



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS

#118 – December 2010



Over the Hills

Three hundred runners got underway from the Tithe Barn in Bradford on Avon for our “**Over the Hills**” Multi-terrain race in Bradford on Avon. The route over twelve kilometres takes runners across some of the most technical terrain in the area as it passes through Barton Farm Country Park, Freshford and Westwood as well as a crossing through the River Frome at Iford. First back in a time of 44:27 and retaining his 2009 title was Tom Fisher, this year wearing the new club colours especially commissioned to celebrate the silver jubilee of Avon Valley Runners. Tom was over a minute ahead of second placed Elliot Challifour of VoTwo and club mate Michael Towler who finished in third place. The ladies race saw a close fought battle between Holly Rush of Team Bath and Nicky Brookland of Bristol & West, with the Commonwealth Games Marathon runner who lives in Bradford on Avon getting the edge by just twenty one seconds.



Once again it was the marshalls who made the day and the feedback received through the Runners World forums reflects this.



“An excellent multi-terrain, scenic, hilly race through fields and woodland and mud!! Very well organised, baggage storage, changing area in a club house type building and even showers....Marshalls were encouraging and there was a water station half way round. As tradition goes with these smaller races we had the chance to buy tea and home make cakes at the finish (within the barn so nice and warm). Organised by Avon Valley Runners and they did an excellent job. 10 out of 10 definately worth a trip there next year, was a fantastic day.” – Mav42

“Enjoyed this one as always. Well done AVR...A big thanks too to all the marshalls and helpers (who needs hellrunner? haha)” - mi0805runner

“Love it !!!!!!!” - DolphinFriendly

“No better way to spend an autumn sunny morning. Really enjoyed this race. Great atmosphere, nice relaxing atmosphere and plenty of mud. Thanks to the Marshalls.” – lowslice

A special thanks to Simon Ringham who assumed the role of Race Director and pulled it all together to make a successful day.



VLM Draw

Helen Watson, Karen Butler, Laura MacGregor & Andy Britten were drawn from the bag for the club places in next years **Virgin London Marathon** with Michael Brooks being drawn as the Replacement runner.

Off-Road Championships

In readiness for the new year the committee has undertaken a review of the Off-Road Championships and decided that the mandatory races are now to be: Any XC League or championship race *i.e Gloucester XC League*; any split-leg relay *i.e The Cotswold Way* and any Off-road race included in the AVR Race Series.

As always, only races where you are representing AVR are permissible and results should be sent to results@avonvalleyrunners.org.uk

The Stan Farr 5K

The 51st running of this event will take place on Boxing Day at 11:00 meeting for the second year at Hilperton Social Club in Whaddon Lane, before retiring to the 'Lion & Fiddle' for post-run refreshments. This event is once again closed to members of AVR only. We would appreciate early indication of your intention to run or help on the day. There is no entry fee but there is an opportunity to donate to the ankylosing spondylitis charity of which Stan was a supporter.



Our former Secretary and founder member Ian "Stan" Farr took part in every one of these events, which he started in 1960 through to 2005.

Please see Alan Hayes or Kathy Kinsey for more details.



Election Time

It's approaching that time of year when you have the opportunity to influence the democratic running of the club, through the election of officers and voting on new club business. The Annual General Meeting of Avon Valley Runners is to be held on the evening of Thursday 20th January after training in Bradford on Avon at the Riverside Inn.

After five years of keeping us in the black Joyce Field has decided to step down from the committee in January, leaving the position of Treasurer vacant. I am looking to receive nominations in writing for the following positions by Wednesday 5th January:

- **Chairman** - to chair our monthly committee meetings, currently fulfilled by Andrew Hoddinott.
- **Vice-Chairman** – to support the Chairman, currently fulfilled by Julia Drewitt.
- **Honorary Secretary** - currently fulfilled by Darren Wrintmore who manages the clubs affairs.
- **Assistant Secretary** – to minute our monthly meetings, currently done by Sarah Jewers.
- **Treasurer** - currently fulfilled by Joyce Field who controls the financial status of the club.
- **Men's Captain** – Carl Davies currently looks after the racing interests of our male runners.
- **Assistant Men's Captain** - to support the Men's Captain, currently done by Chris Atkinson.
- **Ladies Captain** – Kathy Kinsey currently looks after the racing interests of our lady runners.
- **Assistant Ladies Captain** – to support the Ladies Captain, currently done by Kay Middleton.

Any new business for discussion at the AGM must also be received in writing by the Honorary Secretary no later than Wednesday 5th January 2011.

Darren Wrintmore

My Favourite Race

We recently posed the question to a group of members "What is your favourite race and why?"....

The Bath Half Marathon – "because it made me cry and I swore never again!" – **Patricia Quayle.**

Bromham Pudding Run – "because it saves me buying a Xmas pud!" – **Richard Morgetroyd**

British 10K – "because you run the best of London without worrying about the wall!" – **Darren Wrintmore**

Tough Ten – "sand, sea & swamp, plus I am collecting the coasters!" – **Andrew Hoddinott**

Lanzarote Trail Race – "because you get to run off-road around a volcano!" – **Rosemary Barber**

The Chippenham Half – "because I finished it and my son said that I couldn't do it!" – **Jackie Tuckett**

Uphill to Wells Relay – "because we got lost and still did well!" – **Carl Davies**

Poole 10K – "because it is a good 10K in a good setting." – **Daniel Sharp**

Longleat 10K – "Loved it, Great Atmosphere." – **Viv Scott**

The Terminator – "because it is a great challenge!" – **Anthony Hickson**

Foxtrot 5 – "because I ran this pushing my daughter in her buggy!" – **Carl Davies**

The Amsterdam Half – "a good dollop of Euro-culture!" – **Darren Wrintmore**

Tough Ten – "A good allround course on different surfaces." – **Andy Mumford**

The Gosforth 10 – "because it is up north and I ran it with my dad years ago...." – **Patricia Quayle**

The Weymouth 10 – "because it is a nice scenic run along the sea front." – **Richard Morgetroyd**

The Imber Half – "because you run on roads not normally open to the public." – **Rosemary Barber**

Bournemouth Bay Half – "because of the scenery." – **Daniel Sharp**



Fixtures

Sunday, December 5 th	Christmas Pudding 10K** - Bromham @11:00
Saturday, December 11 th	Gloucester XC League - Gloucester
Sunday, December 12 th	Wiltshire XC Championships** – Bath University
Sunday, December 26th	Stan Farr 5K – Hilperton @11:00
Monday, December 27 th	Plain Crazy 14 – Warminster @11:00
Sunday, January 29 th	Slaughterford 9 – Rudloe @09:50

** Race Series Event ++ Off-Road Championship

All Those Years Ago....

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

2005: Sue MacGregor finished as 1st FV45 at the **Majorca Half Marathon.**

AVR claimed the 3rd Mens team & 2nd Ladies team prizes at the **Bromham Christmas Pudding Run.**

Daryl Spicer (17:22) & Rachel Bown (19:32) win the **AVR Boxing Day 5K.**

1995: AVR Ladies win the **Heytesbury Road Relays.**

Maureen Laney & Rosemary Barber finished as 1st & 2nd placed Ladies at the **Wellington Monument 10K.**

AVR claimed both the 1st Mens team & 1st Ladies team prizes at the **Bromham Christmas Pudding Run.**

2000: Rosemary Barber & Susie Phillips finished as 1st & 2nd FV50's at the **Wyvern Xmas Cracker 10K.**

AVR claimed the 1st Mens team prize at the **Bromham Christmas Pudding Run.**

Alistair Bartlett (17:23) & Rosemary Barber (20:27) win the **AVR Boxing Day 5K.**

1990: Denise Ellis & Joyce Field both ran as fairies in the **Wyvern Xmas Cracker 10K** whilst Phil Mitchell ran as an Emu and Vic Bull a Snowman!

Martin "Inch" Connor recorded the second of his five victories at the **Boxing Day Run** in Trowbridge.

AVR Timeline

1986	1987	1988	1989	1990
<p>Club Formed.</p> <p><i>Bob Roots sets current club record for 10K of 33:25</i></p> <p><i>Tim Northwood sets club records for 5M, Half & Full Marathon</i></p> <p><i>Judy Farr sets club records for 5K, 5M, 10M & Half Marathon</i></p>	<p><i>Bob Roots sets current club record for 10M of 53:38</i></p> <p><i>Sheila Jennings sets club record for Marathon of 3:38:47</i></p>	<p><i>Richard Bailey sets club record for the Mile of 4:55</i></p> <p><i>Darren Wrintmore sets club record for 5K of 16:42</i></p> <p><i>Keith Elsey sets club record for 5M of 26:42</i></p>	<p><i>Gerry Fice sets current club record for 5K of 16:21</i></p> <p><i>Martin Connor sets club record for Half Marathon of 1:15:15 and Marathon 2:44:32</i></p> <p><i>Ann Bull sets club record for Marathon of 3:26:45</i></p>	<p><i>Martin Connor sets current club record for Half Marathon of 1:14:43</i></p> <p><i>Linda Brown sets club record for 5M of 31:45</i></p>
1991	1992	1993	1994	1995
<p>Club membership reaches 100</p> <p>AVR 10K first run in Trowbridge.</p> <p><i>Linda Brown sets club record for 5K of 19:19 and 10K of 39:08</i></p>	<p>St George's Running Club merges with AVR</p>	<p><i>Linda Brown sets club record for 10M of 67:14</i></p>	<p>Club relocates Trowbridge training sessions to Clarendon school.</p> <p><i>Linda Brown sets club record for Half Marathon of 1:28:08</i></p>	<p><i>Maureen Laney sets current club records for 10K (36:14) 10M (59:50) & Half Marathon (1:19:17)</i></p> <p><i>Jackie Rockliffe sets current club record for 5M of 30:42</i></p>
1996	1997	1998	1999	2000
<p><i>Jackie Rockliffe sets current club record for 5K of 18:35</i></p>	<p>"Over the Hills" first run.</p>	<p>Last running of the AVR 10K.</p>	<p>The Boxing Day Run moves to Steeple Ashton after 40-years in Trowbridge.</p>	<p>The Boxing Day Run moves to a 5K course in Bradford on Avon.</p> <p><i>Jackie Rockliffe sets club record for the Marathon of 3:16:18</i></p>
2001	2002	2003	2004	2005
<p>AVR launch website.</p>	<p>Rosemary Barber carries the Queen's Baton for the Commonwealth Games.</p>	<p><i>Brett Flook sets current club record for the Marathon of 2:43:28</i></p>	<p>AVR host Sport Relief Mile.</p>	<p>Conkwell Killer first run.</p> <p><i>Rachel Bown sets club record for the Marathon of 3:15:04</i></p>
2006	2007	2008	2009	2010
<p>New AVR club colours.</p> <p>AVR enter teams into Cotswold Way Relay for the first time.</p> <p>First running of the Avon Valley Mile.</p> <p><i>Michael Bryant & Jackie Rockliffe set current club records for the Mile.</i></p>	<p>AVR affiliate to the ARC.</p> <p>Inaugural AVR Race Series.</p> <p><i>Jackie Rockliffe sets club record for the Marathon of 3:07:45</i></p>	<p>Club membership reaches 200.</p> <p>AVR launch Melksham training sessions.</p> <p>The Boxing Day Run is renamed as the Stan Farr 5K.</p> <p><i>Liz Ringham sets current club record for the Marathon of 3:03:21</i></p>	<p>Issue #100 of the Valley News</p> <p>AVR launch Trowbridge "speed" sessions.</p> <p>The Stan Farr 5K moves to Hilperton.</p>	<p>AVR prepare to celebrate the clubs Silver Jubilee year.</p> <p>AVR Coaching team honoured by Melksham Council.</p> <p>Inaugural Avon Valley Relay.</p> <p><i>Tom Fisher sets current club record for 5M (26:13)</i></p>