



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#93 – August 2008



Summer Fun

Avon Valley Runners entertained Team Bath and Corsham Running Club at a **Mob Match** utilising the Over the Hills course - only backwards, which is something that OTH Race Organiser Tina Vivian has wanted to do for a long time. Alistair Bartlett used his local knowledge to lead the field for most of the race, before being overcome in the final couple miles by a trio of Team Bath runners. Our Avon Valley neighbours came away with a point's tally of 17 to take victory over our 26 points and Corsham Running Club's 83 points. Our Ladies however grouped well with Tina Giles, Melanie Nichols and Ali Atkinson heading our points scoring, ensuring a victory with 19 points ahead of Team Bath's 57 points and Corsham's 59 points.



Andrew Hoddinott and Leo Wirtz acted as the hares for our first running of the **Melksham Hash**. A six mile flour trail was laid out of Bowerhill, through Giles Wood, onto the Kennet & Avon canal heading down through Semington and then cross country out to Whaddon before looping back to Semington for the finish at The Somerset Arms. More of that in "A Hares Tale" and a "Hounds Tale".

The third running of the **Avon Valley Mile** provided a good chance for us to test out our fast-twitch muscle fibres over a measured mile course in Barton Farm Country Park. Michael Towler twitched in at 4:48 just one second outside of the club record. For the Ladies, Tina Giles recorded 5:57 and for the Masters Kevin Sparey clocked in at 5:17 and keeping it in the family Tina Towler took victory in 7:19.



Secretary's Notes

Rain, rain, wind and more wind put paid to our Charmouth camping weekend and added that extra bit of spice to the **Golden Cap Challenge**. The rain held off a week later to allow our posse of Avon Valley Runners to take part in the **Melksham Mad Dash**, where we came home to claim the first seven positions, closely followed by Batman, Robin, Bananaman and the 118-runners!



Hopefully the good weather will hold through August and September as our club hosts the **Conkwell Killer** and provides support for the **DB 10K** and **Foxtrot 5**. Will Whitmore is offering AVR members free entry into the **DB 10K** at Castle Combe on Sunday 10th August if they assist at the Duathlon which follows the 10K – for our Multi-sport members you can always ask Will if he needs help at the 10K in return for a free entry into the Duathlon; After a short absence the **Conkwell Killer** starting at Bradford RFC in Winsley returns on Sunday 17th August, please see Julia Drewitt if you can help at this AVR event - the steel band has been booked for the top of the miners track; AVR are once again supporting the **Foxtrot 5** starting at the “Fox” in Broughton Gifford on Sunday 24th August, please see Gary Jardine if you can help on the day - a reggae band and BBQ has been booked for post-race entertainment.

We also have a couple of closed events coming up: On Thursday 14th August the Captains are bringing you the **Bern-Col Relay** – 3 x 1.35 miles in Barton Farm Country Park, with teams picked on the night. Then on Thursday 11th September we will see the return of the **Tom Roberts Handicap** race over 5K and featuring that nice climb up Jones Hill (and worse descent into Avoncliff). Chris Atkinson and I will dish out the handicaps on the night.

Accompanying this edition of the Valley News is a Membership Survey form. The purpose of the survey is to give your feedback on what you think about certain areas of the club. Forms will be treated in the strictest confidentiality and the compiled results published in a future issue of the Valley News and any comments made will be fed back to the committee for consideration.

Joining us in the Valley this period are Amy Cook from Trowbridge, Dave Bronniman from Melksham and Michael Eatough from Whitley.

The following members move up a category in the veterans ranks this period: Ron Whittle M70; Mike Carpenter M60; Martin Meredith M50 and Sarah Southam F50.

Congratulations go to Carl Davies and Gemma on the birth of their daughter Lily, also to Tom Frost and Jules on the birth of their son James. I can see the ‘jogging buggy’ races taking off soon!

Darren Wrintmore

A Hares Tale.....

A call from Darren, “*What are you doing on July 9th? How would you and another friend like to be Hares?*” Fortunately, I realised this was something to do with our first **Melksham Hash Run**. I coerced Leo Wirtz a recent club member, into helping me on the night. Another call from Darren, “*Can you make some ears? I’ve invited the press along*”. The thought began to cross my mind that this was some form of belated and twisted club induction! I raided the cupboard for near empty cereal boxes and cunningly fashioned two sets of ears. It has to be said that my artistic skills are not that great but I was quite proud of my creations.

July the 9th came, it was pouring with rain. I’d planned a route and decided to set some of the trail in the afternoon. This would reduce the amount of flour Leo and I would need to carry in the evening. Armed with 3Kg of Sainsbury’s value plain flour, I set out along the canal towpath. I received many confused looks from people whilst laying my trail of flour “dollops” and circles. It was raining hard by now, the flour trail looked to be holding up but I was covered in it. One tremendously droll comment “*Are you ok? You look a little pasty*” particularly lifted my spirits. It also appears that dogs like to eat flour!

At just before 7pm we gathered at Christie Miller sports centre. Leo and I donned our ears; Darren wore a riding hat and tooted somewhat half heartedly on his bugle, it didn’t scare us. Photos were taken for the Melksham Independent News (Leo and I can hardly wait for that edition). We tried to negotiate a 15 minute head start but the Hounds were having none of it. “*10 minutes is all you get and that started two minutes ago!*”.



We set off and laid our first Check Point a circle with a ‘C’ in it. This was the real start. We set quite a few false trails to try and keep the Hounds off of our backs! They’d be keen to start with. Then we reached a section I had covered in the afternoon. To our amazement the flour was still there. A “scenic” route under the cover of Giles wood gave a welcome break from the rain before we joined the canal towpath. There is nothing us Hares like better than laying false trails across big puddles or muddy fields. Soaked through but enjoying ourselves, we even considered placing a trail across the canal! We arrived in Semington feeling quite pleased that we hadn’t heard any bugling. This was the second Check Point and gave them a chance to regroup after all of those “Falsies”.

A road section followed and a few more locals left scratching and shaking their heads. We continued along the canal towards Whaddon but across fields rather than using the towpath. At a very overgrown bridge mischief got the better of us. Full admiration goes to Leo who made his way through brambles and nettles to lead a “classic” false trail. We joined the road towards Hilperton it’s a nice climb up to a junction with a bridle path. This was the final Check Point – next stop the pub. Heading back towards Semington, we heard our first call of the bugle. Right more false trails required they’re gaining!

Once back in Semington it would have been too obvious to go straight to the pub. We laid our final trail across the fields to the Church and placed a dollop of flour on a style post (apologies to any non-Hounds in Semington that evening). We reached a point where we could see The Somerset Arms and with our best flour handwriting wrote “**ON INN**” on the pavement. We’d made it without being caught.

The Hounds caught up with us 10 minutes later – just time for us to have washed most of the now hardened flour and water paste from our hands, arms, legs etc.!

The route can be found here: <http://www.mapmyrun.com/run/united-kingdom/melksham/502882136781>

Andrew Hoddinott

Captains' Corner

With over half the year gone already, the summer race calendar has kept us all busy, although the inclement weather has left some of us wondering if we've travelled forward in time to the autumn fixtures! As always, some superb achievements to report and with our membership fast heading to the 200 mark now, we are establishing ourselves as a force to be reckoned with. This was evidenced by the fantastic turn out at our recently staged **Mob Match** against Team Bath and Corsham RC.

Fourteen club members made their way to the Midsomer Norton for the **Miners Half Marathon** with the Men's team prize coming back to Avon Valley with Vojtech Hajdu, Alistair Bartlett, Tom Frost & Mark Harris. Individual awards also went to Vojtech Hajdu (1st M40), Mark Harris (3rd M40), Tina Giles (1st F40) & Ali Atkinson (2nd F40). Congratulations must also be sent to Megan Orrell, a progressee from our January beginners group who broke the 2-hour barrier, well done Megan!

A week later and twenty-six members featured at the **Warminster 10** with Vojtech Hajdu, Alistair Bartlett, Doug Barber and Kevin Sparey scooping the Men's team prize.

Carl (thank you!) did a great job of organising two teams for the **Cotswold Relay**, the Men's Team were 9th and the Mixed Team were 14th with Liz Ringham crowned as Leg 9 stage winner, well done Liz.

Julia Drewitt & Carl Davis

Member Profile – Tom Frost

Date of Birth:	21st April 1973	Residence:	Neston
Height:	5'10"	Occupation:	Public Health Scientist
Weight:	11st 10lb	Shoes:	Nike Air Pegasus
PBs:	5K: 17:54 – Chippenham 2007	10K:	36:43 – Hogweed Trot 2008
	10 Miles: 66:06 – Corsham 1990	Half Marathon:	1:24:09 - Bath 2008

I began running when my Dad (Tony) dragged me out to accompany him on his middle-age get fit campaign back in the 1980's. As he improved we began to enter events together, with me usually doing the fun-runs whilst he tackled the serious events. Of course it wasn't long before Stan had cornered him, so Dad and I joined AVR. I have memories of competing in several local events with my bright yellow AVR vest attracting all kinds of bugs; some of these sadly are no longer around to my knowledge (the events not the bugs).

Many years passed and both our memberships lapsed and I moved around the country going to University and finally giving in and getting a "proper job" with National Air Traffic Services down in Bournemouth. In 2001 a move back to Wiltshire coincided with my need this time to get fit and lose some weight and so I began running again. I was keen to enter some events and set myself some targets and so I entered the **Romsey 5** coming home in just under 45 minutes and just ahead of a certain Stan Farr. Seven years later I've stuck at it and get restless if I go more than a couple of days without a run. Despite a few plateaus, minor injuries and approaching the veterans category, I have managed to knock a few seconds off my PB's each year and I was delighted to win my first individually trophy since I was a junior at this year's **Pewsey Vale 10K**. My next aim is to win one big enough that Darren is unable to collect it and drop it off for me on his Friday training run!

My Dad is no longer running but does a mean 50m breaststroke for an OAP and until a few years ago was a regular at the **Corsham Triathlon**, an event we instigated when he was Chairman at Corsham swimming club. He is occasionally persuaded to venture out to cheer me on but is more often seen being pulled around Trowbridge by his Pointer and Great Dane.

Having been beaten in the past, and run very close at the **Keevil 10K** this year, by runners pushing children in buggies, my other target, with my firstborn arriving this July, is to first learn to run with a pushchair without injuring either myself or my child and then to compete in a race and get my own back!



Fixtures

Sunday, August 10th

Tuesday, August 12th

Wednesday, August 13th

Thursday, August 14th

Sunday, August 17th

Sunday, August 24th

Tuesday, August 26th

Sunday, August 31st

Thursday, September 4th

Sunday, September 7th

Wednesday, September 10th

Thursday, September 11th

Sunday, September 14th

Sunday, September 21st

Sunday, September 28th

Sunday, October 5th

DB Max 10K ** – Castle Combe @15:00

5-4-3-2-1 – Salisbury @09:30

Heddington Relay – “The Ivy Inn”, Heddington @19:30

Yeovil 5K – RNAS Yeovilton @19:15

Bern-Col Relays – Pound Lane @19:00

Conkwell Killer!!! – Winsley @11:00

Foxtrot 5 – Broughton Gifford @11:00

Lacock Relay – “The Red Lion”, Lacock @19:00

Powerstation 10 – Oldbury, Gloucestershire @10:30

Corfe Beast ++ - Corfe, Dorset @10:30

Springfield 5K – Corsham @19:00

Ash Excellent 8 – Martock, Somerset @11:00

Yeovil 5K – RNAS Yeovilton @19:15

Tom Roberts Handicap – Pound Lane @19:00 – **It's Back !!!**

Chippenham Half ** – Chippenham @09:30

Bristol Half – Bristol

King Alfreds Torment ++ - Stourhead @11:00

Mells Trail Run – Mells, Somerset @11:00

Blackland Downs Challenge @11:00

Biddestone 10K – Biddestone @11:00

Cricklade Half & 10K – Cricklade @10:30

Clarendon Way Marathon ++ – Salisbury @10:30

++ Off-Road qualifying race

** AVR Challenge Series race

AVR Forum

Avon Valley Runners Forum Index

View unanswered posts

Forum	Topics	Posts	Last Post
AVR Main Forum			
 AVR Races News and informations concerning races hosted by Avon Valley Runners. Moderators wrinty , pippy	3	4	25 Jul 2008 02:44 pm pippy →
 Race Series Details of the Race Series events. Find out who is running where and see if you can lift share. Moderators wrinty , pippy	3	7	25 Jul 2008 03:30 pm wrinty →
 Other Races Details of the Other Races that may be of interest to members. Find out who is running where and see if you can lift share. Moderators wrinty , pippy	2	2	25 Jul 2008 11:29 am pippy →
 Multi-sport Details of Triathlons, Biathlons, Duathlons and any other event that involves a bit more than just running! Moderators wrinty , pippy	0	0	No Posts
 Training Sessions Discuss club training sessions. Moderators pippy , acky	2	2	25 Jul 2008 12:30 pm acky →
 Other Stuff Other events of interest to AVR Moderators wrinty , pippy , gazza	1	1	24 Jul 2008 01:02 pm wrinty →
 Sponsorship Where charities offering race places are listed and members seeking sponsorship can post requests. Moderator wrinty	1	1	24 Jul 2008 05:52 pm wrinty →

The club has now launched a forum at <http://avonvalleyrunners.forumup.co.uk/?mforum=avonvalleyrunners> where members can discuss forthcoming events; arrange lift sharing and canvass for sponsorship.

You will need to register with the site (which is a pain-free process) and one of our moderators will enable your account; This delay is necessary to minimise the amount of work that the team of moderators need to do in keeping the message boards free of spam. Moderators: Pippy (Pete Jones), Wrinty (Darren Wrintmore), Gazza (Gary Jardine), Acky (Chris Atkinson) look forward to receiving your posts.

Please send Results or Articles to news@avonvalleyrunners.org.uk

A Hounds Tale

One of the events dreamt up for the summer was a Hash Run - though I didn't really know that much about hashing apart from reading stuff on the web and deciding that it looked like an interesting idea to try. We did a test hash during one of our Melksham sessions and thought that it would work. This was despite Dave "the pilot" Bronniman speeding off towards Seend saying "*I know where they have gone*" without looking at any of the carefully placed markers; Michael Eatough and I (acting as test-hares) were on our second pints in the Semington "*New Inn*" when the pack eventually arrived some forty five minutes later. Andrew Hoodinott enjoyed/endured the experience so much that he went away to the Mendip Mash-up to learn how to do it properly - An ideal candidate for a hare then! I mentioned the Hash to my neighbour Matt Paish, who is the roving reporter for the Melksham News and he decided that the event was newsworthy enough to cover.

Come the evening of 9th July and it was tipping down with rain - which is probably why I received a number of texts and eMails that day from members who wouldn't be attending! Anyway two pairs of bunny ears appeared in the foyer of Christie Miller and soon a small pack of hounds had also assembled. After posing for a few photo's, I mentioned to the hares Andrew & Leo that they should really be going, and off they went - like hares!!!

Within two minutes of their departure the chorus began of "*Can we go after them now?*" this was going to be a keen hunt and I was going to have my work cut out in trying to keep the pack together. Eventually ten past seven came - marked by my sounding the pack off with a hearty blast of the bugle - actually it sounded more



like somebody blowing a raspberry - there must have been some rain gotten into the bugle!

We headed out of Bowerhill towards where we pre-agreed that the first checkpoint would be. Not a 'C' but a 'U' gave us a good clue as to where the trail was headed - Giles Wood; and sure enough it did. In the maze of trees calls of "*On-On*" could be heard in all directions and frequently followed by an expletive as a false trail mark (T) was encountered. Eventually we found our way down to the Kennet&Avon canal and into Semington following the doughy trail. From Semington the trail led off towards Whaddon, but something was wrong - the trail was there but we had lost one of our Pack - "*Where was Ian White?*"

Several blasts on the bugle by Richard Newman eventually retrieved him and we continued on our hunt. Carl Davies had adopted the role of FRB (self-censorship precludes me from expanding the acronym) and led the way through the field of inquisitive bullocks which had Julia Drewitt cowering; Across the overgrown bridge and back again; Into Whaddon; Back to Semington - where a car pulled up to us and the driver shouted "*They're in the pub*" before speeding off again.

The trail started to head towards the Semington Crematorium but then veered around the back of the village past the Church where I managed to put my hand in a gloopy dollop marking the trail on a style post - "*Thanks Hodd*". We then found the sign that we had been seeking "**ON INN**". We made it to The Somerset Arms, with the hares only extending their lead over us by nine minutes - not bad.

Despite the conditions we had good fun and look forward to trying it again soon - but in better conditions.

Darren Wrintmore



Member Profile – Tanya Maidment

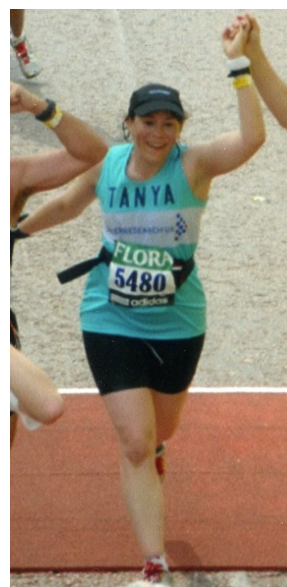
Date of Birth:	11 th April 1970	Residence:	Bradford on Avon
Height:	5'6"	Occupation:	Hydro geologist
Weight:	10st 'ish	Shoes:	Saucony Hurricane Asics Nimbus

PBs:	10K: 54:43 – Keevil 2007	10 Miles:	86:10– Bramley 2005
Half Marathon:	1:57:18 - Bath 2007	Marathon:	4:54:02 - London 2007

I began running in earnest when my husband Mike had the bright idea of entering us both for the 2003 **Bristol Half Marathon**. Neither of us had done much running before. We enjoyed those early exploratory runs along the canal not long after we moved to Bradford, and I felt a real sense of achievement when I first made it to Avoncliff and back without walking! My furthest training run before Bristol was along the canal to Limpley Stoke and back – a round trip of around 8 miles. I would not recommend this level of training for anyone attempting their first half marathon, but I did manage to stagger round Bristol in 2hrs 11mins. While competing in the **Trowbridge 10K** the following year we saw loads of AVR members and after talking to Joyce we decided that joining a running club would be a good idea.

So we both joined AVR in the summer of 2004, and running became even more enjoyable and an even better excuse for eating more chocolate cake. I ran several Half Marathons in 2004, and it was on a rainy day in Cardiff that I finally finished a Half-Marathon in less than two hours. I also joined a number of AVR runners in Amsterdam later that year, where I even managed to be the first AVR runner across the finish line and made it into the local papers (admittedly there were only a few of us running the 10K as most other AVR runners were competing in the Half or full marathons, but hey, I'm not likely to make sports headline news very often!).

My running dwindled in 2005 when I became pregnant with our son Alex. I kept running for as long as I could, even managing the **Forest of Dean Half Marathon** and a 10 mile PB at Bramley. It took me a while to get back into running after having Alex, mainly due to back and pelvis problems, but late in 2006, I discovered that finally after four consecutive unsuccessful attempts, I had a ballot place for the London Marathon. It was time to start running again! As luck would have it, Mike had also got in, and we agreed to run London together. I was going to need all the help I could get. Despite some setbacks during my limited training, I managed to get round in just under 5hrs.



After London I went on to win my first running trophy – the lady's team prize at the **Shaw&Whitley Stampede**. It was a proud moment, but alas later on that year I put my foot down a hole and sprained my ankle during **Race the Train** in North Wales. It's taken me a while to get back into running again, but I can now, once again, make it to Avoncliff and back without walking, so hopefully you'll see me back at the club again soon.....

Ironman Austria

Susie and I drove down though Europe to Klagenfurt Austria (a 2,300 miles return trip) for the **Karnten Ironman Austria** race 2008 on 13th July.

The day before the race we racked our bikes in very hot sun and later on that afternoon Susie began to feel unwell and by the evening ended up in bed with a sore throat virus. She decided not to race and so on the Sunday I left her at 5am to walk to the lake for a 7am start.

Over two thousand of us in wet suits ran into the lake and all hell let loose. I had a good swim (PB) followed by a steady bike but heavy thunderstorms half way made the downhill's treacherous. Onto the marathon, and a run/walk strategy and into another mega thunderstorm, finishing at 10.50pm.



Times were:

Swim (2.4miles) = 1:41:07

Bike (112 miles) = 7:43:02

Run (26.2 miles) = 6:09:19

T1= 10:05

T2= 10:04

Total =15:53:38

Glyn Phillips

Please send Results or Articles to news@avonvalleyrunners.org.uk

Championship Update

With over half of the year gone the fight for the Club Championships and Race Series is really hotting up. So far seventeen men and eight women have completed the required 10K, 10-mile and Half Marathon distances. For the men, defending champion Kevin Sparey is sitting comfortably on top having posted the quickest times in the club this year for all three distances giving a combined time of two hour fifty four minutes (nearly a minute quicker than his 2007 winning tally). For the Ladies, Liz Ringham has also posted the fastest times for all three distances and has totalled three hours and fifteen minutes, bettering her 2007 runners up position timing by nearly three minutes. The top-5 as they currently stand:

Pos	Name	10K	10M	Half	Total	Name	10K	10M	Half	Total
1st	Kevin Sparey	36:20	59:26	1:19:06	2:54:52	Liz Ringham	41:45	1:07:06	1:26:38	3:15:29
2nd	Vojtech Hajdu	36:52	1:02:04	1:21:47	3:00:43	Tina Giles	44:50	1:15:16	1:39:03	3:39:09
3rd	Alistair Bartlett	37:47	1:02:14	1:20:48	3:00:49	Ali Atkinson	44:32	1:16:33	1:42:02	3:43:07
4th	Doug Barber	38:47	1:03:49	1:24:37	3:07:13	Rosemary Barber	46:33	1:23:16	1:44:48	3:54:37
5th	Chris Atkinson	38:21	1:05:16	1:25:40	3:09:17	Kirsty Doonan	48:38	1:18:16	1:49:07	3:56:01

The Off-Road championships are proving interesting with both Vojtech Hajdu and Sue MacGregor both holding commanding leads:

Pos	Name	Total	Qualifier	2nd Counter	3rd Counter
1st	Vojtech Hajdu	302.29	Slaughterford	104.63	Trowbridge 10k 98.21 Roundway Chase 99.45
2nd	Tom Frost	318.17	Barbury Castle	109.46	Trowbridge 10k 103.78 Roundway Chase 104.93
3rd	Doug Barber	322.82	Cowpat Canter	114.18	Cotswold Way 105.93 Kennet Kanter 102.71
4th	Darren Wrintmore	328.05	Charmouth	120.01	Neolithic Half 107.23 Classic Quarter 100.81
5th	Mark Harris	329.67	Charmouth	112.37	Trowbridge 10k 107.66 Roundway Chase 109.64
Pos	Name	Total	Qualifier	2nd Counter	3rd Counter
1st	Sue McGregor	329.38	Charmouth	118.30	Bratton Hilly 106.55 Roundway Chase 104.53
2nd	Kay Middleton	345.63	Rough & Tumble	114.86	Roundway Chase 109.89 Cotswold Way 120.88
3rd	Liz Gard	371.34	Barbury Castle	130.41	Roundway Chase 119.78 Bratton Hilly 121.15
4th	Tina Vivian	391.05	Rough & Tumble	126.45	Hanham Horror 124.77 Charmouth 139.83
5th	Denise Ellis	470.29	Rough & Tumble	155.78	Terminator 162.51 Hanham Horror 152.00

The Race Series has been by no means a one horse race this year for the Men, with defending champion Alistair Bartlett, Tom Frost, Mark Harris and Vojtech Hajdu all vying for the top-spot. The Ladies, has however seen a break away by Tina Giles and Ali Atkinson ahead of 2007 champion Rosemary Barber.

Pos	Name	Devizes	Trow.	Corsham	Round. Chase	Miners	Forest	Gold Cap	Total
1st	Vojtech Hajdu		20	20	20	19	20	20	119
2nd	Mark Harris	15	15	15	17	17	15	19	113
3rd	Alistair Bartlett	18	18	19	18	20	19		112
4th	Tom Frost	20	17	18	19	18			92
5th	Chris Atkinson	16	14	13	14	16	16		89
Pos	Name	Devizes	Trow.	Corsham	Round. Chase	Miners	Forest	Gold Cap	Total
1st	Tina Giles	20	20	20	20	20	20		120
2nd	Ali Atkinson	19	19	18	18	19	19		112
3rd	Rosemary Barber	18	17	17			17		69
4th	Sue Macgregor				19		18	20	57
5th	Megan Orrell		16	14		18			48

The next race in the series is the **DB10K** at Castle Combe on 10th August, followed by the **Chippenham Half Marathon** on 14th September.

AVR Membership Survey

It is now around 18 months since Avon Valley Runners launched "The Plan" (see Valley News #86 – April 2007) which identified three objectives for the development of the club:

1. Attract and retain new members and ensure an induction into the club.
2. Facilitating members to achieve their running goals through training and mentoring.
3. As a competitions provider AVR provide a number of well-organised events across the local area.

The committee therefore would like to ask for your feedback on how we have performed against these objectives. The survey below looks at the four key areas of plan and requests your rating:

Promotion of AVR

Media coverage • Wiltshire Times • Melksham News • Bath Chronicle	Excellent	Good	OK	Poor	N/A
Do you visit the AVR website?	Daily	Weekly	Monthly	Ad-hoc	Never
Website • Presentation • Navigation • News • Coming Events • Results • Running Links	Excellent	Good	OK	Poor	N/A
Valley News • Secretary's Notes • Captains' Corner • Member Profiles • Poems • Race Reports • Photographs	Excellent	Good	OK	Poor	N/A
What do you do with the Valley News?	Read Online	Download & Read	Download & Print	Print & Pass-on	Don't Read it
Comments/Suggestions about Website and/or Valley News:					

Reception

Your welcome/induction to the club:	Excellent	Good	OK	Poor	N/A
The premises that AVR use • Trowbridge: • Melksham: • Bradford on Avon:	Excellent	Good	OK	Poor	N/A
The atmosphere at our sessions • Trowbridge: • Melksham: • Bradford on Avon:	Excellent	Good	OK	Poor	N/A
Comments/Suggestions about club induction and/or premises:					

Please send Results or Articles to news@avonvalleyrunners.org.uk

Coaching groups

Training advice offered at our sessions • Trowbridge: • Melksham: • Bradford on Avon:	Excellent	Good	OK	Poor	N/A
Routes run at our sessions • Trowbridge: • Melksham: • Bradford on Avon:	Excellent	Good	OK	Poor	N/A
Comments/Suggestions about our training sessions:					

Event Service Description

As a competitor, rate the following race organisation • Over the Hills: • Conkwell Killer: • Trowbridge 10K: • Stampede: • Foxtrot: • Avon Valley Mile: • Bern-Col Relay: • Melksham Hash: • Boxing Day 5K:	Excellent	Good	OK	Poor	N/A
As a marshal/helper, rate the following race organisation • Over the Hills: • Conkwell Killer: • Trowbridge 10K: • Stampede: • Foxtrot:	Excellent	Good	OK	Poor	N/A
How would you rate requests for your assistance at races:	Excellent	Good	OK	Poor	N/A
Comments/Suggestions about our races:					

About You

Which age group do you belong:	<20	20-39	40-49	50-59	>60
How many years have you been running:	<1	1-2	2-5	5-10	>10
How many races per year do you run:	<1	1-2	2-5	5-10	>10
How many years have you been a member of AVR:	<1	1-2	2-5	5-10	>10
Which AVR sessions do you attend:	Tue	Wed	Thurs	Sun	None
Comments/suggestions about Avon Valley Runners:					

*Please return completed surveys to the Secretary by the 14th September.
Survey results will be presented in the October edition of the Valley News.*

Please send Results or Articles to news@avonvalleyrunners.org.uk