



# Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS  
#130 – December 2011 – The Christmas Special

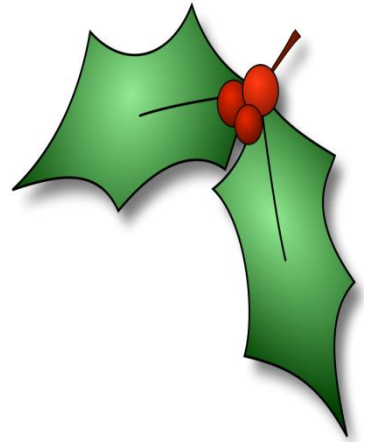


## Yuletide Greetings



I really can't believe we are on the verge of the silly season once again; it doesn't seem like five minutes ago when the 2010 Boxing Day **Stan Farr 5K** was being re-routed due to adverse seasonal weather. Yet here we are again and I'm sitting here basking in the sun reflecting on the past year and trying to come up with a summary of events, race wins and challenges faced by our club members.

Well it has been an eventful year with a good number of our members partaking in some very varied races ranging from fast 5K's and track events to challenging multi-terrain runs involving river crossings and plenty of mud!



We have also been represented at several international events this year with Claire Howard partaking in the **Paris Marathon**, Dave Spencer in the **Larnaca Half Marathon** and not forgetting Mike Bryant, Richard Hudson, Ken Marshall and Stuart Macgregor who have all competed in Wales.

It is pleasing to see that those efforts have been rewarded with many individual as well as team prizes being claimed as well as a couple of club records being taken.

We claimed the men's team prize at **The Wiltshire 10**, **Devizes 10K** and **Corsham St Georges 10K**. Likewise our Ladies team also claimed a prize at **Devizes**. We were the 2<sup>nd</sup> team home at **The Stickler** in October and the prize was three cheeses named after the hills climbed at the event and three bottles of ale for each of the team members!

We have entered teams in a number of relay events, the **Cotswold Way Relay** in June, **Uphill to Wells** in September, where our Ladies team retained their title and **The Wiltshire Road Relays** at Castle Combe in November, where we had further success more of which you can read about in the article in this edition.

Previous club records have fallen for the mile, 5K and Half Marathon distances. Tom Fisher raising the bar for the 5K and Half Marathon distances whilst newcomer Dan Woolford set the new mile record.

By the time this edition of the Valley News is published the race series and club championship will have been decided and the winners will be looking forward to the presentation evening which will be held on Saturday 21<sup>st</sup> January 2012. Venue to be confirmed but please put the date in your 2012 diary.

We have also seen the launch of a local Parkrun in Trowbridge which has a varied turn out each Saturday morning and is well supported by the club.

We still maintain three club training nights each week and following a brief drop in numbers at the Melksham sessions on a Wednesday it is good to see that Run Leader, Tammy Phillips 'Slow but Social' sessions are gaining in numbers once more.

All in all a busy year and so on behalf of the committee may I wish you a very Happy Christmas and a prosperous New Year and don't forget that you can work off that excess of Xmas calories at this year's Boxing Day 5K which, with weather permitting, will be run on its usual route commencing at 11:30 at Hilperon Social Club, Trowbridge. – We look forward to seeing *yule* there!

## Wiltshire Road Relays

Not being the greatest fan of running round race tracks having previously partaken in a rather wet and dismal 10K round Silverstone some years ago, I reluctantly agreed to enter a Vet 40 team in the Wiltshire Road Relays held at Castle Combe race circuit on 6<sup>th</sup> November. To my delight I managed to muster up a team which looked fairly useful (discounting myself) and it looked like we were at least in with a chance of claiming a prize.



Brett Flook chases down a Chippenham Harrier whilst negotiating Bobbies corner

Brett Flook was first to lead us out and upon the first handover we were the second Vet 40 team so things looked good. I then took over and ran a reasonable time of 22:25 and the gap was closing on our closest rivals Chippenham Harriers. James Hart then took the baton and blitzed round in 21:29 before handing over to Warren Wade who put in a magnificent effort and ran 20:52 to put us top of category!

A great team effort and I was glad that I did enter in the end and many thanks to Brett, James and Warren for agreeing to be part of the team.



Richard Morgetroyd sets off on leg 2 with determination

James Hart hands over to Warren Wade for the final leg – right and far right Warren looks relieved to have crossed the finish line!



Other AVR teams who also claimed prizes were the Ladies Vet 40 and Vet 50 teams consisting of Jo Mumford, Jackie Rockliffe & Rachel Bown and Rosemary Barber, Karen Butler & Sue Macgregor respectively.

Our Junior team were placed second in their category, the team were Cameron Price, Holly Newman, Rory Tucker and Alex Tucker.

The fastest time of the day was run by Tom Fisher in 18:41 for the 3.7 mile course distance.

**Richard Morgetroyd**



## Over The Hills

Over three hundred runners lined up in Barton Farm Country Park for the Over the Hills multi-terrain race organised by Avon Valley Runners. The 12-kilometre course takes in some of the most technical terrain in the area as it takes runners along the trails around Bradford on Avon, Avoncliff, Freshford, Westwood and also presents a crossing through the River Frome at Iford.



Leading from the start, Tom Fisher claimed his third consecutive victory at the event recording a time of 43:33, just ahead of Rob Whalley from Bristol & West AC and Alec Woods of Team Bath who led his club mates, Barry Awan, Niall Urquhart and Nick Parry to the team title ahead of Chippenham Harriers.

Pictured left is Tom Fisher splashing his way to the finish. Photo courtesy of Charles Whitton Photography.

Right: AVR Dave Spencer leads a Corsham Runner and was eventually to take 4<sup>th</sup> place in the race.



In the Ladies race Lucy Aukett of North London's Shaftesbury Barnet Athletics Club won in a time of 54:55 ahead of Team Bath's Renee McGregor and Michelle Maxwell of Chippenham Harriers.



Other prize winners: 1<sup>st</sup> MV40 – Shane Bird of Somer AC; 1<sup>st</sup> MV45 – Stephen Goulding of Swindon Harriers; 1<sup>st</sup> MV50 – Martin Chorley of Warminster Running Club; 1<sup>st</sup> MV55 – Brian Gardner of Swindon Harriers; 1<sup>st</sup> MV60 – Terry Welch of Bitton Road Runners; 1<sup>st</sup> FV40 – Sarah-Jordan-Whittaker of Gillingham Trotters; 1<sup>st</sup> FV45 – Mandy Spedding – Hogweed Trotters; 1<sup>st</sup> FV50 – Yvonne Cox; 1<sup>st</sup> FV55 – Catherine Fagg of Town & Country Harriers; 1<sup>st</sup> FV60 – Allison Lucas of Kingswood Tri Club.

Pictured left is Mel Nicholls in jubilant mood heading for the finish line and our 1<sup>st</sup> Lady runner home.

## Election Time



It's approaching that time of year when you have the opportunity to influence the democratic running of the club, through the election of officers and voting on new club business. The Annual General Meeting of Avon Valley Runners is to be held on the evening of Thursday 12th January after training in Bradford on Avon at the Bradford Club on Market Street.

After five years at the helm of the club as Honorary Secretary and a few more before that as club captain, I have decided leave the committee in January to concentrate on my new role as the Wiltshire Road Running Secretary, this leaves the position of Honorary Secretary vacant. I am therefore looking to receive nominations in writing for the following positions by Thursday 5<sup>th</sup> January:

- **Chairman**- to chair our monthly committee meetings, currently fulfilled by Andrew Hoddinott.
- **Vice-Chairman**– to support the Chairman, currently fulfilled by Julia Drewitt.
- **Honorary Secretary** – to manage the clubs affairs, currently fulfilled by Darren Wrintmore and ably supported by Sean & Fiona Price.
- **Assistant Secretary** – to minute our monthly meetings, currently fulfilled by Julie Green.
- **Treasurer**- currently fulfilled by Liz Gard who controls the financial status of the club.
- **Road Secretary** – this is a new committee role replacing that of Club Captain and will be responsible for focussing club support on road events *e.g. Wiltshire Race League, Highworth Half & other Road Relays*, and the appointing of captains where appropriate.
- **Off-Road Secretary** - this is a new committee role replacing that of Club Captain and will be responsible for focussing club support on Off-Road and XC events *e.g. Wiltshire XC Championships, Gloucester XC League, Cotswold Relay, Uphill to Wells & Badminton Horseless Trials*, and the appointing of captains where appropriate.
- **Membership Secretary** – this is another new committee role and is required to maintain the list of members and ensure that affiliations with England Athletics and DB Max are current.
- **Committee Members** – to represent the views of club members at the monthly committee meetings. Currently Sue MacGregor, Tina Vivian, Mike Pace & Liz Clark perform this vital role.

Any new business for discussion at the AGM must also be received in writing by the Honorary Secretary at [avonvalleyrunners@yahoo.co.uk](mailto:avonvalleyrunners@yahoo.co.uk) no later than Thursday 5<sup>th</sup> January 2012.

**Darren Wrintmore**  
Honorary Secretary



## Virgin London Marathon - Sponsorship Appeal

Tim Lowrie put his name in the hat for the club draw for a place at next year's London Marathon but unfortunately was not chosen as one of the lucky three. Not to be deterred by this set back Tim's determination to run London in 2012 has led him to obtain entry via a charity place.

Tim will be running for **VICTA**, a charity which helps visually impaired children and he has pledged he will raise the sum of £1200.00. He would very much appreciate it if you could visit his sponsorship page at <http://uk.virginmoneygiving.com/tlowrie> and help him along the way to his fund raising goal.

Pictured right is Tim at this year's Bristol Half Marathon. He's looking forward to training for the bigger distance over the winter months.



## All Those Years Ago

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

<p><b>2006:</b> 54 Club members turned out for the <b>Boxing Day 5K</b> with Mike Bryant leading the runners home in a time of 16:58.</p> <p>Alistair Bartlett was keen to end his year with one last multi-terrain 10K before 2007 was chimed in, he completed the <b>Somerly 10K</b> in 37:58 on the 31<sup>st</sup> December and was placed 9<sup>th</sup> overall.</p>	<p><b>2001:</b> Rosemary Barber and Glyn and Susie Phillips took part in the <b>Weston Xmas Cracker 10K</b>. Rose claimed the 2<sup>nd</sup> FV50 prize and ran a time of 45:08.</p> <p>The Bromham Pudding Run saw some fast times with Kevin Sparey the first AVR man home in 36:15. The first lady Avon Valley Runner was Linda Unsworth who completed the course in 45:39.</p>
<p><b>1996:</b> <b>The Wellington Monument</b> was conquered by three AVR members on 22<sup>nd</sup> December. Rosemary Barber, Judy &amp; Stan Farr each took home honours for 2<sup>nd</sup> Lady, 3<sup>rd</sup> Female Vet and 2<sup>nd</sup> Male Vet 60 respectively.</p>	<p><b>1986:</b> Sun lovers, the Farr's took part in the <b>Barbados 10K</b> on 6<sup>th</sup> December. Judy took the honours of being 1<sup>st</sup> Vet in a time of 44:29. Stan wasn't far behind (no pun intended) he completed the course in 44:59.</p>

## Fixtures

**Sunday, December 4<sup>th</sup> Bromham 10K 'Pudding Run'**\*\* – Greystones, Bromham @11:00

**Sunday, December 4<sup>th</sup> Santa Dash 5K** – Brokerswood Country Park @11:00

**Sunday, December 11<sup>th</sup> Tri County Cross Country Champs.** – Bath University.

Senior & vet ladies race starts @14:00.

Senior & vet mens race starts @14:30

**Sunday, December 11<sup>th</sup> Santa Dash 4K** – Yeovil College @11:00

**Monday, December 26<sup>th</sup> Stan Farr 5K** – Hilperton Social Club @11:30

**Tuesday, December 27<sup>th</sup> Warminster Plain Crazy** – Imber Road Warminster @11:00

**Sunday, January 15<sup>th</sup> Rough 'n' Tumble 10** – Milton Lilbourne Village Hall, Marlborough @11:00

**Sunday, January 15<sup>th</sup> Highworth Half Marathon** – AVR members by invitation, please see Richard Morgetroyd

**Sunday, January 29<sup>th</sup> Slaughterford 9** – Leafy Lane, Rudloe Nr Corsham @9:50

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

*Don't forget that the Southwick Parkrun is being run throughout December including Christmas Eve and New Years Eve.*

# Christmas Socials in The Valley



There are a bumper number of social gatherings this yuletide for our members from a proper posh do at the Barge Inn at Bradford On Avon to a jog round Melksham heading for The Pilot for a pickled egg and a pint of egg nog twixt a *monster* night out in Trowbridge. So there's bound to be something to appeal to all age ranges and tastes!

The dates set for these events are:

Thursday 15<sup>th</sup> December Barge Inn Bradford 20:30 following club run. Numbers are limited to 30 for this; if you would like to attend please let Kathy Kinsey know ASAP.

Pictured left is a classy lady enjoying a beer in a bar in Bradford

The Trowbridge big night out will be held on Friday 16<sup>th</sup> December. Revellers are advised to meet at the Kings Arms from 19:00. Further imbibing will be carried out at Lloyds No.1 Bar (The Albany Palace) following this perhaps a small celebratory dance and some hugging may occur.

For those who like to keep it tight there will be a run round the Christmas lights in Melksham on Wednesday 21<sup>st</sup> December commencing at 19:00 at Christie Miller sports centre. Santa outfits, reindeer antlers and tinsel are essential running wear for this event; we will then converge on the Pilot at Bowerhill for some post run re-hydration and Christmas cracker pulling.



A Trowbridge reveller yesterday



Melksham Christmas lights running team 2009, prior to the trip to the pub!



AVR head coach Alan Hayes wants you to enjoy the season's revelry safely and responsibly. Be sensible otherwise you might not get any pressies! – You've been warned.



## *Where in the Valley?*

We thought that the picture in the October edition of the Valley News for our new *Where in the Valley* feature would be a nice easy one, but we still managed to get a few wrong answers. However well done to Bob Washbourne, Joyce Field & Rosemary Barber who correctly identified the location as being the memorial bench to our founder member and long standing Secretary Ian “Stan” Farr at Elbow bridge on the towpath of the Kennet & Avon canal between Avoncliff and Dundas.



Above is a close up of the plaque on the bench at Elbow Bridge.

This month we will take you up the other end of the Valley....



But where is it?

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



