



# Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS  
#91 – April 2008



## White Horses

Several years ago I had the idea that, as we are a Wiltshire Running Club, it would be logical to organise a race which visited all the White Horses in Wiltshire. When I suggested the idea, I was told "Your idea, you do it!", so I did nothing!

Several years later having joined the committee I revisited the idea, bought four Ordnance Survey maps and discovered that there existed a trail known as the White Horse Trail, so I plotted a route using this trail and suggested it to the committee. The response was it would be a tremendous task to organise such an event. So, a Challenge!



I live near Devizes, well Melksham actually, so I thought let's do a run from Devizes White Horse to Cherhill White Horse instead of our regular out and back runs. To tempt people I asked my wife to provide a picnic at the end. Seven participants and I must congratulate my wife. Then someone noticed that there was already a walking event which went between seven of these White Horses, why not join with them? However it soon became obvious that runners run three times as fast as walkers and there couldn't be much co-operation except publicity, so I chose to run the event the same weekend as the walk but to include the eighth White Horse (Westbury) as well. I continued these



one-way runs, sometimes there were just two of us. One Tuesday evening Joyce and I decided to run from Broad Town to Hackpen. Of course we got lost and finished running in the pitch black. The next day I ran the same route in reverse successfully however I soon realized that this was not going to be a relay of eight stages between the eight White Horses as there were some places where it would be too dangerous to run and this soon became a fourteen stage relay. Having established a route and asked people to write up descriptions and comments, I put these together and drew up descriptions of each route, together with Google maps which can be enlarged to see even individual cars. I am now discussing details with people like the police, St John Ambulance, parish clerks, UK Athletics and other people.

I was told that this would be a tremendous task to organise but by careful organisation I am trying to keep the need for help down to a minimum. Other local clubs have agreed to help at the ends of stages, marshals will be provided by the teams themselves, each marshalling one stage (as in the Welsh Castles Relay). However we still need people to start the runners on each stage. This can be managed by as few as three people as there is time to travel between three stages for each start. One who starts stages 1, 4, 7, 10 and 13. One who starts stages 2, 5, 8, 11 and 14. One who starts stages 3, 6, 9 and 12.

The list of things to do is diminishing, but the next task for which we need help is publicity. Can members please take Flyers with them whenever they go to a race and distribute these?

**Anthony Hickson**

## Judy Farr an all-time great - official!



Athletics Weekly has been running a series on UK all-time greats. Each week it reviews a couple of events and then identifies the all-time top ten in each. The February 28<sup>th</sup> edition, it was women's race walking and our vice-president, Judy Farr was ranked the 7<sup>th</sup> greatest! Fantastic! To be ranked 7<sup>th</sup> for a year would be phenomenal but to be 7<sup>th</sup> all-time...what can one say?



## Spirit of the Runner

The Spirit of the Runner took his first steps in his bid to make it to the 2012 Olympics.

Joining the beginners group at Avon Valley Runners, the runner will be following a strict training schedule to improve his fitness. Julia Drewitt, Ladies Team Captain at the club said 'our beginners group is making sound progress and I am confident that the runner is on target with his training for his first competitive event, The Trowbridge 10K in April.'

The runner's creator, Noel Morgan of Longfield Stone felt his protégé had made a good start to his campaign and hopes his success will continue under the guidance of the running club.

## Secretary's Notes

If you are reading this issue of the Valley News and have not yet paid your AVR subscription then you may be running/racing without insurance cover. Your base membership fee of £10 enables you to train at any AVR club session, compete in any ARC affiliated event as an attached runner and benefit from a reduced entry fee at any British Triathlon Association event. For an extra £5 as a competitive member you can also compete in any UK:A affiliated event as an attached runner, including county championship races and Wessex XC League. So at just £15.00 per annum (£10 for juniors/students) we maintain the lowest subscription fees in the area – Corsham Running Club charge £20, teamBath £27 and Chippenham Harriers £30 for their competitive members. So please get your membership forms into the club Treasurer.

One of the items of business discussed at the AGM was the proposal for a Wednesday evening session to be held in Melksham out of the Christie Miller Sports Centre on Bowerhill. The planning sessions have gone well and I would like to invite you all to attend the inaugural session on Wednesday 2<sup>nd</sup> April, starting at 19:00 (we thought that we would try a slightly earlier time to our Trowbridge and Bradford on Avon sessions). A number of routes have been devised for these twilight hours, around Semington and Melksham and for the summer, routes are planned out towards Seend. There is plenty of car parking available and a bar afterwards for a little post-run rehydration. If you would like to attend this session then please bring your membership card to show at the front desk.



Thanks largely to the efforts of Ladies Captain Julia Drewitt, we are welcoming thirty new members into the club: From Trowbridge we have: Jon Timbrell, Mary-Ann Cook, Georgia Cook, Andrew Grist, Karla Cable, Debbie Vowel, Megan Orrell, Tina Towler, Hannah Woodhams and Nichola Bromley; From Bradford on Avon: Chris Hossent, Beth Pope, and Tina Kelliher; Westbury: Helen Johnson and Jill Hibbs; Rode: Andy Roger, Melanie Roger, Diana Russell and Sarah Southam; North Bradley: Sarah Thwaites; Hilperton: Deborah Hancock and Carolyn Locky; Staverton: David Pearce; London: Isabella Gillham.

On a final note, I am once again organising the **Shaw & Whitley Stampede** to be held on Saturday 17<sup>th</sup> May at 11:00 over my 6-mile multi-terrain training route around the villages. In support of this event will also be a 3Km Family Fun Run/Walk with all proceeds going to CLIC Sargent. If anyone can spare a few hours to help with marshalling, timekeeping or manning the entry desk on the day, then please drop me a line. As in recent years, I am also offering Avon Valley Runners an opportunity to run the course prior to race day and if you would like to join me in Shaw on Monday 12<sup>th</sup> May at 19:00, then please let me know so that I can get some drinks in.

**Darren Wrintmore**

### *New Hands at the Helm*

- 1) At the AGM in the clubhouse held the other week  
New people in positions of importance we did seek  
However the President, Chairman, Secretary and Treasurer remain the same  
Through thick and thin they will battle on shouldering the blame.
- 2) Assistants to these honourable posts also must be found  
Someone of intelligence whose minds must be sound  
After much debate and discussion these then came to be  
I'd kept my head down out of sight, they're not getting me.
- 3) A new Press Officer is also required to write up race reports  
And submit them to the local "rag" to be published alongside other sports  
For the club's profile must be established, made known throughout the land  
The green and yellow colours of our proud athletic band.
- 4) New Captains are to be appointed to help select the teams  
But this is not an easy job – so volunteers it seems  
Plus of course two vice positions to share the load  
Not all the hard work is carried out just running on the road.
- 5) Now in this age of eMail and computers on the Net  
Is a position that must be filled – a Webmaster must be set  
A technical appointment with full knowledge of the screen  
Essential to show the World Wide Web where AVR have been.
- 6) Other committee members are also to be elected  
Whose knowledge and general common sense is to be respected  
All subject matter must be fully noted and understood  
Democratic discussions taken for the common good.
- 7) Statistics are to be collated, checked and amended  
For accurate recording in the annals of the club must be intended  
Training schedules brought up to date for the new comer  
With tips on kit required, so different in Winter and in Summer.
- 8) So there it is folks – all the backroom staff  
Who so assiduously labour on your behalf  
And if you have a complaint or some wrong that you befell  
Before you shout and yell – could you have done so well?

**Tony Bartlett**

## Fixtures

Sunday April 6 <sup>th</sup>	<b>Trowbridge 10K**</b> – Studley Green @11:00
Sunday, April 13 <sup>th</sup>	<b>White Horse Half Marathon</b> - Grove, Oxfordshire @ 10:00
Sunday, April 20 <sup>th</sup>	<b>London Marathon</b> – Blackheath, London
Tuesday, April 22 <sup>nd</sup>	<b>Highworth 5</b> – Highworth @11:00
Thursday, April 24 <sup>th</sup>	<b>Heddington Hill Climb</b> - The Ivy Inn, Heddington @19:30
Sunday, April 27 <sup>th</sup>	<b>Springfield 5K</b> – Corsham @19:00
Sunday May 4 <sup>th</sup>	<b>St Georges 10K**</b> - Corsham @11:00
Monday, May 5 <sup>th</sup>	<b>Neolithic Marathon</b> - Avebury, Wiltshire @10:30
	<b>Neolithic Half Marathon</b> – Urchfont @11:00
	<b>May Fayre 3</b> - Christchurch Primary School, Bradford on Avon @14:30
	<b>Bristol 10K</b> – Bristol @09:30
Saturday, May 10 <sup>th</sup>	<b>Keevil 10K</b> - Keevil Airfield @11:00
Sunday, May 11 <sup>th</sup>	<b>Cowpat Canter**</b> - Midsomer Norton @11:00
Tuesday, May 13 <sup>th</sup>	<b>Roundway Chase**</b> - Heddington @19:30
Saturday, May 17 <sup>th</sup>	<b>Shaw &amp; Whitley Stampede</b> - Shaw Village Hall @11:00
Sunday, May 18 <sup>th</sup>	<b>Chisledon 5</b> – Chisledon near Swindon
	<b>Ramsbury Circuit</b> – Ramsbury near Marlborough
Monday, May 19 <sup>th</sup>	<b>Hogweed Trot 10K</b> – Yate @19:00
Thursday, May 22 <sup>nd</sup>	<b>Malmesbury 5K</b> - Malmesbury
Saturday, May 24 <sup>th</sup>	<b>Bath Hilly Ten</b> – Bath @11:00
Sunday, May 25 <sup>th</sup>	<b>Pewsey Vale 10K</b> – Pewsey @11:00
Sunday, June 8 <sup>th</sup>	<b>White Horse Relay</b>
	++ Off-Road qualifying race      ** AVR Challenge Series race

## Member Profile – Barbara White

<b>Date of Birth:</b>	14 <sup>th</sup> October 1957	<b>Residence:</b>	Hilperton
<b>Height:</b>	5'2"	<b>Occupation:</b>	Supply Teacher
<b>Weight:</b>	8st. 3lb		
<b>PBs:</b>		<b>10K</b>	42:24 Yeovil 1993
<b>10 Miles</b>	68:56 Tynemouth1988	<b>Half Marathon</b>	1:34:21 Chippenham 1993



Running has been part of my life for 25 years – longer if I count the false starts before that. I'd discovered cycling and mountain walking in my late teens but then my Dad started running doing fell races and marathons, Ian followed, then me. We joined Morpeth Harriers, and over the years enjoyed (endured) the hard training sessions and doing road races such as the **Brampton to Carlisle** and the legendary **Morpeth to Newcastle**. However I enjoyed off-road most of all including XC races as well as trips to the fells with other club members. **The Carnethy** was my first ever fell race, ran in deep snow with a (stomach-churning/heart-in-mouth) scree slope to the finish – I loved it and went on to many more, including favourites **Snowdon**, **Simonside** and the club's **Alwinton Fell Race** in the Cheviot Hills. I had a go at Triathlon too, managing good placings in the shorter events until the intense training required was too hard to fit around a young family.

We were lucky, in 1991-2, to spend 8 months as a family out in Wellington, NZ. Running was a great way of meeting people and seeing the city and its suburbs. I ran with the 'Marathon Clinic' and did a number of races including the 17k **Rimutaka Railway Run** with its many tunnels, the **Mangaroa Half** and some great fun runs.

We moved to Wiltshire in 1993 and joined AVR straight away, quickly settling into training and racing. We may not have the high fells down here but we're lucky enough to have the Avon Valley, Salisbury Plain and the Downs for an uplifting weekend run. I did a number of road races in the early days, including the **Imber Half**, **Chippenham 10** and various 10Ks. As usual, off-road races have been the most memorable, including the tough **Grizzly**, and I love races such as the **Terminator**, **Slaughterford** and **Sodbury Slog** especially.

The last few years have been a battle with injury which then last year put a stop to running or anything vaguely active at all. On a positive note, I've rediscovered yoga, found that a gym can be a useful place and that when I'm walking I see more! I am hoping to run again, even if a little and I really want to get back to cycling long distances and MTB too – it's going to be hard work but then I've always liked a challenge!

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

## Captains' Corner

Hi everyone, first of all, congratulations to everyone on a great start to the year. Well done to our new comer's for completing the beginners schedule and reaching the first stage of becoming keen runners, you are one of us now!

Congratulations to Liz Ringham for a great run at the **Gloucester 20**, setting a new club record of 2:15:53 and to Jim Hart for also running well in that event. Mike Maidment and George Roberts also go into the congratulations section for their marathon in Barcelona, along with Chris and Ali Atkinson for their Half in Spain.

The beginning of the year also saw the club competing well in off-road events such as the **Rough 'n' Tumble, Slaughterford 9** and the **Terminator**. They were all very challenging courses and we all did really well to complete them, keep it up!!! In the **Dynamic Challenge Adventure Race** on the 9<sup>th</sup> March, Mel Nichols did herself proud by being the 1<sup>st</sup> solo female, tremendous Mel, well done.



Liz Ringham

The **Devizes 10K** kicked off the AVR Race Series and is followed by the **Trowbridge 10K**, so it would be nice to see plenty of AVR runners taking part or helping. As a club we are hosting a lot of events this year and help is always needed. As always, the club fielded a strong turnout at the **Bath Half**. Despite miserable conditions and an hour's delay to the start, over 60 members took part with PB's being achieved by Carl Davies, Chris Atkinson, Liz Ringham (*is there no stopping her?*) Chris Stevens, Will Whitmore, Tom Frost, Simon Gilbert, Sue Cook, Frances Hood and Tania Lockey.

On to coming events, there are some good relays coming, we have the **Ridgeway Relay** in from Buckinghamshire to Wiltshire on the 15<sup>th</sup> June, this relay is over 10 legs, with each leg ranging from 5 to 11 miles. The **Cotswold Relay**, always popular with the club, is on the 28<sup>th</sup> June and later on in the year is The **Clarendon Marathon Relay**. Not forgetting our own **White Horse Relay** on the 8<sup>th</sup> June. If you want more information or wish to be in the teams entered in any of these events, please see the appropriate sheets that are on the table in the clubhouse on Thursday meets. We would welcome plenty interest so that we could enter several teams!

Well that's it from us, keep running everyone, Good luck to everyone in your races ahead, for those of you running the London Marathon, the end is in sight, all the very best of luck to you! For those of you who fancy it next year, the on line entries open on the 13th April [www.london-marathon.co.uk](http://www.london-marathon.co.uk)

### Julia & Carl

## Member Profile – Kevin Ladner

<b>Date of Birth:</b>	26 <sup>th</sup> April 1960	<b>Residence:</b>	Winsley
<b>Height:</b>	5ft 7"	<b>Occupation:</b>	Civil Servant
<b>Weight:</b>	10st 9lb	<b>Running Shoes:</b>	New Balance ( <i>when they are reduced</i> )
<b>PBs:</b>		<b>Ten Miles:</b>	74:23 – Hayling 2005
<b>Half Marathon:</b>	1:38:55 – Cheddar 2005	<b>Marathon:</b>	4h 13min – Plymouth 1981 - <i>our watches did not have second hands in those days!</i>

Originally I ran only to maintain fitness for football and I entered my first marathon having only worked up to a maximum 9-mile training run!

I started running again in my 40's to keep fitness up and weight down. That all came about with the aid of alcohol at Christmas party and a pledge with colleagues to start running at lunch times. The twice weekly 4-mile run was converted into entering the **Bristol Half** in another moment of madness, but then realised that I could still run distance, so carried on.

I joined AVR, which provided the commitment to carry on training. I cannot really say I enjoy the training because I am always racing against my watch, and it hurts, but I do get a real sense of achievement when I post a PB.

I am trying to discard the watch and take a year out of racing (not sure my pace actually merits that term) so I can just enjoy the beautiful countryside while running with AVR in the summer. Unfortunately my competitive spirit may not allow this though!

