



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS
#88 – October 2007



4 PB's – "Can't get much better than that!"

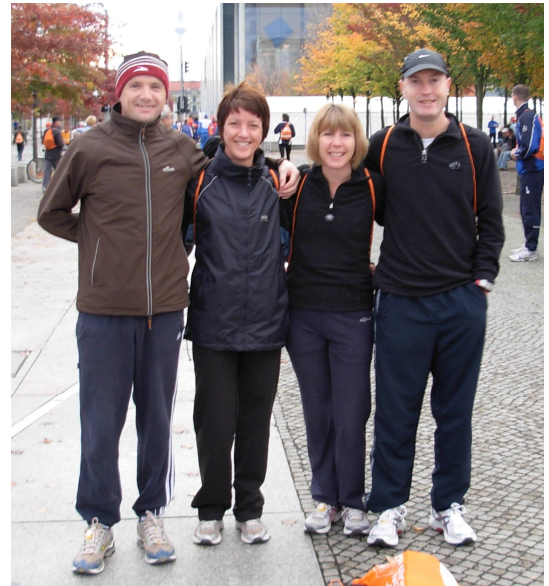
On Friday 28th September, Chris and Ali Atkinson along with Liz Ringham, boarded the 17:35 Easyjet Flight from Bristol to Berlin. The flight was on time and landed ahead of schedule at Schoenefeld Airport, where the 3 travellers were met by Simon Ringham who has been working in Poland. From there, a 40-minute train journey to Zoo Station in the centre of Berlin, where the couples parted company and went to their Hotels.

Following a leisurely breakfast the 4 of us headed to Registration, which in typical German style was very efficient, a quick look around the stands and back for a restful afternoon, with feet up! The 4 of us then met at 18:00 for an early meal of the traditional runner's fare of "Pasta", parted company and headed back for an early night!

Sunday morning, the weather was perfect, cool and overcast, at 7:00 am we headed to the start of the race, a few short train stops away. With the race starting at 9:00am, and bags needing to be handed in by 8:30, things became a little fraught (well Ali became slightly hysterical, when herself and Liz failed to locate the correct baggage tent, and Chris had gone missing). With Simon being the calming influence, (without resulting in giving Ali a slap) we relocated Chris and found the baggage tent!

We made our way with seconds to spare to the start of the race, clambering over the barrier to get in amongst the runners. The balloons were released and the race was under way, there was no more to do bar run the 26.2 miles.

Liz was the first across the line in 3:13:05, a fabulous run, finishing strongly smashing her PB and finishing 19th in her category. Next was Chris in 3:17:55, a strong run and another PB, finishing 744th in his category. Simon obliterated his PB by 15 minutes and 2 seconds, to finish in 3:21:22 - 845th in his category. Ali completed the 4 PBs, in a time of 3:49:22 - 236th in category, not quite the sub-3:45 that she had hoped, but a very pleasing run after the disappointment of London!



With everyone delighted with a great race, a few drinks were had to celebrate the achievements, before returning home. *Ali Atkinson*

Wimborne by Bus

Avon Valley Runners are laying on a complimentary bus for the **Wimborne 10** being held on Sunday 18th November. The bus will leave the car park at Clarendon School aka Trowbridge Sports Centre at 08:00 and should get us to Wimborne in plenty of time for a good warm-up. Ted Rockcliffe says that he knows a nice little hostelry that can provide those vital post-race energy drinks *i.e. Stella and Fullers!!*



As well as being one of the AVR Race Series events, the race is also hosting a number of regional championships so is likely to fill up fast. So if you have not already done so, please send your entry form in to the organisers ASAP. Also please let Ted know if you wish to use the bus, so that we can get the right size vehicle.

Secretary's Notes

Well the summer was rather a wash-out with some of the highest rainfall recorded in the region since records began. Unfortunately this impacted upon our activities at the **West Wilts Show** with a total of just sixty runners participating in our series of fun runs and very little footfall reaching our stand in Trowbridge Town Park. Thank you however to those members who gave up some of their valuable time to help man the desk and marshal the fun runs. A similar fate befell the **Melksham Mad Dash** where our two members that made it to the start line and along with their son finished 1-2-3 flying the colours of AVR – well done to team Ladner!



Chris Atkinson & Pete Jones
at the West Wilts Show



The Masters line up for the Avon Valley Mile

However, we did get a break in the weather for the **BernCol Relay** where our captains put on a good run and an even better fish 'n' chip supper. The event also gave an opportunity to bestow honorary lifetime membership upon Tony Bartlett, who has been with Avon Valley Runners since 1992 and can boast a sub-three hour marathon.

The **Avon Valley Mile** benefitted from good weather and thirty two members tried out their fast-twitch muscles over a measured 1609m course in Barton Farm Country Park.

Similarly in good weather, the **Foxtrot 5** which we helped organise with the "Fox" Public House, attracted a record field to Broughton Gifford of 220 runners of which 17 were club members trying to improve their standing in the **AVR Race Series**.

Autumn or will it be the new summer? brings our flagship race in "**Over the Hills**", this event is one of the club's major sources of revenue and enables AVR to maintain the lowest fees in the county. I therefore urge you put yourselves forward to help at this event. If you can spare some time on Sunday 4th November, then please contact Tina Vivian on 01225 866193.

Joining us in the valley this last quarter are: James Hart, Will Whitmore, Melanie Nichols and Jeanette Whitmore. Whilst moving up through the veterans categories are: Glyn Phillips MV60, Barbara White FV50, Julia Drewitt FV40, Rebecca Brown FV35, Christina Davidson FV50, Fay Barnes FV60 – I hope that those trophy cabinets still have some space in them!

Darren Wrintmore

To all AVR Members,

During the evening of July 19th at the BernCol relay I received an honour for which I was completely unprepared. Taking the form of a tankard and inscribed "For recognition of services to the club". Other people I am sure have done far more than I in making AVR as successful as it has become.

I have been fortunate over the years of being the recipient of a number of trophies but this tankard supersedes all others and is the one that I shall cherish the most. To be acknowledged by one's peers is the greatest accolade to which any athlete may aspire. From the fastest to the slowest, the oldest to the youngest (and dare I say it?) the fattest to the thinnest you are all great club mates and it is a privilege and a pleasure to be associated with you.

God bless and thank you

Tony Bartlett



Results

September 30th – Mells Trail Run: 3rd Kevin Sparey 41:46; 6th Alistair Bartlett 42:21; 13th Brett Flook 45:18; 16th Mark Harris 46:17; 33rd Melanie Nichols 50:14; 54th Kirsty Doonan 54:53; 55th Rose Barber 54:57; 96th Christine Davidson 62:06; 108th Francis Hood 65:21; 117th Fay Barnes 69:14. **Berlin Marathon:** Liz Ringham 3:13:05; Chris Atkinson 3:17:55; Simon Ringham 3:21:22; Ali Atkinson 3:49:22. **Clarendon Half (Boughton):** 60th Tina Vivian 2:06:26; 154th Denise Ellis 2:27:33.

September 23rd – King Alfreds Torment (Stourhead): 5th Alistair Bartlett 46:34; 23rd Mike Pace 51:42; 30th Darren Wrintmore 53:32; 34th George Roberts 55:16; 45th Peter Jones 56:35; 65th Mel Nicholls 58:34; 68th Neil Whitehead 58:56; 72nd Ian White 59:21; 76th Anissia White 60:14; 86th Andrew Hoddinett 62:13; 96th Rosemary Barber 63:27; 101st Sue MacGregor 63:52; 107th Tina Vivian 65:53; 151st Liz Gard 73:21; 154th Glyn Phillips 73:35; 168th Denise Ellis 77:47. **Biddestone 10K:** 6th Tom Frost 36:38; 10th James Hart 37:33; 48th Dennis Mellor 55:40; 50th Tony Griffith 56:25; 8th Kathy Kinsey 48:33; 13th Gen Sharam 51:05; 28th Frances Hood 54:50.

Littledown 5: 12th Kevin Sparey 28:49.

September 16th – Carol Haslam 10K (Leighton Buzzard) - 90th Christopher Peerman 52:51.

September 12th - Yeovilton 5K: 45th Mike Pace 18:44; 46th Peter Bryant 18:50; 48th Stephen Bryant 18:58; 89th Rose Barber 21:34.

September 9th - Bristol Half: 112th Doug Barber 1:21:29; 177th Richard Ayling 1:24:16; 212th James Hart 1:25:36; 256th Chris Stevens 1:26:54; 340th Ian Mapperson 1:29:09; 372nd Chris Atkinson 1:29:40; 442nd Mike Maidment 1:31:02; 573th George Roberts 1:33:12; 824th Jimmy Lowther 1:36:20; 1013th Llewelyn Jones 1:38:01; 1368th Dave Earley 1:41:04; 1685th John Welford 1:43:33; 2900th Anthony Hickson 1:50:56; 3706th Julia Scott 1:55:12; 5711th Belinda Hehir 2:06:57; 6317th Frances Hood 2:10:59; 6382nd Hilary Hammill 2:11:27; 6787th Simon Small 2:14:57; 6825th Sarah Welford 2:15:12.

Ash Excellent Eight: 10th Mike Pace 58:40; 27th Sue MacGregor 1:05:51; 92nd Glyn Phillips 1:21:16

September 2nd - Corfe Beast: 69th Mike Pace 1:46:06; 99th Carl Davies 1:49:09; 100th Jimmy Lowther 1:49:11; 205th Sue Macgregor 2:02:33; 206th Pete Jones 2:02:43; 319th Tina Vivian 2:16:45; 338th Rose Barber 2:19:18; 461st Denise Ellis 2:46:53.

August 27th - Baltonsborough 5: 17th George Roberts 33:42; 68th Debbie Roberts 47:37.

August 26th - Pewsey Half: 40th James Hart 1:29:17; 47th Liz Ringham 1:30:28; 49th Steve Noyes 1:30:43; 67th Chris Atkinson 1:33:23; 70th Simon Ringham 1:33:34; 77th George Roberts 1:34:38; 151st David Earley 1:44:54; 153rd Ali Atkinson 1:45:09. **Battle of Sedgemoor 10K (Langport):** 245th Liz Gard 53:50; 309th Debbie Roberts 58:31. **The Foxtrot 5:** 7th Alistair Bartlett 28:54; 15th Chris Stevens 30:38; 24th Mark Harris 31:58; 28th Michael Pace 32:44; 46th Jimmy Lowther 34:16; 51st Sue Macgregor 34:35; 58th Peter Jones 35:22; 67th Rosemary Barber 36:26; 72nd Andrew Hoddinott 36:56; 80th Leslie Unsworth 37:38; 81st Anthony Hickson 37:47; 86th Kay Middleton 38:11; 101st Katie Robinson 40:11; 116th Genevieve Sharam 41:35; 133rd Glyn Phillips 45:05; 134th Victoria Black 45:12; 151st Dennis Mellor 49:01.

August 18th - Race the Train: 129th Mike Pace 1:52:48; 174th Sue MacGregor 2:14:38.

August 12th - Salisbury 5-4-3-2-1: 30K 103rd Kirsty Doonan 4.13:10; **20K** 17th Christopher Switzer 1.52:00; **10K** 6th Melanie Nicholls 48:20.

August 8th - Yeovilton 5K: 48th Mike Pace 19:25; 74th Sue MacGregor 20:48.

August 5th - EAS 10K (Castle Combe): 7th Alistair Bartlett 37:44; 22nd Mark Harris 41:20; 32nd Liz Ringham 42:00; 36th Simon Ringham 42:40; 67th Ali Atkinson 47:33; 167th Tony Griffith 62:15; 168th Dennis Mellor 62:16.

August 1st - Pewsey 5: 11th Michael Towler 30:42; 34th Carl Davies 32:04; 39th Jackie Rockcliffe 32:46; 47th Danny Gard 33:58; 91st Ted Rockcliffe 37:23; 92nd Ali Atkinson 37:25; 133rd Katie Robinson 40:45; 143rd Liz Gard 43:11.

July 31st - Stanley Park 10K (Chippenham): 15th Quinton Armstrong 43:46; 18th Martin Meredith 45:08.

July 15th - Tarrant Valley 10K: 31st Michael Pace 43:15; 60th Sue MacGregor 46:35; 79th Rose Barber 48:56. Lumpy Bumpy 10: 14th James Hart 72:46; 31st Mike Maidment 77:51; 62nd Ian White 84:43. **Wycombe Half:** 94th George Roberts 1:37:24.

July 14th - Bishop Cannings Dash: 2nd Michael Towler 20:40.

July 11th - Yeovilton 5K: 18th Kevin Sparey 17:15; 25th Brett Flook 17:34; 35th Peter Bryant 18:06; 55th Stephen Bryant 19:18. **River Run 5K (Chippenham):** 30th Mike Pace 19:33; 64th Sue MacGregor 21:35.

July 8th - Moonraker 10K (Urchfont): 4th Alastair Bartlett 36:48; 6th Carl Davies 38:23; 13th Chris Stevens 39:52; 18th Peter Bryant 40:59; 20th Jackie Rockcliffe 41:14; 26th Chris Atkinson 42:16; 42nd Ali Atkinson 47:25; 72nd Peter Jones 51:00; 77th Anthony Hickson 51:53; 93rd Joyce Field 55:50; 100th Denise Ellis 56:44.

July 7th - Charmouth to Golden Cap Challenge: 125th Kay Middleton 1:18:08; 161th Becky Follett 1:23:49; 191st Tina Vivian 1:28:39. **July 5th - Sundayshill 10K:** 3rd Ali Atkinson 46:32.

July 1st - Kennet Kanter (Devizes): 73rd Quinton Armstrong 1:27:22; 157th Tony Griffith 1:53:40.

Member Profile – Andy Hawkins

Date of Birth:	14 th May 1965	Residence:	Hilperton
Height:	5ft 9"	Occupation:	Head Chef
Weight:	10st 8lb	Running Shoes:	Asics Cumulus
PBs:		5K	14:44 - Exeter 1997
1 Mile	4:21 - Whitchurch 1997	Ten Miles	50:50 - Bruggen 1990
10K	31:12 - Cardiff 1993	Marathon	2:54:30 - London 2004
Half Marathon	1:08:37 - Oxford 1989		

My running journey began on my first posting to RAF Hullavington in 1985. I have always loved athletics ever since I was given an Olympic Games sticker book from the ESSO garage during the 1976 games. At Hullavington I soon discovered the station cross country team and unfortunately for my legs met up with an ultra distance runner called Terry Timms who bumped my mileage up from about 10 to 70 miles a week within a few months [not recommended]. We had many great Wednesday afternoons during the winter competing at different bases culminating with the RAF cross country championships at RAF Halton in February. After a few years I eventually scrapped my way into the top 9 runners in the Air Force and won 2 inter-service gold team medals at cross-country.

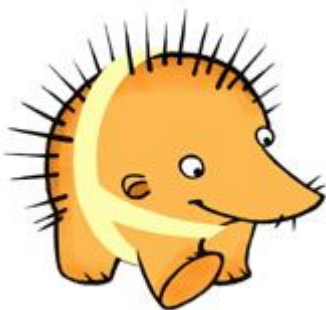
As well as running for the RAF I was a member of Chippenham Harriers and every Thursday night was like a race, 3 or 4 of us would go off and run ourselves into the ground, we enjoyed local road races. The Oxford Half Marathon being one of my best performances in 1989. On leaving the services I joined Bristol AC where I could get good coaching with Paul Derrick [The Fat controller] and move on to the next level, my track times improved which helped with running the longer distances on the road, another one of my quickest being the 1997 Victory 5 where I ran 24:18 but didn't even make the top ten!

In 2000 I joined Swindon Harriers, which was closer to where I worked and lived, we did quite well in the road relays, winning a silver medal at the South of England six stage Championships at Aldershot.

Since joining Avon Valley Runners after our move to the area with my wife Sam in 2005, I have enjoyed making new friends and discovering new training routes. Plans for the near future are to run a 10 mile race in a respectable time again, in between nappy changing duties.



Be Safe – Be Seen



With the night's drawing in, it is important that you are visible to other road users. Please make certain that you are wearing reflective running vests or at the very least a white top when you attend our evening training runs.

Remember that it is not just cars that you need to be wary of, but pedestrians also - especially those who have not yet grasped the concept of being seen at night. The same is also true of cyclists and you can bet the one's without lights are the same ones who cycle full pelt along the pavement!

Captains' Corner

The summer sadly didn't really happen this year but members put a brave face on and entered some very important races. July 8th saw eleven members enter the **Moonraker 10K** and Alistair Bartlett picked up 20 points in the race series finishing 4th overall and Jackie Rockliffe picking up 20 points for the ladies. Congratulations to Michael Towler who took part in the **Bishops Cannings Dash** and finished in an impressive 2nd place, well done Michael. In August the **Vale of Pewsey Half Marathon** saw 8 AVR members take part, with new-comer Jim Hart first back for AVR in 40th place and Liz Ringham first back for the ladies in 47th overall. The **Foxtrot 5** was another race series event with a great turnout of 16 members. Alistair Bartlett was first back for AVR 7th overall, picking up another 20 points, first back for the ladies was Sue Macgregor. The **Corfe Beast** also a race series event attracted 8 brave members with Mike Pace first home for AVR and collecting the 20 points with Sue Magregor first back for the ladies picking up another 20 points. The **Bristol Half Marathon** was as popular as ever with our members and saw 19 take part. Doug Barber being first back in 1:21:29 in 112th place followed by Rich Ayling in 177th place in 1:24:16, James Hart was third home for AVR in 212th place in 1:25:36 - this was only his second ever Half Marathon. Congratulations Jim very impressive. First back for the Ladies was Julia Scott, well done all.

September 30th at the **Mells Trail Run** 3rd place Kevin Sparey, 6th place Alistair Bartlett, 13th place Brett Flook and 16th place Mark Harris together picked up the Men's team prize. Not to be out done 33rd place Melanie Nichols, 54th place Kirsty Doonan, 55th place Rose Barber and 96th place Christine Davidson picked up the ladies team prize. On the same day 4 members went to Germany to take part in the **Berlin Marathon**, Liz Ringham was first back for AVR followed by Chris Atkinson, Simon Ringham and Ali Atkinson all achieving PB's.

It's hotting up in the men's Championship! Alistair Bartlett is ahead of Kevin Sparey, closely followed by Doug Barber. Jackie is leading the ladies with Rose Barber and Ali Atkinson battling it out for 2nd and 3rd. There are plenty of opportunities in the coming months to take part in the championships for other members. Only 19 men and 12 women have completed a 10K, 10-mile and Half Marathon - so come on get those entry forms filled in !

For those who prefer off road and have yet to complete 3 events, the **Mendip Muddle** on October 14th is a must or **Sodbury Slog** on November the 11th, but hurry as places are filling fast! So far Doug Barber is leading the men and Sue Macgregor the Ladies.

We have completed the 7th race in the AVR Race Series with the **Corfe Beast** at the beginning of September. So far Alistair is the run-away leader in the men's with no less than 5 wins out of 6 races run totalling 119points and Rose Barber consistently doing well with a points total of 111 for the ladies. There is still the Swindon **Half**, **Wimborne 10** and **Bromham 10K** to go.

Before we sign off please don't forget the **Wilts XC Championships** are being held at Chippenham again this year on the 8th December; finally the **Wessex XC league** will start again in November so please once again check the web site for the exact dates.

Tina Vivian & Chris Atkinson

WISHFUL THINKING?

- | | |
|---|--|
| 1) Someone asked me a few weeks ago
How I discovered my illness, how did I know
Others too have enquired about this complaint
So to Parkinson's disease with you I'll acquaint. | 2) It all began one Autumn morn
Some sixty years on from when I was born
A gentle tremble of the left hand thumb
No hint as yet of things to come. |
| 3) A few weeks passed and the quivering increased
So a visit to the doctor I could do at least
He examined me with care and then he decided
That a specialist I should see at the Royal United. | 4) An appointment was made and then the day came
When at Reception I arrived with others just the same
I sat waiting my turn, perusing an old 'Readers Digest'
When a nurse called me in to take a blood test. |
| 5) A few minutes later the Consultant appeared
A friendly chap, like me, wore a beard
He asked lots of questions assessing my case
"I'm afraid it's Parkinson's" he said, straight to my face. | 6) I digested this comment and thought for a while
"So what happens now" I said forcing a smile
He then explained all in simple layman's terms
What rigmarole, what a nuisance - a real can of worms! |
| 7) Now this confounded exasperation I could do without
I didn't ask for it, I didn't want it, it just came about
But I resolved not to let it interfere with my lifestyle
I could still run (although slower) for many a mile. | 8) Now the months and the years have all rolled away
And different symptoms appear day after day
I have a drooling on the right side of my chin
But my wiry old beard just soaks it in. |
| 9) Sometimes in my sleep I have quite violent dreams
Sixteen tablets a day is the reason it seems
And more evident shaking of my left hand
Close to me when I am pouring the tea, you wouldn't want to stand. | 10) But love of my family and support of my AVR friends
Exceeds it completely and above it transcends
One day maybe perhaps a cure might be found
Then it will be "all systems go" and I'll just rocket around! |

Tony Bartlett

Fixtures

Sunday, October 7th	Cricklade Half & 10K – Cricklade @10:30 Box Fun runs – Box @11:00 Oldbury 10 – Oldbury Powerstation @10:30 Wessex League XC – Langport @14:00
Sunday, October 14th	Swindon Half Marathon ^{**} – Swindon @10:00 Mendip Muddle ⁺⁺ - Charterhouse-on-Mendip nr Bristol @11:00 Gold Hill Run 10K – Shaftesbury @11:00
Sunday, October 21st	Exmoor Stagger ⁺⁺ – Minehead @11:00 Stroud Half Marathon – Stroud @10:00
Sunday, October 28th	Salisbury Half Marathon – Salisbury Fire station @11:00 TAZ 8 – Malmesbury @11:00 Victoria Park 4 – Bath @11:00
Saturday, November 3rd	“Over the Hills” – Bradford on Avon @11:00
Sunday November 4th	Cheddar Half Marathon – Cheddar @13:30
Saturday, November 10th	Sodbury Slog ⁺⁺ – Chipping Sodbury, Bristol @11:00
Sunday, November 11th	Sodbury Slog ⁺⁺ – Chipping Sodbury, Bristol @11:00
Sunday, November 18th	Wimborne 10 ^{**} – Wimborne @10:30 – AVR Coach trip to this event Blackland Downs Challenge – Calne @11:00
Sunday, November 25th	The EAS 10K - Castle Combe @10:30 Avebury 8 – Avebury @10:30 Wessex League XC – Salisbury @14:00 The OareDeal 10 – Oare nr Marlborough @10:30
Sunday, December 2nd	Full Monty Cute ⁺⁺ – Montacute House nr Yeovil @10:30 Bromham 10K ^{**} – Bromham @11:00
Saturday December 8th	Wiltshire XC Championships – Stanley Park, Chippenham @11:00
Sunday December 16th	Wessex League XC – Glastonbury @14:00

++ Off-Road qualifying race

** AVR Race Series event

Member Profile – Julia Drewitt

Date of Birth:	23rd October 1967	Residence:	Trowbridge
Height:	5ft 7"	Occupation:	Lecturer/hairdresser
Weight:	A battle	Running Shoes:	Saucony
PBs: 10K	56:23 – Christmas Cracker 2005	Ten Miles	89:56 – Hayling 2005
Half Marathon	1:59:22 – Cheddar 2005	Marathon	6:17 – Bath Beat 2006

I started running at the tender age of 10, to keep my overweight father company on his New Year Resolution. My father went on to join AVR and run with them for many years, whilst I continued to train with him occasionally and entered a few races with him during my teens and twenties.

In 2002 after a five year break from running and during a particularly stressful time in my life, I started running again just a few miles a week. Toward the end of 2003 a job change afforded me a bit more spare time and I started running with 2 friends who were training for the Bath Half in 2004. At the last minute I decided to take a charity place myself, ran the Bath half, joined AVR and have never looked back!

Being a member of AVR is much more than just about the running, I am not a great runner, in fact I joke that I am not so much 'beginner' level as 'never improved' level, but I do it the pure enjoyment of being out there!

The last 12 months have been very frustrating as I have had several long term injury layoffs but I'm hoping that 2008 see me achieving some sort of 'form' – whatever that is!

