



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#129 – November 2011 – The Guy Fawkes Edition



The Wiltshire Race League

For many years road running has been the poor relation in Wiltshire athletics, which is somewhat surprising given that there are only two publicly accessible tracks in the county! Since being elected as the new Road Running Secretary of Wiltshire Athletic Association, I have set about trying to redress this status.

The re-establishing of county championship road races with the Wiltshire 10, Melksham 5K, Castle Combe 10K and Swindon Half Marathon getting county medals around the necks of some of the counties road running specialists, including our own Karen Butler, Rachel Bown and Tom Fisher.

These events are paving the way for a more ambitious undertaking – The Wiltshire Race League which will run its inaugural season in 2012. The League has been developed from its original proposal with input from representatives of Corsham Running Club, Chippenham Harriers, Swindon Harriers, Highworth Running Club & Team Bath.

The concept of The League is straightforward: There are twelve races selected from within the county (*or just outside*) over a spread of distances ranging from 5K to Half Marathon. Athletes (*yes, even road runners are athletes*) then achieve a score according to their finishing position relative to other athletes belonging to Wiltshire affiliated clubs and of the same sex. However there is a cut off as to how many athletes can score for a club and for the inaugural League this has been set at 10, with the first five scorers forming the 'A' team and the second five scorers the 'B' team. In future season's clubs can opt to buy 'C' and 'D' teams if demand dictates. With the first Wiltshire athlete scoring 100, the second 99, the third 98 and so on, the team then achieves a total score for the race – this then translates into League points. With the highest scoring team gaining 20pts, second 19pts, third 18pts etc. The following example is based on Men's results at the Wiltshire 10 earlier this year.



Karen Butler

Pos.	Team	Score	Pts.	
1	Avon Valley Runners 'A'	464	20	Tom Fisher, Dave Spencer, Mike Towler, Carl Davis & Richard Morgetroyd.
2	Chippenham Harriers 'A'	450	19	
3=	Team Bath AC 'A'	412	18	
3=	Swindon Harriers 'A'	412	18	
5	Chippenham Harriers 'B'	379	16	
6	Avon Valley Runners 'B'	358	15	Thomas Coney, Jimmy Lowther, Mark Harris, Luke Hobbs & Kevin Gover.
7	Corsham Running Club 'A'	338	14	
8	Salisbury A&RC 'A'	193	13	
9	Swindon Striders 'A'	174	12	
10	Highworth Running Club 'A'	132	11	
11	Devizes Running Club 'A'	127	10	
12	Pewsey Vale 'A'	107	9	
13	Wootton Bassett Hounds 'A'	71	8	
14	Team Bath AC 'B'	55	7	

The Wiltshire Race League

The League table is then built on the basis of a team's best-10 point's tally (this prevents clubs like Corsham or Chippenham Harriers being prejudiced by the inclusion of a race such as the St Georges 10K or Chippenham Half into the League where there would be an expectation for members to assist with the race organisation rather than compete). The scores achieved at those ten events are also tallied and used as a differentiator, a bit like goal difference in the Football Premiership. The League winning teams (Men & Ladies) will be rewarded at the end of the League season as will the top points scorers, including those in age categories.



The TBAS 10K

The League will also provide a means to identify athletes for inclusion in the Wiltshire county team and the revenue generated from Race Organisers "buying" their races into The League shall fund expenses enabling the Wiltshire team to compete at events much further afield than at present.

The League will start in February 2012 with the Longleat 10K and the following races forming the first season:

- | | |
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| #1 The Longleat 10K - Warminster | #7 The TBAS 10K - Castle Combe |
| #2 The Devizes 10K - Devizes | #8 The Foxtrot 5 - Broughton Gifford |
| #3 St Georges 10K - Corsham | #9 The Melksham 10 - Melksham |
| #4 The Highworth 5 - Highworth | #10 The Cricklade Half Marathon - Cricklade |
| #5 The Bath Hilly 10 - Bath | #11 The Clock Change Challenge 10K - Calne |
| #6 The Springfield 5K - Corsham | #12 The Downton Half Marathon - Downton |

More information about The League can be found at www.wiltshire-athletics.org.uk

The committee at Avon Valley Runners have agreed to fully support the Wiltshire Race League and will adopt its races within the clubs Race Series. Chippenham Harriers, Highworth Running Club and Swindon Striders are doing similar and so it should provide some good healthy competition between our clubs over the coming years.

Darren Wrintmore
Wiltshire Road Running Secretary

Southwick Country Parkrun - Stats

The Southwick Country Parkrun continues to go from strength to strength with 9 races completed Avon Valley Runners have 24 runners featuring in the fastest 100. Warren Wade leads the charge for AVR taking 3rd place in the top 100 with a fastest time of 17:52; Richard Morgetroyd and Richard Hudson follow in the list in 3rd and 11th place respectively.

In the club standings it is pleasing to see that AVR have fielded the most runners followed by Westbury Run England Group and Team Bath AC.

The club is also dominant in ten of the age categories with the following members laying claim to their respective classes:

Cameron Price – Junior boys 14
Warren Wade - Vet men 40-44
Frank Lamerton – Vet men 60-64
Joanne Mumford – Vet ladies 40-44
Rose Barber – Vet ladies 60-64

Holly Newman – Junior girls 14
Stephen Bryant – Vet men 50-54
Gordon Russell – Vet men 65-69
Sue Macgregor – Vet ladies 50-54
Vivien Toms – Vet ladies 65-69

One of our junior members, Cameron Price is so keen he was awarded a certificate to mark his 10th attendance at a parkrun. Well done Cameron, keep it up! – Pictured below is Cameron receiving his certificate along with another keen young runner Alexander Tucker.



All Those Years Ago

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

2006: Darren Wrintmore completed the 14 race **Somerset Series** which started in February and culminated in November with Darren claiming 7th place overall and 2nd male over 40.

This led to the later introduction of an annual race series to the club which has since become a regular feature.

1996: Several members had a go at the **Beagle Bash** which, whilst it may sound like an inhumane way of getting dogs to give up smoking was actually a rather challenging 10K race. First of the 16 Avon Valley Runners home was Simon Spedding in a time of 46:23.

2001: There was a lot of Lanzarote running action for some of our members this month in 2001; Susie Phillips, Tina Vivian, Jan Hunt, Glyn Phillips, Stan Farr and the enigma known only as P. Turner took part in four races across the island ranging in distance from 5Km to 23Km.

1986: Bob Roots set the club record for the 10K distance at the Devizes 10K. He was placed 3rd overall in a time of 33:25.

Judy Farr was also the 1st Lady home in a time of 41:10.

Remember Remember The 5th November... But did you know?

Little good it seems is remembered of that great British 17th century political activist Guy Fawkes whose demise we celebrate on the 5th November each year. However it would appear that from records unearthed at his old school in York the little tinker was rather nifty on his feet and won many races for his house.

If only he'd gone out for that early morning training run in November 1605; perhaps then he'd have evaded capture and we wouldn't be contemplating buying cheap Chinese fireworks...

Pictured right is Guy Fawkes in contemplative mood. Note early *Nike* running shoes.



Fixtures

Sunday, November 6th
Sunday, November 13th
Sunday, November 20th
Sunday, November 27th
Sunday, December 4th
Sunday, December 11th

Monday, December 26th

Wiltshire Road Relays (4 x 4 miles) – Castle Combe Race Circuit @11:00
Over The Hills – Bradford-on-Avon @10:00
TBAS Polar Chilly 10K ** - Castle Combe race Circuit @11:30
White Horse Gallop – Leighton Recreation Centre, Westbury @10:00
Bromham 10K 'Pudding Run'*** – Greystones, Bromham @11:00
Tri County Cross Country Champs. – Bath University.
 Senior & vet ladies race starts @14:00.
 Senior & vet mens race starts @14:30
Stan Farr 5K – Hilperton Social Club @11:00

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

Where in the Valley?

In order to make the Valley News a little more interactive, from this month we are introducing a little photo competition for you. All you have to do is identify the location where the following picture was taken on one of our often used run routes through the beautiful Avon Valley.



Please send your answers to news@avonvalleyrunners.org.uk. Solution and names of the winners will be announced in the next edition of the Valley News.

Virgin London Marathon Club Places – Draw Results

As advised in Octobers Valley News, the club have been allocated three places for the 2012 Virgin London Marathon to be run on Sunday 22nd April. These places were drawn by ballot on Thursday 20th October at the Bradford on Avon training session.

The lucky three are Daniel Sharp, Fiona Price and Bernie Hobbs. Luke Hobbs was drawn as the replacement runner. We wish them all the best in their training and for the event itself and look forward to receiving an article on their experiences of this prestigious race for a future edition of the Valley News.

Member Profile – Thomas Coney

Date of Birth:	8 th May 1975	Residence:	Paxcroft Mead, Trowbridge
Height:	5' 7"	Occupation:	Software Engineer
Weight:	9st 2lbs	Shoes:	Nike Lunarglide

PBs:

5K	19:28 - River Run 2011	10K	39:16 - Bromham 2010
10 Miles	1:02:35 - Tadley 2011	Marathon	3:18:07 – London 2011

I've always enjoyed running and remember really wanting to win the egg and spoon and three legged races as a 6 year old. This continued into secondary school, where I preferred the longer distances on and off the track.

At college I entered the Reading Half marathon (lying about my age) and ran this one race every year. However as I aged I found that my times kept going up, and I found I could no longer run the distance without training beforehand!

My wife decided to take up running and entered us in local races so I would train more. At these races I noticed Avon Valley Runners and decided joining could help improve my times.

Since joining I've competed in various different events and distances. I've really enjoyed the team events, friendships made, support and – as hoped – my times are improving.



This is Thomas being pursued by a young lady on the final Km at this year's 5K River Run in Chippenham

Thomas gets off to a good start at the Chippenham 5K River Run with fellow club members Richard Morgetroyd and Tim Lowrie



Poets Corner with Tony Bartlett

THEY ALSO SERVE WHO STAND AND WAIT

Whilst standing in freezing fog at a rugby match
Or at cricket applauding a superb diving catch
The role of spectator is considered most essential
As are club colours displayed being most evidential

Some supporters travel abroad for an important cup game
With a chorus of chants "play up, play up and play the game"
While dozing in an armchair before an open fire
Other less affluent have the same passionate desire

All sports have their followers, fans faithful and true
So here's a list of some of them to name but a few
But beware the wrath of the groundsman and its full worth
As clumsily your feet stray upon his hallowed turf

Swimming is popular and the diving equally so
As porpoise like own the pool the competitors go
Cheered on by the crowd with whistles and stamping feet
As the regulation number of lengths they complete

Tennis too, especially at Wimbledon pulls in the masses
Watching the ball as swiftly over the net it passes
Heads swivelling in unison like automatons from left to right
Trying to keep in vision this yellow sphere in its curving flight

Multitudes follow the players as on the golf course they strive to prove
When in the Ryder Cup success to bring to their nation they move
Each backswing is studied in silent grace trying to make the cut
Several hundred pairs of eyes hypnotically fixed on the final putt

Motor sports too have fans many thousands strong
With grandstands of flags and banners waving, a teeming throng
They are there to witness the drivers and their magical skill
Or the motor cyclist whose close battles never cease to thrill

Now indoor games are really well catered for it seems
That interwoven pattern of movement by Basketball teams
And the Snooker masters action watched in silence on the green baize
Plus in Boxing those fisticuff encounters where many a black eye they raise
But to my mind there is only one sort that is attended by all

One not with club nor cue, nor bat or ball

It's an exercise that takes the human frame close to its fullest extent
That mind bending, strength sapping, suffering by all in a running event

On occasion when you're injured listen to your body, let it become your dictator

And take up the role of a vociferous spectator

Throw advice and abuse as your clubmates pass by yard after yard
But believe me the case of watching, not running is so frustrating hard