



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#133 – March 2012



Longleat 10K

The season opening club race series event and inaugural Wiltshire race league event took place on Sunday 5th February and I for one was concerned that the event may have been postponed due to snow, not that unusual for this particular race as three years ago a blanket of snow delayed the event for several weeks. However despite the overnight snow eight hundred runners braved the cold to take part in the Longleat 10K organised by 2:09 Events.



Looking fresh. Some of the team before the race.



2nd Placed Mike Towler

The valley was well represented with 28 members taking part. Our first runner home was Michael Towler in 2nd place overall in a time of 35:52 behind race winner Will Christofi from rival club Bristol & West AC. Also featuring in the top ten runners home was Warren Wade in 9th place in a time of 38:57.

There was also a close fought battle between returning to form Carl Davies and Joby Hobbs with only four seconds separating the pair. Joby managed to just get the edge however to claim 14th position.

First for our ladies team was Fiona Price in a time of 45:34 to be in the top 100 runner's home ahead of Jill Westwood, Ali Atkinson, Tina Towler, Helen Maria and Karel Royle.

As this was a race league event the local club entry was high and the AVR teams scored highly but couldn't quite put us in top position of the men's table. Our A & B men's teams are 2nd and 3rd respectively behind Chippenham Harriers 'A' who managed to claim 1 more point for the top spot. It's a different story for the ladies A team however; as they are at the top of their table ahead of Salisbury A & RC. The ladies B team have some catching up to do though as they are in 9th position.

Don't forget that the next race series and league event is the Devizes 10K on Sunday 4th March.



Right: Carl gets some aerial lift following application of the boost function on his new gadget watch but much to his detriment as Joby gets ahead.

Longleat 10K



Dave Marrot and Tim Lowrie really love this guy's Tiger Feet but can't quite catch him as he skips to the line to the sweet sounds of Mud...



Fiona Price, 1st in for the AVR ladies

Joby and Carl discuss this year's fashions on the way back to the car

Tina Towler on her way to 17 race series points

Street 5K

Tony Royle, Warren Wade, Jules Green and Sean & Fiona Price braved sub zero temperatures and headed out for an evening race organised by Wells City Harriers, the Street 5K on Wednesday 8th February. Jules, suffering with an ankle injury stood on the sidelines and offered great support to the other participants cheering each time a club member came by on the 5 x 1K circuit road course.

The field was very strong with over 11% finishing in less than 18 minutes. Warren was our first runner home in 18:12 to claim 12th position overall. Fiona was next in 20:51 and claimed the FV35+ prize. Tony Royle put in a seasonal best time of 22:51 to claim fourth spot in the MV60 category. Sean was disappointed with his time of 23:37 being 30 seconds off his target time for the evening, but strangely was to be given the same running number as that he wore at Longleat 10K the previous Sunday.

The next Street 5K, if you can tolerate a 1 hour drive each way for a 5K run is on Wednesday 14th March. There is an entry fee of £5.00 – This ain't no Parkrun freebie!

If you fancy going then please contact Sean and Fiona Price who will try to arrange transport.



Lambrini girls just wanna have fun. Fiona with her prize

Wiltshire 10

Nearly three hundred runners lined up in Melksham for the second running of the Wiltshire Times sponsored Wiltshire 10-mile road race. The scenic course proceeds out of the town on the Calne Road before heading on to Lacock for a loop around the historic village then heads back into Melksham before finishing alongside the river Avon at the King George V Playing Fields. Salisbury A&RC athlete Simon Plummer claimed victory for a second time as did GB international Holly Rush of Team Bath AC for the women's race.

The club was well represented with 33 members crossing the finish line. Michael Towler was just off the podium in 4th place; however the vet 60 titles did go to AVR members with Bernie Hobbs claiming the men's prize and Rosemary Barber for the ladies.

Right: Rosemary Barber on her way to FV60 glory, whilst pictured left Sean Butler edges a lead on a chap who seems to be losing his shorts.



Julia Drewitt and Sarah Jewers encourage the last runner home Warren dances his way to the finish, firstly doing the Lambeth Walk, Oi! Before turning it into the Funky Chicken

Hares on the Highway



Greetings pavement pounders!

Spring is in the air already and we've seen fantastic AVR attendances at two of the biggest local road races so far this year, 27 of us at the Longleat 10k and an amazing 33 of us at the non-league Wiltshire 10!

Well done to all who took part in those events, we faced some very tough competition at both with Chippenham Harriers just pipping us at Longleat and Team Bath dominating the Wiltshire 10.

Our next opportunity to show the opposition what we're made of is the Devizes 10k on Sunday 4th March. It's the second event in the Wiltshire race league so it would be great to see as many of you there as possible. Postal entries are now closed but you can still enter on the day at the race HQ at Devizes football club.

The following weekend is the Bath Half marathon and many of you will be running it, so it would be great to meet near the Dorothy House tent in the runner's village for a pre-race chat and a photo shoot and if you fancy some post-race hydration we'll be popping into the Huntsman near Bath Abbey afterwards. Supporters are also most welcome.

Another non-league race which may be of interest is the Calne Clock Change Challenge 10K on March 25th. It's an out and back route along quiet country lanes with an organised aerobic warm up before the start. Details can be found at <http://www.calneleisure.co.uk/events.html>

Coming up next month we have The Frenchay 10K on Sunday April 15th which is one of the country's oldest 10K events. First held in 1980, the race was conceived with the joint purpose of staging a well-organised run for serious runners and beginners' alike and raising money for local charities. Entries are £10.00 and the deadline for postal submissions is 7th April. Entries on the day are available at £15.00. Details can be found at <http://www.frenchay10k.co.uk/index.htm>

Race number 3 in the Wiltshire Race League is the Corsham St George's day 10k on Sunday 22nd April. The mostly flat course lends itself to some fast times but also has a cheeky little hill back to the finish line. Entries are £10.00 in advance and £11.00 on the day.

Postal entry form: http://www.corshamrunningclub.co.uk/St_Georges_10K_%20Entry_Form_2012.pdf

Online entries attract a £1.00 surcharge, follow this link if you prefer this method:

<http://www.fullonsport.co.uk/fos/index.php?module=events&action=profile&eventId=3049>

For those of you planning to run the Bristol Half Marathon on Sunday Sept 30th the organisers are offering discounts for block club bookings.

The discount levels are:

Buy 10 places @£31 and claim 25% discount

Buy 15 places @£31 and claim 30% discount

Buy 20 places @£31 and claim 35% discount

If you're planning on entering please email me at roadrace@avonvalleyrunners.org.uk expressing your interest or visit the AVR facebook page and reply to the post on there. We will need firm commitment on this as the club has to pay for the places.

Look out for my next road race E-news update on the 15th of March.

Warren Wade (Road Race Secretary)

Hicks in the Sticks



Anthony advises this month that you ought to get down and dirty at the following events in order to improve club spirit and to promote Avon Valley Runners reputation.

Sunday 11th March: The Great Western 10K. This event starts 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>

Saturday 17th March: Spirthill Trail Race Calne. A 10.5Km cross country event taking in open fields, trails, woodland and water crossings! Cost is £10.50 for club affiliated runners. Details are at: <http://www.spirthilltrail.uk.com/>

This event will form part of the new off road race series which is still being formalised as the news went to press; however thus far confirmed details on the format of the race series can be found at the bottom of this page.

Sunday 18th March: 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>

Sunday 25th March: National Vets Cross Country Championships Bath University. The ladies race commences at 12:00 and covers a distance of 6Km with the men's race to follow at 13:00 which covers a distance of 8Km. Entry forms can be found at: <http://www.bvaf.org.uk/fix/bmaf2012xc-entry.pdf>

Sunday 1st April: Trowbridge Lions 10K. Marshalls are also sought if you don't fancy running this one.

Need something for the Easter weekend other than a trip to the tip or a DIY store? – Then may I recommend that you try beating the egg at Stourhead on Saturday 7th April. Following this you could always try the Hanham Horror on Sunday 8th April and before you know it's back to work again and nil DIY completed! For these events check out <http://ecofitnessevents.files.wordpress.com/2011/12/beat-the-egg-poster.pdf> and <http://www.bittonroadrunners.co.uk/events/horror.asp>

Sunday 22nd April: Offa's Orror, a 20K multi-terrain race on the Welsh/English border organised by Chepstow Harriers. Details at <http://www.chepstowharriers.org.uk/offa.htm>

Sunday 29th April: The Bluebell Race, a 12K meander through the spring flowers at Collingbourne Ducis, near Pewsey organised by Pewsey Vale Running Club http://pewseyvalerunningclub.org/races_10k.aspx

Why not celebrate Star Wars day with a 10K run along the Towpath in Bristol? – Friday May the 4th sees the start of the Great Western Runners 2012 Towpath Race Series. Entries can be found at <http://www.sportsystems.co.uk/ss/event/GWRTowpathSeries1>

Stop Press, Off Road Race Series

We have decided to change the previous format of this championship with only nominated races being eligible, **not any and every** off road race as in previous years, in order to encourage members to participate in the same events. We are trying to avoid clashes with the Road Race Series and events organised or partly organised by AVR.

The full list of events will be published in the April edition of the Valley News and as soon as possible on the web site. They will also be included in the Off Road Race Secretary's E-news on 22nd March.

Anthony Hickson (Off Road Race Secretary)

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

All Those Years Ago

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

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| <p>2007: A Roman Holiday was not on the minds of two intrepid AVR members on Sunday 18th March as they took part in the Rome Marathon and both gained new personal best times for the distance.</p> <p>Mike Maidment ran 3:20:07 and following on not too far behind was George Roberts in 3:21:52.</p> | <p>2002: AVR claimed both the men's and ladies team titles at the Imber Half Marathon on Sunday 3rd March led home by Martin Connor for the chaps and Susie Phillips for the fillies.</p> <p>Martin was the 4th runner home overall in a time of 1:23:56 and Susie was 3rd lady in 1:51:22.</p> |
| <p>1997: There was a French Connection for Bill Howsego who had a go at the Monpellier Half Marathon who unsurprisingly claimed the 1st over 70 prize in a time of 1:56:43. – I don't expect there were too many in the category but with a time like that probably led many a younger runner home!</p> | <p>1987: It was announced in the Spring edition of the Valley News that member Bill Thomas was to marry the Thursday evening post training refreshment lady, Leslie. Obviously our Bill was keen on getting his hands on more than just her <i>refreshments....</i></p> |

Forthcoming Events

Your committee members have found or are themselves organising some very exciting events for the forthcoming months ahead which you are strongly advised to add to your diary.

- ✓ Julia Drewitt is starting a power walking course of 6 week duration commencing on the 6th March at 18:30 from Trowbridge Sports Centre.
- The programme aims are to teach you how to power walk correctly, enabling you to achieve a good base fitness level on which to build. The benefits of power walking are much the same as running – calorie burn, muscle toning, core strength fitness but without the impact, making it much kinder on the knees and back.
- The course will be lead by a Level 2 coach and the sessions will be structured but social so if you or someone you know is looking to improve their base fitness then please come along.
- ✓ Sport Relief Mile takes place on Sunday 25th March. Trowbridge Park is your local venue. More details can be found at <http://my.sportrelief.com/search/event/result?id=942&location=trowbridge>
 - ✓ A beginners group commences at 19:00 on Wednesday 11th April at the Christie Miller Sports Centre in Melksham. Club Chairman Andy Hoddinott will be leading this with help from the running group leaders and coaches. Please do encourage your currently non-running friends to come along and get fit.
 - ✓ 'This club is going to the dogs!' – Friday 18th May, an AVR social trip to the greyhound racing in Swindon. Either order your tickets through the club Facebook page or email secretary@avonvalleyrunners.org.uk. Tickets are £5.00 per person which includes the cost of coach transport. There will be pickups in all four local towns. The coach will pick up in Westbury at 17:15, Trowbridge 17:45, station car park Bradford on Avon 17:55 and Melksham at 18:20. Reserve your place soon as those seats on the coach are going faster than *Mick The Miller....* 63 have expressed an interest already!

- ✓ As part of the Bradford on Avon Sports Festival, a 10K run is being organised by our friends at DBMax this will take place on Saturday 19th and then on Sunday 20th May a Sprint Triathlon will take place. Both events are at Barton Farm Country Park. Further details on both events can be found at <http://boasport.co.uk/>. The Shaw Stampede 10K organised by Avon Valley Runners is also being held on Saturday 19th May so why not run the Monster 10K in the morning and recover by marshalling at our event in the afternoon? – Please contact Darren Wrintmore if you are interested in being a marshal.
- ✓ Committee members Mike Pace, Sean Price and Fiona Price are organising a closed race entitled “The Parkrun Course Handicap” for AVR, Westbury Run England Group and Run4Fitness members only. It will take place at the Southwick Country Park at 19:00 on Tuesday 22nd May which is the same day that the Olympic torch is due to pass through Southwick.
It’s a race anyone can win! – To take part you need a Parkrun PB which will be the criteria used to calculate your handicap. No PB and you will be off scratch alongside two of our faster members, Mike Towler and Tom Fisher.
- ✓ Trowbridge Sports Festival is due to take place on Saturday 26th May in Trowbridge Park. The Parkrun torch is currently being hewed and honed and will feature as the centrepiece of the relay which will take place around the park and will be open to all. It will be between 200 – 500 metres per leg; however this is yet to be confirmed, keep an eye out for further details in a future edition of the Valley News.

Where in the Valley?

We had two correct answers to last month’s Where in the Valley, the first from Andrew Hoddinott and a late entry from Hayley Southgate who both correctly identified the location of the carved wooden sentry bear as being at the entrance to Seend Park Farm. Well done both.



On Guard!
Sentry bear at Seend Park farm prevents hapless runners from going up the tradesman’s entrance

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

Who in the Valley?

I'm going to give Where in the Valley a rest this month in favour of Who in the Valley instead. Hopefully this will encourage greater reader participation and feedback. Below is a picture of a couple of our members after seemingly imbibing one too many alcopops and letting their inner selves be expressed via the dressing up box. Can you identify who they are?



Answers to news@avonvalleyrunners.org.uk a suitable caption would be good too! – I'll publish the best next month.

Titbits

I was left with a couple of other snippets of information at the end of editing this months newsletter and couldn't quite find a category or heading in which to place them. So I let my mind wander a bit and began to think back to magazines which I remember seeing as a youth and came up with the above section header, which I think sums up these additional items quite well.

- New club vests are about to be ordered (we only have XL and size 14 left in stock) please let chairman@avonvalleyrunners.org.uk know your desired size. The new vests will be adorned with Avon Valley Runners both front and back. Cost to you is likely to be a very reasonable £20.00 but this may be reduced if a large enough order can be placed.
- Many thanks to Tony Dunford for kindly agreeing to audit the club accounts. – Good luck Tony, rumour has it Ken Dodd's former accountant did 'em last time!
- The committee are exploring the option of seeking lottery funding to help purchase a track or other similar facility that AVR can train on. Meetings have been held with Clarendon School who are enthusiastic with the proposal and are prepared to give us the land we need. Other schools and organisations contacted with the proposal are yet to respond. More details in forthcoming editions of the Valley News.