



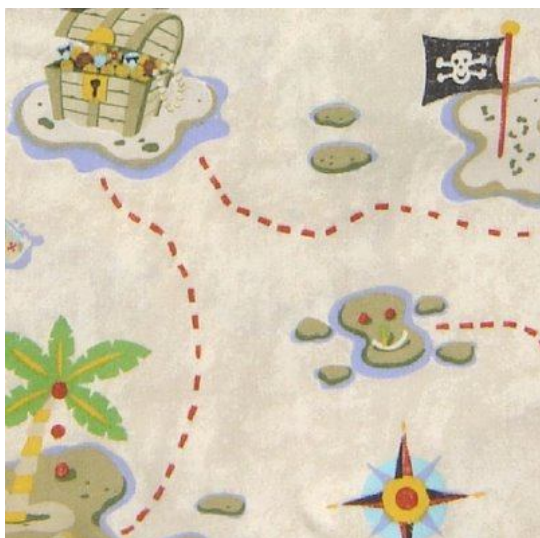
Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#99 – May 2009



There's Treasure in that Valley

One of the idea's that we have come up with for the summer is a **Treasure Run**. Based on the Sunday afternoon activity that seemed to be popular in the early 80's where we would all be bundled into my dad's Vauxhall Cavalier to drive around Wiltshire answering many cryptic and observational clues, inevitably ending up at a public house where we would find that we had missed all but the most obvious answers!



The difference this time is that instead of being in the car, you are out on your feet and running around a predefined course answering many cryptic and observational clues. We have already trialled this idea at one of the Melksham sessions where it was very well received, with the participants facing clues such as "A hot drink for John Inman" and "What weighs the same as 2p?" – the answers being provided by an advertising hoarding for "Camp Coffee" and a nature information board in Conigre Mead informing that "the pipestrelle bat only weighs the same as a two pence piece". To slow our faster runners down (named "Team Quick") we provided the questions in a random order and for "Team Chick" the questions were in the order that they would be (should be) encountered – "Team Quick" finished just one minute ahead of "Team Chick" but "Team Chick" had answered one more question correctly – so a draw!

Such was the success of the trial that we would like to open up another Treasure Run to all Avon Valley Runners on the evening of Wednesday 10th June starting from Christie Miller Sports Centre on Bowerhill @19:00. There will even be some real treasure on offer to the winning pairs of runners.



Trails and Tribulations

On the 7th March the dynamic duo of Tina Vivian and Denise Ellis tackled twentyish muddy, hilly, boggy, beachy miles of the multiest-terrain running experience you will find this side of the end of time – otherwise known as the "Grizzly"....



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

Tips from the Head Coach

Lower back stretch: Lie on floor with both knees bent and feet flat on floor. Drop knees down to right without allowing body to follow. Take left arm out to the side and place on floor and bring right hand over your thighs and gently draw them towards the floor until you feel a stretch through the lower back and sides. Then swap sides.

Glute strength: Sit tall on ground, legs straight out in front of you. Bend the left knee and take left foot across right thigh planting it flat on floor. Place arms around left knee and gently draw towards body, keeping foot on floor and body central. Swap legs. *Alan Hayes*



Fixtures

Tuesday, May 12th	The Roundway Chase – Ivy Inn, Heddington near Calne @19:30
Saturday, May 16th	Bratton Happy Valley Hilly Run – Bratton
Sunday, May 17th	Cowpat Canter++ – Midsomer Norton @11:00
Monday, May 18th	Hogweed Trot** - Yate, South Glos.
Saturday, May 23rd	Shaw&Whitley Stampede + Kanter – The Beeches, Shaw @14:00
Sunday, May 24th	Pewsey 10K – Pewsey @11:00
Sunday, May 31st	Crewkerne 9 – Crewkerne @10:00
Sunday, June 7th	Run in the Wild – ‘Cricket St Thomas’ near Chard @10:30
	Kennet Kanter – Devizes @10:30
Sunday, June 21st	Forest 10** – Warminster @10:30
Saturday, June 27th	Cotswold Way Relay – see the Club Captains for more details.

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

Secretary's Notes

It is with regret that I have received the resignation of Chris Atkinson from his position of Chairman and the committee, due to personal circumstances. With immediate effect Denise Ellis will assume the Chairman's responsibilities.

On a positive note I would like to give a warm welcome to Paul Scully from Bradford on Avon; Kevin Mander, Darren Messen from Trowbridge and Alun Rees from South Wales; Keegan Armstrong, Alexander Shaw and Benedict Shaw join us as our first tranche of Junior members.

Many thanks to those who supported the **Trowbridge 10K** – Laurie Irwin & James on the stopwatch, Clare Williamson & Joyce Field recording results and John Millichip & Tina Towler running results from the finish up to the School. Our next supported event is the **Shaw&Whitley Stampede** on Saturday 23rd May and if you can afford some time to assist, then please drop me a line.

For those of you who are following the AVR Race Series, just a note to let you know that following the cancellation of the **Miners Half**, we have decided to replace the event with the **Chippenham Half** on 13th September.

Finally, just to let you know that I have now successfully achieved my Level-2 Endurance Coaching award and will be using the qualification to keep the Wednesday evening Melksham sessions fresh, interesting and safe. Julia Drewitt and Andrew Hoddinott have almost completed their Level-2 coaching courses and we are looking for more members to undertake coaching accreditation. So I would be interested in hearing from anyone who can commit the time for the training and support the clubs coaching strategy. *Darren Wrintmore*

On On

To celebrate one year since the launch of the Wednesday evening sessions in Melksham, we held a **Hash Run** starting out from Christie Miller Sports Centre with Carl Davies and Richard Newman acting as the hares. Men's Vice Captain Andrew Hoddinott had the job of organising the pack to track down the hares following the trail of flour out to Semington, then towards Seend before doubling back into Bowerhill where the 5-mile trail finished at the "Pilot" public house. Disaster struck the hares when they ran out of flour, forcing Richard Newman to hotfoot it to his house on Bowerhill and resume the trail with a bag of porridge oats! Just in time too, as the pack reached the "Pilot" less than ten minutes later.