



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#122 – April 2011



The Jubilee Vests are in!



The new AVR colours are in, as sported by Katherine Allard and Eloise Alexander at the **Devizes 10K**; Sarah Jewers and Darren Wrintmore at the **Wilton House Jog**; Tom Fisher at the **Bath Half Marathon** whilst setting a new club record of 1:12:53 for the distance.

Also coming in, was the County XC Championship trophy with the succession of wins by Swindon Harriers & Salisbury ARC dating back to 1947 being interrupted by the name of Avon Valley Runners, a feat also accomplished Trowbridge & District AC back in 1971!



Summer Events

With the lighter evenings here and summer only weeks away, the committee would like to unveil the programme of events that we hope will keep you entertained:

The Melksham Hash – On Wednesday 4th May Julia Drewitt, Sarah Jewers and Richard Morgetroyd will don the bunny ears and lead you on a flour marked trail around Bowerhill, Semington & Seend finishing at a local hostelry, can you get there before they do?

The Tom Roberts Handicap – On Thursday 12th May Hodd will dish out the handicaps based on performances to date as you tackle the 5K course taking in Jones Hill in Bradford on Avon.



The Mob Match – On Thursday 2nd June we have invited our friends from Chippenham Harriers and Corsham Running club to join us in Bradford on Avon for a run over our “Over the Hills” 12K only in reverse followed by some post-race re-hydration at the “Lock Inn”.

The AVR Track Championships – On Tuesday 21st June we will host our third track championships at Clarendon School in Trowbridge to see if those speedwork sessions have been paying dividends.

Treasure Run – On Thursday 7th July Wrinty will set out to prove once again that running and thinking are incompatible activities. Follow the five mile route around Bradford on Avon and solve the twenty cryptic clues and claim the treasure. *WARNING – There may be a question on Pachyderms!*

The Avon Valley Relay – On Saturday 9th July we will hold the second running of our 18-mile pass-the-baton relay over four stages from Melksham to Winsley through the Avon Valley. Last year AVR made a clean sweep of the prizes but this year more clubs will be on the start line outside of Christie Miller.

The Melksham Carnival 5K – On Saturday 16th July we will be hosting a 5K road race and 3K fun run over the route of Melksham Carnival before the floats rollout. We only need a couple of time-keepers so come and have a run on a measured course and stay on for the “Party in the Park”.

The Melksham Mash – On Wednesday 27th July see how many of the checkpoints that you can reach in 90-minutes and get back to the finish at Christie Miller.

Bern-Col Relay – On Thursday 4th August we will select relay teams of three members to tackle a revised course of 2.3-miles followed by a social gathering.

The Avon Valley Mile – On Thursday 1st September test out those fast-twitch muscle fibres over our measured mile course in Barton Farm Country Park.

And the biggest event of the summer....

The AVR Silver Jubilee meal – On Saturday 4th June at Cumberwell Golf Club near Bradford on Avon. Dress up, meet and eat with Avon Valley Runners past and present. *See Liz Clark or Ali Atkinson for details.*



Fixtures

Sunday, April 10th
Saturday, April 23rd
Monday, April 25th
Sunday, May 1st

Monday, May 2nd
Tuesday, May 10th
Saturday, May 14th
Sunday, May 15th
Saturday, May 21st

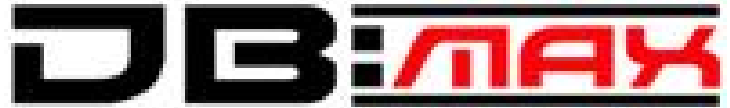
Trowbridge Lions 10K++** - Studley Green, Trowbridge @11:00
Beat the Egg 8K – Stourhead @11:00
Easter Bunny 10K – Yeovilton @11:00
St Georges Day 10K** – Corsham @11:00
Neolithic Marathon & Half – Stonehenge
Christchurch 3 – Bradford on Avon
The Roundway Chase++** – Heddington @19:30
Bratton Hilly 11K – Bratton @11:00
Bluebell Run – Collingbourne Ducis @11:00
Shaw Stampede 10K – Shaw @14:00

** Race Series Event ++ Off-Road Championship

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

Multi-Sport

Those of you that like to mix a bit of biking and/or swimming in with your running may be interested to know that Avon Valley Runners are now partnering with Multi-Sport specialists DB Max.



The partnership will allow members of Avon Valley Runners to take part in DB Max running sessions and for a £5.00 supplement on your AVR membership fee, gain access to DB Max bike training sessions. The partnership also allows members of DB Max to benefit from Avon Valley Runners training sessions and allows them to compete under our name in Road/XC events. Avon Valley Runners wishing to compete in Duathlons and Triathlons can now do so as part of the DB Max team, subject to paying the multi-sport supplement on your AVR club membership. However it will now no longer be possible to compete in Multi-Sport events as an Avon Valley Runner as the club will no longer be affiliated to the British Triathlon Association.

A few DB Max multi-sport events coming up in 2011 that might tempt you to don the lycra are:

- 27th April - The Hullavington Duathlon: 2.5K run (one lap), 15K bike (3 laps), 2.5K run (one lap)
- 22nd May - Bradford on Avon Sprint Triathlon: 750m river swim, 20K bike, 5K run (out and back)
- 26th June - Bradford on Avon Olympic Triathlon: 1500m river swim, 40K bike, 10K run (out and back)
- 24th July - Warminster Triathlon: 400m pool swim, 22K bike, 5K run
- 07th August - Wiltshire Times Trowbridge Triathlon: 400m pool swim, 25K bike, 5K run

Twenty

I came 27th in the **Bramley 20** on the 20th February in 2-hour 3-minutes 55-seconds which is a Personal Best for me. However, that doesn't tell the full story.... Having run so well at the **Wiltshire 10** I decided to have a go at the Club 20-mile record. I completed the first lap in 59 minutes and knew that I had seriously over estimated my abilities and had to run the second lap with what felt like a large fridge freezer on my back. Mile 18 was a personal favourite when I had to battle against the demons in my legs not to walk up the hill.

Next time I decide to go for a ridiculously quick time I will remember the pain I am now in and realise that I have to put the miles in to race 20 miles.

Dave Spencer

To put Dave's achievement into perspective, here are the all time top-5 times recorded by Avon Valley Runners over 20-miles:

- | | |
|--|---|
| 1. Liz Ringham 2:15:53 – Gloucester 2008 | 1. Gerry Fice 1:58:59 – Gloucester 1988 |
| 2. Jackie Rockliffe 2:22:27 – Bramley 2007 | 2. Dave Spencer 2:03:55 – Bramley 2011 |
| 3. Rachel Bown+ 2:22:40 – Bramley 2004 | 3. Paul Mumford* 2:04:22 – Gloucester 2006 |
| 4. Claire Howard 2:29:43 – Bramley 2011 | 4. Simon Spedding 2:05:44 – San Domineco 1998 |
| 5. Jo Mumford 2:29:54 – Bramley 2006 | 5. Tim Northwood 2:05:58 – Gloucester 1988 |

+ Rachel also ran 2:23:50 at Bramley in 2005

* Paul also ran 2:05:29 at Bramley in 2006

Bad News

If you are reading this and have not submitted your membership renewal, then regrettably any results that you have notched up in AVR colours so far this year are now null & void – with the obvious impact upon your standing in the Club Championships and Race Series.

All Those Years Ago

Tales from the "Valley" 5, 10, 15 & 25 years ago:

2006: The new AVR club colours were unveiled by Club Captain Darren Wrintmore when winning the **Heddington Hill Climb**.

Rachel Bown set a club record of 3:15:01 at the **London Marathon**.

1996: Rosemary Barber was 2nd Lady at the **Penselwood 10K** and a couple weeks later, 1st veteran Lady at the **Frenchay 10K**.

Danny Kay and Joyce Field both completed the **South Coast Marathon**.

2001: Brett Flook was the first Avon Valley Runner back at the **London Marathon** recording 2:51:40.

Linda Brown was 1st FV40 the **Pensford 10K**

Rosemary Barber was 1st FV50 at the **Totton 10K**.

1986: Ray Withey completed the **Bournemouth Bay Half Marathon** in 1:29:47.

Mike Hehir finished 7th at the **Sutton Benger 10**, recording 56:19, whilst Judy Farr was 1st Lady in 70:58.

Wanted – Newsletter Editor

On Monday 28th March, I was appointed as the new Road Racing Secretary and Team Manager for Wiltshire with a goal of establishing a series of county championship events in 2011 and for 2012 a Wiltshire Road Race League. I have also been tasked with raising the profile of Road Running in the county and selecting teams to compete at both a regional and national level.

This means that I will have to scale back my involvement in Avon Valley Runners, so working with the committee I have drafted an exit plan leading up to the AGM in January 2012. The plan has got off to a good start with Ali Atkinson agreeing to take on the administration of the AVR Race Series.

The committee is now actively seeking an individual or group of individuals who can take on the monthly publication of the Valley News. All you need is the ability to structure content in a presentable format, so some experience in a Desktop Publishing package would be a benefit, though my own preference is Microsoft Word!

With over two hundred members in the club and a large percentage racing on a regular basis, there are plenty of things to bring together, though you may need to give the frequent nudge to get it.

If you feel that you can take on responsibility for the Valley News then please drop me or any other committee member a line.

Darren Wrintmore



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See inside for details...

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