



# Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS

#123 – May 2011



## The Ridge Runners

Over the weekend of 11th/12th/13th March two Avon Valley Runners embarked on their second in what seems to be becoming a two yearly challenge. Over the Easter weekend in 2009, Bernie and Joby Hobbs (accompanied by Joby's friend Chris) ran the length of the Kennet and Avon Canal from Bristol to Reading. Why? Well Joby had decided that it was about time he saw more of the canal after years of training along the same stretch of canal between Bradford-on-Avon and Bath. Bernie agreed and the rest became history... 89 miles completed in 4 days.

About 8 months ago the idea was hatched to run another challenge and this time to run the length of The Ridgeway. Starting in Avebury, the National Trail would follow a journey to Ivinghoe Beacon in Buckinghamshire. This time though the stakes would be slightly raised...87 miles would be completed in 3 days!

So on Friday 11th March Bernie and Joby, were dispatched to the start of the Ridgeway National Trail and the challenge had commenced!

29 miles a day for 3 days. Experience said that the first day would be the easiest, the second would be tough, but the third would get easier.

Well the first day was completed at an average pace of 9.56 min/mile through the Wiltshire countryside, and what countryside it is! If you could just take away the M4 the views on day one from the Ridgeway are outstanding and you certainly get to see your fair share of nature. At the end of each day we were collected by the support team of Bernie's wife Del and Joby's partner Jilly and returned home to try and recover for another day of running before being dispatched in the morning to rejoin the trail where we had left the previous evening.

Day two saw us coming down off of 'the ridge' as we headed through Goring and followed the River Thames. Apart from a few sore 'bits' it was the appearance of the sun that started to bother Joby as the spring sunshine (as lovely as it is) started to play havoc with hydration levels! By the end of day two the average pace had slowed a little to 10.29 min/mile.

Day three dawned and it was raining. This had been playing on Bernie's mind since running on the dry clay paths on day one. Dry clay and wet clay are a totally different ball game when it comes to trying to run on it! Let's just say it was very slippery for a good 10+ miles. Another fellow Hobbs and Avon Valley Runner had joined the antics for the last day - Luke had decided that 87 miles in 3 days whilst training for the London Marathon was probably a silly idea so instead joined in for his 'Sunday long run' for the final day.

*Continued overleaf*

The Ridgeway, as well as producing some amazing scenery and lots of wildlife, also brings some very varying terrain. No more so than on day three which passed through woods, open farmland, golf courses, villages and ended on the open landscape at Ivinghoe Beacon. It also brought hills, some so steep that steps were required to assist people in their climb. At this stage though it wasn't so much the uphill that was the problem, running downhill with sore and aching joints is certainly a challenge.

Unfortunately previous experience was wrong, day three didn't get easier this time around and the joints and muscles were sore and the average pace slowed on day three to 10.49 min/mile.



But with 5 miles to go for the first time the end came into sight and it became a race to beat sunset. With the support team positioned ready to welcome the tired but delighted runners the sun did set spectacularly over Ivinghoe Beacon.

Bernie is already plotting challenge number 3. Apparently it has something to do with 2013, the Thames Navigation, 120 miles and 4 days...*Joby Hobbs*

## All Those Years Ago

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

<p><b>2006:</b> AVR were amongst the prizes at the <b>Roundway Chase</b> with Stuart MacGregor 1<sup>st</sup> M50, Kathy Kinsey 1<sup>st</sup> F40 &amp; Tina Vivian 1<sup>st</sup> F50.</p> <p>Sue MacGregor, Rosemary Barber, Kathy Kinsey &amp; Joyce Field were the 1<sup>st</sup> Ladies team at the <b>Bratton Hilly 11K</b>.</p>	<p><b>2001:</b> Fay Merrell, Maurice Cockell and Brett Flook won the <b>BernCol Relay</b>.</p> <p>John Kent was 1<sup>st</sup> M50 at the <b>Keynsham 10K</b>.</p> <p>Alistair Bartlett won the <b>Christchurch 3</b>.</p> <p>Neil Whitehead was 1<sup>st</sup> M55 at the <b>Bath Triathlon</b>.</p>
<p><b>1996:</b> AVR took both the Men's and Ladies team titles at the <b>Bratton Hilly 11K</b> and were led home by 3<sup>rd</sup> placed John Kent.</p> <p>Maureen Laney was 1<sup>st</sup> Lady at the <b>AVR 10K</b> in Trowbridge.</p>	<p><b>1986:</b> Tim Northwood, Mike Hehir, Rob Almond &amp; Miles Holland claimed the prize for 3<sup>rd</sup> team at the <b>Yeovil 10 Road Race</b>.</p> <p>Judy Farr was 1<sup>st</sup> Lady at the <b>Longleat 6</b>.</p>

## Fixtures

Tuesday, May 10 <sup>th</sup>	<b>The Roundway Chase**++</b> – Heddington @ 19:30
Saturday, May 14 <sup>th</sup>	<b>Bratton Hilly 11K</b> – Bratton @ 11:00
Sunday, May 15 <sup>th</sup>	<b>Bluebell Run</b> – Collingbourne Ducis @ 11:00
Saturday, May 21 <sup>st</sup>	<b>Shaw Stampede 10K</b> – Shaw @ 14:00
Monday, May 30 <sup>th</sup>	<b>Westbury Wander</b> – Westbury @ 11:00
<b>Thursday, June 2<sup>nd</sup></b>	<b>Mob Match vs Chippenham &amp; Corsham</b> – Bradford on Avon @ 19:30
Sunday, June 5 <sup>th</sup>	<b>Forest 10**</b> - Warminster
Tuesday, June 7 <sup>th</sup>	<b>Melksham 5K</b> – Christie Miller @ 19:30
Saturday, June 12 <sup>th</sup>	<b>FOSM5</b> - Chippenham
Saturday, June 19 <sup>th</sup>	<b>Mendip Mashup</b> – Charterhouse Mendip

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



## Member Profile – Michael Towler

**Date of Birth:** 29<sup>th</sup> October 1989

**Height:** 6'0"

**Weight:** 10st 10lb

**Residence:** Trowbridge

**Occupation:** Sales Assistant

**Shoes:** Nike

**PBs:** **5K:** 16:25 – Melksham 2010

**10K:** 33:58 – Bromham 2010

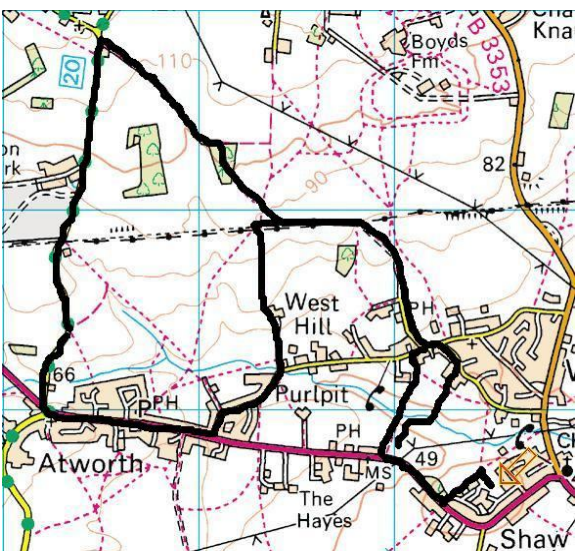
**10 Miles:** 56:14 – Tadley 2010

**Half Marathon:** 1:15:02 – Highworth 2010

I started running at school, doing X-country and track, I joined City of Bath running club when I was 13, unfortunately all the other distance runners were 16yrs+ so I had to run flat out to keep up with them or get lost in the middle of Bath, good training for me but then I developed Osgood Schlaters in my knees and I was told by the Consultant I could give up all sports or put up with the pain. There was only one option '*put up with the pain*', but I wasn't able to run and compete at any level so I stopped running and played football.

Then at 16 the pain improved and I ran in the Schools X-country where Alan Hayes saw me and offered to coach me and also suggested that I joined Avon Valley Runners. My first race was the **Shaw & Whitley Stampede** where I came 2<sup>nd</sup> overall and I have gone on from there.

My future plans are to beat Tom!! well I can dream.



## The Shaw Stampede 10K

Now back for its sixth running after saying "Never Again" I am once again organising the **Shaw Stampede 10K** on behalf of Avon Valley Runners, this year to be held on Saturday 21<sup>st</sup> May at 14:00 over one of my multi-terrain training routes around the villages of Shaw, Whitley, Neston & Atworth.

In support of this event will also be a 2K Family Fun Run/Walk called the **Keane Kanter** named in memory of Keane Meyers, a friend of my son's at Shaw School and nephew of Men's Captain Carl Davies who unfortunately passed away in 2009.

All proceeds from the event will be going to children's cancer charity CLIC Sargent.

If anyone can spare a few hours to help with marshalling, timekeeping or manning the entry desk on the day, then please drop me a line.

As in recent years, I am also offering Avon Valley Runners an opportunity to run the course prior to race day and if you would like to join me in Shaw on Monday 9<sup>th</sup> May at 19:00, then please let me know so that I can get some drinks in for some post-run hydration.

*Darren Wrintmore*

## Cotswolds Calling

The Club Captains are looking for members to sign up for the Avon Valley Runners teams into this years **Cotswold Way Relay** being held on Saturday 26<sup>th</sup> June. We are hoping for at least three teams of ten runners to take on the 103-miles from Chipping Campden in Gloucestershire to Bath Abbey. It makes for a great day out followed by a party at Bath Rugby Club.

So if you are available then please get in touch with either Ali Atkinson, Carl Davies, Kay Middleton or Richard Morgetroyd.

## Member Profile – Tina Towler

**Date of Birth:** 6<sup>th</sup> March 1958

**Height:** 5'0"

**Weight:** 7st 0lb

**PBs:** **5M:** 39:49 – Broughton Gifford 2010

**10 Miles:** 1:22:56 – Tadley 2010

**Residence:** Trowbridge

**Occupation:** Nurse

**Shoes:** Mizuno

**10K:** 49:21 – Bromham 2010

**Half:** 1:50:33 – Bath 2010



I have always played hockey in midfield which involves a lot of running, I felt that I was getting slow so was going to give up, then my son (Michael) suggested running to get fitter.

I started running on my own but got bored so didn't do much. Then I joined the AVR beginners session in 2008 and really enjoyed it and went on to do the regular sessions. Soon I was entering races.

All was going well until February 2009 when I ruptured my tendon and that was the end of running for seven months. I came back after that and I have slowly started to improve, very slowly.

My main problem with running is that I have no sense of direction whatsoever, so I can never run an unmarshalled race - I even got lost doing the Tom Roberts handicap and also at the Mob Match!!



*Cumberwell Park*

***Avon Valley Runners will be hosting a Silver Jubilee Dinner and Disco***

***Saturday 4<sup>th</sup> June 19:30 - Midnight***

*Members of Avon Valley Runners past and present are being contacted so that they have the opportunity to attend this special event*

The Dinner will comprise of a Three Course Meal with a choice of meat or vegetarian option

**Starter:** Roasted Butternut Squash and Rosemary Soup

**Main:** Breast of Free Range Chicken with Red Onion and Apricot Stuffing

or

Leek, Spinach and Smoked Cheddar Parcel with Mashed Potatoes (Vegetarian)

**Dessert:** Chocolate Bread and Butter Pudding with Marshfield Ice Cream

*Cumberwell Park, Bradford on Avon*

*Dress Code: Smart with option of Black Tie*

*Please provide menu choice on application.*

*Tickets @£25.00 available from*

*Committee Members*

*RSVP by 15th May 2011*

Well done to the fourteen Avon Valley Runners who completed the **Virgin London Marathon** on a deceptively warm 17<sup>th</sup> April. Our first runner back was James Waller in 1,352<sup>nd</sup> place recording 3:04:28. Then came Karen Butler whose 3:15:12 (*The fourth fastest time by an AVR Lady*) saw her finish as the 2<sup>nd</sup> FV50 runner in the race. Karen was originally listed as 3<sup>rd</sup> FV50, but then the German runner in front of her was disqualified for cheating. Karen now awaits her prize!



*Please send Reports or Articles to [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk)*