



# Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS  
#117 – November 2010



## Giddy Up

Two teams of Avon Valley Runners got under starters orders for the 27<sup>th</sup> running of the **Badminton Horseless Team Event**. The race over five miles takes runners around the 1,500 acre estate of the Duke of Beaufort and presents the runners with the challenge of some of the obstacles faced during the famous Badminton Horse Trails. Choosing suitably equestrian names, The AVR Stallions consisted of Captain Carl “Crazy Horse” Davies, Michael “Trigger” Towler, Chris “Bullseye” Atkinson, Richard “Ho-Ho Silver” Morgetroyd and Darren “Dobbin” Wrintmore; The AVR Fillies (*who were far too sensible than to indulge in the horsey naming theme*) consisted of Patricia Quayle, Tammy Phillips, Liz Clark and Tina Towler along with Anthony Hickson.



With the going good to firm Trigger immediately shot off in hot pursuit of last years winner from Stroud AC with Crazy Horse a few lengths behind. After about quarter of a mile the first obstacle was reached, a raised bar at about knee height which was easily leapt whilst keeping stride.



Then nothing apart from the glorious scenery of the Badminton estate bathed in a light misty rain for the next two and a half miles. Then the obstacles came thick and fast, a six foot log-pile (how the diminutive Tina got over this we may never know); A short flight of steps with each step being about three feet high (the organisers had thoughtfully provided some hay bales to give us a leg up); More hurdles, More log piles and the Water jump. Trigger managed to take the lead after three miles and pulled away to cross the finish line in twenty seven minutes and forty four seconds to win. Crazy Horse crossed the line a few minutes later to take third and Hi-Ho Silver sixth. However being a Team Event it was down to the fourth scorer on which the final positions would be decided upon and just managing to keep ahead of Cheltenham’s Almost Athletes, Bullseye finished in 13<sup>th</sup> position to ensure that the winners trophy returned with us back to West Wiltshire.



Next year we will be back and hope to bring more teams with us....giddy up. **Darren “Dobbin” Wrintmore**

## Dates

**Thursday 4<sup>th</sup> November** – Draw for Virgin London Marathon places at, in Bradford on Avon before training.

**Wednesday 17<sup>th</sup> November** – Bowling at Christie Miller after training, please contact Darren Wrintmore.

**Friday 3<sup>rd</sup> December** – Christmas meal at the Assam in Trowbridge, please contact Liz Clark.

**Thursday 20<sup>th</sup> January** – Annual General Meeting at the “Riverside” in Bradford on Avon.

**Saturday 22<sup>nd</sup> January** – Presentation Evening - Venue TBC.



## Jubilee Vest

To celebrate our Silver Jubilee year we have commissioned a special running vest which will be available on a limited offer basis.

Please place your orders with Andrew Hoddinott before the 31<sup>st</sup> November.

## Marathon Girls

Congratulations to Captain Kathy Kinsey who led our ladies around the tough **Eden Marathon** at St Austell on 10.10.10 in bright autumn sunshine, finishing in four hours and six minutes and claiming the prize for 3<sup>rd</sup> FV45 on a very hilly Cornish course. Kathy was followed home by Helen Watson in 4:38:10 and Julia Drewitt in 5:05:50.

Taking the shorter option Melanie Nichols was our first lady back in the Half Marathon recording 1:46:12 and finishing as 3<sup>rd</sup> FV35.

Following Mel home was Kay Middleton in a time of 1:55:16; with



Ali Atkinson clocking 2:06:49 and sticking together were Christina Davidson, Tina Vivian and Natasha Drane all recording 2:16:44 with Denise Ellis finishing in 2:32:56.

Well done to Fiona Price on completing the slightly flatter **Leicester Marathon** also on 10.10.10 in a very respectable 4 hrs 04 mins 12 secs, pictured with AVR Junior member Cameron Price who aided mum in those agonising last 385 yds.



## Fixtures

Sunday, November 14<sup>th</sup>

Saturday, November 20<sup>th</sup>

Sunday, November 21<sup>st</sup>

Sunday, November 28<sup>th</sup>

Saturday, December 11<sup>th</sup>

Sunday, December 12<sup>th</sup>

**Kidney Canter** – Bradford on Avon @10:30

**Gloucester XC League** - Cheltenham

**The Avebury 8** – Avebury @10:30

**Chilly 10K** – Castle Combe @11:30

**The White Horse Gallop** – Westbury @10:00

**Gloucester XC League** - Gloucester

**Wiltshire XC Championships\*\*** – Bath University

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

## 5K Time Trial

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

1	Carl Davies	17:23	6	Andy Mumford	22:06	11	Anthony Hickson	27:57
2	Richard Morgetroyd	18:16	7	Rosemary Barber	22:51	12	Patricia Quayle	28:59
3	Kieran Hill	19:33	8	Russell Cole	23:22	13	Ian Haskins	29:18
4	Dan Sharp	20:22	9	Anthony Dunsford	25:30	14	Viv Scott	30:39
5	James Brett	20:59	10	Challey Illman	25:37	15	Jackie Tuckett	33:45

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

Before the time trial we asked the question – “*what is your favourite race?*”. We allowed upto five races to be chosen and had a wide range of responses. Some of the local events in our Race Series were there: **The Chippenham Half** (6), **Bromham Pudding Run** (4), **Foxtrot 5** (2), **Melksham 5K** (1) and **The Terminator** (1). Some other favourites will need to be considered for next years Race Series: **The Bournemouth Bay Half** (2), **Weston Tough Ten** (2), **Poole 10K** (2) and the **Weymouth 10** (1). Whilst a bit off-base, other favourite races included: **The Lanzarote Trail Race**; **Walt Disney World Marathon** and **The Grand Corbin Trail Run** in Switzerland.

The follow up question “*why?*” will be answered in future editions of the Valley News.