



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#97 – March 2009



A Flipping Good Run!

Combining running and eating – why has no-one thought of this before? Well Trowbridge council had and host an annual Pancake Race through the pedestrianised section of Fore Street in the town centre, with competitors carrying a frying pan with a foam pancake which must be flipped enroute at five pre-determined points.

Carl took to tossing his pancake like a champion and won the Men's race, with both Wrinty and Hodd struggling to keep with the pace and their pancakes in the pan!

For the relay we drafted in my daughter Kira to run a leg and helped the team take third place behind teams from Fitness First & the Hungry Horse.



A few days later and Rose Barber and Joyce Field wielded frying pans at the Bradford on Avon pancake race, going across the Town Bridge and back again, and stopping mid-way to flip their 'real' pancakes.

Darren Wrintmore

Tips from the Head Coach

When running:

- Shoulders – do not hunch them, run tall, stay relaxed.
- Face – do not grimace – 'smile', relax.
- Arms – swing backward and forward, not across chest.
- Elbows bent at 90 degrees – counter balances forces generated by legs.
- Hands – make a light fist, do not clench.
- Hips/pelvis – do not sit on hips – let the hips extend, always run tall.
- Head – look forward rather than down, except when running into wind – then head should be downish to prevent air going straight down to cause stitch.
- Knees – keep the hips/knees/lower leg in line.
- Feet – key is shoes that suit your style. You shouldn't hear your feet slapping the ground.
- Cadence and stride length – two factors, the number of strides per minute (your cadence) and the length of strides. Ideal for distance runners – 180 steps / minute. Best way to speed up - quicken your cadence rather than make stride longer. Over-striding can cause your foot to land too far in front of you and act as a brake.
- Faster running requires faster arm action (forward and back – not across the chest) as well as legs.



Alan Hayes

Fixtures

Sunday, March 8th

Devizes 10K** - Devizes @11:00

Sunday, March 15th

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

Sunday, March 22nd

Bath Half - Bath @11:00

Sunday, March 29th

Hogweeds Hilly Half - Horton, South Gloucestershire @10:30

Sunday, April 5th

Clock Change Challenge – Calne @11:00

Monday, April 13th

Trowbridge 10K – Studley Green School, Trowbridge @11:00

Sunday, April 19th

Easter Bunny 10K – Yeovilton @11:00

St George's 10K** – Corsham @11:00

++ Off-Road qualifying race

** AVR Race Series event

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

Secretary's Notes

I thought that I would take this opportunity to provide some clarification on a few of the items agreed at the AGM:

- **Juniors** – It was agreed that Juniors as young as eleven years of age could join Avon Valley Runners however members under the age of 16 can only train with the club in the presence of a qualified coach, meaning a UK:A Level-2 or above. *Note that all UK:A coaches have to be CRB checked prior to their license being issued.* Now that the constitution reflects the change in joining age, the committee will be working to formulate plans to introduce junior sessions in the future. Junior members can now train at the club with mum or dad.
- **Subscriptions** – It was agreed that members who have not renewed their membership by the 31st March are deemed to have ended their membership on the 31st December the preceding year, for purposes of eligibility. Therefore, if you do not pay your subscription by this date, any Club Championship or Race Series points earned in the year to date will become null & void, you would also become ineligible for a club place at the London Marathon. You will however still be insured as an Avon Valley Runner until six months have passed since the date of renewal at which time you could be expelled from the club, in line with existing club rules.
- **Tuesday Start Times** – The official start time for Tuesday sessions will remain at 19:30, starting from Trowbridge Sports Centre. However our Head Coach will continue to operate training sessions in Trowbridge Park starting at 19:00 – though it is worth checking the club Forum on the Internet to see if there are any alterations in venue.

New members continue to join us in the Valley and so I would like to welcome Laura MacGregor, Andrew Britten, Anthony Dunford & David Scott from Trowbridge; David Hudson & Shirley Zedlewski from Bradford on Avon; Juliet Harris from Melksham; Sean Butler & Karen Butler from Atworth; Richard Metcalfe from Worton; Sarah Driscoll & Ewan Maclarty from Wells; Dinah Hancock & Jane Cook from Bath.

Congratulations to Bernie Hobbs who becomes an M60 this month and John Millichip who becomes an M70.

On a final note, I am once again organising the **Shaw&Whitley Stampede** to be held on Saturday 23rd May at 14:00 over my 6-mile multi-terrain training route around the villages. Supporting this event will also be a 3K Family Fun Run/Walk and also the village fete taking place, which should prove entertaining. 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 11th May at 19:00, then please let me know so that I can get some drinks in.

Darren Wrintmore

From the Mouth of Erato

1, When opposition arose 'gainst my literary verse
I viewed it with concern and maybe a curse.
Would it be detrimental and cause my mind to go blank
To what depths of despair and degradation have I now sank?

3, Dreaming in the darkness in the still of the night
Visions crowding my brain of masterpieces I'll write.
Searching the vortex of my vocabulary complete
A descriptive passage, gentle and sweet.

5, Now the content of my writings that my critics put to shame
To their undiscerning eyes are not all the same.
Some are composed for amusement, laughter and fun
But others carry a message in their rhyming run.

7, Inexorably lurching through the woven tapestry of life
Where the antithesis of diction and pronunciation are rife.
Inscribing the words as the Egyptians of old
In hand-carved hieroglyphics colourful and bold.

9, Thus poetry writing can be a great joy
Composing new verse, new words to employ.
With phrases of speech, grandiloquent and flowery
A legacy endowed like a fair like a fair maidens dowry.

2, My detractors are confident that a charlatan am I
And that grappling with syntax will soon pas me by.
When with conjugate verbs and prepositions I extol
When blank verse would be better for this simple poor soul.

4, Of the Pulitzer prize list and the Whitbread award
My thoughts and aspirations are not on record.
And to William Wordsworth, our fair Lakeland poet
I could just not aspire (and don't I just no it!)

6, Ethereal thoughts as in a Shakespearean sonnet
Materialise not easy from under my bonnet.
But by diligent hard work and long struggling toil
And the hours and hours of burnt midnight oil.

8, There's no doubt in my mind that Shakespeare the bard
Sometimes found writing incredibly hard.
But onward and onward he persevered day by day
Till at last in immortality he scribbling would lay.

10, So to those who dislike my poetical impression
I say try it yourself this is my only concession.
Seize of the pen, and take up the letter
And fabricate lines that will scan so much better.

Tony 'the bard' Bartlett

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