



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS

#126 - August 2011



Avon Valley Runners – “On Top of the World”



You can take the guy out of the valley.... My AVR vest travelled with me to Everest Basecamp last month where I was handling communications for the **Adventure Alternative 2011 Everest Expedition**. The climb was also supporting a charity called Moving Mountains which does great work in Nepal, Kenya and Borneo. I had considered getting involved in the Everest Marathon, which was up until I found out that the entry fee was \$999!

I only managed one run while I was there as I was glued to the radio. However, it is an interesting experience running at 5300m!

Matt Caldwell

Cotswold Way Relay

Saturday June 25th saw three teams from Avon Valley Runners lining up at the various start points for the 19th running of the Cotswold Way Relay covering the 103 miles of this national trail between Chipping Campden and Bath Abbey.

Ali Atkinson did a sterling job of organising the teams and into the AVR Hares team I was duly recruited. Having previously indicated I would perhaps be willing to take on leg 1 as I don't mind an early start, I set out from home at 4:30 to meet up with our other leg 1 runner, Tim Lowrie. – Not so much an early start, more like a late night!



Fiona Price, Jules Green and Paul Green at leg 8

Other team members had the foresight and planning to do a recce of their respective legs of this self navigating event; Jules Green must get a special mention here as she did her recce run late one evening carrying a torch and suffering from jet lag having just returned from the USA. I however for reasons of poor time management did not get to do a dry run and was hoping to wing it and latch onto someone who vaguely looked like they might be going in the right direction. – It was to be a strategy that would pay off, well mostly.

After having met Tim at our eventual finishing point, we drove to our start point at Chipping Campden; where we were to see some rather bemused Japanese tourists wandering the streets of this sleepy little Cotswold town at 6 am taking the obligatory pictures of everything in sight including 70 plus runners waiting for the off.

After an initial briefing we were let loose to get on with the race at 7:00. Keen to get our team off to a good start I was soon with the leading pack and wondered why the pace was so sedate, after about a mile or so I wondered no more as the climbs started! – Naturally backing off the pace I found a couple of experienced participants who seemed to know every nuance of the route and so stuck with them until we came into the village of

Stanton about a mile from the finish, where a likely looking chap from Gloucester AC came flying past us and disappeared off up a hill; we foolishly followed only to be lead back down again half a mile later and back on to the correct trail.

I was pleased to see the finish line finally come into view and after one hour and thirty three minutes and only one wrong turn I was happy to complete the leg in 11th place. – Considering my lack of preparation it could have been much worse.



Joyce Field strides it out on leg 9

Tim brought the second team home six minutes later and was justly proud of his achievements and is looking forward to leg 2 next year!

The Avon Valley Hares team came 14th overall (4th in category) – Helped magnificently by Mike Towler who managed to be the first runner home on leg 9. Not forgetting of course our other top 10 finishers; Tom Fisher who was second on leg 5, Carl Davies who came in fifth on leg 7 and Brett Flook who was sixth on leg 10.

The Avon Valley Tortoises were 32nd overall (11th in category) and our third team Avon Valley Bath Mixers came 68th overall (31st in category) helped along by a few runners from Bath AC. – Well done all!



Mike Towler on his way to number 1 on leg 9

Richard Morgetroyd

Member Profile – Liz Gard

Date of Birth: 19th May 1974
Height: 5' 6"
Weight: < 9st

Residence: Westbury
Occupation: Lettings Administrator
Shoes: Asics Kayano

PBs: **10K** 51:07 - Castle Combe 2007
10 Miles 1:23:30 - Wimborne 2007
Half Marathon 1:53:35 – Stroud 2007

Having read other peoples profiles, I feel I am fairly new to running having only regularly run for about the last six years. After moving to Westbury and my youngest starting school, I could get out and train more often.

My first race was the **Foxtrot 5** back in 2005, where we were first made aware of Avon Valley Runners; however it was not until the following year that I plucked up the courage to go along to a Sunday morning training session and was soon hooked on achieving improved race times.

2007 Was a good year for me gaining many PBs and was awarded the most improved runner prize for that year. Unfortunately I have since been hampered by many injuries but am hoping to put these behind me and improve my times over the next couple of years.



All Those Years Ago

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

<p>2006: Stuart Macgregor was 1st MV50 at the Foxtrot 5 on August 27th. Founder member Stan Farr and his wife Judy were also in action at this race bringing up the rear of the Avon Valley Runners contingent.</p>	<p>2001: The Battle of Sedgemoor 10K was fiercely contested on Sunday 26th August, Alistair Bartlett was the first man home for the valley in 36:17. Kevin Sparey was victorious at the Southwick 3 event on Bank Holiday Monday in a time of 16 minutes and 29 seconds.</p>
<p>1996: Simon Spedding was on top form having competed in no less than four events for AVR in August of this year. Calne Relays, Corsham 5, Battle of Sedgemoor 10K and Southwick 3 were his races of choice.</p>	<p>1986: Miles Holland was the first Avon Valley Runner home in a time of 42:23 at the interestingly named Charlton Mackerell 10K held on Saturday 30th August.</p>

Fixtures

Sunday, August 7th

Sunday, August 14th

Thursday, August 18th

Sunday, August 28th

Monday, August 29th

Saturday, September 3rd

Sunday, September 11th

Sunday, September 18th

Stur Half - Sturminster Newton @10:30

Standish Woodland Chase - Stonehouse. Gloucestershire

Barbury Track 'n' Trail – Barbury Castle @19:30

The Foxtrot 5** - Broughton Gifford @11:00

Roundway Rampage - Devizes @10:00

Malmesbury 10K – Activity Zone Malmesbury @11:00

Chippenham Half Marathon**- Chippenham @9:30

Melksham 10 – King George V Park Melksham @10:00

** Race Series Event ++ Off-Road Championship

Found – Newsletter Editor

Further to the plea in the April edition of the Valley News for a new editor for your favourite monthly running digest I am pleased to confirm that the committee (well Darren at least) has appointed myself, Richard Morgetroyd to this role.

As I take these first tentative steps on what I hope to be a long journey in this pivotal role, I look to the membership to provide me with lots of interesting content that I can then hack about with and share with all.

So please if you have an article, snippet of news from a race you have attended or even any handy hints or tips then do send them to news@avonvalleyrunners.org.uk.

Thanks,

Richard

Wiltshire 10K Championships

Avon Valley Runners gained three more county champions, this time at the **TBAS 10K** held at Castle Combe which was hosting the Wiltshire championships for the distance. Rachel Bown was crowned Wiltshire champion after finishing fourth overall and 1st FV40, with Diane Rankin finishing as the third Wiltshire lady. Also finishing in fourth place overall was Michael Towler who claimed a county medal as second Wiltshire athlete. Tony & Karel Royle both claimed county titles in the V60 category.

Avon Valley Runners also claimed the county team title, though finishing behind Chepstow Harriers on the day, with Michael Towler, Rachel Bown and Karel Royle bringing home the medals.

Pictured are Karel Royle, Rachel Bown and Michael Towler following presentation of their medals from Wiltshire Athletics Road Secretary Darren Wrintmore.



The Avon Valley Relay – in pictures



1 - Show us yer' baton! **2** - The Avon Valley Organisers get ready to run and officiate; **3** - The sixteen teams get underway from Christie Miller; **4** - Danny Gard in contention on Leg-1; **5** - "Ian the Sweep" sets off for his solo 18-miles; **6** - Leg-2 runners wait anxiously at the Somerset Arms; **7** - Doug Barber knows which way to go! **8** - Sean Butler comes in to handover at the Barge; **9** - Brett Flook brings home the lead for the Titons from DB Max Tri & Avon Valley Runners; **10** - Jo Mumford takes victory for the Avon Valley Ladies team; **11** - Sean & Fiona Price, Tony & Karol Royle relaxing at the finish line.

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