



# Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS  
#90 – February 2008



## Champions

The results of the 2007 **Club Championships** have now been totted up with the best 10K, 10-mile and Half Marathon times providing the scores. In first place, gaining the title that he last won in 2004 was Kevin Sparey. Kevin clocked 36:17 at the **Easter Bunny 10K**, and then ran the club's fastest times in 2007 for ten miles at the **Oldbury Powerstation 10** with 58:59 and the Half Marathon with 1:19:51 at the **Bath Half**, in addition Kevin also recorded the best age graded result in the club (for the seventh year running) with 85.6% at the **Yeovil 5K** running 17:15. In second spot was 2005 Champion Alistair Bartlett who recorded 35:20 at the **Totton 10K**, 60:10 at **Bramley** and 1:20:35 at the **Plymouth Half Marathon**. Taking third spot was Doug Barber who recorded 36:24 at the **Keevil 10K**, 63:12 at the **Bath Hilly** and 1:21:29 at the **Bristol Half Marathon**. Age category winners are: M40 Darren Wrintmore; M45 Doug Barber; M50 Kevin Sparey; M55 Pete Jones; M60 Ted Rockliffe; M65 Tony Griffith; M70 Anthony Hickson. The fastest time for 10K fell to last year's champion Andy Hawkins who ran 34:22 at the **Easter Bunny 10K** (the third fastest 10K run in the 21-year history of AVR). The fastest men's marathon fell to Chris Atkinson with his 3:17:55 PB at the **Berlin Marathon**. The most improved male runner was Simon Ringham who saw his aggregate time drop by nearly an hour over the three distances. Outstanding M50 was judged to be Steve Williams who has had a good year, and gaining the inaugural Ted Rockliffe trophy for outstanding M60+ was Tony Griffith.



Kevin Sparey



Jackie Rockliffe

The ladies championship saw Jackie Rockliffe come out on top for the second year in succession, recording the fastest 10K time of the year with 39:51 at the **Pewsey 10K** and the fastest Half Marathon with 1:26:22 at the **Bath Half**. Jackie also recorded 69:29 at the **Gloucester 10** and set a new club record for the marathon with 3:07:45 at the **London Marathon**. Second place went to Liz Ringham who recorded the fastest ten mile time with 68:22 at the **Wimborne 10** and backed it up with 40:32 at the **Castle Combe 10K** and 1:29:18 at the **Cheddar Half Marathon**. In third spot was Tina Giles who recorded 44:39 at the **Corsham 10K**, 76:45 at the **Wimborne 10** and 1:39:28 at the **Bath Half Marathon**. Age category winners are: F40 Liz Ringham; F45 Sue MacGregor; F50 Tina Vivian; F55 Rosemary Barber (*who also managed the best age graded result for a woman with 82.8% at the Yeovil 5K running 21:34*); F60 Joyce Field - who as 2007 Wiltshire AA Half Marathon Champion also gains the Nan Simpson Cup for the outstanding F60. Liz Gard was judged to be the most improved of our lady runners over the year and Frances Hood the outstanding F50.



Mitzi Barber

The Off-road Championships saw victory for Doug Barber with his 5<sup>th</sup> place at the **Marshfield Mudlark**, 2<sup>nd</sup> place at the **Downton MT 10K** and 1<sup>st</sup> place at the **Bratton Hilly 11K**. Second place went to Alistair Bartlett with his performances at the **Mendip Muddle**, **Burrington Combe-over** and the **Cotswold Relay**. Third place went to Carl Davies for his performances at the **Corfe Beast**, **Cotswold Relay** and **Roundway Chase**. For the Ladies Mitzi Barber made it a double family celebration by taking victory with her performances at the **Cowpat Canter**, **Wessex XC** at Bicton and the **Wiltshire XC Championships**, where she finished second. Runner up was Sue MacGregor with performances at **King Alfreds Torment**, the **Ash Excellent 8** and **Roundway Chase**. In third spot was Kay Middleton with performances at **Charmouth Golden Cap Challenge**, **Roundway Chase** and the **Shaw&Whitley Stamped**.



Doug Barber

Awards will be presented at the club social evening on Saturday February 2<sup>nd</sup> at the "Riverside" Bradford on Avon  
See Denise Ellis to get your tickets.

Please send Results or Articles to [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk)

## Secretary's Notes

At the AGM I reviewed the status of the club and the progress made during the past year. Although the meeting was well attended, I am aware that a number of members were unable to make it and so I shall repeat the key parts of my Secretary's Report here.

*The first quarter of 2007 saw us tighten up the governance of the club and make the activities of the committee more transparent to members - production and publication of minutes albeit one month in arrears. We had the added complication of the E-A vs. ARC debate leading to the SGM in March, resulting in our dual affiliation.*

*It was felt that the club needed a sense of direction and hence the Plan was born giving us a Mission statement and a series of objectives to be tackled:*

**Club growth:** 2007 saw an uptake of 51 new members the biggest in the 21-year history of the club. Through exercises like the stand at the West Wilts show, the Club information sheet and that biggest asset 'word of mouth'.

**Improvement of members:** Using the Club championships as a barometer, the number of men reaching a combined time of 3:20 or less has risen from 8 to 12 but the number of women reaching a combined time of 3:40 or less has remained at 4. We hope to improve on this by increasing the number of qualified coaches within the club.

**Quality Race organisation:** Unfortunately due to not securing the premises early enough, we didn't host the Conkwell Killer in 2007 but made up for it with another excellent "Over the Hills" which saw a record field of 307 entrants. We also provided support to the **Trowbridge 10K**; **Shaw & Whitley Stampede** and the **Foxtrot 5** - all of which were successful and plan to support again in 2008.

Throughout 2007 we ran the inaugural AVR Race Series conceived to get a greater concentration of AVR at targeted events starting in March with the **Devizes 10K** and finishing in December with the **Bromham 10K**. This proved a big success with members being on the prize lists at all but one of the events. Consistency was the key to success in the series and Alistair Bartlett & Rosemary Barber proved both consistent and fast to take the inaugural titles, with another 85 members taking part in at least one event. The club championships had a record of 28 men and 20 women complete the required distances with Kevin Sparey and Jackie Rockliffe running out winners. The Off-road championships saw a slightly reduced number of qualifying runners as the bar was raised to steer runners into 'proper' off-road events Doug Barber and Mitzi Barber being our top mud larks.

AVR made another return to the **Cotswold Way Relay** this time with four teams and finished 8th (Men), 6th (Vets), 4th (Ladies) & 16th (Mixed) in their respective categories with Andy Hawkins being an outright winner of leg-9. From 105 miles down to 1.5 miles: The Captains brought back the **Bern Col Relay** which proved a successful mid-week event being on the first summer evening when it wasn't lashing down with rain! The **Avon Valley Mile** saw 32 members exercise their fast twitch fibres - Andy Hawkins twitched in at 4:49 to record the fastest time on the night and 2nd fastest all time Avon Valley Runner over the distance. As for records Jackie Rockliffe set new club bests for 20-miles with 2:22:27 at **Bramley** and a 3:07:45 at the **London Marathon**.

*In summary I like to think that club is now in a good position to tackle any challenges that it may face in 2008 either on or off the roads.*

Congratulations to Mitzi Barber, Vojtech Hajdu, Michael Towler and Bob Ellis who earned their county colours at the South West Inter-County XC Championships.

We now have a stock of coolmax t-shirts in AVR colours @£15. We are also taking orders for AVR hoodies @£20. Please see me or another committee member if you would like one (or more).

Joining us in the valley so far this year has been: Gary Jardine from Beanacre, Jackie & Phil Harding from Bradford on Avon, Adrian & Katy Smith from Trowbridge, Elizabeth Clark also from Trowbridge and Jean-Jacques Snella from Geneva Switzerland - apparently Anthony Hickson told him that we were the best club in Europe.

Before I sign off, I would just like to try and clarify the two tier membership system that was agreed at the AGM: It costs **just £10 to join AVR**, however if you wish to compete in any UK:A races *i.e.* **Devizes 10K** or **Bristol Half**, then you will need to pay another £5 with your membership and please advise us of your EA Competition License number when renewing your membership. **If you do not pay the £5, you can still compete in UK:A races but will be subject to the unattached levy (normally £2 per race)**, this however does not apply if taking part in ARC races *i.e.* **Trowbridge 10K** or **Hogweeds Hilly Half**. If this is still as clear as mud then please ask either myself or any of the committee members to explain further.

**Darren Wrintmore**



## Race Series 2008

Following the success of the inaugural AVR Race Series, we would like to introduce you to the 2008 series. The series will this year consist of twelve events with each race awarding 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. Although you can choose how many or how few of the five 10K's, two Ten's, three Half's and a couple odd distance races you wish to compete in, only the points from a maximum of ten races will count (your highest scoring ten that is). Again the 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 twelve races identified for this year's series are:

- 9<sup>th</sup> March - Devizes 10K
- 6<sup>th</sup> April – Trowbridge 10K
- 27<sup>th</sup> April - St Georges 10K
- 18<sup>th</sup> May - Bratton Hilly 11K
- 15<sup>th</sup> June – Miners Half
- 22<sup>nd</sup> June - Warminster Forest 10
- July - Charmouth Golden Cap Challenge
- August - DB10K
- September - Chippenham Half
- October - Swindon Half
- November - Wimborne 10 miles
- December - Bromham 10K

Awards will be made to the first five men and ladies in the series.

## Off-Road Championships

Ian & Barbara White have devised the following 'select list' of Off-Road races to provide the mandatory challenge for the 2008 Off-Road Championships:

Rough & Tumble; Slaughterford; Dursley Dozen; Terminator; Cowpat Canter; Charmouth Golden Cap Challenge; Corfe Beast; Grizzly; King Alfred's Torment; Mendip Muddle; Exmoor Stagger; Sodbury Slog; Full Monty Cute; Clarendon Marathon and Half Marathon; Barbury Track & Trail Race; Beacon Batch Fell Race.

You only have to run ONE race from the select list; your other two 'counters' can be ANY off-road (multi-terrain, fell, trail or XC) race.

## Boxing Day 5K



Many thanks to Chris Atkinson for organising the **Boxing Day 5K** in Bradford on Avon. The run attracted a field of 37 Avon Valley Runners, led home by Vojtech Hajdu and Sue MacGregor. The full results of this 47<sup>th</sup> Boxing Day run are online at [www.avonvalleyrunners.org.uk](http://www.avonvalleyrunners.org.uk) along with the results of every run going back to 1964.

*Picture: Vice-President Judy Farr grapples with the marshalling elf, whilst Pete Chapple runs away!!!*

A DVD Video is available of the race.

## FLM Club Places

The lucky Avon Valley Runners drawn by ballot for the club places at the **Flora London Marathon** on Sunday 13<sup>th</sup> April were: Llewellyn Jones, Jim Hart and Mike Pace.

Martin Meredith was drawn as the injury replacement.



## Results

**January 27<sup>th</sup> – Slaughterford 9:** 6<sup>th</sup> Vojtech Hadju 59:08; 31<sup>st</sup> James Hart 65:09; 36<sup>th</sup> Douglas Barber 65:43; 40<sup>th</sup> Simon Ringham 66:29; 45<sup>th</sup> Mike Maidment 67:42; 65<sup>th</sup> Mike Pace 69:42; 84<sup>th</sup> Chris Atkinson 71:33; 96<sup>th</sup> Jimmy Lowther 72:31; 98<sup>th</sup> Kenny Brown 72:41; 102<sup>nd</sup> Kevin Gover 73:14; 137<sup>th</sup> Laurie Irwin 76:53; 141<sup>st</sup> Ian White 77:21; 162<sup>nd</sup> Tom Simpson 78:50; 171<sup>st</sup> Martin Meredith 80:31; 191<sup>st</sup> Neil Whitehead 82:19; 199<sup>th</sup> Anissia White 83:16; 247<sup>th</sup> Sue MacGregor 90:28; 272<sup>nd</sup> Chris Davidson 94:42; 198<sup>th</sup> Kay Middleton 98:38; 307<sup>th</sup> Tony Robinson 99:50; 308<sup>th</sup> Debbie Roberts 99:58; 316<sup>th</sup> Anthony Hickson 101:03; 328<sup>th</sup> Fay Barnes 105:11.

**January 20<sup>th</sup> – Riverbank Rollick (Thornbury):** 155<sup>th</sup> Tony Griffiths 1:48:01.

**January 13<sup>th</sup> - Rough 'n' Tumble:** 22<sup>nd</sup> Vojtech Hajdu 1:16:53; 52<sup>nd</sup> Chris Stevens 1:23:16; 59<sup>th</sup> James Hart 1:24:34; 86<sup>th</sup> Paul Mumford 1:28:24; 110<sup>th</sup> Simon Ringham 1:31:40; 158<sup>th</sup> Jo Mumford 1:36:21; 160<sup>th</sup> Brian Yates 1:36:31; 235<sup>th</sup> Kay Middleton 1:43:52; 273<sup>rd</sup> Kathy Kinsey 1:48:46; 342<sup>nd</sup> Tina Vivian 1:54:21; 486<sup>th</sup> Denise Ellis 2:20:52.

**January 6<sup>th</sup> – Gloucester 10:** 46<sup>th</sup> Mike Maidment 67:23; 70<sup>th</sup> Paul Mumford 69:30; 77<sup>th</sup> Mike Pace 70:24; 90<sup>th</sup> Peter Jones 71:01; 137<sup>th</sup> Joanne Mumford 75:09; 159<sup>th</sup> Sue MacGregor 77:36; 164<sup>th</sup> Kirsty Doonan 78:16. **SW XC Champs (Bicton):** 27<sup>th</sup> Vojtech Hajdu 25:18; 43<sup>rd</sup> Michael Towler 26:02; 81<sup>st</sup> Bob Ellis 29:49. (U17 Ladies) 22<sup>nd</sup> Mitzi Barber 16:31.

**January 1<sup>st</sup> – Hangover 10K:** 38<sup>th</sup> George Roberts 42:06; 83<sup>rd</sup> Rosemary Barber 48:03.

**December 30<sup>th</sup> – Somerley 10K –** 7<sup>th</sup> Alistair Bartlett 37:51.

**December 16<sup>th</sup> – Calvia Half (Majorca):** Bob Ellis 1:32; Brian Yates 1:40:25; Kay Middleton 1:46:35; Tina Vivian 1:55

**December 9<sup>th</sup> – Swindon Santa Dash 5K:** 2<sup>nd</sup> Darren Wrintmore 18:40. **Wyvern Christmas Cracker 10K (Weston Super-mare):** 76<sup>th</sup> George Roberts 43:32; 762<sup>nd</sup> Debbie Roberts 62:20; 799<sup>th</sup> Frances Hood 63:10; 800<sup>th</sup> Tania Lockley 63:20.

**December 8<sup>th</sup> – Wiltshire XC Championships:** (U17 Ladies) 2<sup>nd</sup> Mitzi Barber 21:05; (Junior Men) 4<sup>th</sup> Michael Towler 40:27; (Senior/Vet Men) 3<sup>rd</sup> Vojtech Hajdu 38:09; 19<sup>th</sup> Bob Ellis 43:37; 20<sup>th</sup> Mike Pace 44:07; 26<sup>th</sup> Darren Wrintmore 46:01.



Darren Wrintmore at the Swindon Santa Dash 5K

## Fixtures

**Sunday February 10<sup>th</sup>**

**Sunday February 17<sup>th</sup>**

**Sunday February 24<sup>th</sup>**

**Sunday March 2<sup>nd</sup>**

**Sunday March 9<sup>th</sup>**

**Sunday March 16<sup>th</sup>**

**Monday March 24<sup>th</sup>**

**Sunday March 30<sup>th</sup>**

**Sunday April 6<sup>th</sup>**

**Longleat 10K** – Longleat @10:00

**Salisbury 10K** – Salisbury fire station

**Tough Ten<sup>++</sup>** – Weston Super-Mare @10:30

**Terminator<sup>++</sup>** – Pewsey @10:30

**Gloucester 20** - Frampton-on-Severn @10:00

**Devizes 10K<sup>\*\*</sup>** – Devizes @11:00

**EAS 10K** – Castle Combe @09:30

**Salisbury 10** – Salisbury fire station

**Bath Half** – Bath

**Easter Bunny 10K** – RNAS Yeovilton @11:00

**ARC XC Championships** – Petersfield, Hampshire @11:00

**Hogweeds Hilly Half** – Horton, South Gloucestershire @11:00

**Trowbridge 10K<sup>\*\*</sup>** – Studley Green @11:00

*++ Off-Road qualifying race*

*\*\* AVR Challenge Series race*

## Club Officers – 2008

At a well attended Annual General Meeting on Thursday 10<sup>th</sup> January the following officers were elected/re-elected: *President* Mike Holland; *Vice Presidents* Judy Farr and Dick Barrow (Lock Inn); *Chairman* Ted Rockcliffe; *Deputy Chairman* Chris Atkinson; *Honorary Secretary* Darren Wrintmore; *Assistant Secretary* Julia Drewitt; *Honorary Treasurer* Joyce Field; *Men's Captain* Carl Davis; *Vice-Captain* Simon Gilbert; *Women's Captain* Julia Drewitt; *Vice-Captain* Sue Cook; *Committee members* all above plus: Jo Mumford, Tina Vivian, Frances Hood, Anthony Hickson and Denise Ellis.

Will Whitmore was appointed as the clubs Press Officer and Bernard Waldron as Auditor. Genevieve Sharam will continue in her role as Welfare Officer.

Amendments to the club constitution were discussed and accepted; It was agreed to continue our affiliations with EA, ARC and BTA; It was agreed to create a two tier membership system allowing those who wish to compete in UK:A races to pay an individual affiliation fee of £5 over and above the standard club membership of £10; It was agreed to host a Wednesday training session from Melksham's Christie Miller Sports Centre starting after Easter; It was agreed to continue the AVR Race Series with 12 events identified for 2008.

Please send Results or Articles to [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk)

## Member Profile – Kay Middleton

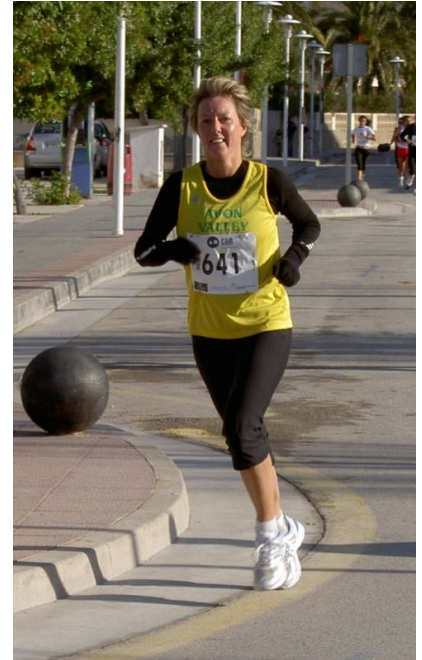
<b>Date of Birth:</b>	1 <sup>st</sup> May 1964	<b>Residence:</b>	Trowbridge
<b>Height:</b>	5ft 4"	<b>Occupation:</b>	Prepress
<b>Weight:</b>	8st 7lb ish!	<b>Running Shoes:</b>	Nike Air zoom
<b>PBs:</b>		<b>10K</b>	46:40 – Bromham 2006
<b>Ten Miles</b>	77:19 – Hayling 2006	<b>Half Marathon</b>	1:41:48 – Bristol 2006

I started running due to a flippant remark to my then tennis partner, Glyn Phillips. “Yeah, now I’ve reached that big 41 I suppose I should do something like a half marathon”. No sooner had I made the comment when he dragged me down to Avon Valley Running club and seven months later I completed the Bath Half in 1:44:42.

Being relatively new to the area, originally from the Lake District, and no I didn’t run up there – far too hilly, the training runs from Bradford on Avon were a fantastic way to get to know the countryside, which incidentally is beautiful and I fell in love with the area and with running.

My first ever race was the 10-mile multi-terrain **Rough ‘n’ Tumble**, which was an incredible race and got me hooked. I much prefer the cross country element to road racing.

Although I seem to be fairly consistent with my times, I never seem to be able to improve dramatically, but there’s always next year!! (or train harder according to Jackie Rockcliffe!). My ambition is to crack the 1:40 for a half. Oh, I suppose to do a marathon one day, if only to stop people nagging!!!



## Will Power



'November was a great month for me as I got a place in the **Powerman Malaysia Sprint Duathlon** on November 11th. I travelled over there with elite athletes Oli Mott and Michelle Parsons and also managed to get a room in the race hotel with them and the top Belgian duathlete Joerie Vansteelant. They were all doing the long course event, but I raced in the sprint event which was 5.5K run, 32K bike, 5K run. It was an excellent race, especially the bike which was wide, flattish roads, and the police were stopping the traffic at all the crossings and calling us through any red lights - You could basically put your head down and go for it. Very chuffed to get the win too, this was an unexpected bonus. I had a motorbike escort on my second run and he kept saying 'Number One' which I thought was a mistake. I was really struggling to keep the pace going but with about 1K to go he said 'Number Two' and pointed behind me so I gave it everything I had until I crossed the line.

I had to recover well over the next few days as I was going home via Dubai for the **Fitness First 'Best of the Best' X-Fit Challenge** on November 16th. It was the second year in a row that DB Max was holding this event there and the man to beat in the male event was again Darren Robson. A tight race saw the lead change hands throughout the ten discipline course, but on the all-important final bench press, Darren faltered and let me in for the title.



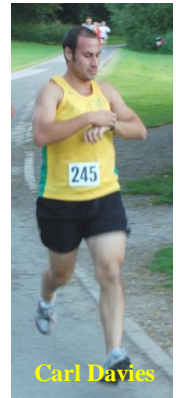
So an awesome trip to finish the year and I returned to the UK more than ready to get cracking on the mince pies.'

## Will Whitmore

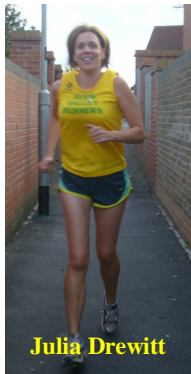
## Captains' Corner

Hey my name is Carl Davies, I am honoured to take on the position as men's captain. Previous captain Chris Atkinson has been an outstanding captain and a great role model for me and AVR, Chris has given me a lot of knowledge and advice and most of all for myself and the club great support. As captain I hope AVR can continue the success that we had last year, as a club we are moving forward there are some great runners out there and we are attracting them.

With a new season of races in the series and off-road we can bring home some team prizes and make 2008 a good one, So everyone get involved in the championship, off-road and the race series, attend training on Tuesday, Wednesday and Thursday! One more word of advice is *ENJOY YOUR RUNNING*. **Carl Davies**



Carl Davies



Julia Drewitt

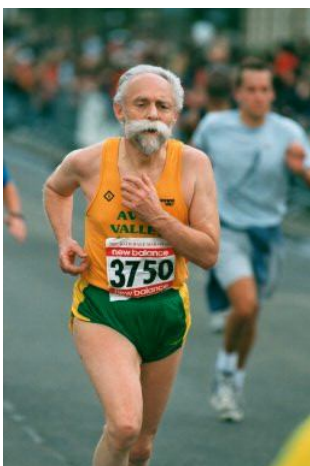
My name is Julia Drewitt and I have been passed the honour of the Ladies Team Captain. This has been the post of Tina Vivian who has done a fantastic job in recent years and she leaves behind some very big shoes to fill.

After a year of more non-running time than running time, I really looking forward to a successful year and becoming Ladies Captain has spurred me on. I have entered the **Bath Half** after debating for months about it and also the **White Horse Half** in April. This race apparently is flat and fast, so with three Ladies Team prizes up for grabs I shall be canvassing for plenty of AVR entries. So on that note, get your entries in, your trainers on and let's have a great year!

And for all our new runners.."Well done all for taking the first steps to join a club and start running, you are all doing brilliantly, but a special well done to my little brood of runner/walkers (not much walking now). The achievement you have made and your amazing improvement and fitness gain in the last few weeks is fantastic. It is solely down to your own commitment, you've done brilliantly and I'm very proud of you!". **Julia Drewitt**

## Member Profile – Anthony Hickson

<b>Date of Birth:</b>	4 <sup>th</sup> June 1935	<b>Residence:</b>	Melksham
<b>Height:</b>	5' 9½ "	<b>Occupation:</b>	Management Services and later IT.
<b>Weight:</b>	67 kg		
<b>PBs:</b>		<b>1 Mile</b>	4:44 – when I was at school!
<b>10K</b>	34:59 - Geneva	<b>Marathon</b>	3:00:26 - Glasgow



I used to run at school, in fact I still do but for the Old Boys. On leaving school I joined Leeds AC and remember one day having forgotten my running shoes, did a training run wearing hard leather outdoor shoes. I moved to Blackheath and worked in the East End of London in Management Services (Work Study) and joined Thames Hare & Hounds. I left London just before the TH&H's dressing rooms were burnt down and gave up running, thinking I was too old.

I met and married Denise in Switzerland (who thought she was marrying someone not interested in sport!) and when aged 45, we were watching the **Geneva Marathon** pass our flat I got the bug to start again. I joined Stade Geneve and ran the marathon a year later in 3:09. On retirement we all moved to England and I discovered AVR and have spent the last 17 years trying to beat Ted and Tina, with little success!

I love computing and welcomed the opportunity to become the Webmaster for AVR as well as two other sites I manage - one for Hickson Genealogy at [www.hicksons.org](http://www.hicksons.org) (which is my full time hobby) and the other for Management Services at [www.managers-net.com](http://www.managers-net.com)