



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS

#119 – January 2011



A Brief History of AVR

Following the split of the Road Running section from Trowbridge & District Athletics Club, on the 1st January 1986 Avon Valley Runners officially came into being, with the occasion being marked by entering a team into the **Melksham 15K** road race being held that same day, with newly appointed Club Captain Tim Northwood being first back for the club in 8th position recording a time of just over fifty four minutes. A week later and training commenced from Innox Road, Trowbridge and the club started to blossom. Through the clubs weekly sessions in Trowbridge and Bradford on Avon (the club continued to share Culver Close with Trowbridge & District AC), membership soon began to grow and by time the 1980's were over the club boasted a membership of around one hundred runners.

Following the closure of Hattersley Heaton in 1992 the club gained a small influx of new members from St Georges Running Club that was based at the Bradley Road Engineering Works. Throughout the nineties the club staged a successful 10K road race from St Augustines School in Trowbridge and then in 1997 launched the "**Over the Hills**" 12K Multi-Terrain race from Bradford on Avon that still remains as one of the highlights of the local racing calendar. In 1994 the club had outgrown the Innox Road venue that it shared with the Judo club and relocated to Clarendon School in Frome Road.

Throughout these years the club stayed steady under the Stewardship of Honorary Secretary Stan Farr, supported by wife Judy. However on 3rd October 2006 the club was saddened by the untimely death of Stan. Julia Drewitt stepped up to the plate and took on the role of Club Secretary, before on the 11th January 2007 handing over to Darren Wrintmore.

Under new management, the committee focused on growing not just the size but the quality of the club. Through forging closer relationships with the sports governing bodies, grants were obtained to enable formal coaching sessions to be realised and Alan Hayes was recruited in 2008 as Head Coach supported by Level-2 Athletics Coaches Andrew Hoddinott and Julia Drewitt as well as the clubs eight newly qualified running group leaders. Initiatives were launched such as the introduction of a third mid-week training venue at Melksham, the hosting of Trowbridge Speed-work sessions and Beginners running programmes. This has seen the membership grow to its current level of around 220-members and the enjoyment of individual and team successes both on and off the roads.

The club continues to thrive as it heads into its Silver Jubilee year and several initiatives are in progress to mark the occasion. Project Jubilee aims to produce a complete online archive of all things AVR - twenty five years of results and news letters all online at the club website at www.avonvalleyrunners.org.uk It is also planned that a major social event be held in the summer at Cumberwell Park for AVR members past and present to attend.



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

This year I want.....

We recently asked a group of members "What is your running goal for the New Year....."

"to run more often and to get a bit faster!" – Patricia Quayle.

"to beat my 1:22 Half Marathon PB & avoid breaking any more appendages!" – Richard Morgetroyd

"to manage at least three months of running without picking up an injury!" – Darren Wrintmore

"to still be running this time next year and participating in races & improving!" – Michelle Winn

"not to break my foot again and complete my first 10K!" – Colin Sharp

"to run a little further and a little faster!" – Tammy Phillips

"to finish a 10-mile race in under 55 minutes!" – Carl Davies

"to break 40 minutes for 10K!" – Andy Strange

"to get back to my fittest, when I could run a Half Marathon!" – Nicole Yates

"to make my National Age Group Finals for Triathlon!" – Kieran Hill

"to get back to where I was in 2009 and record a PB for 10K!" – Sarah Jewers

"to Whoop Carl (Some hope)!" – Richard Newman

"to improve my Half Marathon time from 1:45 to under 1:40" – Dan Sharp



Fixtures

Sunday, January 16th	Rough 'n' Tumble – Milton Lilbourne @11:00
Sunday, January 29th	Slaughterford 9 – Rudloe @09:50
Sunday, February 6th	Longleat 10K – Longleat @10:00
Sunday, February 13th	The Wiltshire 10** – Melksham @10:00
Sunday, February 27th	The Terminator***++ - Pewsey @10:30
Sunday, March 6th	Bath Half Marathon – Bath @11:00
	Devizes 10K** – Devizes @11:00

** *Race Series Event* ++ *Off-Road Championship*

Tom & Towler Strike Again

After nearly twenty-five years the club record for 10K has fallen, with Tom Fisher recording thirty three minutes & nineteen seconds at the **Bromham Pudding Run**, to lower the mark set by Bob Roots back in 1986 by a healthy six seconds. In the same race Michael Towler ran a personal best and took second place with the third fastest time in the clubs history. Also setting a PB at Bromham was Club Captain Carl Davies, whose 35:58 allowed him to claim 5th place overall and brought the Mens' Team Prize back to Avon Valley.

The all time list for 10K now looks like this.....

- | | |
|---|--|
| 1. Maureen Laney 36:14 – Poole 1995 | 1. Tom Fisher 33:19 – Bromham 2010 |
| 2. Madeline Gay 37:56 – Bromham 1998 | 2. Bob Roots 33:25 – Devizes 1986 |
| 3. Jackie Rockcliffe 38:22 – Lymington 1995 | 3. Michael Towler 33:57 – Bromham 2010 |
| 4. Linda Brown 39:08 – Devizes 1991 | 4. Andy Robertson 34:15 – Totton 1995 |
| 5. Rosemary Barber 39:57 – Totton 1993 | 5. Keith Elsey 34:25 – Devizes 1988 |



Wot No
Wrinty!

AGM

The club's Annual General Meeting will take place on Thursday 20th January at the "Riverside" in Bradford on Avon after training. Nominations for committee positions and/or proposals for new business are to be received by the Honorary Secretary no later than Wednesday 5th January 2011.

Race Series 2011

The races agreed by the committee for the 2011 Race Series are as follows:

1. **The Wiltshire 10** (Melksham) - 13th February
2. **Pewsey Terminator** – 27th February
3. **Devizes 10K** – 6th March
4. **Bournemouth Bay Half** - 3rd April
5. **Trowbridge Lions 10K** - 18th April
6. **St Georges 10K** (Corsham) – 1st May
7. **Roundway Chase** (Heddington) - May
8. **Warminster Forest 10** – 5th June
9. **River Run 5K** (Chippenham) – July
10. **Foxtrot 5** (Broughton Gifford) – August
11. **Chippenham Half** – September
12. **Marshfield Mudlark** - October
13. **The Stickler** (Blandford) – October
14. **DB Max 10K** (Castle Combe) - November
15. **Bromham Pudding Run** – December

The best scores in 10 of the 15 races will count to your overall total amount. The MT events in the above list (2, 5, 7, 9, 12 & 13) will count as the "mandatory races" in the Off-Road championships.

Presentation Night



On Saturday 29th January the clubs annual presentation evening including buffet and disco will take place at the "Farmhouse" in Southwick. Tickets are just £10, so to get yours (and for partners) please see Liz Clark or other committee members.

Jubilee Vest

To celebrate our Silver Jubilee year we have commissioned a special running vest which will be available on a limited basis.

Please place your orders with Andrew Hoddinott quoting your size. *Vests are priced @£15.00*



Stan Farr 5K

Tom Fisher overcame the icy roads and -10 temperatures to claim his first Boxing Day title ahead of second placed Dave Spencer, third placed Mike Pace and the other thirty club members who braved the conditions to run a slightly modified course. Claire Howard claimed the ladies title ahead of 2009 winner Melanie Nicholls.

Wiltshire XC Champions!!!

Avon Valley Runners achieved a historic victory winning both the Men & Ladies Team titles at the **Wiltshire XC Championships** held at Bath University on 12th December. Finishing as the 3rd Wiltshire Lady, Karen Butler along with Melanie Nicholls, Sarah Jewers and Rosemary Barber retained the county team title and are each eligible to represent Wiltshire at the **South West XC Championships** at Bicton College, Devon.



AVR Mens team were led home by second placed Tom Fisher and with Michael Towler, Dave Spencer and Carl Davies all featuring in the top-10 along with Richard Morgetroyd and Doug Barber saw AVR take the Men's team title too!

The Race also provided the conclusion of the AVR Race Series and being the 5th AVR finisher in the Ladies race, Liz Clark was able to claim the series title ahead of Joyce Field who was the 6th AVR finisher. Michael Towler used the event to claim the Men's Title ahead of Carl Davies.

Championship Roll of Honour - 2010

Championship Gold

1st Tom Fisher (SEN)
2nd Michael Towler (SEN)
7th Stuart MacGregor (V50)

7th Rosemary Barber (V60)
8th Joyce Field (V60)

Championship Silver

3rd Carl Davies (SEN)
4th Warren Wade (V40)
8th Mark Harris (V40)
14th Frank Lamerton (V60)

Championship Bronze

5th Joby Hobbs (SEN)
6th Richard Morgetroyd (V40)
9th Jimmy Lowther (V40)
11th Kevin Gover (V40)
15th Ken Marshall (V50)
17th Bernie Hobbs (V60)
19th Anthony Hickson (V70)

1st Jo Mumford (SEN)
2nd Ali Atkinson (V40)
3rd Linda Ladner (V40)
5th Sue MacGregor (V50)
6th Tina Towler (V50)

Off-Road Championship

1st Tom Fisher	288.36%
2nd Michael Towler	290.26%
3rd Carl Davies	310.84%
1st Melanie Nicholls	305.46%
2nd Sue MacGregor	320.10%
3rd Claire Howard	331.62%

Race Series

1st Michael Towler – 158pts
2nd Carl Davies – 150pts
3rd Joby Hobbs – 144pts

1st Liz Clark – 135pts
2nd Joyce Field - 120pts
3rd Sue MacGregor - 88pts

Fastest Times

10K – Tom Fisher 33:19 (*Club Record*)
 10M - Michael Towler 56:14
 HM - Tom Fisher 1:14:52
 FM – Carl Davies 3:02:27
 WAVA – Stuart MacGregor 79.08%

10K – Rachel Bown 40:02
 10M – Jo Mumford 69:24
 HM – Ruth Barnes 1:23:10
 FM – Jackie Rockcliffe 3:27:06
 WAVA – Rosemary Barber 81.56%

Awards will be presented to the **category winners** in the Club championships, the top three runners in the Off-Road championships and the top three runners in the Race Series.

Also awards will be made to the “Outstanding Runners” Man & Woman over 50 & over 60; The “Most improved” Man & Lady runner, “Injury or Goof of the Year” and “The Bomb” for the member who has significantly contributed to the club.

Please see Liz Clark or other committee members to book your tickets for the presentation evening at the Farmhouse in Southwick on Saturday 29th January.