



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#89 – December 2007



Election Time

It's approaching that time of year when you have the opportunity to influence the democratic running of the club, through the election of officers and voting on new club business. The Annual General Meeting of Avon Valley Runners is to be held on the evening of **Thursday 10th January** after training in Bradford on Avon. The positions that are accepting nominations are:

- Chairman - currently fulfilled by Ted Rockliffe who chairs our monthly committee meetings.
- Honorary Secretary - currently fulfilled by Darren Wrintmore who manages the clubs affairs.
- Assistant Secretary - currently fulfilled by Julia Drewitt who minutes the monthly meetings.
- Treasurer - currently fulfilled by Joyce Field who controls the financial status of the club.
- Men's' Captain - currently fulfilled by Chris Atkinson.
- Assistant Men's' Captain - currently fulfilled by Stuart MacGregor
- Ladies Captain - currently fulfilled by Tina Vivian
- Assistant Ladies Captain - currently fulfilled by Denise Ellis
- Ordinary Member(s) - currently fulfilled by Pete Chapple, Genevieve Sharam, Jo Mumford & Barbara White.

Nominations for these positions must be received in writing by the Honorary Secretary by **Friday 28th December**, with the signatures of a proposing and seconding member.

Other positions represented on the committee are Welfare Officer; News Letter Editor; Web Master; Auditor; Head Coach and Press Officer. These 'technical' appointments are made by the committee and are based on the competency for the position *i.e.* AVR would not want a Web Master who didn't have knowledge of html or a Welfare Officer who was not CRB cleared. Some of these positions are filled by members serving the committee in other roles, and current vacancies exist for a Press Officer and a Head Coach.

There are a number of regular items of business and some held over from the 2007 AGM and the SGM in March that need to be closed:

Affiliations: The club has paid £500 to England-Athletics in 2007 to permit our members to compete in UK:A races as affiliated athletes. The club has also paid £212 to the Association of Running Clubs in 2007 to compete in ARC races as affiliated athletes and reclaim a proportion of the unattached levies at races hosted by AVR, which amounted to a net gain of £50 (not bad considering that we did not run the Conkwell Killer this year). The club also pays £35 to the British Triathlon Association which allows our members to make an £11 saving on individual membership.

The Race Series: These ten targeted races, each with points awarded according to the relative finishing positions of Avon Valley Runners proved very successful, with prizes aplenty taken at these events.

Mission Statement: Incorporation of the mission statement (*see Valley News #86 – April 2007*) into the club constitution – this is available from the club website at www.avonvalleyrunners.org.uk

Membership Fees: With England Athletics raising the cost of individual membership fees to £5 (A cost of £750 to AVR), a new membership tier of "competitive" member is proposed, which would see ordinary membership remain at £10pa (£5 for students and juniors) with an uplift to £15 (£10 for students and juniors) for those who wish to compete in UK:A races as an attached runner. The weekly 'showering fee' would also continue to be suspended.

Any new business for discussion at the AGM must be received in writing by the Honorary Secretary by **Friday 28th December**.

FLM Club Places

Avon Valley Runners have been allocated three club places and one reserve place for the 2008 Flora London Marathon to be run on Sunday 13th April. These places will be drawn by ballot on **Thursday 20th December** after training in Bradford on Avon. Please pass your rejection letters onto Ted Rockliffe prior to the draw, so that your name can go into the hat.



Secretary's Notes

As hoped the autumn brought much better weather conditions than the summer and provided some good running. Congratulations to Andy Hawkins, Alistair Bartlett, Kevin Sparey and Liz Ringham who were all called upon to represent their counties at the **South West Inter Counties Championships** at the **Wimborne 10**. Congratulations also to the thirty Avon Valley Runners who braved the elements at the event, some of who came away with Personal Best times and Season's Best times. Rosemary Barber and Alistair Bartlett also came away with victory in the inaugural AVR Race Series – both with one event to spare. Thanks also to the Chairman, Ted Rockliffe for organising the coach and finding a bar afterwards that charged just £2 a pint!

Many thanks to all that helped to make our “**Over the Hills**” race the success that it is. We attracted over three hundred runners and have secured well over a thousand pounds for the clubs finances – this goes toward paying for coach trips, coaching courses and keeping our membership fees the lowest in the county.

Remember that the club has a special status for the **Bath Half Marathon** on Sunday March 16th and we can submit entries long after the general public ballot has closed as long as they are received by Running High before 18th January on the special AAA form – please see me if you require one. I am also in regular receipt of offers of charity places into various events, so if you are desperate to get into a race, please let me know and I will try to assist.

As an official partner to the **Bath Half Marathon** we will be enticing new members into the club that are targeting the race as improvers, we will also be attracting beginners from Thursday 10th January (AGM day) to undertake a training regime aimed at a spring 10K (to be specified but possibly the **Trowbridge 10K** on April 6th). If you are interested in leading any of these groups or qualifying as a coach then please see me or one of the Captains.

In 2008 we have an opportunity for a third mid-week training session. To be hosted out of Melksham's Christie Miller Sports Centre on a Wednesday evening with full use of the changing/showering facilities and the bar! Please support this proposal at the AGM so that we can truly become a West Wiltshire club (and have a drink after training).

Joining us in the valley are new members: Simon Gilbert from Broughton Gifford, Vojtech Hajdu from Trowbridge, Jennie Mason-Smith from Hilperston, Kirsty Doonan from Rudge and Nick Bracey from Trowbridge, whilst Fay Barnes becomes a FV60 this month.

Wednesday December 26th will see the 47th staging of the **Boxing Day Run** which will again be run over a 5K course starting from the Beehive in Bradford on Avon at 11:30 – first one back buys the drinks! If anyone can assist at this event can they please see Chris Atkinson, who would be grateful for the help. *Darren Wrintmore*

The Magic of the Relay

1)At the committee meeting a month ago last week
Someone proposed a new event that all should seek
Why not take up a team for the “Cotswold” it was suggested
Silence reigned whilst it was ingested.

3)Trials were held until teams of ten were selected,
Ladies too answered the call, it was only to be expected,
Distance training then began well into the night,
We wanted runners to do well with everything alright.

5)Some of the stages were difficult and tricky of course,
Definitely not fit for man and hardly suitable for horse,
Two of the runners fell in the mud and valuable time was lost,
“We've been this way before” said two more as each other's path they
crossed.

7) Muddy stream, sharp stones and small boulders litter the pathway there,
So easy to break your ankle if you don't take adequate care,
Dark clouds now obscure the blue with an air of severe weather warning,
It always happens doesn't it; there had been sunshine here all morning.

9)After your shower and you feel refreshed, dry and clean once more,
Results you hear are posted in the bar so you head for that welcome door,
Most of the runners had good times and enjoyed themselves as well,
Only one or two said “never again, not likely, t' was bleeding hell”.

2)The resolution was put to the vote and passed by a majority of three,
What had we let ourselves in for this thought occurred to me,
The captains were asked to form teams of ten,
But all volunteers please, we can't take pressed men.

4)Cometh the day, cometh the man, listen carefully to the starters brief,
“It's easy all the way, you shouldn't come to grief”,
Oh they all went to see if this stage indeed would be a doddle,
While behind them echoed and hysterical laugh as through the mud they
waddled.

6)Out along the woodland trail with marker bands of red,
An idle thought passed through my mind “why hadn't I stayed in bed”,
We passed a derelict farmyard and a white painted church,
Resolutely we gritted our teeth swaying down the road in a drunken
lurch.

8)Thankfully at last, the end of your stage is in sight,
Your legs feel like rubber and your face is deathly white,
At the finish the timekeeper checks your number to see that all is correct,
The last thing you need now is for someone to protest and object.

10)Back in the clubhouse the following week with all times at hand,
The Secretary endeavoured the opinions of this lunatic band,
After he had analysed the results he said “We'll do better next year”,
These remarks led to sardonic applause and derisory cheer.

Tony Bartlett

Race Series

Starting back in March with the **Devizes 10K** and finishing in December with the **Bromham 10K**, the ten race series was seen as a way of concentrating AVR presence at a number of targeted local events. This appears to have worked well with team and individual prizes aplenty, not to mention a good showing of yellow and green vests – eighty five members took part in one event or more!

Rewarding consistency as well as athletic endeavour the honours fell to Alistair Bartlett who gained the maximum 20-points at 5 of the 10-events and Rosemary Barber who always finished in the top-4 AVR ladies in the seven races that she completed.

Other 20-point scorers were: Andy Hawkins at the **Warminster Forest 10 & Wimborne 10**; Mike Pace at the **Corfe Beast**; Darren Wrintmore at the **Swindon Half Marathon** and Vojtech Hadju at the **Bromham 10K**. For the ladies, maximum point scorers were: Jackie Rockliffe at the **Devizes 10K, Roundway Chase, Moonraker 10K, Swindon Half Marathon and Bromham 10K**; Ali Atkinson at the **Warminster Forest 10**; Sue MacGregor at the **Foxtrot Five and Corfe Beast**; Liz Ringham at the **Wimborne 10**.

Pos	Name	Pts	Pos	Name	Pts
1	Alistair Bartlett	155	1	Rosemary Barber	128
2	Jimmy Lowther	120	2	Tina Vivian	116
3	Peter Jones	120	3	Jackie Rockliffe	100
4	Chris Stevens	117	4	Kay Middleton	89
5	Carl Davies	92	5	Denise Ellis	78
6	Darren Wrintmore	79	6	Joyce Field	63
7	Mark Harris	79	7	Sue Macgregor	59
8	Chris Atkinson	71	8	Ali Atkinson	58
9	Anthony Hickson	61	9	Victoria Black	40
10	Mike Pace	53	10	Katie Robinson	33
11	George Roberts	46	11	Genevieve Sharam	32
12	Andy Hawkins	40	12	Christine Davidson	30
13	Mike Maidment	38	13	Liz Gard	27
14	Kevin Sparey	38	14	Hilary Hammill	27
15	Tony Griffiths	37	15	Susan Cook	21
16	Ted Rockliffe	37	16	Liz Ringham	20
17	Martin Meredith	32	17	Fay Barnes	20
18	Steve Noyes	32	18	Becky Follet	19
19	Leslie Unsworth	27	19	Jenny Ellerton	19
20	Ian Mapperson	24	20	Melanie Nichols	19
21	Dennis Mellor	23	21	Susie Phillips	18
22	Bernie Waldron	22	22	Tina Giles	18
23	Vojtech Hadju	20	23	Annisia White	18
24	Michael Bryant	19	24	Kellie Mackenzie	17
25	Richard Ayling	19	25	Anna Colthorpe	17
26	Brett Flook	18	26	Bridget Casey	16
27	Peter Bryant	17	27	Linda Unsworth	15
28	Jim Hart	17	28	Tania Lockey	15
29	Steve Williams	15	29	Julia Scott	14
30	Andrew Hoddinott	14	30	Lisa Berrington	14
31	Ron Whittle	13	31	Belinda Hehir	13
32	Tom Brooke-Taylor	13	32	Jenny Mason-Smith	13
33	Chris Switzer	12	33	Frances Hood	11
34	Toby Rickard	12	34	Sarah Welford	10
35	Glyn Phillips	11	35	Ann Whittle	10
36	Richard Hudson	11			
37	Bob Sales	10			
38	Dave Earley	10			
39	Simon Ringham	10			
40	Simon Small	9			
41	Nigel Evans	9			
42	James Anderson	8			
43	Llewelyn Jones	8			
44	John Welford	7			
45	Mark Hayward	7			
46	Danny Gard	4			
47	Mike Brain	4			
48	Laurie Irwin	4			
49	Neil Whitehead	3			
50	Alan Grout	1			



Alistair Bartlett at the Foxtrot Five



Rosemary Barber at the Foxtrot Five

Awards will be made to the first five men and first five ladies in the Race Series at the Club Presentation evening to be held in January. Plans are already in motion for a 2008 Race Series, but will require your support at the AGM on January 10th to carry forward.

Results

December 2nd – Bromham 10K: 3rd Vojtech Hajdu 36:43; 6th Kevin Sparey 36:51; 16th Alistair Bartlett 38:13; 23rd James Hart 39:12; 25th Chris Stevens 39:21; 35th Steven Williams 40:02; 46th Chris Atkinson 41:05; 48th Mark Harris 41:12; 50th Ian Mapperson 41:14; 55th Darren Wrintmore 41:21; 61st Jackie Rockliffe 41:52; 73rd Mike Maidment 42:56; 74th Nigel Evans 42:59; 95th Llewelyn Jones 44:05; 97th Peter Jones 44:10; 110th Jimmy Lowther 44:59; 114th Martin Meredith 45:13; 130th Laurie Irwin 46:23; 161st Ali Atkinson 48:09; 163rd Neil Whitehead 48:13; 171st Anissia White 48:46; 191st Ted Rockliffe 49:44; 205th Bernard Waldron 50:16; 232nd Tina Vivian 51:52; 242nd Michael Brain 53:16; 256th Gen Sharam 54:15; 278th Hilary Hammill 55:51; 286th Victoria Black 56:10; 287th Jennie Mason-Smith 56:11; 294th Alan Grout 56:40; 326th Fay Barnes 60:18; 329th Tony Griffith 60:53.

November 18th – Avebury 8: 11th Darren Wrintmore 59:56. **Downton Half:** 4th Alistair Bartlett 23:56. **EAS10K (Castle Combe):** 18th Jim Hart 38:03; 20th Nick Bracey 38:17; 28th Simon Gilbert 40:03; 35th Liz Ringham 40:32; 45th Michael Pace 42:03; 86th Ali Atkinson 45:18; 150th Liz Gard 51:09; 212th Sarah Welford 59:02; 213th Tony Griffith 59:25.

November 18th - Wimborne 10: 29th Andrew Hawkins 59:39; 39th Kevin Sparey 60:58; 70th Alistair Bartlett 64:51; 75th Chris Stevens 65:19; 77th Darren Wrintmore 65:32; 88th Steve Noyes 65:59; 95th Chris Atkinson 66:22; 97th Mark Harris 66:42; 128th Liz Ringham 68:22; 145th Ian Mapperson 69:39; 154th Mike Maidment 70:29; 161st Simon Ringham 70:56; 193rd Peter Jones 73:43; 216th Martin Meredith 76:05; 219th Melanie Nicholls 76:25; 223rd Tina Giles 76:45; 247th John Welford 78:26; 250th Jimmy Lowther 78:35; 265th Rosemary Barber 80:04; 288th Bernard Waldron 82:11; 289th Kay Middleton 82:13; 308th Danny Gard 83:39; 309th Liz Gard 83:49; 368th Tina Vivian 87:32; 379th Michael Brain 88:06; 395th Christine Davidson 89:55; 428th Sue Cook 94:34; 442nd Frances Hood 96:35; 466th Tony Griffith 103:43; 475th Sarah Welford 106:22.

November 11th - Sodbury Slog: 21st Doug Barber 67:13.

November 10th - Cheddar Half: 28th Chris Atkinson 1:28:02; 29th Peter Bryant 1:28:04; 33rd Steve Bryant 1:28:56; 35th Liz Ringham 1:29:18; 114th Ali Atkinson 1:42:47; 221st Joyce Field 2:01:49; 235th Debbie Roberts 2:07:03.

November 4th - Over The Hills: 8th Alistair Bartlett 47:45; 14th Doug Barber 48:53; 25th James Hart 51:17; 44th Tony Inglis 53:51; 57th Kenny Brown 55:57; 62nd Brian Yates 56:28; 69th Nigel Evans 56:57; 99th Laurie Irwin 60:37; 106th Tom Simpson 61:21; 110th Andrew Hoddinott 61:34; 129th Anissia White 63:46; 132nd Ted Rockliffe 64:01; 170th Christopher Peerman 68:09; 220th Glynn Phillips 75:00; 244th Sue Gilby 80:21; 248th Julie Waldron 80:59; 249th Tony Griffiths 81:53.

November 3rd - Victoria Park 4 (Bath): 23rd Mike Towler 23:43; 52nd Pete Jones 27:00; 76th Rose Barber 29:22.

October 28th - Great South Run (Portsmouth): 255th Mike Pace 68:18; 853rd Sue MacGregor 74:53; 2254th Stuart MacGregor 82:07. **Salisbury Half:** 75th Melanie Nicholls 1.39.13; 106th Chris Switzer 1.43.22; 139th John Welford 1.48.47; 245th Christina Davidson 2.02.53; 303rd Frances Hood 2.11.28; 307th Sue Cook 2.12.05; 319th Tony Griffith 2.16.17; 348th Sarah Welford 2.24.18.

October 21st - Stroud Half: 171st Steve Noyes 1:28:40; 192nd Chris Atkinson 1:29:42; 263rd Mike Pace 1:32:25; 439th Martin Meredith 1:38:35; 520th Sue Macgregor 1:41:22; 587th Ali Atkinson 1:43:31; 707th Jim Anderson 1:47:10; 901st Liz Gard 1:53:31.

October 14th - Mendip Muddle: 7th Alistair Bartlett 1:29:17. **Kamikaze 7:** 9th Mike Pace 1:06:36; 70th Sue MacGregor 1:38:26; 88th Stuart MacGregor 1:43:35. **Swindon Half:** 47th Darren Wrintmore 1:29:05; 49th Mark Harris 1:29:42; 119th Jackie Rockliffe 1:36:06; 146th Jimmy Lowther 1:37:36; 205th Peter Jones 1:41:06; 261st Kay Middleton 1:44:33; 485th Bernard Waldron 1:53:42; 486th Tina Vivian 1:53:50; 506th Ted Rockliffe 1:54:08; 551st Anna Colthorpe 1:56:28; 678th Katie Robinson 2:03:04; 734th Denise Ellis 2:06:05; 756th Joyce Field 2:07:15; 848th Tony Griffiths 2:12:07.

October 7th - Cricklade Half: 47th Jimmy Lowther 1:33:59; 50th Mike Pace 1:35:13; 56th Richard Hudson 1:35:44; 81st Sue MacGregor 1:42:29. **Oldbury 10:** 12th Kevin Sparey 58:59; 144th James Anderson 1:16:53; 238th Tony Griffith 1:38:01. **Chalke Valley 10K:** 38th John Welford 46:39; 82nd Joyce Field 56:25; 104th Sarah Welford 1:03:48. **Box Fun Run:** 2nd Alistair Bartlett 38:54; 4th Tom Frost 41:53.



Stuart MacGregor hurting at the Kamikaze 7

Fixtures

Saturday, December 8th

Sunday, December 9th

Sunday December 16th

Wednesday December 26th

Sunday January 13th

Sunday January 27th

Sunday February 10th

Sunday February 17th

Sunday February 24th

Wiltshire XC Championships – Stanley Park, Chippenham @13:45

Santa Dash 5K – Swindon @09:30

Wessex League XC – Glastonbury @14:00

Boxing Day 5K – Beehive, Bradford on Avon @11:30

Rough 'n' Tumble – Milton Lilbourne @11:00

Wessex League XC – Yeovil @14:00

Slaughterford 9 - Rudloe @9:50

Longleat 10K – Longleat @10:00

Bramley 20/10 – Bramley

Terminator – Pewsey @10:30