



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#120 – February 2011



Mike, Carl, Mel, Tom & Dave

Flying the County flag

Avon Valley Runners were well represented at the **South West Inter-county XC Championships** at Bicton College in Devon with members of our club making up over half of the county's Senior teams on the day.

Making his debut representing Wiltshire was Tom Fisher who was our first man back over the 8K course recording 28:10 and finishing in 12th place overall with Mike Towler finishing 20th. Other AVR debutee's wearing the green vests of Wiltshire were Dave Spencer who finished 29th and Carl Davies finishing 51st.

In the Ladies race over 5.5K also representing the county, Karen Butler was the second Wiltshire lady back finishing in 30th place overall recording 25:48 and gaining revenge over Team Bath's Zina Marchant (who had beaten her to the runners-up spot in the **Wiltshire XC Championships** in December) Mel Nicholls finished in 34th and in 42nd place Rosemary Barber finished the race as 3rd FV60.

A Message from the Chair



Whilst 2010 has not been my greatest year for running, the rest of the club has been doing brilliantly; Individuals and teams have been getting great results; The Tuesday coached sessions are popular and we organised another beginners group – this time from Trowbridge; The summer fun events were well attended too, with members from all of our training locations getting together.

I am sure that everybody is now aware that 2011 is our Silver Jubilee year. Hopefully you have now seen the Jubilee vest design which took some time to agree on, but the order has now been placed with about 40 members getting in their requests. There will be a few spares in limited sizes but we can order more but they will probably be slightly more expensive.

On Saturday 4th June at Cumberwell Golf Club near Bradford on Avon we will be holding a meal to celebrate our Silver Jubilee, so please contact any old members that you know and invite them along. Tickets will be on sale soon.

Project Jubilee has been an undertaking to get all of the club results online. Thank you to all of those that have helped by typing the results into spreadsheets. These have now started to appear on the website, more will be added over the next few weeks. The changes needed to facilitate this were partly why the website was not regularly updated between end of November and January.

Finally, I think that AVR is a great club. Sometimes we can get bogged down in the negatives and forget just how good the club is. I'd really like members to get involved, voice their ideas and opinions, good or bad. Just contact any committee member. I am sure that out of all us there must be someone who is not too scary!!

Andrew Hoddinott

Our Fred

Did I ever tell you the story of our families' black sheep?
Or have I followed blindly the dictum of a secret so dark to keep
No? Here we go; the story must be opened out and said
The story of my Uncle Fred

Now Fred is my Father's youngest brother
And a constant source of annoyance to my dear mother
For his lifestyle is unique and fills her with dread
The sort of man he was – my Uncle Fred

He was bone idle, a wastrel and never went to work
And always made his money from schemes within his brain did lurk
Well known to the local constabulary, he was often given a bed
For some misdemeanour perpetrated by my Uncle Fred

He did have one thing in his favour – drugs he considered a pain
No way would he deal with marijuana, ecstasy or cocaine
But he was not above a little burglary, from house or garden shed
All premises were the same to him, my Uncle Fred

He had been incarcerated once or twice at her majesty's pleasure
For purloining many landlords of their families treasure
He had been a guest in Parkhurst and on the moor, which all felons dread
But it was just an occupational hazard to my Uncle Fred

Every time he has finished his 'bird' back to us he came
Head held high with no thought of remorse or shame
To my mother's fury he would sleep in the spare room bed
T'was the life of riley to my Uncle Fred

He would stay with us for a day or two, and off again depart
Win a con or a scam some innocent to impart
But came the day when he encountered a gorgeous girl with hair a golden red
For once in his life he was dumb struck, was my Uncle Fred

She was collecting for a Christian charity and at him she rattled her tin
Engaging him in conversation she planned to save him from more sin
This type of situation he found difficult to get into his head
He'd never felt like this before, had my Uncle Fred

So she took him under her wing and changed his way of life
Strange though it seems she fell for him and desired to be his wife
To my mother's utter amazement came the day when they were wed
A complete reversal of former days for my Uncle Fred

My tale now has ended, and you've heard the truth at last
All of his indiscretions now lay routed in the past
My mother could hardly believe it (the very words she said)
At the upright man of honest- my Uncle Fred

Tony 'the bard' Bartlett

Fixtures

Sunday, February 6 th	Longleat 10K – Longleat @10:00
Sunday, February 13 th	The Wiltshire 10** – Melksham @10:00
Sunday, February 20 th	Fresh Air 10K – Stourhead @10:00
Sunday, February 27 th	The Terminator**++ - Pewsey @10:30
Sunday, March 6 th	Bath Half Marathon – Bath @11:00
	Devizes 10K** – Devizes @11:00
Sunday, March 13 th	Salisbury 10 – Salisbury @10:30
	Hearts First Jog 5K/10K – Wilton @11:00

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

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

Secretaries Report

At the AGM, I reported on a great year for Avon Valley Runners in 2010:

We attracted 53 new members into the club mainly through the Beginners sessions held at Trowbridge. Of the 215 members of AVR at the end of 2009, 168 rejoined marking a 78% retention rate and of the 81 new members that we gained in 2009, 61 renewed their membership (75%) leaving us at the end the year with an all time high membership level of 220!!!

The club now has six UK: Athletics accredited coaches, four at Level-2 and two at Level-1. In addition the club now has eight accredited Running Group Leaders. The Race Series proved popular and brought a number of team prizes back to the club, notably at the **Pewsey Terminator** where we won the “Big team challenge” and the **Wiltshire XC Championships** where AVR were crowned both Mens and Ladies county champions. Team prizes in Race Series events were also received at the **Devizes 10K**, **Melksham 5K**, **Foxtrot 5**, **Warminster Forest 10** and the **Bromham Pudding Run**. AVR entered three teams into the **Cotswold Way Relay**; two teams into the **Uphill to Wells Relay** where our ladies retained their title and the Men finished third; two teams into the **Badminton Horseless Trials** where our Men won the five mile title. The Club Championships were dominated by Tom Fisher and Jo Mumford with 19 men and 8 ladies completing the requisite 10K, 10M & Half Marathon. **The Chippenham Half** proved to be the most popular event among AVR members with 40 taking part. Club records were set in 2010 with Tom Fisher breaking the long standing records for 5M at the **Foxtrot 5**, 10K at the **Devizes 10K** and had a near miss at the **Chippenham Half Marathon** as did Michel Towler at the **Melksham 5K** and Ruth Barnes at the **Bristol Half Marathon**. We also hosted a number of fun events including the Melksham Hash, The Mini-Mash, Treasure Run, Track Championships and Mob-Match against Chippenham Harriers & Corsham Running Club.

Our Open events were very well received among the local running community with “**Over the Hills**” organised by Simon Ringham attracting over 300 runners and producing a home victory through Tom Fisher. **The Conkwell Killer** organised by Julia Drewitt unfortunately drew only around 50 runners and will probably not be run again. Our new event: **The Avon Valley Relay** attracted 10 teams and some excellent feedback. **The Avon Valley Mile** saw Carl Davies and Sarah Jewers take the honours. Sarah Jewers also debuted as Race Director as she organised the **Sport Relief** event at Melksham. Alan Hayes overcame the snow and ice to make sure that the **Stan Farr 5K** went ahead for the second year at Hilperton.

At the AGM the following club officers were duly elected:

Chairman – Andrew Hoddinott;
 Vice-Chairman – Julia Drewitt
 Honorary Secretary - Darren Wrintmore
 Assistant Secretary – Sarah Jewers
 Treasurer – Liz Gard

Men’s Captain – Carl Davies
 Men’s Vice-Captain – Richard Morgetroyd
 Ladies Captain – Ali Atkinson
 Ladies Vice-Captain – Kay Middleton

Committee Members - Michael Pace, Liz Clark, Sue MacGregor & Tina Vivian

It was agreed to update the eligibility section of the constitution to reflect that split times will not be considered for the purposes of club championships or club records.

Lifetime membership was awarded to the original members of Avon Valley Runners that are still active members of the club:

Bob Washbourne	Mike Hehir	Bob Ellis
Ted Rockliffe	Ron Whittle	Tim Northwood
Dave Gosling	Bernie Hobbs	Ray Withey

Additionally lifetime membership was also awarded to Tony Griffith for service to Avon Valley Runners.

It was also agreed that Membership fees shall remain at £15.00 for Seniors and £5.00 for Juniors/ Students (Affiliation to England Athletics is an additional £5.00). **Membership fees are now due to the Treasurer.**

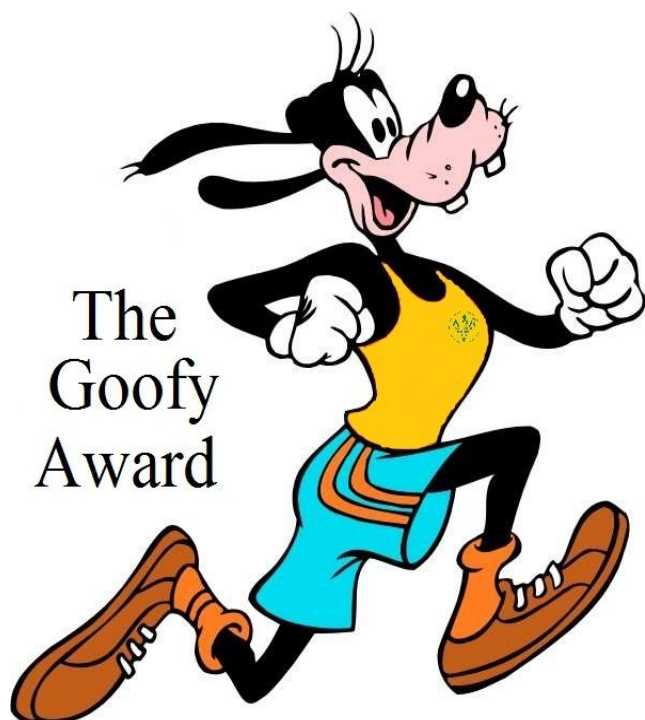
Darren Wrintmore

Club Records

As we move into our Silver Jubilee year it seems opportune to remind you of the current club records...

Distance	Men	Ladies
1 Mile	Michael Bryant 4:47 – Bradford on Avon 2006	Jackie Rockcliffe 5:37 – Bradford on Avon 2006
5 Kilometers	Gerry Fice 16:21 – Melksham 1989	Jackie Rockcliffe 18:35 – Wells 1996
5 Miles	Tom Fisher 26:13 – Broughton Gifford 2010	Jackie Rockcliffe 30:42 – Frome 1995
10 Kilometers	Tom Fisher 33:19 – Bromham 2010	Maureen Laney 36:14 – Poole 1995
10 Miles	Bob Roots 53:38 – Corsham 1987	Maureen Laney 59:50 – Bournemouth 1995
Half Marathon	Martin Connor 1:14:43 – Devizes 1990	Maureen Laney 1:19:17 – Tyneside 1995
20 Miles	Gerry Fice 1:58:59 – Gloucester 1988	Liz Ringham 2:15:53 – Gloucester 2008
Full Marathon	Brett Flook 2:43:28 – London 2002	Liz Ringham 3:03:21 – London 2008

The Goofy Award



A new award was presented this year; actually it is an indirect replacement for an old award – the “Grape Blister” given to the club by Clive Crocker back in 1993 for the most original injury suffered by an Avon Valley Runner. The first recipient being Ray Withey who was knocked over whilst on a training run and then proceeded to run back home with a broken arm before the ambulance could find him. Further recipients of the “Grape Blister” have been Ted Rockcliffe for being mountain rescued out of the **OMM**, Tina Vivian’s blister collection and the occurrence which is really the inspiration behind the “Goofy Award” – Jo Mumford forgetting to put her clock back on the day of the 2007 **Bath Half Marathon** [Sorry to remind you of this yet again Jo – actually I am not, as it still makes me smile when I think about it!] and still having the gumption to run, starting just as the leaders were heading back to the finishing line.

Jo has not been alone in providing good humour following moments of muppetry: Who can forget Debbie Roberts getting lost on the inaugural **Avon Valley Mile** (*It is an out & back course*) or Sarah Jewers following a runner for several miles at the **Uphill to Wells Relay** before realising that they were nothing to do with the race, when they got into a car and drove off! So the bar has been set pretty high for this award and it was with a wry smile that the “Goofy” was awarded to Michael Towler along with his many trophies for more athletic achievements, to mark the moment at the **Tadley 10** (*where he finished third overall*) was awarded a glass trophy which he then managed to drop and smash at the presentation!



What is in a name?

In these days of increased reliance on computers by race organisers, whether entering a race online or by using a traditional entry form it has become more important than ever to ensure that you enter your club or team name fully and correctly.

So please make certain that you enter your club name as “**Avon Valley Runners**” and not just “Avon Valley” or “AVR” - there is an AVR in Devon and another in Scotland – it would be so disappointing that we lose a team prize due to a spelling mistake!!!