



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
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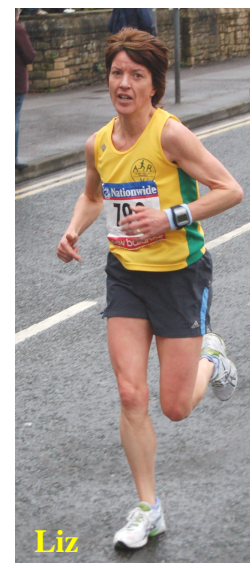


The Champions



Kevin

Kevin Sparey and Liz Ringham absolutely dominated the 2008 Club Championship, each taking a clean sweep of the best times over all three of the qualifying distances. Kevin produced a 35:41 clocking at the **Bromham 10K** (which also earned the 53-year old an 85.6% WAVA grading to take that title for the eighth consecutive year); 59:26 at the **Salisbury 10** and 1:19:06 at the **Bath Half**, Kevin also finished the year as the **ARC's National 10-mile Champion** for his age group following his performance at the **Oldbury 10**. Liz recorded 40:24 at the **Merthyr Tydfil 10K**, 67:06 at the **Hook 10** and set a PB of 1:26:38 at the **Bath Half**. Liz also managed to find the time to set new AVR club records for twenty miles and the Marathon with performances of 2:15:53 at the **Gloucester 20** and 3:03:21 at the **Flora London Marathon**.



Liz

Trying to close the gap on Kevin and Liz were: Alistair Bartlett and Vojtech Hajdu; Rachel Bown and Tina Giles. Age Category winners are: M40 Vojtech Hajdu; M45 Doug Barber; M50 Kevin Sparey; M55 Pete Jones; M60 Tony Griffiths; F40 Liz Ringham; F45 Kathy Kinsey; F50 Tina Vivian; F55 Rosemary Barber who also achieved an 82.9% WAVA grading at the Yeovil 5K. Ian Mapperson recorded the fastest Marathon in the club last year with his 3:01:40 performance at the **Blackpool Marathon**.



Vojtech

Off-Road, Vojtech Hajdu took the honours with his performances at **Slaughterford**, **Trowbridge 10K** and the **Roundway Chase** with Alistair Bartlett and Tom Frost close behind. For the Ladies, Tina Giles performances at **King Alfred's Torment**, **Trowbridge 10K** and the **Roundway Chase** secured victory with Sue MacGregor and Kay Middleton in pursuit.

The Race Series saw a closely contested table for the Men, with the lead swapping between Tom Frost, Alistair Bartlett and Vojtech Hajdu before being settled in the final event of the year. Special note must be made of Mark Harris who managed to compete in all twelve of the Series Races and finished in third spot. The Ladies saw Tina Giles run away with the points in the first half of the year, taking full points at the first six races and holding on to win the series with Ali Atkinson demonstrating a consistent string of performances throughout the year to finish runner up. Other twenty point scorers were Sue MacGregor at the **Charmouth Challenge**, Liz Ringham at the **DB10K**, **Wimborne 10** and **Bromham 10K**, Rachel Bown at the **Chippenham Half** and Megan Orrell at the **Swindon Half**.



Tina

Pos	Name	Total
1 st	Vojtech Hajdu	198
2 nd	Alistair Bartlett	189
3 rd	Mark Harris	167
4 th	Tom Frost	159
5 th	Chris Atkinson	152

Pos	Name	Total
1 st	Tina Giles	192
2 nd	Ali Atkinson	183
3 rd	Rosemary Barber	102
4 th	Megan Orrell	83
5 th	Tina Vivian	62

Full tables are available at www.avonvalleyrunners.org.uk/series.shtml

Awards will be presented at the club social evening on Saturday January 31st at the "Riverside", Bradford on Avon - See Joyce Field to get your tickets.

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

Secretary's Notes

At another well attended Annual General Meeting I reflected upon the performance of the club against its development plan which is now in its second year and starting to bear fruit....

Attract and retain new members and ensure an induction into the club:

In 2008 we attracted 73 new members into the club mainly through the Beginners Classes instigated by Julia Drewitt and also through the launch of the Wednesday Melksham Sessions. We have also managed to maintain a good profile in the press with Ali Atkinson helping us to win the battle of the column inches against Chippenham Harriers in the pages of the Wiltshire Times. The year also saw the launch of the AVR Forum & a group on Facebook. Unfortunately of the 51 members that we gained in 2007 only 32 renewed their membership and our attempt to find out what runners wanted from the club fell on deaf ears with a negligible return on the Membership survey. We did however end the year with an all time high membership level of 201!!!

Facilitating members to achieve their running goals through training and mentoring:

*In 2008 the club has trained up five Level 1 Coaches (Chris Atkinson, Julia Drewitt, Jo Mumford, Andrew Hoddinott & myself) and appointed Alan Hayes (Level 2) to be our Head Coach. The Race Series proved popular and brought team prizes back to the club from the **Bromham 10K** (1st Men & Ladies), **Wimborne 10** (3rd Ladies), **Chippenham Half** (3rd Ladies), **EAS10K** (1st Men), **Warminster 10** (1st Men), **Miners Half** (1st Men), **St Georges 10K** (3rd Men & 3rd Ladies), **Devizes 10K** (1st Ladies & 3rd Men). The Club Championships saw 24 men and 14 women run the qualifying distances which is down on 2007(28 men & 20 women). The **Bath Half Marathon** did see a record of 61 members compete in the same event.*

As a competitions provider AVR host a number of well-organised events across the local area:

*“Over the Hills” under the direction of Tina Vivian attracted 300 runners to the start line and was very well received among the local running community. **The Conkwell Killer** under the direction of Julia Drewitt attracted over 100 runners to start line but was marred by insufficient number of marshal's attending on the day. The **White Horse Relay** which the club hoped to host in June failed due to a lack of support from within the club and also failed to draw the minimum number of teams required, which was a pity as Anthony Hickson had invested a lot of time into this event. On a more positive note the **Avon Valley Mile** tempted 32 members try out their fast-twitch muscles and Michael Towler just missing out on the club record by one second recording 4:48, for the Ladies Tina Giles recorded 5:57. The club also entertained Team Bath and Corsham Running Club at a **Mob Match** using the “Over the Hills” course – but backwards with our Men finishing second to Bath and our Ladies taking the victory. We also held our first Hash Run out of Melksham which made some interesting write ups in the press. The **Tom Roberts Handicap** returned after a five year break and saw the 30 runners all finishing within five minutes of each other. The 48th running of the Boxing Day Run took place under its new name of the **Stan Farr 5K** and 35 runners enjoyed an accurately measured distance and chip timing under the direction of Chris Atkinson. The club also provided support to the **Trowbridge 10K**, **Shaw & Whitley Stampede**, **DB10K** & the **Foxtrot 5** all generating additional revenue for the club.*

A number of new members have already joined us in the Valley this year, so a warm welcome to Stephen Richardson from Bradford on Avon, Johanna Russell and Leah Russell from North Bradley, Elizabeth Hood from Beckington, Michael Brooks and Alex Booth from Trowbridge and Alex Russell from Bristol.

Congratulations to George Roberts and Brian Skivington who move into the M40 category and to Gary Jardine who became a M60 on 2nd January.

Darren Wrintmore

Fixtures

Sunday, February 8 th	Longleat 10K – Longleat @10:00
Sunday, February 15 th	Bramley 20/10** – Bramley @10:30
Sunday, February 22 nd	Terminator++ – Pewsey @10:30
Sunday, March 1 st	Hearts First Jog 5K/10K – Wilton House, Salisbury @11:00
Sunday, March 8 th	Devizes 10K** - Devizes @11:00
	Gloucester 20 - Frampton-on-Severn @10:00
Sunday, March 15 th	Bath Half - Bath @11:00
Sunday, March 22 nd	Hogweeds Hilly Half - Horton, South Gloucestershire @10:30
Sunday, April 5 th	Trowbridge 10K – Studley Green School, Trowbridge @11:00

++ Off-Road qualifying race ** AVR Race Series event

Member Profile – Kathy Kinsey

Date of Birth: 31st May 1962
Height: 5' 6"
Weight: 9st 10lb

Residence: Trowbridge
Occupation: Office Mother Hen
Shoes: Asics Kayano

PBs: **10K:** 45:12 – Yeovilton 2007

10 Miles: 77:13 – Hayling 2006

Half Marathon: 1:39:19 - Seaton

Marathon: 3:39:13 – Chicago, USA

My husband says he created the monster – it's all his fault! In 2001, he could walk faster than I could run but he definitely started me running – off we'd go down Broadcloth lane – me moaning like crazy. I could never be tempted off the tennis court, off a mountain or out of the aerobics class but as a bit of a bet & after a few beers I was suddenly in for **Bath Half** 2002 – so that's the year I guess.

Training out of a club at Combe Down with an accomplished runner and mate Ian Garland – it was hills, hills and more hills which is I guess why I love them and my favourite races have been **Hogweeds Hilly Half**, **Exmoor Stagger** and the **Snowdonia Marathon** + “**Over The Hills**” (of course!). My first race ever was **Tough Ten** and on setting off, felt like hopping on one of the donkeys for the rest of the 10m but on the return – covered in mud, sweat (& sand!) I knew I was hooked.

Running is without doubt ‘infectious’ and I believe gives you a sense of such good feeling. The picture was taken at mile 25 at the **Chicago Marathon** – you can see a few good expressions there – it sums up what a marathon can feel like – some good, some not quite so good!

I have also enjoyed giving something back with the running and have a lovely letter in my scrap book from the then Mayor of New York Michael Bloomberg. We raised some money for the 9/11 Fund during the **New York Marathon 03** and I sent a thank you note to him for such a fantastic race and how I was so moved by the sheer spirit of this shaken City and what a warm welcome all the runners had received. I remember looking at Ground Zero from the bus taking us to the start and I believe it made me (& others I suspect) run faster that day. We were all chattering like mad as you do pre race with nerves and the bus just fell silent. I'll never forget that moment.



All these races we do - from the money we raise to the yummy buns (& beer) we demolish at the end – it's all good stuff – giving something back, helping others and having a cracking day out, seeing some fantastic countryside, towns and cities and... getting fit in the process.

The last couple of years haven't been so great for me running wise and Fitness First and my trusty bike have had to replace the joy of running. My husband is the one with the training schedule pinned to the fridge for his rowing and I've been able to support him as he supported me so well through my races and events. It takes a lot of time and effort out of our daily lives to train correctly for races doesn't it? I've now learnt the hard way on when to pull up in a race which I didn't do at my only **London Marathon** attempt though some say I was still smiling towards the end. Then torn ankle ligaments after 4 of us did some bad cornering in the **Rough 'n Tumble 08**.

A runner needs to take such care of that ‘core’ area and I still have much to learn methinks in that department.

I think I'm back in business now though and I am Ladies Captain for you in 09*Capt'n Kinsey!* Looking forward to it and getting some teams up for Relays etc and helping new members feel welcomed to the club. If any non member is reading this and thinking what shall I do to get fit in 09? – COME AND JOIN US. It's a really great club, (& a committee that works very hard to make it so), a jolly nice bunch of people and you will have some fun. It will hurt a bit but believe me – it's worth it at the finish line!

Race Series 2009

The events for the 2009 Race Series have been agreed by the Committee and this year provides a couple of wild card events where it is only possible to compete in one or the other *eg Bramley 20/10 or Cricklade Half/10K*. Other events have been determined according to our past performance in gaining team awards or opportunity for producing some fast times:

- | | |
|---|---|
| 1. Bramley 20/10 – February 15 th | 7. New Forest 10 - July |
| 2. Devizes 10K – March 8 th | 8. Foxtrot 5 – August 30 th |
| 3. St Georges 10K – April 19 th | 9. King Alfreds Torment – September |
| 4. Hogweed Trot 10K – May 18 th | 10. Cricklade Half/10K - October |
| 5. Miners Half – June | 11. Wimborne 10 - November |
| 6. Warminster Forest 10 – June | 12. Bromham 10K - December |

Missed out on Bath?

Fear not, the club has a number of preferential entry forms for this year's **Bath Half** on Sunday 15th March. It still costs £30 to enter but entries do not need to be received until 13th February. Forms are available to those who have signed up to a Competitive membership with AVR and will require your EA Competition License number. Please see a committee member for more details.

The race Organisers, Running High has asked if any Avon Valley Runners are interested in helping on the day to ensure that the run goes smoothly. They are offering £25 for start/finish and course marshals' or £100 as a group leader. *Please contact Andrew Taylor on 01225 422165 if you are able to help.*

Member Profile – Mark Harris

Date of Birth:	6 th January 1961	Residence:	Hilperton
Height:	6'2"	Occupation:	Communications Manager
Weight:	14st	Shoes:	Nike/Asics
PBs:	10K: 39:43 – Bromham 2008	10 Miles:	58:56 – Alwston 1990
	Half Marathon: 1:20:46 – Bournemouth 1990	Marathon:	3:15:29 – London 1990

Due to the nature of my occupation I've been running since I was 16-years old. And yes, I'm still in the same occupation but took time out (18 years) to concentrate on football with a bit of X-Country along the way. Injuries and age forced me to retire and go back to the good old serious running. Over the years I've also continued to swim and play water-polo when the opportunity comes my way.

Having travelled overseas many a year has been spent taking part in the odd foreign event mostly in Germany, just to keep my hand in. Having been over at Corsham on and off since 1998, decided that it was time to join a club. So in 2007 looked around knowing who was out there and AVR was the one for me. The first time around I did all the distances that were out there but this time have kept it to the Half Marathon and below. My aim is to get the times down as close to my previous PBs as I can, but knowing in the back of my mind age may restrict that ambition. The training is not an issue but perhaps I'm one of those that need to take time out with a coach and see what they can do for me. I train most lunch times so the local area around Corsham is very familiar to me and the **Slaughterford 9** is home turf you might say.

My favourite Half over the years has been at Bournemouth. I've done quite a few over the years and it was nice to go back in 2008 and do it once again. I would recommend this to anybody, apart from two climbs off the sea front it can be a very nice day out. It is always very well run and you are at the sea-side (take the family). Now being a fully established member of the club (I hope), I can say that I enjoy the competitiveness of those in the same bracket and sadly but truly enjoy having our own race within a race (long may it continue). But I must admit having done 19 races this year, found the end a bit hard going and the body beginning to say have a rest (as some of you might have noticed). I set myself a challenge to complete all twelve club series races and yes I did it, although the weather in Charmouth was what you might say challenging! But now with the focus on the New-Year here we go again, see you all out there! Starting with the **Slaughterford 9**, then **Bramley** followed closely with **The Terminator** and **Devizes 10K** - what a mixture!



Mum, I told you those shoes were too big - you can clean them now!



Caption Competition Time

Wiltshire Times photographer Glenn Phillips captured this shot of Michael Towler crossing the boggy field clutching his muddy running shoes during this year's "Over the Hills" 12K Multi-terrain race. We asked Michael's mum, Tina (who cleaned the shoes after the race) to judge the best caption and Kevin Ladners entry was deemed to be the best, other offerings were:

"No one ever said that planting watercress was easy!" - Tony Bartlett

"Whoever this shoe fits, I shall marry!" - Andrew Hoddinott

"My mum is going to kill me, if I don't take my muddy shoes off before going into the house!" - Darren Wrintmore

"The lengths that some people will go to for a new pair of running shoes!" - Ali Atkinson

AGM 2009

At a well attended Annual General Meeting on Thursday 15th January the following officers were elected/re-elected: *President* Ted Rockliffe; *Chairman* Chris Atkinson; *Deputy Chairman* Denise Ellis; *Honorary Secretary* Darren Wrintmore; *Assistant Secretary* Tina Giles; *Honorary Treasurer* Joyce Field; *Men's Captain* Will Whitmore; *Vice-Captain* Andrew Hoddinott; *Women's Captain* Kathy Kinsey; *Vice-Captain* Kay Middleton; *Committee members* all above plus: Tina Vivian, Anthony Hickson, Julia Drewitt, Genevieve Sharam, Alan Hayes, Frances Hood & Carl Davis.

Amendments to the club constitution were discussed and accepted: Notably, that Membership renewal fees are to be paid by the 31st March; that Juniors (over eleven years of age) will be accepted into the club and can train subject to the availability of coaches or if running with a parent or guardian; that club places in the London Marathon only go to 'rejected' members who have had more than one full years contiguous membership at the time of rejection from the London Marathon.

A lively discussion took place over the support provided by members to club organised events.

It was agreed that the Tuesday evening sessions in Trowbridge will remain at the official start time of 19:30.

It was agreed that Membership fees will remain unaltered from 2008 levels and therefore stand at £10 for Seniors and £5 for Juniors/Students. The EA individual affiliation fee of £5 remains for those who wish to compete in UK:A races.

A Gold/Silver/Bronze standards scheme was discussed as part of the Club Championships against baseline times of 2:55, 3:10 & 3:20 for Men and 3:15, 3:30 & 3:40 for women. WAVA tables would be applied to the times of those over-40.

Kinetika



Avon Valley Runners have been offered Corporate Membership of Kinetika, which would give us unlimited use of five gyms and five swimming pools across West Wiltshire. Our initial level of discount is 10% which means a monthly fee of £30.60 (or £306 if you wish to pay for a year in advance) – a monthly saving of nearly four pounds on standard membership. However, if we can sign up over twenty members (who are new to Kinetika) then the discount level increases to 15% meaning just £28.90 per month.

The discounts also apply should you wish to take out a Joint or a Family Membership (the others do not need to be a member of AVR) costing £54pm/£61.20pm @10% or £51pm/£57.80pm @15%.

If you are interested in taking up this offer please pass your details on to either Will Whitmore or Andrew Hoddinott. If you are an existing member of Kinetika then they will transfer your membership over to the AVR tariff, just let Will or Andy know.

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



The Stan Farr 5K

Despite most of West Wiltshire deciding that Boxing Day was a good day to go for a walk in Barton Farm Country Park the newly named **Stan Farr Boxing Day Race** proved a success, with thirty five members taking part under the direction of Race Organiser Chris Atkinson. Michael Towler led home the charge over the accurately measured and accurately timed (thanks to DB Max chip timing) 5K course in 17:18 followed by new member Alex Booth and Michel Bryant – both also going under 18-minutes. For the ladies Ali Atkinson came home the winner, followed by Kathy Kinsey and Linda Ladner.

Other awards going to Mark Harris (M40), Stuart MacGregor (M50), Glyn Phillips (M60), Debrorah Hancock (F40), Tina Towler (F50), Judy Farr (F60), at the presentation afterwards at the “Riverside”.

The Head Coach

I am married to Pat and have two daughters and five grandchildren, who have all been supportive of my obsession with athletics. I have been an athlete, coach, official, and administrator throughout.

My first memory was the 1948 Olympics at Wembley. The marathon was an out-and-back course which passed within 50 metres of our house. Also, tickets were easy to obtain and I saw the great Jamaican 400 metre runners Arthur Wint and George Rhoden. I ran a little at school without training and then moved to Bracknell where I joined the Club in its very early days. Facilities were minimal initially – even to the extent of cleaning out and whitewashing a pigsty for a cross-country changing room. Being a New Town had its benefits as in 1963 a cinder track was built. At the opening meeting I ran the 880-yards and finished 10th in 1 min 55.2 seconds – a major breakthrough. This progress was largely down to joining a coaching group and settling down after getting married.



We moved to Crawley New Town in Sussex in 1965. Crawley didn't have a track for a further 3 or 4 years and the Club was 90% youngsters whose strength was field events - this was all down to the Club's founder. He encouraged me to take up coaching as my running career was coming to an end due to leg injuries and I then had 15 very successful years in combination with a guy who had a running career as an ultra-distance runner. We produced five internationals from the 30-strong group – from 800 metres to marathon – one male and four females. Three of these went on to gain scholarships to American Universities and two ran in the Olympics for Ireland. Three other males ran sub-50 minutes for ten miles.

In 1987 we upped sticks and moved to Somerset and for three years I didn't coach, but in 1990 I joined Trowbridge AC and my group included a young Alistair Bartlett. Unfortunately I had health and job problems until 2000 when I started helping at Wessex & Bath AC – both at Bath and at West Lavington – coaching youngsters. I have also helped other coaches at Team Bath, but I decided to get qualified in 2002 as I was retiring in 2003 and wanted to have my own group.

I had almost given up when Darren asked me to consider coaching at AVR in late 2008. This is now up to date and I am enjoying working with adults again. Remember an athlete's success is 90% down to the athlete and 10% to guidance.

Alan Hayes

London Marathon

Congratulations also to Ali Atkinson, Julia Drewitt and Mike Pace who were drawn from the hat for the three club places at the 2009 **Flora London Marathon** - now to get training for Sunday 26th April!

