



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#132 – February 2012



Meet the Committee

January 12th saw the 2012 Avon Valley Runners committee sworn into office at the Bradford on Avon Club. These individuals will be the driving force behind the club's activities for the next twelve months. Some old hands have been re-elected but there are also some new faces.

In the big chair presiding over all the big decisions is Andrew Hoddinott as club chairman with Mike Pace as his deputy. Assistant and Honorary Secretary roles are being fulfilled by Sean and Fiona Price respectively. Honorary Treasurer is once again Liz Gard.

The new positions of Road Secretary and Off-Road Secretary go to Warren Wade and Anthony Hickson respectively and also new to the committee this year is Tim Lowrie who has taken on the role of Membership Secretary.

Ordinary Committee Members for this year are Tina Vivian, Sue MacGregor, Tina Towler, Linda Ladner, Tammy Phillips, Julia Drewitt and Jules Green.

I'm sure you'll join me in wishing the committee all the best in their endeavours in steering the club to further greatness over the next twelve months. Remember they do it for free and to make a difference to the club we all love but if you have any suggestions or items you would like to be raised at any of the monthly meetings please contact one of the committee members, they really are a friendly bunch!



Happy in their work, the 2012 committee are from left to right: Andrew Hoddinott, Sean Price, Warren Wade, Mike Pace, Tim Lowrie, Tina Vivian, Jules Green, Linda Ladner, Anthony Hickson and Fiona Price.

Pictured separately below are those members of the committee who were either too shy to line up on the evening or were not in attendance but had a note of absence from their parent/guardian.

From left to right are: Julia Drewitt, Tina Towler, Sue MacGregor and Tammy Phillips. Pictured below these four is purse string holder Liz Gard.



Highworth Half Marathon

Whilst several of the membership was tackling the Rough 'n' Tumble and the rest of you were having a relaxing Sunday with the papers and a lunchtime pint, a team of 9 Avon Valley Runners took part in this year's invitational Highworth Half Marathon near Swindon. The route has a challenging mix of hills especially in the final miles but the team rose to the challenge and tackled the course with some very good times and some spirited finishes with sprints to the line against fellow competitors.

Michael Towler was our first runner home in 2nd place overall in a time of 1:13:18, behind him was Warren Wade who took 18th position in 1:22:55. Carl Davies was next home re-discovering his form and took 24th place in a time of 1:24:17 just ahead of Richard Morgetroyd who took 25th place in 1:24:37. Thomas Coney was next in 34th place with a time of 1:27:48. Tim Lowrie claimed a new PB for the distance and used the event as a bit of London Marathon training, he was 50th in a time of 1:32:08.

Our lady entrants were led home by Claire Howard who claimed 66th position in 1:36:22, Rebekah Scott was in 108th position 1:43:33 and exactly a minute behind her also with a new PB despite a niggling knee injury was Sarah Jewers taking 115th place in a time of 1:44:33.

Our qualifying points score was 135 and this ensured a very credible 5th position against some very strong opposition from the 15 teams which took part.

Well done Team AVR!

Unfortunately I don't have a picture of the team as we were a bit busy.... But here is a picture of the Freke Arms which is on the run route and marks the start of the last drag uphill to the finish, a sure fire way of increasing ones lactate threshold! – Might be nice to drop in one day and sample some of their specialist ales to replace some of those vital electrolytes.



Richard Morgetroyd (Highworth Half Team Coordinator)

Rabbit on the Road



This is the section of the Valley News where newly elected Road Race Secretary Warren Wade discusses his hopes and ambitions for the club in road race events for the forthcoming month.

This month Warren reports that we have a busy time ahead regarding road races as the inaugural Wiltshire Athletics Association Race League kicks off and encourages all AVR members to partake in this league as it is also coincident with the club race series for 2012.

The first of these races is the Longleat 10K which takes place on Sunday 5th February. It's quite a tough course but lovely and scenic and also great for spectators as the route involves a figure of eight which takes you through Longleat House grounds twice, but don't worry they keep the lions locked up!

A map of the course can be found here: <http://www.gmap-pedometer.com/?r=4657669>

Entry is £15.00 online entries attract a £2.00 supplement.

Here is a link to the online entry form: <https://209.entry-systems.co.uk/enter/longleat-10km-2012>

The second race which we would like a good AVR presence at is the Wiltshire 10 on Sunday 12th February which is an ideal race for those building up to the Bath Half marathon.

It's a 10 mile road race starting from the King George V Playing Fields in Melksham and loops around the historic village of Lacock before following the River Avon back to the finish in Melksham.

A map of the course can be found here: <http://www.mapmyrun.com/routes/view/21930096>

Cost of entry is £12.00 or £14.00 if you enter online.

Online entry: <http://www.runnersworld.co.uk/events/registrationinfo.asp?sp=&v=2&EN=65644&ms=>

Two other road races for your diaries are:

The Calne SMarTT Smasher 10K on Sunday 19th February. This event is a flat multi-terrain race along the picturesque national cycle network.

Cost of entry is £9.00 in advance and £11.00 on the day.

Details and entry form can be found here: <http://www.calnesmartt.co.uk/>

The TBAS Castle Combe 'Chilly' 10K takes place on Sunday 26th February. This is an officially measured 10K run over a flat smooth surface on the famous Castle Combe race circuit.

Entries are £13.00 in advance, £14.00 on the day.

For more details see: http://www.dbmax.co.uk/store/event_info/11

Looking further ahead, the 2nd event in the WAA Race League is the Devizes 10K on Sunday March 4th which takes place at 11:00 from Devizes Football Club. Entry is £8.00 in advance and £9.00 on the day.

Further details can be found at: <http://www.devizesrunningclub.org.uk/home.asp>

The Runners World universal entry form can be used and is at:

<http://www.runnersworld.co.uk/events/raceentryform.pdf>

Cheques payable to Devizes Running Club send entries to:

Race Secretary
37 Green Lane
Devizes
SN10 5BL

As always if you can car-share to events that would be great, especially with fuel prices as high as they are and some events having limited parking.

Look forward to seeing you at a race event soon!

Warren Wade (Road Race Secretary)

Hicks in the Sticks



This is the new regular feature where your Off Road Secretary Anthony Hickson shares his views on upcoming off road race events.

Anthony's aim is to encourage as many AVR members to run in the same race as each other, each time, as it creates better team/club spirit.

AVR members who are keen on getting dirty and wet, are advised to get their entries in for the following forthcoming events:

The Mayhill Massacre 9 takes place on Sunday 5th February. Unfortunately the date has passed for pre-race entries but entries on the day are available. Registration, start and finish are at The Seed Beds, Newent Lane Huntley, Gloucestershire GL19 3HG. The race starts at 11:00. Details at: https://www.blacksheepsportsltd.co.uk/may_hill_massacre.html

The Dursley Dozen is to be held on Sunday 12th February commencing at 10:30 from Dursley Sports Hall, Kingshill, Dursley, Gloucestershire GL11 4BX. Pre-race entries only and the cost is £10.00, the cut off date for entries is 6th February.

Entry forms can be found here: <http://dursleyac.org.uk/documents/dozenentry2012.pdf>

An event popular with AVR members is the Pewsey Terminator, this year's event will take place on Sunday 26th February at 10:30 from Pewsey Vale School. Entries are £12.00 and an entry form can be found at: http://pewseyvalerunningclub.org/docs/terminator_2012_entry_form.pdf

Sunday 11th March sees this year's Great Western 10K which is run from Leweston School, Sherborne, Dorset. Entries are £8.00 if pre-entered or £10.00 on the day. Further details can be found at: <http://www.yeoviltownrrc.com/greatwesten10k.html>

On Sunday 18th March we have the Chedworth Roman Trail event which is a demanding 10 mile multi-terrain race set in scenic Cotswold countryside. It is organised by Cirencester Athletic Club and will start at 10:00 from Chedworth Village Hall. Online entry forms can be found at: <http://www.cirencester-ac.org.uk/pdf/ROMAN%20TRAIL%20ENTRY%202012.pdf>

And finally for this month's look ahead I'd like to remind you of the National Vets Cross Country Championships which will be held at Bath University on Sunday 25th March. The ladies race commences at 12:00 and covers a distance of 6Km with the men's race to follow at 13:00 covers a distance of 8Km. Entry forms can be found at: <http://www.bvaf.org.uk/fix/bmaf2012xc-entry.pdf>

It would be really good to see a strong AVR presence at these events and I look forward to seeing you soon and hearing all about your off road racing.

Anthony Hickson (Off Road Race Secretary)

Pacing at Parkrun

To commemorate the 21st running of the Southwick Country Parkrun newly elected AVR committee members and parkrun organisers, Sean and Fiona Price thought it would be a good idea to have some pace runners for other entrants to follow in order to improve their times. As Avon Valley Runners have a close affiliation with this event the pace runners were all members of the club.

The pace times ranged from 20 minutes to 35 minutes in 1 minute increments and each pacer adorned on their back their selected finish time. Following a pre-race briefing from Sean Price and Chris Atkinson we were led to the start where fellow runners were encouraged to line up with the AVR pacers which best matched their aspired finish time. The pacers all wore GPS type devices in order to help maintain a consistent and accurate pace; however Chris Atkinson was also on hand around the course with a good old fashioned stop watch to let us know whether or not we were on target and to shout encouragement.



Warren Wade demonstrates a sub 20 minute 5K pace

The event was a success as not only was there a record attendance of 129 participants completing the run but 35 new personal best times were set. Although some individuals did not achieve their goal despite our best efforts including our very own Darren Wrintmore who by his own admission was having a bit of an off day but his mood was soon lightened by being awarded a spot prize of a free entry into the Devizes 10K!



Whilst James Brett discusses the relative merits of a sub 7:20 minute mile with Julia Green



“Eee come and sniff me fingers!” exclaims Carl Davies to the Lady in black. A rather unorthodox method of running inspiration, but seemingly nonetheless effective.



The happy half hour crew with Andrew Hoddinott

All Those Years Ago

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

<p>2007: The Terminator at Pewsey was tackled by nine Avon Valley Runners with Doug Barber being the first club member home in a time of 1:32:18. It was a close run thing as Mike Pace was only 28 seconds behind Doug to claim 54th place in the race.</p> <p>For the ladies, Sue MacGregor came home in 1:58:04.</p>	<p>2002: Hertfordshire was calling to Derek Jarvis who took part in the Watford Half Marathon. He completed the course in 1:44:54.</p> <p>Brett Flook scored a PB at the Bourton 10K race. He was 26th overall in a time of 34:36.</p> <p>Kevin Sparey was 3rd MV40 at the Babcary Road Race he covered the 7.5 mile course in a time of 44:13.</p>
<p>1997: A trip to Wales was on the cards for 11 members of the club as they took part in the Cardiff 20 mile race. Martin Connor was the first of the team home in 24th place overall in a time of 2:11:22.</p>	<p>1987: Darren Wrintmore joined Avon Valley Runners and marked the occasion by finishing 2nd in the Sutton Benger 5 and the following day again finished second, this time at the Box Highlands 3.</p>

Olympic Events

In this significant Olympic year it won't have escaped your notice that many events are being held on the run up to the games. The Wiltshire area will not miss out on these and the Valley News aims to keep the membership up to date on events which may appeal or we are taking part in.

For this month we have been advised by the curator of the Trowbridge Museum that from Saturday 11th February until Saturday 21st April the museum will be having an exhibition of Trowbridge sporting heroes and a history of the Olympics. Opening times are Tuesday – Friday 10:00 until 16:00 and Saturdays 10:00 until 16:30.

The museum is located in The Shires, Court Street, Trowbridge, BA14 8AT.

AVR Communications

Some changes are being made to the method of communicating news and details of races and other items which are of interest to club members. A summary of the communication tools being used and sources of information are as follows:

- ✓ **E-news** – In 2012 the Valley News will continue to be published on the 1st of each month. If anything more urgent crops up you will receive and email from Fiona and Sean Price re: committee meetings and admin, chasing up of subscriptions, etc. This will be sent out on the 8th of the month. On the 15th Warren will send out details of any imminent road races and the specific logistics relating to them. Anthony will do likewise for off road races on the 22nd of each month.
- ✓ **AVR Website** – No real change here but for other race details, results, championship and race series standings and lots more info go to: <http://www.avonvalleyrunners.org.uk/>
- ✓ **AVR Facebook page** – If you enjoy chatting about running and finding out what people are thinking then join the Avon Valley Runners Facebook page. It can be found by following this link: <http://www.facebook.com/#!/groups/21164262450> Facebook is a great resource for the membership to talk about races, training and anything else AVR related. You may even find a fellow member to train with!

Where in the Valley?

Well I thought it was another easy one last month but we only had two correct answers. Tony Dunford correctly identified the picture as being the centre arch of the packhorse bridge in Barton Farm Country Park, Bradford on Avon. So too did Brian Gibbs of Corsham Running Club who also added that there is another of his geo-caches nearby (more on the pastime of geo-caching in a future edition).

This month the picture is taken on the route of one of our summer runs and halts progress down the wrong path.



Answers to news@avonvalleyrunners.org.uk

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

Member Profile – Tammy Phillips

Date of Birth:	I turn 40 this year!	Residence:	Trowbridge
Height:	5' 4"	Occupation:	Civil Servant
Weight:	You can't ask me that!	Shoes:	Currently Adidas but switching to Asics
PBs:	5K: 27 mins – AVR 5K Time Trials	10K:	60 mins – Trowbridge 10K

During my school years I was always more a team sport player rather than an athlete and then through my 20s and 30s I just attended gym classes in an effort to keep fit. But then in 2009 when we booked our family holiday I decided I was going to try cross country skiing instead of the normal downhill. After enough work colleageaes telling me that I would need to be really fit to be able to cope with the week, I thought I had to improve my fitness levels so I tried running on the treadmill at the gym. Unfortunately this didn't really seem to work, so when a colleague mentioned that a beginners running group was starting at Christie Miller it seemed like an ideal opportunity to improve my fitness in a structured environment.

The aim had been to be able to run 3 miles by the end of the 8 week course. Building up our distance each week, we were supported by some wonderful coaches and our group all managed to complete the course and the added bonuses for me were that I'd started to change shape (in a good way) and that I'd made some new friends that all seemed motivated to get fitter. At the end of the 8 week course we all signed up as AVR members and continued improving throughout the Winter. Our small circle of runners that formed as part of the beginners group have continued to run with AVR and most have competed in races of some description since then. Personally I enjoy the 5/6 mile races.

This has proven to be the most effective form of exercise for me and two and a half years on I've replaced gym classes with running as my exercise of choice. Building on this, last Autumn I attended the running leaders course which has meant that I can now lead out a Slow But Social group on a Wednesday night. Anyone wishing to improve their fitness with a friendly and supportive group should come along and give it a go – don't be intimidated by the idea that everyone is a marathon runner as we have many different levels.



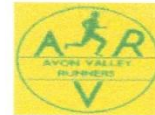
Tammy in the pink at the 2011 White Horse Gallop

Subscriptions Due

Please note that your new Membership Secretary Tim Lowrie, will from now on take your membership form and cheque payments, his address can be found at the bottom of the application form below. Tim requests that in order to ensure he has correct and up to date details that all members fill out the membership application form and submit with their remittance.



Avon Valley Runners Membership Application



Name in Full:

Postal Address:

Date of Birth: **Sex:** Male / Female

Telephone No:

Email Address:

Competitive: **YES / NO** **EA Registration Number:**
Delete as applicable

**If Member of any other Athletic Clubs
Please give names and claim:**
Delete as applicable: First Claim / Second Claim

Declaration: *I hereby apply to join Avon Valley Runners. I agree that my membership is subject to the club constitution and the rules of the affiliating bodies.*

Signature:
Date:

Subscriptions:

Senior (over 18 years) Membership - **EA Competitive/Non-Competitive £20 / £15**
Junior / Student Membership - **EA Competitive/Non-Competitive £10 / £5**

Notes:

- *The First Year's Subscription must accompany this form otherwise the application cannot be entertained.*
- *Membership shall run from the date of application until the 31st December.*
- *Competitive runners wishing to join Avon Valley Runners as a second claim club may elect to do so as a non-competitive member.*
- *Please make cheques payable to 'Avon Valley Runners'*

Please return this form with the appropriate subscription fee to:

**Membership Secretary
12 Springfield Close
Trowbridge
BA14 8TB**

www.avonvalleyrunners.org.uk

avonvalleyrunners@yahoo.co.uk