



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#121 – March 2011



Project Jubilee

Late and over budget are two phrases normally associated with projects but in the case of Project Jubilee I am pleased to say that we managed to deliver on-time and within budget - which was a good thing because we didn't have one!!!

To take on the task we were required to firstly physically break up the books that were so meticulously kept by Stan and his successors and then make a photocopy of each of the 500 pages. These pages were then grouped by year and distributed to a team of our club members, Joyce Field taking 1986 & 2000; Liz Clark - 1987; Tina Vivian - 1988; Paul Mumford - 1989; Ali Atkinson - 1990; Kay Middleton 1991, 1997 & 1999; Joby Hobbs – 1992; Stuart MacGregor - 1993; Tom Frost - 1994 & 1995; Ken Marshall - 1996; Sarah Jewers – 1998 and Darren Wrintmore – 2001 to 2009. With each year requiring around 800 records to be transcribed into an Excel spreadsheet utilising a predefined template it is no surprise that this was the longest stage of the process taking from April through to December to be typed up.

The next step was to perform a quality check on all of the data entered, ensuring that the spelling of names was consistent and that these were preferred names where possible. Do we use “Mike” or Michael”, “Rose or “Rosemary”. Also checking that times were entered correctly and in the hh:mm:ss format.

Then over to Hodd and his SQL wizardry to bulk load the data into the MySQL database that lies behind the clubs website. Twenty five years of Avon Valley Runners results are now online for the whole world see – and to search (which is the next mini-project).

Results	
1990	
1989	
1988	
1987	
1986	
December	
Wessex XC League	
Wilts XC championships	
Bournemouth 10	
Barbados 10K	
November	
Yeovil Carnival 8	
Benidorm Marathon	
Wootton Bassett 10k	
Devises 10K	
Westbury Harriers MT	
Wessex XC League	
Victoria Park Races	
Mike Sulley XC	
Salisbury Plain 15.5	
Harrow Marathon	
New York Marathon	
October	
Stroud Half Marathon	
Swindon Half Marathon	
Bradford 7	
Corsham 12	
Corsham 6	
Corsham Fun Run	
Avalon XC Weston super Mare	
Wessex XC Swindon	
Yate 10	
Yate 5	
Winchester Half Marathon	
Box Fun Run	
Gloucester marathon	
Windsor Half Marathon	

Results 1986			
Sun 14th Dec: Wessex XC League			
XC			
Position	Name	Time	Comment
118	Miles Holland		
147	Stan Farr	0:39:12	
Sat 13th Dec: Wilts XC championships			
XC			
Position	Name	Time	Comment
22	Bob Roots	0:40:11	3rd Vet
43	Tim Northwood	0:43:50	
58	T Nicholls	0:46:11	
60	Bob Ellis	0:46:22	
65	Miles Holland	0:47:00	
75	Martin Connor	0:49:04	
81	Peter Bray	0:53:07	
82	Stan Farr	0:53:32	
Sun 7th Dec: Bournemouth 10			
Road 10 Miles			
Position	Name	Time	Comment
49	Tim Northwood	0:58:12	
80	Bill Thomas	1:00:39	
159	Bob Ellis	1:05:01	
Sat 6th Dec: Barbados 10K			
Road 10 Km			
Position	Name	Time	Comment
179	Judy Farr	0:44:29	1st Vet
210	Stan Farr	0:44:59	
Sun 30th Nov: Yeovil Carnival 8			
Road 8 Miles			
Position	Name	Time	Comment
24	Tim Northwood	0:45:43	

In addition to getting all of our results online, every available copy of the Valley News has been digitised and uploaded. We do have a few gaps if anyone can help with the omissions by loaning a copy of the Valley News from either Spring, Autumn or Winter 1991, April 2002 or December 2004 then please get in touch.

We also thought that it might be fun to have a swift 10 with the answers being found in the pages of the Valley News gone by....

1. Who penned "Ode to the Bath Half" in 1996?
2. In 1994 at which event did Rosemary Barber have an exciting day in Devon?
3. Who won the battle of the fairies at the 2006 Bromham Pudding Run?
4. Which two Avon Valley Runners took on the 120K Sahara Challenge in July 2004?
5. At which race did AVR launch a Norman Invasion in 1995?
6. What was definitely not a sex toy in 2005 (and still is not)?
7. Who were winning team at the first Bern-Col Relay in 1993?
8. In issue #1 who was listed as the Club President of AVR?
9. In 1987 which Avon Valley Runner won gold medals at the European Road Championships in Israel?
10. Who ran as fast as an elephant shrew for the January 2005 edition?

Darren Wrintmore

The Devizes 10K – 1985

I was looking through some old race result sheets and came across one result that intrigued me. It was for a runner entered from 'Avon Valley Runners' in the **Devizes 10K** held on the 17th November 1985.

As AVR wasn't inaugurated until 1st January 1986, how, I asked myself did this happen?

Certainly AVR was in its embryonic stage at that time but here was an apparent 'premature birth' of a Club member. Actually it didn't take much research as the runner in question explained it all.

He had just started running and when faced with filling in the entry form had said to dear old Stan Farr, "what shall I put down for a club?" Stan's response was "Oh, put down Avon Valley Runners". I can just imagine Stan saying that - so there we are.

Just as a matter of interest here are a few of the names and times appearing on the results sheet that day:

Tony Bartlett	St Georges Running Club	35:34
Phil Mitchell	Unattached	36:18
Ron Whittle	Trowbridge & District AC	36:29
Ian Stan Farr	Trowbridge & District AC	38:56
Judy Farr	Trowbridge & District AC	39:02 - 3rd Lady
Mike Carpenter	Frome Running Club	39:12
Ray Withey	Unattached	40:03
Ann Whittle	Unattached	50:27

Everyone shown above subsequently joined AVR.

And, who was the mystery runner? I'll give you a clue. Who is the President of the Club? Yes, it was Ted Rockliffe, finishing with a time of 38:03! **Ron Whittle**

Fixtures

Sunday, March 6th	Bath Half Marathon – Bath @11:00 Devizes 10K** – Devizes @11:00
Saturday, March 12th	Great Western 10K – Sherborne, Dorset @11:00
Sunday, March 13th	Salisbury 10 – Salisbury @10:30 Wilton House Jog 5K/10K – Wilton @11:00
Sunday, March 20th	Hogweeds Hilly Half - Horton, South Gos. @10:30
Sunday, March 27th	Clock Change Challenge 10K – Calne @11:00 Yeovil Half Marathon – Yeovil @09:00
Sunday, April 3rd	Bournemouth Bay Half** & 10K/5K – Bournemouth @10:00
Saturday, April 9th	Bath Beat 26M/21M/17M/12M – Bath @08:30
Sunday, April 10th	Trowbridge Lions 10K**++ - Studley Green, Trowbridge @11:00

** Race Series Event ++ Off-Road Championship

All Those Years Ago

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

<p>2006: Tina Vivian was 1st F50 at the Gloucester 20. Paul Mumford set a new PB of 1:19:59 at the Bath Half Marathon to lead home our thirty one members; also setting a new PB was Ali Atkinson recording 1:44:19.</p>	<p>2001: Rosemary Barber was 1st F50 at the Salisbury 10K. Twenty four club members completed the Bath Half Marathon with Richard Marsh being our first runner home in 1:16:45 for 56th place.</p>
<p>1996: Rosemary Barber, Barbara White and Judy Farr brought the Ladies Team title back to the valley at the Imber Half Marathon. Bill Howsego finished as 2nd M60 at the Montpellier Half Marathon in France.</p>	<p>1986: Alan Jonas was the first Avon Valley Runner back at the Bath Half Marathon recording 1:16:20 for 188th place. Twenty nine members completed the course. Mike Hehir was the first Avon Valley Runner back at the Devizes Easter 8, recording 48:04.</p>

Shoes

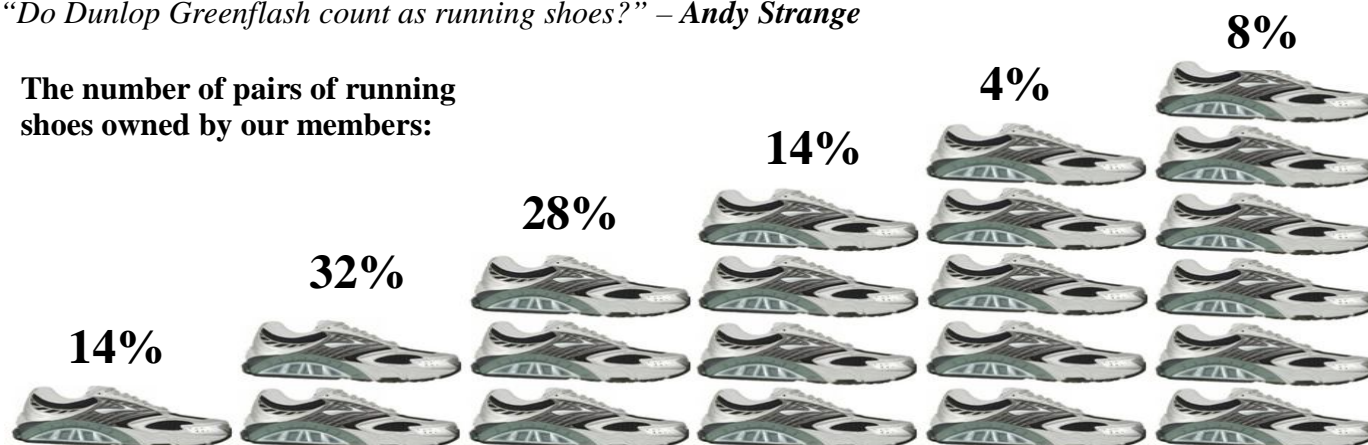
A snap poll of Avon Valley Runners at the February Time Trial and by text message on the subject of "Shoes" identified the following:

Most popular shoe brands worn by our members:

1.  Asics – 28%	2.  Nike – 23%	3.  Brooks – 14%	4.  Saucony – 10%
5.  Inov8 – 10%	6.  Mizuno – 5%	7.  Adidas – 5%	8.  New Balance – 5%

"Do Dunlop Greenflash count as running shoes?" – Andy Strange

The number of pairs of running shoes owned by our members:



"I have got another fifty pairs of shoes, but they are not for running!" – Patricia Quayle

And the size of those feet.....

Size 4 – 7%	Size 7 – 4%	Size 10 – 18%
Size 5 – 14%	Size 8 – 7%	Size 11 – 11%
Size 6 – 14%	Size 9 – 18%	Size 12 – 7%



28 Club members took part in the survey.

Answers to the Project Jubilee Quiz

1. Joyce Field 2. Exeter Duathlon 3. Denise Ellis 4. Liz Ringham & Viv Toms 5. The Argentinian Half 6. Banana Guard 7. Mike Thorn, Rose Barber & Matthew Dowling 8. Mike Holland Snr 9. Sheila Jennings 10. Darren Writmore

AVR – Wiltshire Road Race Champions 2011

Selecting the **Wiltshire 10 Road Race** held in Melksham as part of the clubs annual Race Series proved beneficial as Avon Valley Runners added the county Road Champions title to the growing list of honours achieved. In inclement conditions Tom Fisher and Dave Spencer finished as second and third runners overall and recorded the second and third fastest 10-mile times in the clubs history in the process. Michael Towler (who holds the clubs sixth fastest time) finished fifth and with twentieth placed Carl Davies, brought the Men's team title back to the valley. Not to be left out, Karen Butler led our ladies team home and herself finished as 1st FV50. Thirty nine Avon Valley Runners completed the ten mile course out through the historic village of Lacock.

The top times recorded over 10-miles by Avon Valley Runners now looks like this:

- | | |
|---|---|
| 1. Maureen Laney 59:50 – Bournemouth 1995 | 1. Bob Roots 53:38 – Corsham 1987 |
| 2. Jackie Rockliffe 64:08 – Portsmouth 1995 | 2. Tom Fisher 55:16 –Melksham 2011 |
| 3. Linda Brown 67:14 – Chippenham 1993 | 3. Dave Spencer 55:56 – Melksham 2011 |
| 4. Rosemary Barber 67:43 – Bournemouth 1994 | 4. Kevin Sparey 56:06 – Hayling Island 2003 |
| 5. Judy Farr 67:47 – Chippenham 1986 | 5. Keith Elsey 56:12 – Chippenham 1989 |



Mike Towler, Carl Davies, Tom Fisher & Dave Spencer collect their team prize, with Tom still enjoying the benefits of a post-race massage

5K Time Trial

The results of the February Time Trial held at Melksham are as follows:

1	Richard Morgetroyd	18:24	6	Rachel Davies	24:46	11	Hayley Southgate	28:10
2	Kieren Hill	18:45	7	Andy Mumford	24:46	12	Patricia Quayle	28:26
3	Dan Sharp	20:39	8	Tony Dunsford	25:31	13	Tammy Phillips	28:27
4	Andy Strange	21:05	9	Clare Hall	27:10			
5	Colin Sharp	24:24	10	Joanne Whiffing	27:19			

Please keep your eye on the Club Forum to see when the **5K Time Trials** are next taking place.