



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS
#87 – July 2007



GÖTEBORGS VARVET

I was invited to participate in the **Goteborg Half Marathon** by my nephew Scott who lives with his partner Malin in the city of Gothenburg, Sweden. I was informed it was a very large event, which I discovered for myself when I went to register. Over 41,000 people had entered the event so I could see how big this race was going to be.

I flew out from Stanstead airport on the Thursday and planned to return on the following Tuesday which would give me the opportunity to see the city and explore the countryside.

I registered on the Friday and visited the sports village and had a good look around. As a non-Scandinavian entrant I received a free tee shirt.



The race started at 3pm and we were set off in different waves. My start was in wave 8 at 3:45 and I believe that there were 10 waves! The race starts and finishes in a park outside of the historic Slottsskogsvallen Athletic Arena and takes you around the city, over a bridge, through the port, over another bridge through the main part of the city and back into the park to finish at the athletics stadium. The course is more or less flat with only a few inclines so it is a pretty fast course.

After a fairly slow start I began to pick up my pace, overtaking many runners on the course. I was enjoying the run, the atmosphere taking in the all sites! I was on target for a respectable time by my standards until I reached the 18Km mark when for some unknown reason I felt a bit faint. I stopped at the water and energy station, took on more fluid and a short walk, and then carried on, as by now there were only 2Km to go. I picked up and finished quite strong, with my finishing time of two hours and three minutes. By the end of the race there were a record 31,800 finishers.

The race was very well organised and if anyone would like to take part in an overseas 21Km race I can strongly recommend this one, as it is pretty flat and a great way to see a foreign city. Besides the people are very friendly and great. If anyone is interested for next year, the date has been set as Saturday 17th May and information is available at www.goteborgsvarvet.com You wont be disappointed. **Bob Sales**

All Those Years Ago....

Tales from the summer editions of the “Valley News” 5, 10, 15 & 20 years ago:

<p>1987: Thirteen members managed to complete the London marathon and eleven members achieved PB’s at the Trowbridge 10.</p> <p>A damaged thumb prevented Mike Hehir from running in the Bath Half!</p>	<p>1992: Gary Eagle of Westbury Harriers won the 2nd AVR 10K in Trowbridge.</p> <p>Welcome to the valley for Jackie Rockcliffe who then won the Tom Roberts Handicap in May; Anthony Hickson won the June handicap race.</p>
<p>1997: It was asked: WHY DON’T THEY...”<i>Have races only for slow people, so that runners like me have a chance of winning sometimes?</i>”.</p> <p>WHY DON’T THEY... “<i>Have puzzles and jokes on the backs of tee shirts, so you’ve got something to do while running long boring races?</i>”.</p>	<p>2002: Rosemary Barber carried the Queen’s baton through Salisbury on it’s way to Manchester for the Commonwealth Games</p> <p>Kevin Sparey finished runner up in the Warminster Forest 10.</p>

Secretary's Notes

Firstly let me say a big "THANK YOU" to all of the members who assisted at the **Shaw&Whitley Stampede**, the event was heralded as a success despite a number of runners taking an unplanned 'shortcut'. At least I didn't face the same problem as the Race Organiser of the **Crisis Square Mile Run** in which I took park on June 7th, who with 2,300 runners lined up outside of St Paul's Cathedral announced that Tower Bridge was being raised and that the event would be shortened to 5K! *I wonder what Dave Bedford's contingency plan is should this happen at the London Marathon?*

Well Summer time is here and we have a good schedule of events lined up in the Valley: On Thursday 19th July we are hosting the **BernCol Relays** from Pound Lane and are looking for teams of three to run a single 1.35 mile leg, with bottles of wine up for grabs and a BBQ afterwards it should be good fun. Then over the three days of the **West Wilts Show** from Thursday 26th July, Avon Valley Runners are hosting a stand promoting the club and as one of the themes for the show is 'participation' we are staging a series of twice daily Family Fun Runs in Trowbridge Park over a one kilometre route out through Biss Country Park – if you can spare a few hours to help man the stand or marshal the fun run(s) then please let me know. On Thursday 9th August we will have the second running of the **Avon Valley Mile** which will provide a good opportunity to test out those fast twitch fibres over a measured mile distance - to make the event interesting there will be separate races for Senior Men, Senior Women and Masters (V50+). On Sunday 26th August we are assisting with the third running of the **Foxtrot 5** at Broughton Gifford and being one of our Race Series events I expect a lot of yellow vests to be on the start line. Don't forget that with the cancellation of this years Pinewood 10K we have replaced it with the **Moonraker 10K** being held in Urchfont on July 8th as part of our Race Series. The following week on July 14th in advance of the Melksham Carnival, Avon Valley Runners have been asked to run in the **Mad Dash 2K Fun Run**, with no prizes at stake this could be a fun outing to run as a group along the carnival route before sitting back and watching the cavalcade go by. Of course the biggest event of the Summer is on July 1st when the ban on smoking in enclosed public places comes into force, so why not celebrate by joining us for a drink or two at the *Beehive* after a Thursday evening training session.

Genevieve Sharam has been appointed as the club's welfare officer, so if you have any personal problems at Avon Valley Runners then Gen is there to lend a sympathetic ear and help you.

Joining us in the valley this last quarter are: Nicky Couch, Jenny Ellerton, Jane Elliot, Mark Harris, Katherine Robinson, Emma Garrett, Julie and Bernard Waldron. Also new to the valley is Bethan Keen born on April 16th – congratulations to Anna and Neil. Congratulations also to Pete Chapple who celebrates his 70th birthday in August and to Steve Noyes who joins the ranks of the MV40 in September.

Darren Wrintmore



Winners of the Shaw&Whitley Stampede

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

“Caesar Day” – The Rome Marathon 2007

It was with some trepidation that one year on, and with my dramatic exit from the 2006 Rome marathon at the ‘1km to go’ sign still fresh in my memory, I found myself lining up with 12,000 other runners to have another go. I was going to finish even if I had to crawl across the line on broken glass with no Vaseline on my nipples.

This time I managed to persuade the in-form George Roberts to accompany me, with promises of a souvenir bag, a t-shirt and a medal beyond compare for the reasonable entry fee of £22. If there are two things I like about running its inexpensive entry fees and loads of free stuff.

Rome was full of itinerant and not entirely sober Irish rugby fans and we spent Saturday afternoon lazing in the hotel room watching all three matches of the final six-nations championship weekend. The Irish supporters went from jubilation at the match in Rome to dejection following the France versus Scotland match that saw the Championship remain in France. The England game proved an anti-climax; unless of course you were Welsh in which case it was leeks all round. In between the games we not only fed-up on pasta but got fed-up with it. Neither of us were particularly enamoured with the Italian cuisine on offer in the capital and trying to order anything other than pasta or pizza was viewed with the same suspicion as a slightly chesty Hungarian sparrow at a Bernard Matthews factory. But I digress, and as race day arrived it was clear that it was going to be warm. So warm in fact that we left all our stuff in the hotel and wandered to the start in our race kit.

The route changed slightly from 2006 and instead of the long out-and-back drag over the last six-miles including the infamous two-mile rise to the finish, the course follows this section at the beginning of the race and cuts across the Tiber on the way back towards the City. This resulted in the final few miles being completed against a backdrop of enthusiastic support and many of the famous sites of Rome such as the Piazza de Popolo, the Trevi fountain, and the Spanish Steps before returning with a couple of wicked rises to the welcome sight of the Coliseum.

George was penned behind me at the start and had to weave through the crowds so it took him till after the half way mark before he caught me up. I was filling my bottle from numerous cups at the refreshments station as he went by clutching a two-litre bottle of water. Maybe I am just a bit spoilt from races like Bristol and London, but I find it virtually impossible to drink from cups while maintaining a reasonable pace and I was determined to keep hydrated between the 5km-spaced water stations.



‘It’s really warm’, observed George as he ran past. A not entirely original statement as we had spent the day before, and indeed the morning of the race, exchanging worried looks and saying the same thing to each other. I was a little paranoid about having to have a bit of a lie down before the finish again and consequently I drank my own bodyweight in fluid at the infrequent water stations and kept a more circumspect pace than last year, resulting in a time five minutes slower than last year at the 40km mark.

The heat, the energy-absorbing cobblestones, and the infrequent water stations unfortunately took their toll on George who I managed to catch at the 18-mile mark. To be honest he didn’t look like he was enjoying it too much by that stage: he didn’t even bother to tell me how warm it was when I went past.

I knew as we started back on the cobblestones at around 30km that I was going to finish but trying to calculate by how much was complicated by the fact that my GPS had been reading (in miles) ahead of the kilometre markers and the GPS couldn’t follow the zig-zags that are a feature of the last six miles of the course.

Regardless of the time though it was with inestimable joy and pride that I rounded the Coliseum to race past the 26-mile mark to the finish. I finished strongly and triumphant and it was only back in the UK that I realised I had missed out on a sub-3:20 by 7 seconds. George recovered from his bad patch and stormed in at 3:21:52 – a PB by 26 minutes!

Every marathon is a challenge no matter how much training you have completed and how many marathons you have run before. As runners we can only be judged on our last race or we will find ourselves overshadowed by more talented or more dedicated club members. But it is important to take stock following the big events and appreciate what has been achieved. Both George and I had run PB’s and we were satisfied we had done all we could, given the race conditions and the training we had completed. It is such moments that provide the motivation for future training and events. Maybe we could have both have run a bit quicker but as George succinctly put it after the race: ‘It was warm!’ **Mike Maidment**

Results

June 30th – Cotswold Way Relay: Leg 1 - Chipping Campden to Stanway House: 16th Darren Wrintmore 1:34:51; 22nd Mike Pace 1:38:21; 43rd Rachel Bown 1:51:11; 45th Sue Macgregor 1:51:26. **Leg 2 - Stanway House to Cleeve Common:** 13th Chris Stevens 1:36:20; 42nd Ian White 1:52:18; 51st Stuart Macgregor 2:01:54; 52nd Kay Middleton 2:03:46. **Leg 3 - Cleeve Common to Seven Springs:** 8th Rich Ayling 63:38; 31st Ross Williams 74:27; 47th Adella Smart 88:28; 53rd Neil Whitehead 101:05. **Leg 4 - Seven Springs to Cranham Corner:** 32nd Chris Atkinson 1:53:35; 44th Martin Meredith 1:58:44; 51st Ali Atkinson 2:08:00; 56th Mike Maidment 2:08:00. **Leg 5 - Cranham Corner to Ebley Mill:** 13th Steve Williams 1:31:15; 17th George Roberts 1:36:47; 42nd Kevin Ladner 1:49:10; 50th Tina Vivian 1:56:21. **Leg 6 - Ebley Mill to Dursley:** 15th Danny Gard 1:15:14; 29th Laurie Irwin 1:24:56; 49th Linda Ladner 1:35:43; 57th Liz Gard 1:45:00. **Leg 7 – Dursley to Wotton-under-Edge:** 6th Michael Towler 56:10; 28th Mark Heywood 68:24; 31st Kate Robinson 72:08; 40th Tanya Maidment 74:40. **Leg 8 - Wotton-under-Edge to Old Sodbury:** 7th Carl Davies 1:30:13; 34th Jo Mumford 1:51:25; 42nd Llewellyn Jones 1:59:30; 54th Anthony Hickson 2:06:00. **Leg 9 - Old Sodbury to Cold Ashton:** 1st Andy Hawkins 62:03; 12th Steve Noyes 71:26; 18th Liz Ringham 74:00; 23rd Simon Ringham 75:40. **Leg 10 – Cold Ashton to Bath Abbey:** 4th Alistair Bartlett 65:48; 5th Brett Flook 66:47; 15th Jackie Rockcliffe 75:57; 50th Julia Scott 82:25. **AVR Final Positions:** 13th AVR Senior Men 13:47; 25th AVR Vets 15:38 (6th Vets team); 44th AVR Ladies 16:39 (4th Ladies team); 47th AVR Mixed 16:47.

June 24th – Warminster Forest 10: 1st Andy Hawkins 59:37; 4th Alistair Bartlett 61:09; 7th Brett Flook 62:31; 8th Kevin Sparey 62:36; 10th Carl Davies 64:20; 20th Mark Harris 67:22; 22nd Chris Stevens 67:43; 25th Darren Wrintmore 67:58; 33rd Chris Atkinson 70:38; 41st Jimmy Lowther 71:44; 43rd Richard Hudson 71:55; 70th Dave Earley 77:06; 73rd Martin Meredith 77:36; 84th Jim Anderson 80:29; 90th Mark Hayward 81:05; 92nd Ali Atkinson 81:10; 95th Becky Follett 81:33; 104th Rosemary Barber 82:46; 108th Anthony Hickson 83:26; 133rd Tina Vivian 87:39; 155th Denise Ellis 94:38; 157th Joyce Field 95:08; 169th Dennis Mellor 101:34; 177th Tony Griffith 106:35.

June 17th – Midsomer Norton Miners Half: 21st Steve Noyes 1:29:55; 31st Chris Atkinson 1:36:40; 93rd Ali Atkinson 1:52:05

June 16th – Fitzmaurice Fun Run (Bradford on Avon): 1st Darren Wrintmore 23:21; 4th Tm Simpson 27:10.

June 13th – Yeovilton 5K: 30th Brett Flook 17:33; 106th Anthony Hickson 22:15.

June 10th – Great Bedwin 10K: 13th Mark Harris 41:45; 110th Anthony Hickson 54:19.

June 7th – Crisis Square Mile Run (London): 30th Darren Wrintmore 19:38.

June 6th – Canary Wharf Jog: 17th Darren Wrintmore 36:36. **Barbary Track ‘n’ Trail:** 44th Ian White 41:54; 86th Lisa Berrington 49:02; 96th Liz Gard 51:17.

June 3rd – Fairford 10K: 95th Jim Anderson 47:04. **Wincanton 10K:** 1st Alistair Bartlett 35:57. **Poole 10K:** 37th Tom Frost 38:50; 13th Jo Mumford 42:44; 260th Dave Earley 49:24; 443rd Mike Brain 56:22.

June 2nd – Keevil 10K: 5th Douglas Barber 36:24; 8th Mike Bryant 37:35; 13th Carl Davies 39:38; 16th Peter Bryant 39:46; 23rd Chris Stevens 40:27; 24th Chris Atkinson 40:32; 32nd Darren Wrintmore 41:24; 33rd Danny Gard 41:35; 35th Mike Maidment 42:19; 37th Jimmy Lowther 42:36; 39th Mark Harris 42:42; 49th Llewelyn Jones 44:17; 83rd Ali Atkinson 48:30; 132nd Denise Ellis 54:23; 134th Tanya Maidment 54:43; 149th Liz Gard 57:42; 208th Tony Griffith 66:52.

May 29th – Stanley Park 5K (Chippenham): 4th Tom Frost 17:55.

May 28th – Two Hills 3 (Chagford, Devon): 12th Alistair Bartlett 29:27.

May 27th – Wells 10K: 103rd Anthony Hickson 48:46. **Plymouth Half:** 44th Alistair Bartlett 1:20:35; 849th Kevin Ladner 1:46:40; 898th Linda Ladner 1:47:48.

May 26th – Bath Hill 10: 5th Douglas Barber 1:03:12; 37th Mark Harris 1:12:44; 48th Mike Pace 1:14:35; 86th Rachel Bown 1:21:32; 87th Laurie Irwin 1:21:32; 125th Denise Ellis 1:36:29; 129th Susie Phillips 1:37:44.

May 21st – Hogweed Trot (Chipping Sodbury): 12th Tom Frost 38:17; 28th Peter Bryant 39:18; 30th Chris Atkinson 39:29; 36th Stephen Bryant 40:28; 39th Mike Maidment 40:33; 98th Ali Atkinson 45:58.

May 20th – Pewsey 10K: 26th Jackie Rockcliffe 39:51; 35th Mark Harris 41:54; 62nd Dave Earley 45:40; 64th Peter Jones 45:47; 67th Leslie Unsworth 46:02; 70th Ted Rockcliffe 46:23; 117th Anthony Hickson 50:56; 172nd Tony Griffith 65:30. **Town & Gown 10K (Oxford):** Alistair Bartlett 35:42. **Keynsham 10K:** 24th Doug Barber 37:41.

May 19th - Shaw & Whitley Stampede: 2nd Michael Towler 37:28; 3rd Chris Stevens 37:47; 8th Richard Hudson 40:19; 9th Ross Williams 40:29; 25th Kay Middleton 45:46; 29th Anissia White 45:57; 42nd Tanya Maidment 51:52; 44th Kate Robinson 52:23; 46th Tina Vivian 52:36; 47th Genevieve Sharam 52:43; 55th Frances Hood 54:52; 68th Julia Drewitt 56:20; 74th Sue Cook 58:08. **Bratton Hilly 11K:** 1st Doug Barber 44:09; 9th Steven Williams 49:38; 10th Mike Maidment 49:51; 11th Danny Gard 51:05; 12th Mike Pace 51:13; 14th Llewelyn Jones 52:41; 32nd Rosemary Barber 57:15; 36th Ali Atkinson 58:00; 57th Joyce Field 68:22; 71st Dennis Mellor 78:28.

May 13th - Cow Pat Canter (Midsomer Norton): 5th Douglas Barber 42:16; 30th Darren Wrintmore 48:07; 36th Mitzi Barber 50:03; 74th Peter Jones 56:50; 87th Jim Anderson 59:49; 109th Rosemary Barber 63:39. **Tewkesbury Half:** 47th Steve Noyes 1:27:10; 81st Chris Atkinson 1:30:23; 344th John Welford 1:45:16; 842nd Sarah Welford 2:16:08.

May 8th – Roundway Chase (Heddington): 3rd Alistair Bartlett 36:05; 11th Rich Ayling 39:05; 14th Carl Davies 39:31; 17th Steve Noyes 40:30; 19th Michael Pace 41:00; 20th Chris Stevens 41:03; 23rd Chris Atkinson 41:40; 30th Jimmy Lowther 42:33; 31st George Roberts 42:47; 33rd Jackie Rockcliffe 42:58; 43rd Sue Macgregor 46:07; 48th Peter Jones 46:59; 49th Martin Meredith 52nd Kay Middleton; 53rd Ted Rockcliffe; 56th Rosemary Barber; 65th Bridget Casey 51:54; 66th Tina Vivian 53:02; 67th Lisa Berrington; 70th Anthony Hickson; 74th Chris Stevens 54:55; 78th Denise Ellis; 84th Liz Gard.

May 7th – May Fayre 3 (Bradford on Avon): 2nd Alistair Bartlett 16:32; 6th Darren Wrintmore 18:37; 7th Chris Atkinson 18:50; 8th Richard Hudson 19:15; 12th Tina Giles 20:45; 23rd Bob Sales 23:39; 27th Paul Clark 24:22; 30th Genevieve Sharam 24:36; 49th Dennis Mellor 28:29.

Results (Continued...)

May 6th – The Black Death Run (Combe Sydenham Country Park): 64th George Roberts 1:24:10; 84th Ian White 1:26:27; 232rd Barbara White 1:43:30. **Downton MT 10K:** 2nd Doug Barber 40:01; 34th Quinton Armstrong 52:44. **Glastonbury 9K:** 11th Kevin Sparey 32:34. **Salisbury 10:** Pete Jones 1:19:23; Anthony Hickson 1:24:55.

April 24th – The Heddington Hill Climb: 1st Alistair Bartlett 6:37; 2nd Darren Wrintmore 7:10; 11th Anthony Hickson 9:48.

April 22nd – St George's Day 10K: 20th Tom Frost 38:13; 21st Richard Ayling 38:27; 37th Steve Noyes 40:03; 76th George Roberts 42:19; 79th Simon Giles 42:29; 111th Jimmy Lowther 43:42; 128th David Earley 44:35; 130th Tina Giles 44:39; 154th Les Unsworth 45:58; 166th Jim Anderson 46:16; 184th John Welford 46:54; 186th Martin Meredith 46:56; 201st Toby Rickard 47:34; 204th Kevin Ladner 47:36; 283rd Linda Ladner 50:51; 360th Linda Unsworth 54:16; 502nd Sarah Welford 1:01:57; 545th Tony Griffith 1:09:26. **London Marathon:** 104th Jackie Rockcliffe 3:07:45; 263rd Jo Mumford 3:21:12; 2,715th Chris Atkinson 3:25:06; 4,195th Laurie Irwin 3:37:51; 1,130th Sue Macgregor 3:52:20; 1,131st Rachel Bown 3:52:21; 6,674th Stuart Macgregor 3:54:30; 7,653rd Mike Pace 3:59:46; 1,790th Kathy Kinsey 4:05:47; 3,062nd Ali Atkinson 4:26:31; 15,777th Ashley Leat 4:47:23; 5,126th Tanya Maidment 4:54:02; 16,820th Mike Maidment 4:54:02.

April 15th – Totton 10K: 35th Alistair Bartlett 35:20.

April 11th – Yeovilton 5K: 18th Kevin Sparey 17:06; 36th Brett Flook 18:15; 77th Rosemary Barber 21:19.

April 9th – Easter Bunny 10K: 10th Andy Hawkins 34:22; 14th Alistair Bartlett 35:23; 21st Michael Bryant 35:54; 23rd Kevin Sparey 36:17; 38th Peter Bryant 37:40; 67th Chris Atkinson 39:17; 73rd Stephen Bryant 39:39; 149th Kathy Kinsey 45:12; 150th Rosemary Barber 45:13; 151st Ali Atkinson 45:15. **Guernsey Half Marathon:** 61st Pete Jones 1:37:35.

April 8th – Guernsey XC: 75th Pete Jones 13:15.

April 7th – Gloucester 10K: Bernie Hobbs 49:26. **Keith Falla Memorial XC (Guernsey)** 62nd Pete Jones 33:48.

April 6th – Port Soif 10K (Guernsey): 76th Pete Jones 43:00. **Maidenhead Easter 10:** 175th Danny Gard 69:04; 419th Ali Atkinson 78:19; 739th Liz Gard 91:29.

April 1st – Marshfield Mudlark: 5th Doug Barber 47:16; 79th Christina Davidson 65:43; 116th Fay Barnes 79:31; 119th Fiona Tees 80:28; 120th Paul Clark 80:29. **White Horse Half Marathon:** 204th Kay Middleton 1:44:58; 288th Tina Vivian 1:53:33. **Bournemouth 10K:** Michael Brain 52:45. **Chedworth Roman Trail:** 20th Brett Flook 67:35. **Trowbridge 10K:** 3rd Alistair Bartlett 37:41; 6th Michael Bryant 38:23; 14th Darren Wrintmore 42:39; 15th Mike Maidment 42:53; 16th George Roberts 43:04; 17th Jimmy Lowther 43:23; 25th Peter Jones 45:25; 28th Tom Brooke-Taylor 46:06; 35th Chris Switzer 49:02; 36th Rosemary Barber 49:16; 51st Jenny Ellerton 52:13; 53rd Anthony Hickson 52:55; 54th Bob Sales 53:37; 60th Susie Phillips 55:05; 64th Kellie Mackenzie 55:58; 67th Joyce Field 58:01; 84th Tania Lockley 68:32; 92nd Tony Griffith 74:12.

Member Profile – Tony Griffith

Date of Birth: 12th March 1938

Height: 5' 10"

Weight: 10st 8lb

Residence: Winsley

Occupation: Retired

Running Shoes: Reebok

PBs: 10K 40:17 – Walthamstow 1985

Half Marathon 1:29:28 – Ilford 1982

Ten Miles 68:51 – Welwyn 1989

Marathon 3:29:57 – London 1985



I played rugby from 1950 until 1980 and retired at age 42. I had started running to keep fit especially between seasons. I kept running on my own and often ran 20+ miles around a sports field just over a mile around with slopes and two ditches to jump.

Then in 1981 I listened to the first **London Marathon** on the radio as it was not on TV in it's the first year. Until then, unless you belonged to an athletic club you could not enter a marathon. I ran the next year in 1982 in 3:30:42. My last marathon was in 1993 when at age 55 I ran 3:42. My quickest was in 1985 when on reading my notes I see I did not drink in the last six miles!!! (Not to be recommended).

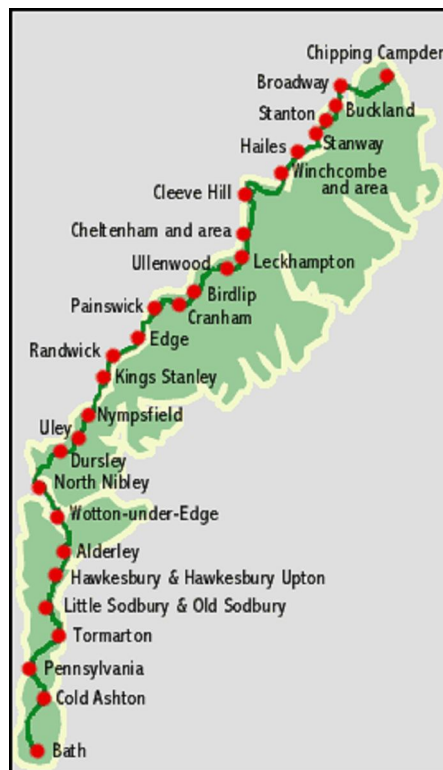
We moved to Wiltshire in 1998 and I immediately joined AVR. Year on year my time slowed until last year when without warning I had a suspected heart attack the day before I was to run the Conkwell Killer! I ended up with a double heart bypass at the B.R.I. and couldn't get back to running quickly enough. I plan to do at least two half marathons in the Autumn and will continue running past my 70th birthday next year.

The Cotswold Way Relay

Avon Valley Runners fielded four teams for the 105-mile **Cotswold Way Relay** on Saturday 30th June, which tackles some of the toughest terrain in the South of the country as it winds its way along the way-marked trail from Chipping Campden on the Gloucestershire/Worcestershire border down to the finish at Bath Abbey.

A very early morning shower got the runners underway on the **first leg** which saw Mike Pace of the AVR Senior men's team pitted against Darren Wrintmore of the Veteran men's team. After completing the climb over Dovers Hill at two miles Mike moved ahead. However by eight miles Darren managed to overhaul Mike and open up a gap of over three minutes by the finish at Stanway House, completing the 12-mile run in 1:34:51 in 16th place overall with Mike finishing 22nd in 1:38:21. The Senior Ladies and the Mixed teams saw Rachel Bown and Sue MacGregor run together for most of the way with Rachel surging ahead in the last quarter of a mile to finish 43rd in 1:51:11 with Sue 45th in 1:51:26, picking off a Hogweed Trotter in the process.

On the **second leg** down to Cleeve Common, Chris Stevens had a good run over the twelve miles to finish in 13th place overall in 1:36:20, with off-road specialist Ian White finishing next for the Mixed team in 42nd place some sixteen minutes adrift. Next back was Veterans team captain Stuart MacGregor in 51st place just ahead of Kay Middleton of the AVR Ladies team.



The eight mile **third leg** from Cleeve Common to Seven Springs saw the Senior Men's team get their first top-10 position with Richard Ayling who despite taking a wrong turn came through for 8th place ahead of 31st placed Ross Williams for the Mixed team, 47th placed Adella Smart of AVR Ladies and 53rd placed Neil Whitehead for the AVR Veterans.

Leg four was probably the most demanding of the legs forcing competitors over twelve miles from Seven Springs to Cranham Corner including a run up Coopers Hill, which is more well known for rolling cheese down it. AVR Senior Men's team captain Chris Atkinson ran hard to finish in 32nd place with Martin Meredith in 44th for the Mixed team and Ali Atkinson 51st for the AVR Ladies. AVR Veterans team runner Mike Maidment managed to get 'lost' enroute and enjoyed the climb up Cooper Hill so much that he did it twice!!!

Over the twelve miles of **leg five** from Cranham Corner to Ebley Mill, Steve Williams put in a good performance for the Veterans team finishing in 13th place overall recording 1:31:15 over five minutes ahead of George Roberts from the Senior Men's team. In 42nd place Kevin Ladner recorded 1:49:10 for the Mixed team and in 50th place the AVR Ladies team captain Tina Vivian ran in 1:56:21.

Leg six saw AVR Senior man Danny Gard finish in 15th place over the nine mile run Ebley Mill down to Dursley, ahead of 29th place Laurie Irwin (AVR Vets), 49th placed Linda Ladner (AVR Ladies) and 57th placed Liz Gard (AVR Mixed).

Leg seven from Dursley to Wotton under Edge saw a good run over seven miles by Michael Towler (Senior Men) who came through the field for 6th position in 56:10 ahead of 28th placed Mark Heywood (AVR Vets) in 61:08, 31st Kate Robinson (AVR Mixed) 72:08 and 40th Tanya Maidment (AVR Ladies) 74:40.

Leg eight between Wotton under Edge and Old Sodbury saw another good performance by the AVR Senior Men's team as Carl Davies secured 7th place recording 1:30:13 for the twelve mile run. Jo Mumford had a good run to finish 34th overall ahead of 42nd placed Llewellyn Jones (AVR Vets) 1:59:30 and 54th placed Anthony Hickson (AVR Mixed) 2:06:00.

Leg nine took the runners from Old Sodbury down to Cold Ashton and Andy Hawkins of the AVR Veterans team produced another fine performance to win the leg outright from Mark Gilbertson of Great Western Runners in a time of 62:03. Steve Noyes came in 12th for the Senior Men's team. For the Avon Valley Ladies Liz Ringham managed a good run to finish as the second lady home with husband Simon just over a minute behind scoring for the Mixed team in 23rd position.

The final leg, pitted AVR Veteran Brett Flook against in-form Senior Alistair Bartlett over the ten mile leg from Cold Ashton to the finish outside of Bath Abbey. With Craig Davey of TeamBath running away to win the leg, Alistair was stuck in a fight for second spot but unfortunately lost ground in the final mile to finish fourth in 65:48 with Brett just a minute behind to come through for 5th position. Jackie Rockliffe ran strongly to finish as the second lady overall recording 75:57 with Julia Scott of the Mixed team finishing in 50th.

The final standings showed a victory for TeamBath AC Senior Men's team in a combined time of twelve hours and thirty nine minutes, with Avon Valley Senior Men finishing 13th team overall in thirteen hours forty seven minutes; AVR Veterans finished nearly two hours behind in 25th place recording 15:38:45 and 6th in their category; AVR Ladies finished as 44th team overall and fourth Ladies team recording 16:39:31 (one position up on 2006). The AVR Mixed team took 47th place recording 16:47:18. The 28th June 2008 has been set for next year's event and I am certain that AVR will be there again!!!

Captains' Corner

April began with the **Trowbridge 10K**, the 2nd event in the AVR Race Series. Over 100 lined up for the 2 laps around Southwick Country Park hosted by the Trowbridge Lions and supported by AVR. Alistair Bartlett was 3rd man and led the men home in 37:41 and Rose Barber was 3rd Lady in 49:16 and 1st F40 with Susie Phillips 2nd F40. On the same day, Doug Barber back from injury ran the **Marshfield Mudlark** and was 1st M40 and 5th home, Mike Brain ran the **Bournemouth 10K** in 52:45 and Tina Vivian and Kay Middleton competed in a very windy but scenic Half Marathon in The Vale of the White Horse near Wantage. Kay was trying to beat her PB that she achieved at the Bath Half Marathon of 1:42:08 but had a disappointing 1:44:58, Tina was pleased she finished! This is a flat and fast PB course on a less windy day and a far nicer alternative to the crowded and boring 2 laps of the dreary end of Bath a week earlier.

The long Easter weekend started on Good Friday with the **Maidenhead 10**, with husband and wife teams Ali and Chris Atkinson, preparing for London, did 68:39 and 78:19 and Liz and Danny Gard 69:04 and 91:29. Bernie Hobbs ran the **Gloucester 10K** in 49:26 on Easter Saturday, and Easter Monday saw 10 members compete in the **Easter Bunny 10K** at RNAS Yeovilton. Kathy Kinsey, Rose and Ali were within 3 seconds of each other. Kathy and Ali had PB's of 45:12 and 45:15 and Rose was 1st F55 with 45:13. Andy Hawkins led the AVR men with 34:22 and was 10th ahead of Alistair in 35:23 and Michael Bryant 37:40. Kevin Sparey was 2nd M50 and Peter Bryant 3rd Junior. Along with Chris Atkinson 39:17 PB and Steve Bryant 39:35 all seven AVR men were under 40 minutes, the first time this has happened for quite a time. Two days later, gluttons for punishment or very keen, Kevin and Rose picked up vet prizes in the 5K at Yeovil. A week after Easter, Alistair clocked up a seasons best at the **Totton 10K**, with a time of 35:20.

After nearly 4 months of training, the **London Marathon** day arrived with a very unseasonable heat wave bringing disappointments and glory Tina, Denise and Julia Scott held the AVR banner high at 9 miles and saw Jackie Rockliffe in with the elite women, run comfortably by on course for a time of just over 3 hours. At 25 miles and 2 hours later we waited anxiously for the yellow vest, [with proud father Ted and partner Chris] and saw her through the heat haze still looking good but a few minutes behind schedule, eventually finishing in a fantastic time of 3:07:45 – 26th F35, a new AVR ladies club record. Well done to her and also a big pat on the back for Jo Mumford who recorded a PB of 3:21:12 knocking a massive 18 minutes off her previous time for London. Laurie Irwin also achieved a PB of 3:37:51. Mike Pace and Tanya Maidment in their 1st marathons did 3:59:46 and 4:54:02 respectively. All the other AVR members who competed finished despite the heat and disappointments so well done to you all.

The following week, at the **Heddington Hill Climb**, only one mile but up and up, Alistair set a new course record of 6:37 ahead of defending champion Darren Wrintmore who was not far behind in 7:10. Anthony Hickson ran a creditable 9:48, not bad for a 70 year old!

On Sunday of the May Bank Holiday, George Roberts and the White family of Ian, Barbara and daughter Anissia took up the multi-terrain challenge of the **Black Death Run**. Anissia did very well in the 3-mile race finishing as 3rd female in 20:40 and George, Ian and Barbara did the 9-miles in times of 1:24:10, 1:26:27 and 1:43:30 respectively. Apparently the grim reaper was spotted posing as a marshal!

Bank Holiday Monday started inevitably with rain and more rain but cleared for the **May Fayre 3** at Christchurch school. AVR member Tom Simpson organised the race with other AVR members helping. Alistair was beaten into 2nd place by Team Bath's Brian Penny and in 3rd place was an 11 year old school boy - *A future AVR member we hope?*

The next evening there was a good turn out for AVR all competing for points, at the **Roundway Chase** at Heddington, the 3rd event in the AVR Race Series. Alistair took the 20 points with a time of 36:05 and was 3rd man home, Jackie was 1st lady with a time of 42:58 and now has 2 wins in 2 races and 40 points.



Chris Stevens in the chasing pack at the Shaw & Whitley Stampede

On the 13th May six AVR members took part in the **Cowpat Canter** with Doug Barber finishing in an impressive 5th place and then took his great form into **Bratton Hilly** on the 19th where he only went and won it! along with 9th place Steve Williams, 10th Mike Maidment and 11th place Danny Gard they picked up the Men's team prize, well done guys! For the ladies Rose Barber 32nd place and Ali Atkinson 36th place both ran well to pick up 1st F55 and 1st F35 respectively. Well-done Ladies!



Doug Barber on his way to victory at the Bratton Hilly

On the same day, at the **Shaw and Whitley Stampede** with Mike Towler in 2nd place, Chris Stevens 3rd place and 8th placed Richard Hudson took the 1st male team prize ahead of TeamBath. A week later eight members took part in the **Pewsey 10K** where Jackie Rockliffe finished in 26th place finally breaking 40 minutes for the first time in a few years and picked up first Lady prize.

That man Doug Barber ran another great race on at the **Bath Hilly 10** where he finished 5th and the following week at **Keevil 10K** he finished 5th again in 36:24. Ali Atkinson was the 1st AVR Lady home and picked up the prize for 2nd Female vet 35. Picking up prizes is becoming a bit of a habit for these two! Congratulations to Alistair who not only won **Wincanton 10K** on 3rd of June but also set a new course record of 35:57. A Relay team from AVR consisting of Rose Barber, Sue Macgregor and Tina Giles took part in the Annual **Man versus Horse** race and finished in 3:20:56 25th overall receiving prizes for 4th female team and 1st Female Vet team. Congratulations!

The **Warminster Forest 10** was the fourth event in the AVR Race Series race and has to be so far, the race of the series. Avon Valleys very own Andy Hawkins finished a very impressive 1st place in 59:27 and this was only his 3rd race of the year. Andy along with 4th placed Alistair 61:09, Brett Flook 7th in 62:31 and new comer Carl Davies having a great run in 64:20 finishing 10th collectively picked up first Male team prize. For the ladies it was Ali Atkinson who had a great run and was 1st back for AVR picking up the 20 points finishing in 92nd place overall in 81:10, followed by Becky Follett who also ran well to finish in 95th place in 81:33.

A big "THANK YOU" to everyone that took part in the **Cotswold Way Relay**. This was only the second year Avon Valley has taken part and certainly won't be the last. Last year we entered three teams, this year we entered four. Too many took part to mention but some great runs from everyone in some very difficult weather conditions. Andy Hawkins on leg 9 had perhaps the AVR performance of the day finishing in 1st position and on the same leg Liz Ringham having a good run to finish 2nd Lady home. On the glory leg 10, Alistair ran well to finish in 4th place closely followed by Brett Flook in great form after a long lay off last year. Jackie Rockliffe also ran well to finish 2nd lady home. We unfortunately didn't pick up any team prizes but well done to the ladies who were in fact only just over 4 minutes behind Hogweed Trotters just missing out on 3rd spot. Come on Ladies you could do it next year. One idea for next year is that we mix our best male vets and best male seniors together to form a 'dream team', this keeps competition for places healthy and encourages members to train harder. Food for thought! This is an event paid for by the club and deserves best efforts from everyone involved. Once again well done to you all and thank you from your team Captains' Tina, Chris, Denise and Stuart.

One last thing before we sign off, don't forget that on Thursday 19th July at 7.00 pm from the Pound Lane Pavilion in Bradford on Avon we will be holding the **Berncol Relays** and BBQ afterwards. This is a social club event and is supposed to be fun and a way of getting to know fellow club members, so we would like to see as many of you as possible and please feel free to bring your families. If you would like to know more please talk to your club captains. **Tina Vivian & Chris Atkinson**

Fixtures

Saturday July 7th	Golden Cap Challenge⁺⁺ – Charmouth, Dorset @15:00
Sunday July 8th	Moonraker 10K^{**} - Urchfont, Wiltshire @17:00
Saturday July 14th	Mad Dash 2K Fun Run – Melksham, Wiltshire @17:30
Sunday July 15th	Wellington 10 – Wellington, Somerset @10:30
	Lumpy Bumpy 10 – Milton Lilbourne, Wiltshire @10:00
Thursday July 19th	BernCol Relays – Bradford on Avon, Wiltshire @19:00
Tuesday July 31st	Stanley Park 5K – Chippenham, Wiltshire @19:00
Wednesday August 1st	Pewsey Mid-week 5 – Pewsey, Wiltshire @19:30
Sunday August 5th	EAS 10K – Castle Combe, Wiltshire @09:30
Thursday August 9th	Avon Valley Mile – Bradford on Avon, Wiltshire @19:00
Sunday August 26th	Foxtrot 5^{**} – Broughton Gifford @11:00
	Battle of Sedgemoor 10K – Langport, Somerset @11:00
	Vale of Pewsey Half Marathon – Pewsey, Wiltshire @10:30
Monday August 27th	Bristol Runathalon – Stoke Gifford, Bristol @10:00
Tuesday August 28th	Stanley Park 5K – Chippenham, Wiltshire @19:00
Sunday September 2nd	The Beast^{***} - Corfe, Dorset @10:30
Sunday September 9th	The Grizzly⁺⁺ - Seaton, Devon @10:30
	Bristol Half Marathon – Bristol
Sunday September 23rd	King Alfreds Torment⁺⁺ - Stourhead, Wiltshire @11:00
	Biddestone 10K – Biddestone, Wiltshire @11:00
Tuesday September 25th	Stanley Park 5K – Chippenham, Wiltshire @19:00
Sunday September 30th	Mells Trail Run – Mells, Somerset @11:00

++ Off-Road qualifying race

** AVR Race Series event

Member Profile – Ali Atkinson

Date of Birth:	22 nd April 1965	Residence:	North Bradley
Height:	5ft 4"	Occupation:	System Services Manager
Weight:	8st 4lb	Running Shoes:	Asics Gel Cumulus
PBs:		Ten Miles	77:19 – Hayling 2006
10K	45:15 – Yeovil 2007	Marathon	3:55:15 – London 2006
Half Marathon	1:41:55 – Llanelli 2007		

I have always loved Athletics and was part of the School Team until I was 14, when at this age I decided it was far too nerdy to continue and quit the team. This coincided with my increasing interest of lads and smoking! Incidentally, I still hold the School record for 400m from 1978, which I feel is quite an achievement, especially as my event was the 1500metres. I remember showing Stan my record on the notice board in the Sports Centre at Clarendon School and his reaction was “Your names not Singer” I said “No, but it was when I was 13”.

My love for Athletics always remained, however I just enjoyed watching rather than actually doing anything! Then on New Years Eve 2000 I smoked my last cigarette, and being quite vain, didn't want to put on loads of weight, so decided that running was the thing to do! My husband Chris and I put in to run the Bath Half in 2001, I remember my longest run being about 9 miles, and I was exhausted! On the day of the race Chris and I ran together and completed in just under 2hours, which was our goal and we were pretty pleased with ourselves! Incidentally this was probably one of the only times that we have run together as Chris was hooked and improved pretty quickly.

I had no interest in joining a club and was happy to do a couple little runs a week and the Bath and Bristol Half Marathons each year. I eventually joined AVR in October 2005, as I fancied the trip to do the Amsterdam Half Marathon!

I have met loads of great people as well as making new friends, you can't help but get a little more competitive and joining a Club makes you want to improve. So hopefully, this is just the start and I can continue to improve and more importantly have loads of fun doing it!



London Pride- London Marathon 2007

April 19th - It's four days before the London Marathon, and I should be resting, re-hydrating and 'carb-ing-up' in preparation for the big day, but instead I have been in bed for the last 24 hrs with suspected food poisoning. Really not what I need right now, but I do appear to be over the worst, so hopefully I will be fighting fit by Sunday (and a few pounds lighter!). This is my 4th year that I've entered the London Marathon (under the gentle encouragement from my husband Mike). For the past 3 years I've breathed a sigh of relief when the rejection letter arrives, informing me that I've been unsuccessful for a ballot place. When the magazines arrived last October, informing us that we had both been successful, Mike was delighted. I have to admit I was not quite so enthusiastic. 'Oh bugger' I thought to myself; 'That's super, darling' I replied.

Mike suggested that we should run the Marathon together, as he would be running the Rome Marathon the month before, and so he didn't mind running at my pace for London. I liked the idea of running together, as I would need a LOT of encouragement to get round 26.2 miles, but I was rather worried that by the last few miles I would become annoyed by even the gentlest and un-patronising encouragement and would begin to swear at my husband. Still, at least he would be there to carry spare drinks, gels and snacks.

My training began in November, and as I had done very little running since the birth of our son Alex the year before, I was in effect starting from scratch. Back and pelvis problems had prevented me from starting to run sooner. I'd ran a few half marathons before having Alex, and had even once managed to scrape under 2hrs, but I remember thinking to myself at the time that it was so hard and I'd be happy if I never ran another half marathon as long as I achieved a sub-2hr time. I really never thought that one day I'd run a full marathon. The training didn't really get off to a great start, especially as I was ill for most of January, and as I stepped up the mileage, my back gave me trouble. Despite all the setbacks, I did managed to more or less follow the sub 4.30 schedule, although I only ever managed to train three times a week. I found the longer runs really hard, especially managing to fit them in around work and having a small child. The furthest training run I managed was 18 miles, and as luck would have it, both the MP3 player and the GPS ran out of battery power after 3 miles! I managed to run a half marathon training run in 1hr 57mins at Bath, so I was really pleased to knock a few minutes off my PB. I'm hoping on the day of the marathon to get round in under 5 hrs, but just making it round will be a great achievement.

April 20th - It's two days now before the big event, and we are at the Expo at Excel in London. A runner's paradise with all the running shoes and accessories you could ever need. It was there that I discovered that I was apparently a strong pronator and had been running in the wrong shoes for years! Oh well, too late to worry about it now, as I have to run in the shoes that I've trained in. I still have a day to rest and prepared for the race. Fortunately my stomach cramps have finally ceased and the race is on!

April 22nd - I know that on the morning of the marathon, I should eat a good breakfast, but trying to eat anything at 5.30am is hard at the best of times. I forced down a bowl of porridge and we set off for the train. We were staying with my mother in Dorking and had to get the 7am train to London. Unfortunately, the rail network had decided to carry out engineering works that day, so it was a little worrying that there were no other runners anywhere in sight. Thankfully though we made it on time, and two hours and four trains later we were walking to the start at Blackheath. It was a beautiful, clear sunny day, with not a cloud in sight and a forecast temperature of 23 degrees. Lovely, but far from ideal running conditions.

I was starting to feel excited, and by now I had managed to consume a few bananas, a muesli bar and some Lucozade. Before I knew it, we were in the line up for the start, and then we were off. I felt good, and right from the start, people were calling out our names in encouragement. We were running for Cancer Research and had our names on our vests, which really helped to keep me going later on in the race. The first few miles were slow due to the crowds, but we managed to more or less keep up a steady 10-minute mile pace. I knew from quite early on though that I would be struggling to get round in under 4hrs 30mins, so I settled for a sub 5 hrs finish time.

By mile 9 it was hot, and my legs were getting tired. Thankfully there are water stations every mile at London, and Lucozade stops every 5 miles. By mile 14, everything was starting to ache, especially my knees and hips, and I had to walk occasionally. Miles 14 to 22 were the hardest - I had to walk a bit each mile, but the crowds were amazing and wouldn't let us walk for long (and being overtaken by a six foot high Lucozade sports bottle and a 10 foot high pink nurse is enough to spur you on!). I have to also say that Mike was brilliant and carried drinks all the way round. He also gave me just the right amount of encouragement, and told me just at the right time and in the nicest of ways, that unless I started to speed up a little, we would be over the 5 hours. Somehow, for the last few miles, I managed to forget the pain and kept going, and successfully managed my target time of less than 5 hours. We crossed the finish line together holding hands!

I've been asked a number of times now if I will run another marathon. It is strange how you forget the pain that you feel at the time, and there is a sense of pride from running 26.2 miles. Although I haven't said no, it will be a while before I consider running such a distance again. I'd like to try and improve my half marathon times first and also, I have to get used to my new running shoes! **Tanya Maidment**

