



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#92 – June 2008



Try a Tri...

Ever thought you would like to do a Triathlon?

So the running is going OK and you used to swim and or cycle a bit! If you have ever thought you might like to challenge yourself a bit more; then why not try a tri. And if you had not thought about it before then triathlon is a multi disciplined event that combines swimming cycling and running (always done in that order). There are also duathlons that combine two of the three disciplines.

There are lots of opportunities to take part locally and the distances range from Sprint, Olympic, Ironman or the Half Ironman (70.3K) distances. The Sprint is usually a 400m swim, 20K bike and 5K run. For the Olympic i.e. the distance that the Olympic triathletes do, it is a 1500m swim, 40K bike and 10K run. For full-on fun, the Ironman consists of a 2.4 mile swim, 112 mile bike, oh and run a full marathon at the end. Obviously the Half Ironman is half of all of the Ironman distances.

A more usual starting point might be the Castle Combe Duathlon series, run by Bath Amphibians triathlon club. This is a run bike run event of 2 miles, 10 miles and 2 miles and would be a good opening for you to give triathlon a go. There is always a handful of AVR members taking part so why not come and join them. The events are always the first Wednesday of the month from May to September starting at 7:00 pm. The middle month (July) is a Monster event which introduces an additional 10 mile bike and 2 mile run.

AVR is also affiliated to the British Triathlon Association. This allows us to join the BTA at a reduced rate; the benefits of this include reduced Triathlon entry fees, insurance cover for training and competing as well as quarterly magazines and web access.

Further information can be seen on the AVR web under the 'Multi Sports' heading or talk to Laurie Irwin at club.

Laurie Irwin



The Cheat

- 1) When I was born I was part of a multiple birth
Three other siblings also emerged from Mothers gigantic girth
All boys were we, absolutely alike, just as peas in a pod
The talk of the town, each one a dear little quad.
- 2) When at school, we played many a mischievous prank
jamming the girls showers and exploding their hot water tank
Our parents too, we often led many a merry dance
But parental wrath was avoided by luck or simple chance.
- 3) As learned academics we were of no great shakes
Well down the league table in the literacy & numeracy stakes
At sports we excelled, in field events & with bat 'n' ball
But when it came to running I was best by far of all.
- 4) When our schooldays were over we commenced our careers
And started into adult life with no hesitancy or fears
Bill became an artist and painted country landscape scenes
Sartorially embellished in paint splattered shirt and jeans
- 5) David was the musical one and formed his own jazz band
Successfully and accomplished, well famed across the land
Fred opted for the military and joined the Royal Marines
Somewhat of a rebel, he spent hours cleaning out latrines.
- 6) I followed the athletic route, a fitness instructor I became
Working hard in the Gym teaching others to be the same
My clients came from all walks of life, all backgrounds & creeds
And I treated each and everyone according to their needs.
- 7) Now I had been long distance running for many a day
Nothing to show for it, no trophy, no glory coming my way
So fed up and disconsolate at this miserable state of affairs
A cunning plan I now devised (cheating - but who cares?)
- 8) My brothers all colluded in my wicked dastardly scheme
I would enter a marathon determined to achieve my dream
Bill and Dave would be waiting at salient points on the course
Fred would start and I would finish, with not a hint of remorse.
- 9) Each brother easily slotted in, as previously arranged
With no-one spotting anything as they deftly interchanged
Then it fell to me to breast the tape as the marathon winner
But alas I was immediately disqualified and branded a sinner.
- 10) As I was led away, up spoke the Race Director
You were easily caught out you wretch by the TV detector
Therefore cheats will never prosper, it has been said
For my brothers all wore white socks, but mine were vivid red!

Tony Bartlett

Secretary's Notes

We are now halfway through the year and still we have members who are competing and have not paid their club subscription. The committee is therefore calling an amnesty until 30th June for all those runners who are attending club sessions and/or racing under the AVR name, to pay their subscriptions (£10/£15) otherwise all race series points earned, championship times and results recorded to date in 2008 will be struck from the record.

I also need to bring to your attention an unfortunate incident which occurred in Bradford on Avon recently where a group of our runners were accosted by some local youths, resulting in milkshake being thrown over one of our ladies. We have spoken to the police and as this is an assault should be reported to them, these incidents should also be reported to the club's Welfare Officer: Genevieve Sharam and/or myself.

On more positive notes: I would like to thank those club members who gave up their time to assist at the **Trowbridge 10K** and **Shaw&Whitley Stampede**, both events proved successful and further enhanced our reputation in the local area.

Julia Drewitt, Jo Mumford, Chris Atkinson and myself have all now qualified as UK: Athletics Level one coaches – which means that we can assist in running coaching sessions under the guidance of a Level two coach. We are now working towards that qualification, in the meantime if anyone would like to start training as a coach then please let me or any other committee member know.



Winners at the Trowbridge 10K

The new Wednesday evening sessions being held in Melksham out of the Christie Miller Sports Centre on Bowerhill have taken off, with several new faces joining us in the valley. With the summer nights now here we have enhanced these sessions by running parlaaf's, hashing and on occasion getting lost! – Come along it is good fun!

On Saturday July 5th the AVR Race Series event is the **Golden Cap Challenge** in Charmouth. We have found a campsite at Seatown (near Chideock and at the foot of Golden Cap) charging just £22 per night – so book your tent pitch (bring the family) and let's make a weekend of it – Tina Vivian can provide more details.



It's "Caption Competition" time....

The committee has also formulated the summer fixture list which includes a **Mob Match** on Thursday 19th June against TeamBath, Corsham RC & Chippenham Harriers using the "Over the Hills" route – only backwards, see Tina Vivian for more details; On Wednesday 9th July we will stage a **Hash Run** starting from Christie Miller; On Thursday 31st July I am once again organising the **Avon Valley Mile** to provide a test for those fast-twitch fibres over a measured mile – with separate races for Senior Men + M40's, Senior Ladies + F40's and Masters (Men & Ladies V50+); On Thursday 14th August the Captains will be bringing on the **Bern-Col Relay** from Pound Lane followed by supper; Thursday 11th September will see the long overdue return of the **Tom Roberts Handicap** – Chris Atkinson & I will be dishing out the handicaps from Pound Lane.

AVR are also hosting a couple open events during the summer months: **The Conkwell Killer** returns on Sunday 17th August after a brief absence last year – see Julia Drewitt for details; The fourth **Foxtrot 5** in Broughton Gifford on Sunday 24th August, please see Gary Jardine or myself for details.

Joining us in the valley this last period are: from Winsley – Valerie Black; Devizes – Suzanne Hoskins; Trowbridge - Philip Uzzell, Fiona Waing, Sophie Grist, Clare Williamson, Ian Chalmers, Jim Dobson, Roger Carey, Christopher Kidd, Nichola Bromley; Holt – Sharon Gover; Bradford on Avon - Robin Phillips, Maxine Mills; Melksham – Andy Strange, Richard Newman; Beanacre – Claire Bundy.

Darren Wrintmore

Fixtures

Sunday, June 8 th	Kennet Kanter – Devizes @11:00
Tuesday, June 10 th	Heddington Relay – “The Ivy Inn”, Heddington @19:30
Wednesday, June 11 th	Yeovil 5K – RNAS Yeovilton @19:15
Sunday, June 15 th	Miners Half ** - Midsomer Norton @09:30
Thursday, June 19 th	Mob Match (“Over the Hills” backwards) – Pound Lane @19:00
Sunday, June 22 nd	Forest 10 ** - Warminster @10:30
Tuesday, June 24 th	Lacock Relays – “The Red Lion”, Lacock @19:30
Thursday, June 26 th	Springfield 5K - Corsham @19:00
Saturday, June 28 th	Cotswold Way Relay – Chipping Campden to Bath Abbey @07:00
Sunday, June 29 th	Wincanton 10K – Wincanton @11:00
Saturday July 5th	Golden Cap Challenge **++ – Charmouth, Dorset @15:00 +CAMPING WEEKND+
Sunday July 6 th	Moonraker 10K – Urchfont, Wiltshire @17:00
	Quantock Beast - Fyne Court, Broomfield, Somerset @11:00
Tuesday, July 8 th	Heddington Relay – “The Ivy Inn”, Heddington @19:30
Wednesday, July 9 th	Melksham Hash – Christie Miller @19:00
Saturday, July 12 th	Mad Dash 2K – Melksham @17:30
Sunday, July 20 th	Wellington 10 – Wellington, Somerset @10:30
Tuesday, July 22 nd	Lacock Relays – “The Red Lion”, Lacock @19:30
Wednesday, July 23 rd	Barbury Track ‘n’ Trail ** - “Castle Cafe”, Chisledon @19:30
Thursday, July 24 th	Malmesbury 5K - Malmesbury @19:00
Thursday, July 31 st	Avon Valley Mile – Pound Lane @19:00
Wednesday, August 6 th	Pewsey Midweek 5 – Pewsey @19:30

++ Off-Road qualifying race ** AVR Challenge Series race

Member Profile – Rosemary Barber

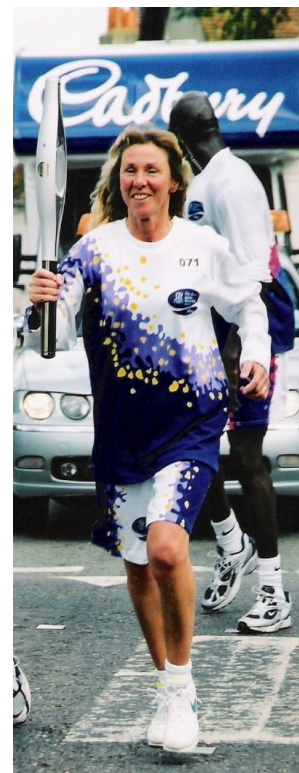
Date of Birth:	24 th August 1949	Residence:	Southwick
Height:	5'3"	Occupation:	Post woman
Weight:	8st	Shoes:	Nike and Puma
PBs:	5K: 19:16 – Wells 1994	10K	39:57 - Totton 1993
	10 Miles: 67:43 – Bournemouth 1994	Half Marathon	1:33:31 - Bath 1993

Up until 1990 I had always played racquet sports (squash and badminton) then I entered a local fun run and to my surprise finished well up with the club runners. I plucked up courage to go along to an AVR training session and the rest is history. Stan took me under his wing and his coaching helped me to achieve my potential.

Duathlon is my favourite event, as the cycling introduces a lot more to concentrate on. I competed in the **World Duathlon championships** in Belgium, finishing 6th in my age group (V50). The following year the **European Duathlon championships** were held in Swansea, where I finished 3rd, gaining a bronze medal place on the podium. I also compete in triathlons and I am trying to improve on my swimming times, as this is my weakest discipline.

One of my greatest highlights in sport has to be carrying the Queen's Baton through Salisbury, during its journey around the Commonwealth countries of the World, to end up in Manchester for the 2002 Commonwealth Games. The streets of Salisbury were lined with people cheering, including many of my family, who had travelled from afar to be there. Wearing the official Baton Relay uniform, I was flanked by two burly body guards to ensure the safety of the baton, which had a light that flashed in time with the runner's pulse - amazing feeling.

Of course all the above would not have been possible without the constant support of my hubbie, Ken.



Member Profile – Bob Washbourne

Date of Birth:	10 th May 1948	Residence:	Hilperton
Height:	5'10"	Occupation:	Retired
Weight:	11 stone	Running Shoes:	Anything comfortable in the sales
PBs:		Ten Miles:	65mins - Trowbridge 1984
5 miles:	28:50 - Westbury 1984	Marathon:	3:07 - London 1985
Half Marathon:	1:23 Imber – I forget the year.		

At the age of 11, I moved from Wales to Surbiton in Surrey and started at senior school. To my amazement I found that at least a quarter of the masters at my new school were Welsh, and most were involved in either Rugby or Boxing. Speaking with a strong Welsh accent, there was no contest – I had to choose one or the other, it was boxing. Boxing training is a good all rounder; it involved weight training and running. I enjoyed both but soon found the boxing side of things to be rather painful. I concentrated on running, cross country in particular, and soon found I excelled in it.

Jumping ahead a few years and no longer at school I still ran for pleasure. A few more years and things were on the decline; I had moved to Wiltshire, done a couple of runs, struggled a bit and decided to call it a day. Time passed and I had to run in the rain to my car, I was amazed how much I was puffing when I got there – this called for drastic action and I went out and bought myself trainers and track suit. Initially I suffered alone, after a 3 mile run I would get back to my house coughing and sweating and barely able to get up the stairs. **THEN** – I was introduced by a friend to Trowbridge Athletic Club.

I was at first conscious that I would not be able to keep up with the others – so decided I would use the club to gain a certain level of fitness without overdoing it. I ran alongside the race walkers (Judy Farr in particular) who could maintain a good speed over a long distance. After a couple of years with the walkers Stan talked me in to doing a Half Marathon. Only one though, just to prove a point. More followed and I improved a little each time. Stan had a theory that as a lifelong vegetarian I lacked that killer instinct and tried to talk me into eating meat – to no avail.

I acknowledge that in the era I was at my best I was not as good as the other good club runners, but who cares! I was soon labelled “the lazy runner” by some of my fellows, but whereas they suffered injuries, I didn't. In 1985 it was decided to form a club that catered solely for runners, both serious and casual (me) and I was one of the founder members. The club was officially formed on 1st January 1986 and our first meeting was at Stan and Judy's house on a Tuesday night. I like to think that as first through the door that night, I was the first member of Avon Valley Runners – some may disagree with me.

We had some good fun, hard runs during the week and long runs on Sundays – sometimes broken with a river swim part way around. One of the funniest incidents I remember was racing with Stan back from Avoncliff to Bradford on Avon. On the final stretch Stan passed a comment that he would be first into the river (opposite the rowing club). We ran full pelt towards the river bank, Stan stopped to unlace his shoes, and being slightly behind him I saw that my only chance was to dive over the top of him – which I did – landing in the river (complete with shoes and kit) just to the side of a rowing boat.

I still enjoy running and use it as a form of relaxation, sometimes falling into a state of semi meditation, I once tried to walk on water, and have enclosed a photograph to prove my point. I would like to use this opportunity to thank all those who have given their time over the years to keep the club what it is, and to wish all members many happy years of running.

One final comment:

*Enjoy your health – it may not last forever.
Value friends you have made.
Do your own thing.*

