



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS
#85 - January 2007



Champions!!!

The results of the 2006 **Club Championships** have now been totted up with the best 10K, 10-mile and Half Marathon times providing the scores. In first place, marking an excellent first year at Avon Valley Runners was Andy Hawkins who ran the fastest 10K and Half Marathons times of the year recording 34:38 at Langport in August and 1:16:29 at Cheddar in November, along with a 61:21 clocking at the Bath Hilly 10 in May. In second spot is Paul Mumford who recorded 35:08 at the Totton 10K in April, the fastest AVR 10-mile time with 59:16 at Hayling Island in November and 1:18:21 at the Gosport Half Marathon also in November, Paul also recorded the club's fastest marathon of the year with a 2:58:45 performance at London. In third place is last years Club Champion Alistair Bartlett who recorded 35:22 at the Somerley 10K back in January, 59:20 at the Bramley 10 in February and 1:21:10 at the Wokingham Half Marathon in February. Age category winners are: M40 Andy Hawkins; M45 Llewelyn Jones; M50 Kevin Sparey; M55 Pete Jones; M60 Ted Rockliffe; M70 Dennis Mellor.

The ladies championship saw Jackie Rockliffe come out on top, recording the club's fastest times for 10-miles and the Half Marathon with 66:35 at the Hayling 10 and 1:28:59 at Cheddar, backed up with a time of 40:49 for 10K recorded at Bicester in December. Jackie also ran the fastest marathon with a 3:11:20 performance at Cardiff to set a new AVR club record. In second place is Liz Ringham who recorded 42:00 at the River Ness 10K in October, 67:50 at the Hayling 10 and 1:30:26 at the Cheddar Half Marathon. In third place is Jo Mumford who recorded 41:19 at the Bromham 10K, 68:48 at Hayling Island and 1:30:22 at Cheddar. The fastest ladies 10K time fell to last years champion Rachel Bown who recorded 40:30 at the Cardiff Love Run in February. Age category winners are: W40 Liz Ringham; W45 Sue MacGregor; W50 Tina Vivian; W55 Rose Barber; W60 Joyce Field.

In the **Off-Road Championships**, Andy Hawkins took victory through his performances at the Trowbridge 10K, Bratton Hilly and Cotswold Relay. In second place is Kevin Sparey through his performances at the Jurassic Coast 10K, Cotswold Relay and Over the Hills. In third place is Daryl Spicer with performances at the Rough&Tumble, Slaughterford 9 and the Terminator 10.

In the ladies championships, Sue MacGregor takes the honours with performances at the Roundway Chase, Ramsbury Castle and Bratton Hilly. Second place goes to Jackie Rockliffe with performances at the Roundway Chase, Conkwell Killer and Cotswold Relay. Third place goes to Kathy Kinsey with runs at the Bratton Hilly, Trowbridge 10K and Roundway Chase.

Awards will be presented at the club social evening to be held on Saturday February 3rd at the "Riverside" Bradford on Avon – See Denise Ellis to get your tickets.

Club Officers – 2007

At a well attended Annual General Meeting on Thursday 11th January the following officers were elected/re-elected: *President* Mike Holland; *Vice Presidents* Judy Farr and Dick Barrow (Lock Inn); *Chairman* Ted Rockliffe; *Honorary Secretary* Darren Wrintmore; *Assistant Secretary* Julia Drewitt; *Honorary Treasurer* Joyce Field; *Honorary Auditor* Les Unsworth; *Men's Captain* Chris Atkinson; *Vice-Captain* Stuart MacGregor; *Women's Captain* Tina Vivian; *Vice-Captain* Denise Ellis. *Committee members* all above plus: Pete Chapple, Barbara White, Jo Mumford and Genevieve Sharam. Tim Northwood decided to stand down from the committee and we would like to thank him for his 21-years loyal service to the club. Anthony Hickson is to assist Darren Wrintmore with the maintenance of the club website and publication of the Newsletter.

Amendments to the club constitution were discussed and rejected; amendments to the Off-Road championships were discussed and accepted (*see page 4*); the introduction of a "Challenge Series" was discussed and accepted (*see Captains' Corner*); the increase of annual membership fees was discussed and agreed to raise Senior's to £10.00 and Junior/Student's to £5.00 inclusive of individual affiliation fees to English-Athletics (*see Secretary's Notes*); A reduced print run of the 'Valley News' was discussed and agreed, with it becoming published on the club website; the suspension of the 30p 'showering fee' was also agreed.

*For inclusion in Valley News, Wiltshire Times and The Book,
please send Results or Articles to avonvalleyrunners@yahoo.co.uk*

Secretary's Notes

There is soon to be a major shake up of the way in which athletics is administered in England. Until now, Avon Valley Runners has been affiliated to both Wiltshire AA and to South of England AA (SEAA), and it has been SEAA that has dealt with the issuing of permits for our races and the provision of insurance for us, through UK: Athletics (UK:A). In April, things will change with a new governing body: England-Athletics (EA) that will deal with the administration of all athletics, including road running.

It does seem that there is a great deal of confusion about what will actually happen and how we will be affected. SEAA will still exist and want us to affiliate to them too as they will continue as a regional race organiser. The biggest change that will affect us is that the way affiliation is effected. Up to now AVR has paid one affiliation fee to SEAA based on the number of members. The new regime will see an Individual Membership scheme – the initial cost of this will be £3 per person per year, rising to £5 per person next year, this will be administered through AVR as part of your annual membership fee. Regardless of claim (to keep a level of consistency), senior membership will rise to £10 and Junior/Student fees to £5. For your EA £3 you will get a number that will stay with you throughout your athletics career and allow you to compete as an ATTACHED runner in any races holding a UK:A permit.

There are also moves afoot by EA to ensure that any races organised by clubs are done so by qualified race organisers and that a qualified coach attends all training sessions. These moves will add an additional administrative burden to AVR and no doubt cost. I am therefore watching with interest the moves by the Association of British Athletics Clubs (ABAC) to establish a rival, less cumbersome affiliation body.

On a more positive note I would like to welcome to the Valley, the following new members: Anissia White, Rebecca Brown, Kellie Mackenzie, Christine Davidson, Hilary Hammill, Victoria Black, Lynn Shewring and Tom Brooke-Taylor.

A few milestones have also been reached by: Tom Simpson MV40 on 14th January; Judy Farr FV65 on 24th January; Paul Mumford MV45 on 17th February and Mark Hayward MV55 on 21st February.

Congratulations to Andy Hawkins and wife Sam on the birth of Christopher on 7th January, I am certain that it will not be long before he is out running with dad.

Incapacitated

1. Here I lie in this creaky old hospital bed,
Can't move, can't get up, might just as well be ruddy dead.
Head bandaged, leg plastered with bruises black and blue.
That's what falling in a Multi-Terrain can do for you.

3. I'd heard of such an event away up in Northern lands,
The land of chip butties, strong beer and brass bands.
It took place over moor land, paths all stony and woodland streams,
It sounded ideal thought I, in my wildest dreams.

5. But unladed with this dull pessimistic view,
I gallantly sallied forth, the best my ability to do.
The race now set off and I was running quite well,
When then came the inevitable – I tripped and fell.

7. How my mates all combined and hospital visits would pay,
At regular intervals during the time of the day.
At my instigation they smuggled in some brandy
These delightful visits were becoming quite handy.

9. She stormed down the ward with naked aggression
The nurses following on with glazed expression.
With robotic obedience my mates were dispatched,
Then descended her fury on the plan I had hatched.

Tony Bartlett

2. Now I've run Multi-Terrains many years before,
Including the "Tough Guy", the mighty "Grizzly" and the "Terminator",
But I wanted to try something different, a new kind of course,
So I opted to try at one of those famous "Man versus Horse".

4. I entered well in advance and meticulously tried to prepare,
For this daunting event, a new challenge, a new dare.
I canvassed my club mates by the changing room locker,
With one voice they replied, "You're off your mad rocker!"

6. Then the Marshals, Red Cross and St John's Ambulance too
United they assisted to ensure my rescue.
Off went the ambulance with siren blaring,
So much for the race and my crazy daring.

8. The hours became quite enjoyable as we supped the liquor,
And breathed intoxicating fumes on the visiting vicar.
But then came the bombshell, as the matron discovered
The bottles under the bed, empty and uncovered.

10. So now I lie, just waiting to go home,
No more Multi-Terrains a while can I roam.
But sit in my old armchair and ponder anew
Beware my dear club mates, don't let it happen to you.

Results

31st December - Somerley 10K: 9th Alistair Bartlett 37:58

26th December - Boxing Day 5K: 1st Mike Bryant 16:58; 2nd Alistair Bartlett 17:13; 4th George Roberts 18:02; 5th Stuart McGregor 18:19; 6th Steve Williams 18:32; 7th Chris Atkinson 18:46; 8th Steve Bryant 18:50; 9th Nick Stevens 19:07; 10th Chris Stevens 19:08; 11th Jimmy Lowther 19:11; 12th Rachel Bown 19:13; 13th Kenny Brown 19:19; 15th David Bryant 20:07; 16th Mitzi Barber 20:08; 17th Laurie Irwin 20:15; 18th Nigel Stevens 20:17; 20th Mike Maidment 20:21; 21st Rose Barber 20:28; 23rd Vicky White 20:48; 25th Nick Rosier 20:55; 26th Claire Howard 21:25; 27th Kathy Kinsey 21:43; 28th Ali Atkinson 22:02; 30th Mark Hayward 22:49; 33rd Bob Sales 23:39; 34th Susie Phillips 24:46; 35th Neil Fyfe 24:51; 36th Sarah Cook 25:12; 37th Glynn Phillips 25:31; 38th Paul Clark 25:58; 40th Tanya Maidment 26:34; 41st Tony Robinson 27:39; 45th Sue Cook 28:56; 46th Julia Drewitt 29:23; 48th Peter Chapple 31:03; 49th Judy Farr 32:05; 50th Neil Whitehead 32:06; 51st Tony Griffith 32:09; 54th Tony Bartlett 43:06.

23rd December - Gaddesby Gallop: 48th Ian White 43:10; 86th Anissia White 52:17; 88th Barbara White 52:48

10th December - Wiltshire XC Championships: U17's 3rd Mitzi Barber 15:23; SMEN 23rd Stuart MacGregor 44:18; 24th Mike Pace 44:31; FSEN 9th Sue McGregor 25:53. **Calvia Half (Majorca):** 213th Bob Ellis 1:43:01; 301st Denise Ellis 1:55:17. **Christchurch 10K:** 65th Chris Atkinson 39:54. **The Andy Reading 10K:** 57th Jackie Rockcliffe 40:49.

3rd December - Bromham 10K: 8th Kevin Sparey 36:13; 10th Alistair Bartlett 36:56; 30th Brett Flook 39:07; 35th George Roberts 39:32; 48th Chris Atkinson 40:18; 49th Ian Mapperson 40:19; 56th Kenny Brown 40:53; 67th Jimmy Lowther 41:17; 68th Joanne Mumford 41:19; 69th Paul Mumford 41:20; 125th Neil Whitehead 45:15; 132nd Laurie Irwin 45:36; 134th Rosemary Barber 45:40; 142nd Nigel Evans 46:14; 150th Kay Middleton 46:40; 159th Ali Atkinson 47:01; 161st Tom Simpson 47:15; 209th Ted Rockcliffe 49:28; 229th Michael Brain 50:18; 241st Susie Phillips 50:51; 243rd Bernie Hobbs 50:58; 245th Peter Hunt 51:04; 268th Denise Ellis 51:57; 272nd Tina Vivian 52:15; 315th Genevieve Sharam 54:11; 321st Luke Hobbs 54:24; 322nd Joyce Field 54:27; 332nd Liz Gard 54:52; 407th Dennis Mellor 60:37.

26th November - Blackland Downs Challenge: 5th Doug Barber 48:47; 26th Ian White 55:57; 57th Anissia White 66:16. **Castle Combe DB10K:** 25th Mike Pace 41:58; 29th Sue MacGregor 42:47; 68th Paul Clark 52:16; 69th Sarah Clark 52:39. **Hayling Island 10:** 27th Paul Mumford 59:16; 35th Alistair Bartlett 60:45; 79th George Roberts 64:23; 117th Jackie Rockcliffe 66:35; 142nd Liz Ringham 67:50; 165th Jo Mumford 68:48; 176th Jimmy Lowther 69:16; 253rd Simon Ringham 72:52; 348th Kathryn Kinsey 77:13; 352nd Kay Middleton 77:19; 353rd Alison Atkinson 77:19; 406th Kevin Ladner 79:44; 440th Anthony Hickson 80:39; 458th Ted Rockcliffe 81:16; 501st Michael Brain 83:13; 524th Denise Ellis 84:44; 552nd Robert Sales 86:23; 571st Julia Scott 87:34; 584th Joyce Field 88:50. **Brent Knoll Hill Race:** 31st Darren Wrintmore 50:16. **Avebury 8:** 17th Richard Hudson 65:07

19th November - Cirencester Novices Off-Road Duathlon: 21st Anissia White 54:00. **Wimborne 10:** 19th Kevin Sparey 59:22; 24th Alistair Bartlett 60:36; 51st George Roberts 64:20; 69th Chris Atkinson 66:06; 95th Liz Ringham 68:19; 178th Phil Mitchell 74:10; 291st Tina Vivian 83:19; 416th Dennis Mellor 95:26. **Gosport Half:** 28th Paul Mumford 1:18:21.

12th November - Sodbury Slog: 95th Doug Barber 1:13:33; 182nd Mike Maidment 1:19:05; 211th Ian White 1:20:11; 626th Barb White 1:40:57. **Cheddar Half:** 2nd Andy Hawkins 1:16:29; 9th Alistair Bartlett 1:21:11; 33rd George Roberts 1:27:58; 37th Jackie Rockcliffe 1:28:59; 38th Chris Atkinson 1:29:09; 43rd Bob Ellis 1:29:40; 47th Jo Mumford 1:30:22; 49th Liz Ringham 1:30:26; 61st Jimmy Lowther 1:32:46; 85th Mike Pace 1:36:42; 93rd Sue MacGregor 1:37:56; 119th Kay Middleton 1:42:54; 120th Ali Atkinson 1:42:55; 128th Linda Ladner 1:44:13; 132nd James Anderson 1:44:39; 136th Danny Kay 1:45:20; 140th Kevin Ladner 1:46:53; 193rd Denise Ellis 1:55:38; 200th Julia Scott 1:56:40; 211th Joyce Field 1:57:46; 236th Julia Drewitt 2:05:06; 240th Dennis Mellor 2:05:47.

5th November - Over the Hills: 4th Mike Bryant 48:02; 6th Kevin Sparey 48:24; 30th Michael Pace 52:29; 39th Kenny Brown 53:37; 41st Brett Flook 53:46; 68th Brian Yates 56:33; 96th Nigel Evans 60:11; 101st Sue Macgregor 60:46; 111th Matthew Shaw 62:29; 115th Nick Johnson 63:15; 124th Becky Follett 64:17; 143rd Andrew Hoddinott 66:10.

4th November - The Victoria Park 4 (Bath): 58th Rosemary Barber 28:59; 120th Ann Marie Mitchell 44:57; 121st Annette Bartlett 44:59.

29th October - Snowdonia Marathon: 256th Kathy Kinsey 3:49:27. **Fordingbridge 10:** 4th Alistair Bartlett 60:00; 16th Chris Atkinson 68:21; 19th Jackie Rockcliffe 69:01; 37th Ali Atkinson 80:04.

22nd October - Saltergallows Fell Race 8.5 miles: 67th Ian White 82:15. **Pickering and Moors 10.5K MT:** 104th Barbara White 57:11; 105th Anissia White 57:25. **Stroud Half Marathon:** 53rd Alistair Bartlett 1:22:34; 186th George Roberts 1:30:25; 223rd Chris Atkinson 1:32:16; 489th Kathryn Kinsey 1:41:28; 648th Danny Kay 1:45:49; 681st Ali Atkinson 1:46:36; 765th Neil Whitehead 1:49:18; 1165th Joyce Field 2:02:33; **The Great South Run:** 85th Paul Mumford 60:01; 321st Jo Mumford 68:49; 400th Mike Pace 69:06; 1137th Stuart MacGregor 75:28; 1140th Sue MacGregor 75:29. **The Exmoor Stumble:** 9th Darren Wrintmore 54:34.

15th October - Swindon Half: 464th Andrew Hoddinott 1:50:47; 633rd Susie Phillips 1:56:45; 960th Julia Drewitt 2:14:29.

Cardiff Marathon: 125th Jackie Rockcliffe 3:11:20. **Cardiff Half:** 241st George Roberts 1:31:19; 2169th Bridget Casey 1:54:24. **Amsterdam Half:** 192nd Darren Wrintmore 1:27:13. **Box Fun Run:** 3rd Alistair Bartlett 38:45.

8th October - Gold Hill Race: 13th Kenny Brown 41:59; 19th Ian Mapperson 43:19.

1st October - The Great North Run: 622nd George Roberts 1:30:05; **Cricklade Half:** 112th Pete Jones 1:40:21; 133rd Kathy Kinsey 1:44:02. **River Ness 10K:** Liz Ringham 42:00; 137th Simon Ringham 43:14. **Burnham Half:** 13th Kevin Sparey 1:20:42; 15th Paul Mumford 1:21:03; 50th Jackie Rockcliffe 1:29:57.

Off-Road Championships

In their first year, the Off-Road Championship have been successful in adding a new dimension to the Club championships and in encouraging more members to take part in the delights of off-road running. Now, as an incentive to try the REAL stuff, the following changes in the rules for 2007 are being made:

The basic format of the Championship would remain unchanged (three races to count, with points scored in proportion to your time compared with the average time of the first three runners – male and female separate). Two of the races would continue to be the events in which you score your highest points in ANY off-road running race (i.e. any event promoted as either a multi-terrain, cross country or fell race).

But in 2007, to add an extra degree of off-road challenge, the third race to count would have to be one from the following list of selected races (chosen to give a good sample of relatively local ‘tough’ events – at least 6 miles, high proportion off road, plenty of mud / rocks / hills, reasonable size field etc.)

Rough & Tumble (10 miles); **Slaughterford** (9 miles); **The Terminator** (11 miles); **Sodbury Slog** (9 miles); **Full Monty Cute** (10 miles); **Mendip Muddle** (12 miles); **Dursley Dozen** (12 miles); **Corfe Beast** (14 miles); **Exmoor Stagger** (15 miles); **King Alfreds Torment** (7 miles); **Marshfield Mudlark** (6 miles); **Cowpat Canter** (6 miles); **Grizzly** (~18 miles); **Brecon Beacons fell race** (19 miles, 4000ft climb); **Black Mountains fell race** (17 miles, 5200ft climb); **Charmouth Golden Cap fell race** (8 miles).

The new format, and the list of ‘selected races’, would be reviewed at the end of 2007.

Barbara & Ian White

Fixtures

Sunday January 28th	Slaughterford 9⁺⁺ - Rudloe, Wiltshire @09:50
Sunday February 4th	Longleat 10K - Longleat, Wiltshire @10:00
Sunday February 11th	Wessex XC League - Salisbury, Wiltshire @13:30
	The Dursley Dozen⁺⁺ – Dursley, Gloucestershire @10:30
Sunday February 18th	Walter George 10K - Calne, Wiltshire @11:00
Sunday February 25th	Bramley 20/10: Bramley, Hampshire @10:30
	<i>Note: Free AVR Coach to this event please see Ted Rockcliffe</i>
	The Terminator 10⁺⁺ - Pewsey, Wiltshire @10:30
	Hearts First Jog: Swindon, Wiltshire @11:00
	Babcary Road Race: Babcary, Somerset @11:00
Sunday March 4th	Devizes 10K^{**}: Devizes, Wiltshire @11:00
Sunday March 18th	Wessex XC League: Poole, Dorset
Sunday March 25th	Bath Half Marathon: Bath @11:00
Sunday April 1st	Trowbridge 10K^{**}: Studley Green School @11:00
Monday April 9th	Easter Bunny 10K: RNAS Yeovilton, Somerset @11:00

++ Off-Road qualifying race ** AVR Challenge Series race

Boxing Day 5K

Many thanks to Chris Atkinson, ably supported by Anna Keen and Ali Atkinson for organising the Boxing Day 5K in Bradford on Avon. The run attracted a record field of 54 runners with 39 coming from Avon Valley Runners. The results of this 46th Boxing Day run are online at www.avonvalleyrunners.org.uk along with the results of every run going back to 1964.

However we do have one glaring omission and that is for 2005 – if anyone has a copy of these results can they please forward them on.

Trowbridge 10K

Trowbridge Lions are staging the **Trowbridge 10K** on Sunday April 1st and are looking for Avon Valley Runners to assist with the Start and Finish. Any volunteers would be most welcome.

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Valley News

Captains' Corner

January 2007



The main Valley News will follow after the AGM.

Another quarter and another club record falls to Jackie Rockcliffe, who set a personal best time of 3:11:20 at the **Cardiff Marathon** and followed it up by winning the **Fordingbridge 10** just two weeks later. Kathy Kinsey conquered the tough **Snowdonia Marathon**, with a 3:49:27 performance that saw her finish as 3rd F40.

As well as club records, a plethora of personal best's have been set, starting with Jo Mumford at the **Great South Run** with 68:49. At the **Cheddar Half Marathon**, Andy Hawkins led home the **AVR** team with a second place performance followed by George Roberts and Chris Atkinson who both set PB's of 1:27:58 and 1:29:09. In the women's race Jackie Rockcliffe finished 3rd and led the ladies team to victory with Liz Ringham and Jo Mumford setting PB's of 1:30:22 and 1:30:26. A week later and George, Chris and Liz each claimed new PB's at the **Wimborne 10** and Kevin Sparey claimed the 1st M50 prize (a feat also achieved by Kevin at the **Burnham-on-Sea Half Marathon** and at **Over the Hills**). On the same day Paul Mumford set a new PB at the **Gosport Half Marathon** with a 1:18:21 performance. At the **Hayling 10** both Liz and Jo further lowered their 10-mile bests, as did Jimmy Lowther and Ali Atkinson. The **DB10K** at Castle Combe saw Sue MacGregor record a new PB of 42:47. Then at the **Bromham 10K** Kevin Sparey led the Men's team of Alistair Bartlett, Brett Flook and George Roberts to second place, whilst Jo Mumford recorded yet another PB and led the Ladies team with Rosemary Barber and Kay Middleton to third place. Joyce Field and Neil Whitehead took first and third prizes in the O/60's category. Whilst Denise Ellis won the "Battle of the Fairies" with Tina Vivian, before travelling out to Majorca where she finished as 3rd FV45 in the **Calvia Half Marathon**. Finishing the year on a high, Chris Atkinson managed to achieve his long sought after sub-forty minute 10K, recording 39:54 at the **Christchurch 10K**.



Darren Wrintmore completed the 14-race Somerset Series which started with the **Babcary Road Race** back in February and finished at the **Brent Knoll Hill Race** in November and claimed 7th position overall and 2nd M40 completing nine qualifying races. New member Anissa White made an excellent multi-sport debut, finishing as first lady in the **Cirencester Off-Road Duathlon**. On the other side of the planet Susie Phillips finished 10th in her age category at the **70.3 World Triathlon Championships** in Clearwater Florida. Congratulations to Mitzi Barber on taking the **Bronze Medal** at the **Wiltshire XC Championships**. Finally, well done to Michael Bryant and Rachel Bown who each set new course records of 16:58 and 19:13 for the **Boxing Day 5K** in Bradford on Avon.

Tina Vivian & Darren Wrintmore

The Challenge Series

One of the innovations that we as current Club Captains would like to introduce to **Avon Valley Runners** in 2007 is a "Challenge Series" of ten races, in which club members can compete in as many or as few as they wish. Each race will award 20 points to the first **AVR** Male & Female finisher, 19 points to 2nd, 18 points for 3rd etc. The 20th Male and Female finisher would get 1 point each as would any other **AVR** finisher if more than 20 members of the same sex are competing. This series would be run in addition to the existing Club Championships (including Off-Road) and will provide a vehicle for the Captains to encourage a strong **AVR** presence at those races where we can target team prizes or gain good publicity for the club. It will also provide club members an opportunity to compete in a system that rewards consistency as well as athletic endeavour. The ten races identified for the 2007 series are:

- | | |
|--|--|
| 4th March - Devizes 10K | 26th August - The Foxtrot 5 |
| 1st April - Trowbridge 10K | September - The Corfe Beast |
| 8 th May - The Roundway Chase | 14 th October - Swindon Half Marathon |
| 24th June - Warminster Forest 10 | 18 th November - Wimborne 10 |
| July - Pinewood 10K | December - Bromham 10K |

Awards will be made in a number of categories with a special award made to any member who completes all ten races. **For the Challenge Series to go ahead it will need support at the AGM on January 11th.**

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please send Results or Articles to avonvalleyrunners@yahoo.co.uk*

Member Profile – Llewelyn Jones

Date of Birth:	24 th November 1959	Residence:	Bradford on Avon
Height:	6ft 1"	Occupation:	Programme Manager with IBM
Weight:	11st 1lb	Running Shoes:	Any half-price Saucony's going
PBs:	10K 40:47 – Bromham 2005	Ten Miles	66:07 – Hayling 2005
Half Marathon	1:29:42 – Cheddar 2005	Marathon	3:17:47 – London 2006

I started running in 2003 after realising that there weren't too many holes left in my trouser belt owing to too many work nights away in hotels. Running all started with an impromptu last minute phone call from a neighbour asking if I wanted to run the Bath Half under someone else's name at less than an hour's notice, I was proud of my 2:09 achievement, the three black toe nails (later to drop off!), and the stiff legs that seemed to ache for weeks.

Later that year, I joined **Avon Valley Runners** after Nigel Evans pointed to me towards Stan at the **Bromham 10K** saying that he'll happily take your money if you want to join the club and that was it, I was hooked!

I have to say that since joining the club, I've really enjoyed the running, the competition (glad to say without losing any more toe nails), and meeting new friends and runners. Unfortunately, this year's running has had its ups and downs with FLM as a definite highlight and the 1k **Berlin Marathon** as a let down due to an ongoing niggle, but I've returned to cycling as a way of hopefully resting the injury, and I am sure that I will be giving a duathlon or even a triathlon a go next season.



What is in a name?

In these days of increased reliance on computers by race organisers, it has become more important than ever to ensure that what you put on your entry form is correct. Over the last few months whilst trawling through results sheets for members-times at events, we have seen many variations on our club name: "Avon Valley", "AVR" (there is an AVR in Devon) and on one occasion "Avin Valley"!!! Please ensure that you enter your club name as **Avon Valley Runners** – it would be so disappointing that we lose a team prize due to a spelling mistake!!!

Member Profile – Linda Unsworth

Date of Birth:	5 th April 1956	Residence:	Trowbridge
Height:	5ft 1in	Occupation:	Massage Therapist
Weight:	Too much!!!	Running Shoes:	Asics 2110
PBs:	10K 44:21 – Totton 1997	Ten Miles	75:56 – Bournemouth 1999
Half Marathon	1:40:59 – Bath 1997	Marathon	4:03:02 – London 2001



My first (unsuccessful) steps in running were taken in 1985, trying to lose baby weight after our 2nd child – I gave up after a couple of months when I found I was expecting our 3rd!

In 1992 we all moved from Essex to Wiltshire and Les attached himself to AVR while training for the **London Marathon**. He told me how nice everyone was and suggested I should come along; meet some of the ladies and give running a go again. I was soon regularly tagging along at the back of the slow group and as an incentive to stick with it Les offered to take me to Jersey for a long weekend if I could do the half marathon while we were there. Over the next six months I was encouraged and supported by Stan, Judy and a small group of other ladies. I managed to make it round the Jersey half in just under 2 hours – I was over the moon and hooked on running.

During the following years friendships and rivalries developed as my speed increased but I never lost my enjoyment of running, even on dark, wet nights doing efforts along Moulton Drive. In 2004 I qualified as an entry level coach and like to help new runners coming into the club as much as I can in the same way that I was helped when I started. More recently I have been dogged by injuries, not all running related, but I am determined to keep going for as long as my body will let me.

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Meditations on the OMM

The **OMM** – an acronym for the **Original Mountain Marathon** is the new name for the **Karimor International event** (KIMM). The event is a two-day fell and orienteering race with a different course and location every year. This time my running partner and I found ourselves in the Dumfries and Galloway region of lowland Scotland. My partner Allan had completed several of these races before and finished in far better shape than me. This was my first go at what is laughingly called an adventure race but is in effect a weekend of masochism for people who like wearing lycra.

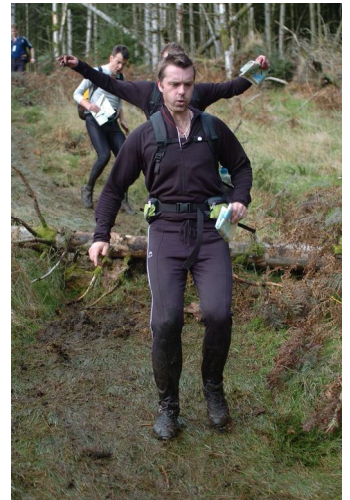


We were entered in the ‘B’ class, which involved 25km on the first day and 19km on the second. Those distances are however assuming you travel in straight lines. 11am on Day one and we found ourselves on top of a cold windy hill in driving rain trying to navigate to our next checkpoint. There was 10m visibility and we were completely soaked from head to foot and I was not having a good time. By mid-afternoon the conditions eventually took their toll as after squelching through hours of boggy ground and fording a couple of rivers up to our waists, I ran out of stream. Fortunately after a

hastily downed gel, two cereal bars and water taken on the move, I had recovered to finish at a run for the last 4 km on a forestry track 7½ hours after the start.

The Saturday evening campsite was a mass of tents that resembled a badly supplied refugee camp but at least it wasn’t cold and it had stopped raining. That evening we huddled in our tiny tent, trying to get excited about eating noodle soup and macaroni cheese dinners. The apple cereal bars and custard however took on Michelin-star dimensions and coffee has never tasted so good.

We were roused at 6am on Sunday morning by the bagpipes to discover clear skies which made the day far better in that we could actually see where we were, which gave my navigating skills a fighting chance. As an inexperienced hill runner, however I was a bit stiff and my feet were sore from all the contouring and rough ground. It was only a matter of time until various muscle groups simply packed in: On Saturday my left knee and right heel were bad, and on the Sunday the muscles at the top of my right foot seized up making downhill sections difficult and slowing us up. Fortunately the second day was across easier terrain with shorter distances between checkpoints. The ‘race’ finished down a steep firebreak in the pine forest that was so churned up by runners that it came up to our thighs in places and runners were piling down trying to make a bit of time up for the last couple of kilometres. I finished absolutely shattered, sore, bruised, covered in mud, smelly, aching and sublimely happy at having actually finished at all – 62 teams of the 230 that entered our class didn’t.



On the way home it was obvious when we pulled in to motorway services who had been in the race as almost everyone was limping from all the aching muscles. Beforehand nobody mentions the amount of chaffage that you are likely to suffer; It is akin to getting all the folds in the skin sandpapered down. Two days on and my feet still feel like they have been pounded with a small mallet for 2 days. I’m sure I will recover and I am already looking forward to entering another OMM in the future, though this time I’ll make sure I spend more time in the hills practising and toughening up my feet.

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Anyway I'll leave the last word to Rudyard Kipling who pays this homage to the OMM:

*If you can force your legs and lungs and sinew
To serve your turn long after they are gone,
And so run on when there is nothing in you
Except the Will which says to them: "Run on!"*

*If you can navigate through woods and forest
And over hills in rain and fog
Only to retrace your steps and end up
plunging knee-deep in a bog*

*If you can keep your feet when all about you
Are losing theirs, the battle's won
If you end up wet and cold and muddy,
Then you'll have run an OMM, my son!*

Mike Maidment

A Quick Poser...

How many Half Marathons are held that Start and Finish in Wiltshire each year?

For a Brucey Bonus can you name any Half Marathons that have been held in Wiltshire and have now gone the way of the dodo?

Note: The **Clarendon Way Marathon** stages a Half Marathon which finishes in Salisbury but starts over the border in Hampshire and in 2007 will start in Salisbury and finish in Hampshire.

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The Somerset Race Series

Following my marathon run in Walt Disney World, I was looking around for a new challenge for 2006. Alistair Bartlett suggested to me the **Somerset Race Series**, where competitors have a choice of 14 races with distances ranging from 5K up to 16 miles and over a variety of different terrain. The cumulative finishing positions from your best 8 events marks your final series score. Looking at the results from previous years I figured that if I could make top-20 positions in each of my chosen races then I should be in with a shout at a veterans award, after all Alistair had finished fourth in 2005.

My first two races went to plan at the **Babcary 7.5mile Road Race** and the **Butleigh 7 mile Multi-terrain Race** finishing in 18th and 20th positions. Next came the **Easter Bunny 10K** at RNAS Yeovilton, unfortunately a lacklustre run on my part in a good quality field saw me finish outside of the top-50 – still I got a chocolate egg for my efforts and got to take the kids onboard Concorde at the air museum. My next race was the ominously named **Quantock Beast** over a tough six mile course around Fyne Court near Bridgewater, I didn't see the "beast" but I did manage to claw back some of my points deficit with a 13th place run. On one of the hottest Sunday mornings in July I did the **Wellington 10**. After just two miles running in 30+ degrees I was starting to wilt but after another couple miles I was starting to gain on the runners in front of me on the undulating roads. By seven miles I was regularly passing runners who had succumbed to the heat and were forced to walk and I was now not feeling too bad and came through to finish 13th. My sixth race took me midweek to North Perrott for the **Haselbury Trail Run**, which really should have been more appropriately billed as a steeplechase as we had to clear about forty stiles in the events 10K distance. Add to that a ford crossing and a handful of narrow footbridges and my stride was sufficiently disrupted to see me finish down in 28th place. Next up was the **Burnham Beach Race** that started near Brean Leisure Park and headed down to Barrow Lighthouse, the reality of racing on sand is that there is very little traction (even on the wet stuff) unless car tyre tracks could be followed. The race headed into the dunes and for every two steps forward one was taken back and it was a relief to get back onto the windswept beach to the finish. I crossed the line in 11th place and my series position strengthened to 6th overall!!! The following week I ventured to the **Ash Excellent 8-mile Multi-Terrain race**, I felt as though I still had the sand in my shoes from the Beach Race. Despite finding the going tough (even with walking up a hill at 3-miles with runners coming past me – and one of them was also walking!!!), a lot of runners must have found it tougher as I managed to work my way through to 17th place. And my minimum of 8 races had been completed with a point's total of 171 and sitting in sixth place overall and 1st M40.

A good run at the 16-mile **Exmoor Stagger** with it's 3,300 feet of ascent could see me move into 5th place and secure the over-40's title. However the miles were taking their toll on my body and my training was being disrupted by abdominal pain. I decided to seek a solution through that great medical resource – The Internet. After perusing several websites, I concluded that I either had an inguinal hernia or polycystic ovaries! I needed a second opinion so I sought out my GP – who came up with a completely different diagnosis and more importantly a remedy, which gave me the respite to allow me to continue with some training. Then with just two days before the big race, disaster struck in the form of that most debilitating of running injuries – toothache! One of my fillings had decided to vacate the cavity that it had called home for the last twenty years and leave me looking for an emergency dental appointment. This delayed my departure to Minehead where I had booked into Butlins with the family. It seemed a totally different place to where I had spent my childhood holidays back in the 1970's. The break-neck speed of the "Mouse" roller-coaster had been replaced with the gentle rolling of Bob the Builders Yard; the Glass bottomed swimming pool had been relocated to a Splash Park fun pool, even the monorail had fallen foul of the man from Health & Safety and as I recall my brother and I could see the east coast of America from it, even though our dad went to great lengths to explain that due to the distance involved and with the curvature of the earth that it could not be America but it was actually France we could see! Now armed with a GCE in Geography I can now say with authority that it was in fact South Wales - but that's not what I was going to tell my kids. Billy Butlin, who I am sure, was a real person was now a cuddly teddy bear mascot. Still they do have Red Coats, albeit younger attractive ones compared to the older ones that I recall from thirty years ago. Anyway enough reminiscing and onto the race....



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I knew that the race was going to be tough, but when I saw the other 400 competitors on the start line, I was wondering what I had let myself in for. They were real “wild-men of the mountains” types, all hair and tattoos and the women were not a lot different. After covering the first uphill mile in a sluggish eight minutes we reached another climb and I was suddenly reduced to a walk, when the gradient lessened I found that I could muster no more than a jog – I was in trouble. A steady stream of runners were now passing me including my M40 rival from Yeovil. Reaching three miles in 32mins, feeling completely knackered with burning thighs and a sore back I could not face the prospect of the whole 16-miles of this torture and we still had Dunkery Beacon to ascend, so I wimped out and followed the six mile **Exmoor Stumble** course back to the finish (the organisers allow this race switching – obviously they are used to us road runners realising that they had bitten off more than they can chew). Now that I was heading for home my legs burst into life and I mustered a strong finish and came through for 9th place in the Stumble – unfortunately that didn’t count in the **Somerset Series** and so I saw my overall position slip to 8th and gave up my 1st M40 spot.



With just two races to go my injury woes were mounting and through missing large chunks of training I reluctantly took the decision to withdraw from the **Cheddar Half Marathon**. My eggs were all in the **Brent Knoll Hill Race** basket and I was going to run this injured or not. Brent Knoll is the big hill that you pass on the M5 just outside of Burnham-on-Sea, which is where the race was to start. The field of about eighty runners took off following the slippery banks of a drainage rhyne. I decided to track my M40 rival and thought that my luck was in when he lost his footing and went sprawling face down in the mud, but he managed to pick himself up before hitting the water and then started to pull away from me (perhaps I should have given him a helping shove into the rhyne :-).

After a mile or so of slipping along we began our ascent of Brent Knoll – which had all runners walking and in places scrambling on all fours. The gradient then flattened out and I naively believed that I had reached the summit, but it was not to be. As we were simply traversing the slope before hitting a very steep slope that courtesy of the recent rain resembled a mud-chute. It took what seemed to be an eternity to reach the top, just as the lead runner (Vito Graffagnino) was coming back down adopting a skiing stance to slide down the muddy trail. The lap on the 449 foot summit of Brent Knoll brought the welcome relief of running on firm ground, but short lived as we were soon directed downwards.

I tried the mud skiing approach that I had witnessed Vito doing but it was not for me, as I soon started to topple and reached out to an electric fence to stop myself tumbling. Fortunately it was off and led to my adopting a tactic of using the electric cable as an aide to get me back down the hill without breaking my neck. I managed to finish the race in 31st place, which served to move me up into seventh place in the series with 146 points, for which I received an engraved glass, a bottle of Somerset Martock Brandy and a voucher for a local sports shop. Quite a nice way to end what has been a very good running year - just a pity about the sore abs, but the brandy is helping!

Darren Wrintmore

Answer to a Quick Poser

After a tot up we came up with an answer of seven, with the Half Marathons listed below...

- *Cricklade*
- *Downton*
- *Highworth*
- *Neolithic (starts near Urchfont and finishes at Stonehenge).*
- *City of Salisbury*
- *Swindon*
- *Vale of Pewsey*

Ones that have been and gone in Wiltshire include: Biddestone, Keevil, Market Lavington, Imber and Devizes. I am certain that there are many more.

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