p
Prize pot contribution	90p
Race Permit	10p
Course Certification	30p
Venue	£1.00
Administration fee	40p
Water & snack bar	38p

## The Cost of Racing

If budget airlines organised road races, then their adverts may look like the one above. It does however illustrate what costs go into organising a road race, especially those items that we take for granted, even the lowly, but pretty essential safety pin weighs in at 2p for four of them. We all like to know that we are heading in the right direction on a race, so marshalls are essential and also the highest cost for a Race Director – thankfully at AVR we have you members to thank as a volunteer force and through this saving is where we make our money on races – and help to keep our membership fees the lowest around.

Another high cost item are venue charges, yes, we have to pay to use Bradford on Avon Rugby Club for the Conkwell Killer and the Country Park office for Over the Hills - we may even need to buy-in additional toilets. First Aid costs too, with St John Ambulance providing event cover from around £80 for a team, an ambulance costing extra.

If you want your race entrants to be insured (*as we do*) then we get a Permit through the ARC (*or UK:A*) at £10 with unattached runners paying an extra £2.00 each to cover their higher liability and AVR get to keep 75% of the collected levies. If the course requires measuring then this can be done at a cost of £30, but the good news is that a certificate lasts for ten years, unless the road layout changes!

Where the canny Race Director can reduce his costs is by bringing in a sponsor or two who in return for their name to be associated with the event, perhaps displayed on the Race Number, the Trophies or the Memento which can generate as much as a 25% cost saving.

If you can't reduce costs then you need to increase revenue and this is how the big boys in race organisation make their money – you pretty much need the same number of marshalls whether you have one hundred runners or ten thousand runners. **Darren Wrintmore**

# Fixtures

Sunday, September 12 <sup>th</sup>	Chippenham Half Marathon** – Chippenham @09:30
Sunday, September 19 <sup>th</sup>	King Alfreds Torment++ – Stourhead @ 11:00
Saturday, September 25 <sup>th</sup>	Uphill to Wells Relay – Weston-super-mare @ 13:00
Sunday, September 26 <sup>th</sup>	SEAA Road Relay (Men) – Rushmoor Arena, Aldershot
Sunday, October 3 <sup>rd</sup>	Badminton Horseless Team event (5 or 9 miles) – Badminton, Glos @ 11:00
Sunday, October 10 <sup>th</sup>	Clarendon Way Marathon & Half – Salisbury @10:30/12:15
Sunday, October 17 <sup>th</sup>	101010 10K – Cirencester @10:10
Sunday, October 24 <sup>th</sup>	Tadley 10** – Tadley, Hampshire @10:00 - *** AVR Coach Trip to this event ***
Sunday, October 31 <sup>st</sup>	Exmoor Stagger++ – Minehead
	Clock Change Challenge 10K – Calne
** Race Series Event	++ Off-Road Championship



## Avon Valley Mile

On Thursday August 5<sup>th</sup> the fifth running of the **Avon Valley Mile** was held in Barton Farm Country Park and saw new winners in the Senior Mens, Senior Ladies & Masters races.

In the Mens race, club record holder Michael Bryant set the early pace with Warren Wade, Carl Davies and Andy Hawkins (2007 winner) giving chase.



Over the second half Carl injected some pace to take the lead and finish in five minutes and five seconds with Michael four seconds back and Warren claiming third spot.

The Ladies race saw Kay Middleton take an early lead with Sarah Jewers and Liz Clark several seconds behind at halfway. In the second half Sarah took the lead and recorded a winning time of six minutes and forty four seconds with Rosemary Barber coming from fourth place to finish second and reclaim the Masters prize that she last won in 2007.

Stuart MacGregor led from start to finish to win the Masters race in a time of five minutes and twenty nine seconds with Steve Bryant pressing hard to finish four seconds later.

Senior Men	Senior & Masters Ladies	Masters
1 <sup>st</sup> Carl Davies 5:05	1 <sup>st</sup> Sarah Jewers 6:44	1 <sup>st</sup> Stu MacGregor 5:29
2 <sup>nd</sup> Michael Bryant 5:09	2 <sup>nd</sup> Rose Barber 6:44	2 <sup>nd</sup> Steve Bryant 5:33
3 <sup>rd</sup> Warren Wade 5:14	3 <sup>rd</sup> Liz Clark 6:46	3 <sup>rd</sup> Chris Switzer 6:16
4 <sup>th</sup> Andy Hawkins 5:26	4 <sup>th</sup> Kay Middleton 6:58	4 <sup>th</sup> Frank Lamerton 6:18
5 <sup>th</sup> Kevin Gover 5:52	5 <sup>th</sup> Josie Ellis 8:04	5 <sup>th</sup> Bob Washbourne 6:32
6 <sup>th</sup> Ian Harryman 6:06	6 <sup>th</sup> Juliet Harris 8:09	6 <sup>th</sup> Tony Bartlett 14:08
7 <sup>th</sup> Simon Ringham 6:08	7 <sup>th</sup> Joyce Field 8:12	
8 <sup>th</sup> Shaun Oakman 6:20		



## The Tadley Bus

Avon Valley Runners are laying on a bus for the **Tadley 10** being held on Sunday 17<sup>th</sup> October in Hampshire. Pick up points are still to be decided and no doubt we will find a local hostelry for some post-race rehydration.

Please contact Kathy Kinsey for details.





Mike & Tom

## Club Five Mile Record falls

Tom Fisher recorded a time of 26:13 to win the Foxtrot 5 road race at Broughton Gifford and in the process lowered the club record set in 1988 at the Bowood 5 by nearly thirty seconds. Michael Towler ran 27:27 to finish third overall and became the fifth fastest Avon Valley Runner over the distance.

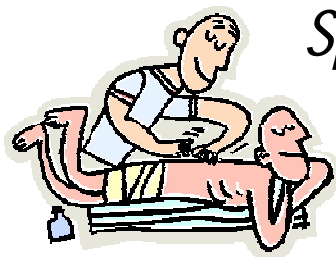
Our third fastest ever lady over five miles, Rosemary Barber ran the race in 39:37 to claim the 1<sup>st</sup> FV60 prize. Below are listed the top five Avon Valley Runners over the 5-mile distance:



Rose

- 1 – Tom Fisher 26:13 – Foxtrot 2010
  - 2 – Keith Elsey\* 26:42 – Bowood 1988
  - 3 – Andy Robertson 26:55 – Frome 1995
  - 4 – Bob Roots 27:22 – Lockeridge 1988
  - 5 – Michael Towler 27:27 – Foxtrot 2010
- \*Keith also ran 27:06 at Westbury in 1989.

- 1 – Jackie Rockcliffe 30:42 – Frome 1995
  - 2 – Judy Farr 30:47 – Westbury 1988
  - 3 – Rosemary Barber+ 31:13 – Donhead 1993
  - 4 – Linda Brown++ 31:45 – Corsham 1990
  - 5 - Liz Ringham 31:54 – Foxtrot 2008
- +Rose also ran 31:53 at Highcliffe in 1993  
++ Linda also ran 31:47 at Broad Town in 1991



## Sport Massage

Following on from the success of the Nutrition talk, we have got Clare Grant visiting us at Melksham after training on Wednesday 22<sup>nd</sup> September to advise on the benefit of pre/post run massage and it's role in injury prevention. Clare will also be doing hands-on demonstrations, so a few willing volunteers will be required.

## On your marks, Get set, Scatter

Fifteen runners and walkers got underway at the inaugural **Avon Valley Mini Mash** on Thursday 26<sup>th</sup> August in Bradford on Avon. Twenty five flags marked on a map were located in easy to find places (*but not so easy to get to in the time allocated*) throughout Barton Farm Country Park and out to Freshford, Westwood & Turleigh. Points were scored according to the colour coding of the flags, with points being deducted for every minute past the allocated one hour that the runners were late.



The Mashers get underway

Taking the main honours were Kevin Gover with 270pts & Kay Middleton with 250pts. Sue Cook was drawn from the hat of runners who managed to locate the Hidden Flag.



Kay & Linda on the run!

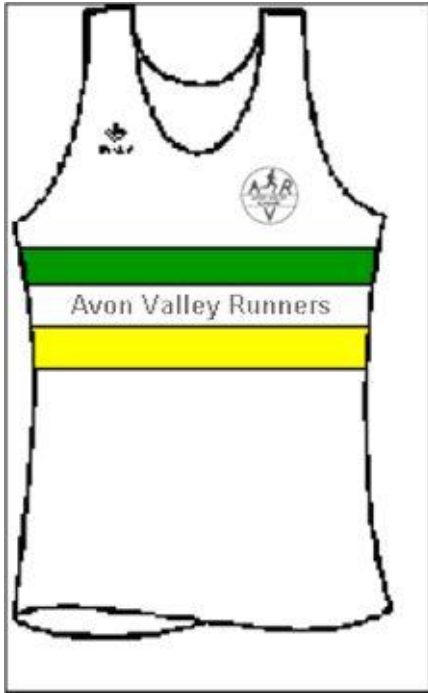


Team Allard find a flag



A thumbs-up from Josie

- 1<sup>st</sup> Kevin Gover - 270pts
- 2<sup>nd</sup> Kay Middleton - 250pts
- 3<sup>rd</sup> = Linda Ladner - 240pts
- 3<sup>rd</sup> = Kevin Ladner - 240pts
- 5<sup>th</sup> Patricia Quayle - 150pts
- 6<sup>th</sup> = Josie Ellis - 140pts
- 6<sup>th</sup> = Denise Ellis - 140pts
- 8<sup>th</sup> = Team Allard - 130pts
- 8<sup>th</sup> = Anthony Hickson 130pts
- 10<sup>th</sup> = Christina Davidson - 100pts
- 10<sup>th</sup> = Sue Cook - 190pts 100pts
- 10<sup>th</sup> = Sharon Gover - 100pts
- 13<sup>th</sup> Team Jewers —150pts



## The Silver Jubilee Vest

Our silver jubilee is fast approaching and a number of projects are underway to celebrate the twenty five years since our club was officially formed. We have the Shed, Your Results over the last quarter of a century are being typed up and old editions of the Valley News are being added to the website.

Over the last few months the committee have been discussing the design of a new club vest to celebrate the land mark occasion. The vest will be white, sporting green and yellow horizontal bands to tie into our existing club colours and Avon Valley Runners printed in grey across the chest (*we can't get silver*) and traditional green lettering on the back. The club's long lasting logo will be there underwritten with 'Silver Jubilee' (*Next month we will share with you some of the alternative badge designs that were penned back in 1986*).

The vest will be available to purchase online through the club shop hosted by Sportzform. We would be interested in your feedback before we commit to a production order.

## WAVA

The World Association of Veteran Athletes (*now known as World Masters Athletics*) provide Age-Graded Tables, a set of "age factors" and "age standards" that, when multiplied by a time or distance, allow athletes of any age and event to compare their performances with that of any other athlete. Age-Graded Tables were first devised in the mid-1970s as a way of helping score multi-event competitions for older athletes, such as the decathlon, heptathlon and indoor pentathlon. The first official Age-Graded Tables were compiled by WAVA and published by National Masters News in 1989. Revisions (*taking into account improved performances at all ages*) were released in 1991, 1994 and 2006. The tables can be applied to five-year age groups or individual ages from 8 to 100.



Avon Valley Runners have adopted the 2006 tables for Championship purposes and use the five-year age grouping (*for members over 40-only*) for the following distances only: 5K, 10K, 10M, Half Marathon & Full Marathon, to include more distances would create an administrative burden.

The best WAVA performances so far this year are: Brett Flook with 75.56% for his 38:15 at the Hemmington 10K which is equivalent to a 35:42. Stuart MacGregor heads the WAVA rankings for the men this year with a 78.16% for his 1:06:01 10-miler at Maidenhead which is equivalent to a 57:09, Stuart also has a 76.02% for a 1:30:21 Half Marathon which is equivalent to 1:18:28. Bernie Hobbs has produced best 5K WAVA score with a 21:22 at Melksham, which is equivalent to running 17:30 and is worth 74.13%. Over the Marathon Distance Chris Atkinson produced a 61.9% when running 3:28:21 at the Edinburgh Marathon.

Rosemary Barber who has claimed the clubs WAVA title just about every year since she became a veteran athlete is showing no signs of giving it up, with the best 10K WAVA of 76.06% for her 49:27 performance at Westonbirt which is equivalent to a 39:20 clocking; Rose also managed a 72.51% for the Half Marathon when running 1:53:08 at the Wilmslow Half Marathon where she finished as 1<sup>st</sup> FV60, a time equivalent to a 1:30:45; Performance of the year so far has to be over 5K where Rose achieved a 81.56% when running 22:21 at the Yeovilton 5K equivalent to a 17:38 run. Breaking Rose Barber's monopoly at the top of the club's WAVA rankings is Joyce Field, who over 10-miles has made a WAVA score of 73.95% for her 1:28:27 at Bramley worthy of a 1:06:47 run by an athlete forty years her junior. Ali Atkinson leads the WAVA ranking for the marathon with her 4:06:52 at London which scored 57.72%.

If you want to see how your WAVA scores shape up then please try out the online WAVA calculator on the club website which uses individual ages and provides a good guide as to what your Championship WAVA score may bring.