



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS

#134 – April 2012



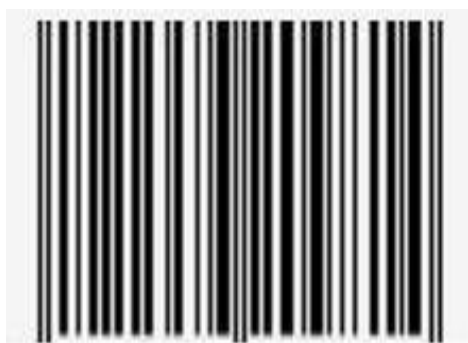
Trouble at Mill

It all started with *Trouble at Mill*, well that is what Brian Gibbs of Corsham Running Club told me that the geo-cache that he had placed nearby was called when responding to our "Where in the Valley" quiz last December. So what is a geo-cache? Well these are typically hidden containers that can be located by a set of GPS co-ordinates which can additionally be concealed behind a puzzle or a series of puzzles.

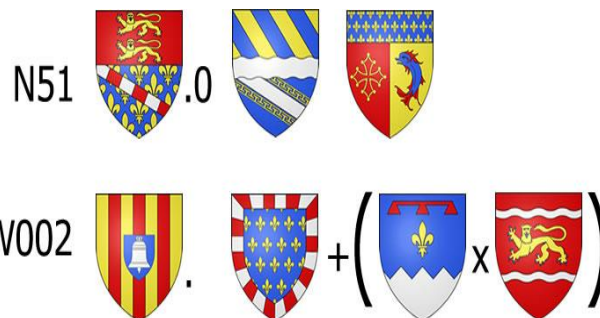
The cache itself normally takes the form of a small tupperware box or a 35mm film cannister, though I have found one hidden inside the shell of a snail - *that took some finding!* Inside the cache you will find a logbook in which to record your visit and additionally some geo-treasure – but unless you have a love of McDonald's toys or rubber gonks this is an aspect of the past time that is best left to any younger geo-cachers that might accompany you – my own children think that this is the best bit. The other more interesting thing that you can find inside a geo-cache is a Travel-Bug. These are devices which are on a mission to travel from geo-cache to geo-cache in order to accomplish a specific or not so specific task, on my first outing I found one (in Whitley) that I later discovered had originated in Luxembourg and had made it's way across Germany and France to Wiltshire. I have since released my own Travel Bug on a mission simply to travel far & wide.

So where are these geo-caches? Well as previously mentioned these are found via a set of GPS co-ordinates. So to find these co-ordinates you need to go online to www.geocaching.com where a basic membership is free and enabled me to get the co-ordinates for my first find - just 127 metres from my front door! Other caches soon followed with many being incorporated into circular routes, so my first excursion followed the "Purlpit Ring" which was for a large part the route of the **Shaw Stampede 10K**, my next was along the somewhat more imaginatively named "Bombs & Booze" around Gastard - other rings in the local area that can be followed and perhaps incorporated into a training run, include "Stans Sausage Series" at Melksham, "The Westwood Wander", "The Avoncliff Ring", "Count Katies Quavers" at Steeple Ashton, "Sharpstone Ring" and over at Westbury "Ben22" set by our very own Sean & Fiona Price!

To exercise the grey matter little further the cache owner may be cryptic with the co-ordinates and present a puzzle that can be anything from answering trivia questions, solving anagrams, resolving chemical equations or making visual observations at the listed co-ordinates to get the real geo-cache co-ordinates. Though others are way more obscure, try...

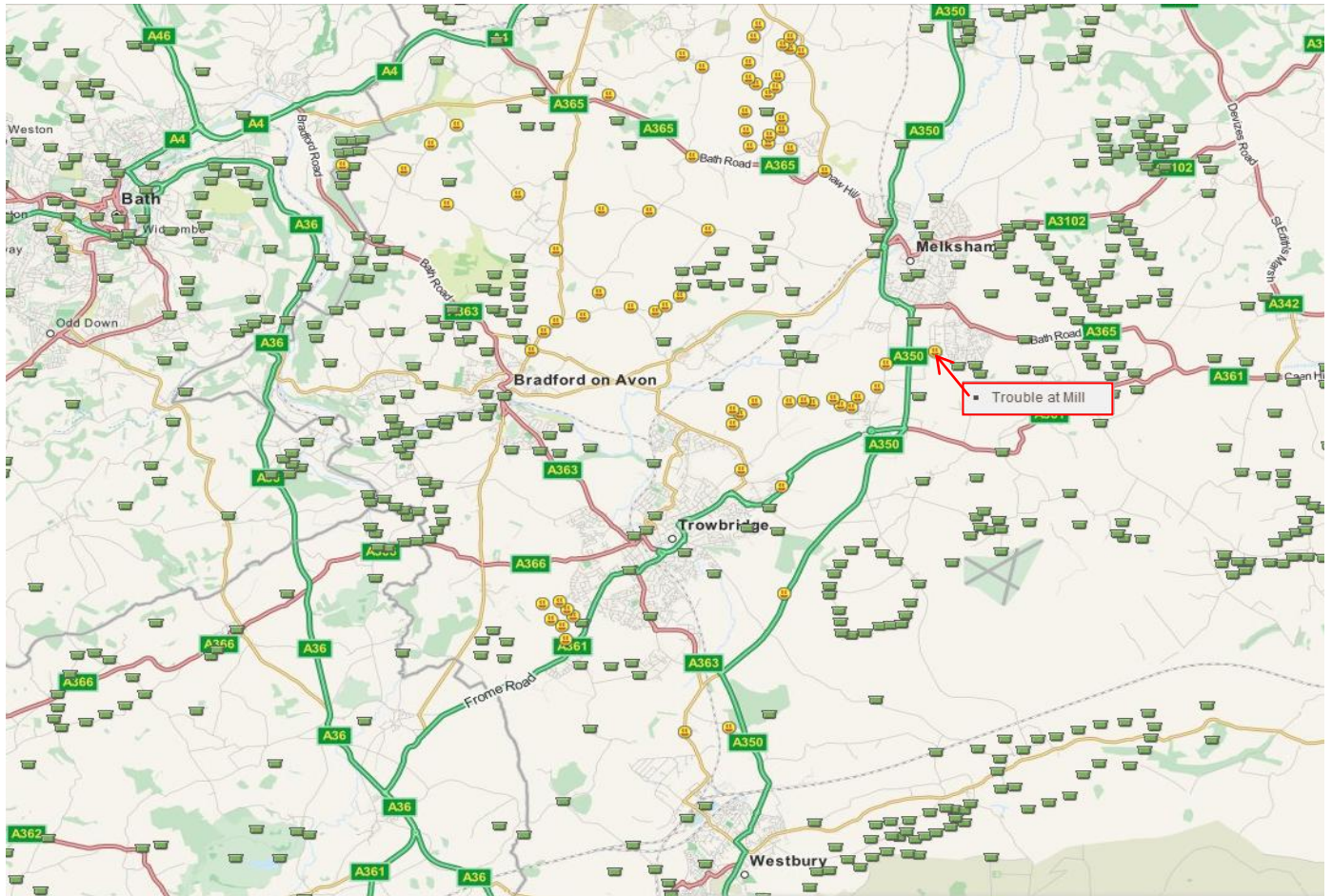


or



If anyone has any knowledge of heraldry I am struggling with the second puzzle!

So now you have the co-ordinates, how do you go about finding the geo-cache. Well the tool of the Geocachers trade is the GPS receiver. If you have a Garmin Forerunner (or similar) or even a smartphone then you have a GPS receiver into which the co-ordinates can be entered and your journey outdoors can begin. The GPS should get you within a few metres of the cache, which is now possible since the US Department of Defence switched off Selective Availability on their satellites allowing civilian GPS users to enjoy the same navigational accuracy as the military. If you fancy a bit more of a challenge, then you could always try using a map and compass, as Ordnance Survey grid references are published for most caches and this provides good practice for those aiming for the OMM or Mendip Mashup. Then when you are in the vicinity it falls to your eyes to actually find the geo-cache (this is where my kids come into their own). Another method is 'pure chance' – Richard Morgetroyd happened across a geo-cache whilst answering the call of nature when marshalling at the White Horse Gallop trail run at Westbury a few years back.



By the time that you have read this in the Valley News I would have placed my own geo-cache, named “The Avon Valley Runner” somewhere within the Avon Valley. Log on to www.geocaching.com and try to unravel the AVR related puzzle and find the cache. The first to do so will gain a coveted “First to Find” medal and get to choose from a selection of McDonald’s toys! Happy hunting.

Darren Wrintmore (Vice-President)

Track Training Session at Bath University

On the evening of Wednesday 29th February over 30 AVR members were treated to some extra coaching at the hallowed Bath University track where some of our past, present and future Olympians have trod. Inspiration indeed and following a warm up two sets of 6 x 200m reps were tackled at what was supposed to be 10K pace; now I'm not sure if it was the springiness of the track or the fact we were on that hallowed ground and we needed to impress, but there was no way that was my 10K pace. In fact I felt the effects of it for days after with aching legs!

Coach Hod gets the assembled masses to listen carefully to his instructions – he was determined to say them only once.



A couple of cool down laps and some stretching rounded off an excellent, well organised training session. Many thanks go to Alan Hayes, Andy Hoddinott and also to Mel Nicholls who was called upon to lead some of the cool down stretches.

As the session was such a success it is intended to hold this event on the last Wednesday of each month. We meet in the reception area of the Bath University Sports Village at 18:45, adults and juniors are welcome. The cost is £3.00 for adults and £2.25 for juniors.

One Show One Thousand Mile Relay

As part of the Sport Relief charity initiative the popular BBC One evening programme 'The One Show' organised a one thousand mile relay which started on Friday 16th March taking in towns in Scotland, Northern Ireland, England and Wales before culminating in a grand finale at the Sport Relief mile at the Mall in London on Sunday 25th March.

One of our members, Rosemary Barber was lucky enough to have been one of the participants of this day and night challenge as the event swung by our part of the country. Rosemary told us that she stayed with the team in a mini bus for about 3 hours as they dropped off people to do their mile. She also reported that the leg allocated to her was unfortunately on a cheeky little hill known as Black Dog Hill near Warminster services.



Rosemary tackles mile 881 of the 1000 total for the One Show Relay

Club Records

Darren Wrintmore has kindly collated the club records for the various common race distances of between 1 mile and Marathon. It is intended that these will be published on the AVR website once they have been formally confirmed but in the meantime here is a sneaky peak to inspire you to get out training and to topple some of these long standing records.

Club Records - Men

| Distance | Runner | Time | Event | Year |
|---------------------|----------------|-------|------------------|------|
| Club Record: 1 Mile | Dan Woolford | 04:42 | Avon Valley Mile | 2011 |
| V40 | Andy Hawkins | 04:49 | Avon Valley Mile | 2007 |
| V50 | Kevin Sparey | 05:10 | Avon Valley Mile | 2006 |
| V60 | Frank Lamerton | 06:18 | Avon Valley Mile | 2010 |

| | | | | |
|-----------------|--------------|-------|----------|------|
| Club Record: 5K | Tom Fisher | 16:07 | Melksham | 2011 |
| V40 | Kevin Sparey | 16:38 | Yeovil | 2003 |
| V50 | Kevin Sparey | 16:58 | Yeovil | 2005 |
| V60 | Bernie Hobbs | 22:21 | Melksham | 2011 |

| | | | | |
|----------------------|----------------|-------|-------------------|------|
| Club Record: 5 Miles | Tom Fisher | 26:13 | Foxtrot 5 | 2010 |
| V40 | Bob Roots | 27:22 | Lockeridge | 1988 |
| V50 | Kevin Sparey | 28:32 | Weston Super-Mare | 2005 |
| V60 | Frank Lamerton | 34:13 | Foxtrot 5 | 2011 |

| | | | | |
|------------------|----------------|-------|---------|------|
| Club Record: 10K | Tom Fisher | 33:01 | Bromham | 2011 |
| V40 | Bob Roots | 33:22 | Devizes | 1986 |
| V50 | Kevin Sparey | 35:41 | Bromham | 2008 |
| V60 | Frank Lamerton | 42:31 | Calne | 2010 |

| | | | | |
|-----------------------|----------------|---------|----------|------|
| Club Record: 10 Miles | Bob Roots | 53:38 | Corsham | 1987 |
| V40 | Bob Roots | 53:38 | Corsham | 1987 |
| V50 | Kevin Sparey | 58:59 | Oldbury | 2007 |
| V60 | Frank Lamerton | 1:11:35 | Melksham | 2011 |

| | | | | |
|----------------------------|----------------|---------|----------|------|
| Club Record: Half Marathon | Tom Fisher | 1:12:53 | Bath | 2011 |
| V40 | Tim Northwood | 1:15:51 | Ranelagh | 1986 |
| V50 | Kevin Sparey | 1:19:06 | Bath | 2008 |
| V60 | Frank Lamerton | 1:40:19 | Pewsey | 2010 |

| | | | | |
|-----------------------|---------------|---------|----------|------|
| Club Record: Marathon | Brett Flook | 2:43:28 | London | 2002 |
| V40 | Tim Northwood | 2:48:54 | Harrow | 1986 |
| V50 | Ian Mapperson | 2:57:48 | London | 2009 |
| V60 | Danny Kay | 3:25:18 | Benidorm | 2002 |

Club Records - Ladies

| Distance | Runner | Time | Event | Year |
|---------------------|------------------|------|------------------|------|
| Club Record: 1 Mile | Jackie Rockliffe | 5:37 | Avon Valley Mile | 2006 |
| V40 | Tina Giles | 5:57 | Avon Valley Mile | 2007 |
| V50 | Rosemary Barber | 6:22 | Avon Valley Mile | 2007 |
| V60 | Rosemary Barber | 6:40 | Avon Valley Mile | 2009 |

| | | | | |
|-----------------|------------------|-------|----------|------|
| Club Record: 5K | Jackie Rockliffe | 18:35 | Wells | 1996 |
| V40 | Rosemary Barber | 19:16 | Wells | 1994 |
| V50 | Karen Butler | 20:27 | Melksham | 2011 |
| V60 | Rosemary Barber | 22:21 | Yeovil | 2010 |

| | | | | |
|----------------------|------------------|-------|------------|------|
| Club Record: 5 Miles | Jackie Rockliffe | 30:42 | Frome | 1995 |
| V40 | Judy Farr | 30:47 | Westbury | 1988 |
| V50 | Karen Butler | 34:53 | Portsmouth | 2010 |
| V60 | Rosemary Barber | 39:37 | Foxtrot 5 | 2010 |

| | | | | |
|------------------|-----------------|-------|-------------------|------|
| Club Record: 10K | Maureen Laney | 36:14 | Poole | 1995 |
| V40 | Rachel Bown | 39:46 | Richmond | 2011 |
| V50 | Karen Butler | 42:02 | Corsham | 2011 |
| V60 | Rosemary Barber | 49:16 | Weston Super-Mare | 2011 |

| | | | | |
|-----------------------|-----------------|---------|-------------|------|
| Club Record: 10 Miles | Maureen Laney | 59:50 | Bournemouth | 1995 |
| V40 | Rosemary Barber | 1:07:43 | Bournemouth | 1994 |
| V50 | Karen Butler | 1:11:37 | Melksham | 2011 |
| V60 | Rosemary Barber | 1:28:07 | Melksham | 2011 |

| | | | | |
|----------------------------|-----------------|---------|-----------------|------|
| Club Record: Half Marathon | Maureen Laney | 1:19:17 | Great North Run | 1995 |
| V40 | Liz Ringham | 1:26:38 | Bath | 2009 |
| V50 | Karen Butler | 1:33:19 | Bath | 2011 |
| V60 | Rosemary Barber | 1:57:26 | Gosport | 2011 |

| | | | | |
|-----------------------|--------------|---------|----------|------|
| Club Record: Marathon | Liz Ringham | 3:03:21 | London | 2008 |
| V40 | Liz Ringham | 3:03:21 | London | 2008 |
| V50 | Karen Butler | 3:15:12 | London | 2011 |
| V60 | Ann Whittle | 5:02:00 | New York | 2002 |

If you or another current or former AVR member that you know has done better at any of these distances please submit the details with as much information as possible for verification.

All over bar the Storytelling! – A Grizzly Tale

After years of slogging around Road races and not getting any quicker, on the contrary I was lapsing back into my former couch potato, I decided to try out some Multi terrain races. Mostly run over non-specific distances they offered a way to run on the terrain I preferred training on without worrying about getting those now elusive P.B's and so began a love affair with a passion that has yet to diminish.

Always looking for new adventures Tina Vivian, who had also been converted (or was it brain washed?), and I decided we HAD to tackle The Big One. First held in 1988 and over varying distances in previous years **The Grizzly** has now been standardised to around 20 miles, usually over!

Billed as a gruelling multi terrain race designed to test the soul and your sanity it seemed perfect for two half wits who thought they could conquer the world. It also promised one of the best T - shirts on the planet.

So we found ourselves lining up in 2009 with fixed grins across our faces and around 4hrs and 5hrs came back along the sea front with Cheshire cat like grins. We were hooked. We bigged it up so much that the following year we dragged 4 more unsuspecting females along to enjoy a girlie weekend. This became the benchmark for the girlie W.E enjoyment factor. The Eden Project marathon W.E was just as successful so we had no problems getting 2 others to hold their hands up to an outing in sunny Seaton in 2012 and 20 miles across pebbled beaches, through bogs up to you arses, near vertical cliffs, freezing sea water and the infamous Stairway to Heaven at about 17 miles! Maybe a glass of wine or two had been imbibed before they volunteered for the pain!



The Grizzly Girls; Kay, Tina, Denise and Millie

Just getting into the race itself is a battle. Entries close after about 48hrs because of the demand. However they do allow runner changes right up until the day which is how Kay and Millie found themselves on their way down to Deepest Darkest Devon to tackle this Iconic race. For Millie a relative beginner who's longest ever run had been 14 miles in the week leading up to the race it was a daunting prospect. After training up to 16 miles I had become a victim of my own enthusiasm and was suffering from a painful hip. Tina had 'Ward Nurses Foot' and Kay had been drafted in last minute. None of us really had the base for a tough 10 miler let alone 20 (don't tell Alan Hayes of our training methods!) but we drove down on the Saturday full of false bravado and bonhomie.

We stayed in a pretty holiday rental in the picture postcard village of Kilmington. Ali Atkinson and her man Richard had volunteered to be our groupies for the w.e. managing to get a place to stay just the day before. The weather forecast was good-I think they just wanted to come down and sit on the beach and laugh at us as we went by. A pub up the road was the setting for the best Fish Pie I have ever had and a glass or 2 of courage (my excuse). We stumbled back to the cottage with wind up torches; they don't have batteries in Devon, to settle down for another glass of courage and a good night's sleep.



Seaton seafront with its cobbled beach

Sunday dawned misty but fine. But it dawned on me then just what we were about to undertake. Breakfast was difficult to get down and conversation would have been muted if it wasn't for the fact that Millie was getting information that her niece was going into labour. At least we were excited about something. Tina had emptied her Portmanteau out onto the floor in a search for her favourite socks. What else was in that huge bag if the socks were missing? Kay managed the only warm shower of the day and we were off.

Five miles up the road and parking on the sea front 20 yards away from the finish, not far to stagger back to the car then? But Kay had to go back to the car at one stage and as I jogged behind her to also retrieve something my hip reminded me that 20 miles was really not going to be possible on that day. Disappointment loomed and the never ending excuses I would have to sprout when I got back home as to why I didn't run the full 20.

There is also a Cub run alongside the Grizzly. Makes me laugh. Billed as a fun run it is 9 miles and takes in many of the steep climbs and terrain

in the first 6 miles of the grizzly then comes back along their final 3 miles. All of the runners lined up together on the sea front at 10:30. The sun had come out and there had been a few hasty changes of kit in front of the night club where we were to store our baggage. First time I'd been to a night club in years! I could have done with sunglasses just to combat the glare from Tina's winter white legs and badly grazed knees from recently throwing herself around countryside and pavements in the pursuit of Grizzly type fitness (sorry but I had to get my own back).

Packed into the crowds of runners the atmosphere was electric and there was more than me laughing nervously about the adventure to come. Each race is given its own unique name and this year was Every Cloud has a Silver Lining. The Town Crier announced the race and then we were off-or rather the front runners were. Rather like the London marathon we didn't move for at least a minute then forwards only to stop again a few yards down the prom! In previous years we have headed straight down onto the pebbles to run the first half mile then onto the prom back through the start and out of the town to head for Beer. This year for some reason we did the prom first giving you a false sense of security before the energy sapping cobbles jar through your legs! Note to organisers-It is No easier!

Out of the Town and towards Beer the field spread out and in parts we back runners were party to the great sight that was the crocodile of runners that wind up the hills ahead of you. Off road although tough the terrain was firm. When you weren't concentrating on the path in front of you the view from the top of Beer Head was spectacular-believe me I was going slowly enough to notice. In these sorts of events the atmosphere of the race is very friendly and there was lots of banter and encouragement. Past the Piper in the Caravan Park (was he playing a lament?) and the guy sat on a stool playing a Digereedo. There was another Piper, a Drumming Band, Rock group, Buddhist Prayer Garden and a Memorial Tree on the way around. Also scores of boards with inspirational sayings on them. Never a dull moment.

At just before 6 miles I realised (or finally admitted) that I could not run the entire route. At this point the Grizzlyites drop down onto the pebbled beach (again) of Branskome and the Cubs branch off to run the final miles. With lead in my heart I bid goodbye to the hardy few remaining Grizzlies who were to carry on and headed back to the finish. We ran back through Beer in the opposite direction then struggled up into the Pleasure Gardens via the vertiginous steps that the Grizzlies would have to do in 12miles time. They wouldn't be regarded as Pleasure Gardens by then I'm sure!

Tina was convinced that the birds in the gardens were taunting her like Vultures and were waiting for her to stumble and fall, something that she is rather good at! They would also have to encounter much more climbing, another beach at around 7 miles, a half mile of thick deep sticky mud and *The Stairway to Heaven*, a mile and a half of chalk steps cut into the cliff and grassland leading up to the highest point of the race. From there they could see the sight before them of Seaton Down in the distance and the finish line.

Although I had only run 9 miles I was greeted with as much enthusiastic cheering as the longer course runners would enjoy when they finally returned. I got my priceless T - Shirt which said I was a Grizzly survivor but I knew I wasn't. So what to do? - A quick change, a cup of tea then settle down in the sunshine in a key place to watch the runners come in. Just as I got back onto the sea front to spectate, the 5th man home had come in. What phenomenal times over that event-under 2.5 hours!

Ali and Richard had managed to get out to 3 places on the course to cheer the others along and they gave me the heads up when they thought the 3 Musketeers would cross the line. Despite myself I was excited then ecstatic as first Kay, 3:48 then Millie, 4:19 and Tina, 4:30 made their progression to the finish line. I had a few contemplative moments when Millie came down the final hill with the biggest grin on her face. To have tackled that distance in those conditions on the minimum of training was a monumental achievement, with her niece giving birth around the same time as she crossed the line (not in The Grizzly I hasten to add-in a Hospital)!

So when someone asks you to consider something a little out of your comfort zone and you've had a few drinks, think long and hard and say, of course Denise whatever you suggest. Trust me you will enjoy it. Anyone for the **Neolithic Marathon**?

Denise Ellis

All Those Years Ago

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

| | |
|---|---|
| <p>2007: Alistair Bartlett blazed a trail at the Heddington Hill Climb on Tuesday 24th April claiming not only 1st place but also took the course record in a time of 6:37 for the 1 mile course. Darren Wrintmore was left in his wake to take 2nd place in a time of 7:10.</p> | <p>2002: Brett Flook took the club record for the marathon distance in a time of 2:43:28 at the London Marathon on Sunday 14th April.</p> <p>Linda Brown, Rosemary Barber and Judy Farr won their respective age categories at Pensford 10K on Sunday 28th April.</p> |
| <p>1997: Viv Toms reported on the New York Marathon in edition 44 of the Valley News which she and two other AVR members had taken part in. She regaled with tales of lengthy delays to flights, bomb scares and over large portions of food. The marathon it seems was not the most well organised event and seemed to over shadow an otherwise pleasant sightseeing trip.</p> | <p>1987: AVR members were spread thinly across three separate half marathon events on Sunday 12th April.</p> <p>Tom Roberts elected to run the Wembley Half Marathon and ran the distance in 1:26:08, Ray Withey ran 1:26:08 at the Taunton Half Marathon whilst Mike Gerrish chose the Abingdon Half Marathon where he crossed the line in 2:09:11.</p> |

Bunnies on the Boulevard



Hi all, what a crazy month we have had weather wise! – We endured near arctic conditions for the **Devizes 10K**, and then fast forward a week to the **Bath Half** where it was positively tropical!

Congratulations to all those who took part in both events, it was great to see so many of there and we saw some fantastic times recorded including one member, James Hart, who broke through the magical half marathon sub 1:20 barrier!

Here are our next two key road races:

- Our 3rd race in the Wiltshire race series is the **Corsham St Georges day 10K** on Sunday 22nd April at 11:00.

It's a scenic route through Corsham and out to Neston and returning back through Prospect and Pound Pill. Flat for the first Kilometre, gradually rising for the next two then undulating before a steeper hill around 9K before a flat last Kilometre. It's a fantastic race and is one of my personal favourites.

Entries are £10.00 in advance and £11.00 on the day, details can be found here for a 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>

- Race number 4 in the league is the **Highworth 5** on Sunday 29th April at 11:00.

This ranks amongst the most popular in the Wiltshire race calendar and regularly reaches the race limit of 500, so as it is a league race this year I would strongly advise you to get your entries in early. Entry details can be found at:

<http://homepage.ntlworld.com/sambolina/docs/5%20mile%20race%20entry%20form%202012.pdf>

Here are some forthcoming non-league events which may be of interest:

- **Frenchay 10K** is on Sunday 15th April at 11:00. This race is one of the country's oldest 10K events and is perfect for runners of all abilities. Details can be found at: <http://www.frenchay10k.co.uk/index.htm>
- **Bridgwater 10K and fun day** also being held on Sunday 15th April commencing at 10:00. The 10K is a one lap route, largely on quiet well surfaced country roads, although one section of around 300m is on a gravel track which can be a little rough. The course profile is totally flat, so some super fast times are expected. Stunning views of the Quantock hills and Somerset levels add to the attraction. Online entry is a mere £8.00 and details can be found here: <http://www.fullonsport.co.uk/fos/index.php?module=events&action=profile&eventId=3058>
- **The Wiltshire AA County Track and Field Championships** take place at Tidworth Oval on Sunday 13th May. This should be a great day out for athletes of all abilities, there are plenty of running events to choose from including sprints, hurdles, relays and of course all the field events we used to love at school such as javelin, discus, long and high jump, etc. If you are interested in taking part then please email me at roadrace@avonvalleyrunners.org.uk

A list of events and entry form can be found here: <http://www.wiltshire-athletics.org.uk/uploads/Wilts%20AA%20Champs%20Entry%20Forms%202012.pdf>

- **Chippenham Harriers Lacock Relays and Handicap** held on the last Tuesday of the month from May until August. Come and test yourself at the popular Chippenham Harriers Lacock Relays!

The format will be the same as in previous years, with the first three events being relay races with three runners in each team. The final event is a handicap race based on individual times recorded in one of the preceding relay races. To compete in the handicap race you must have competed in at least one of the preceding relay races to set a qualifying time.

Teams are selected on the night by the organiser to the following format: fast runner, slow runner, and medium runner. The aim is to have all the teams finishing in approximately the same time, and for everyone to be running against people of comparable speed. It also means that literally anyone who turns up on the night has a chance of being in the winning team.

The course is 2.6 miles slightly undulating on mostly quiet country lanes. The emphasis is on participation and fun, and no one should feel they are not quick enough to join in. There is a small entry fee of £1, and there will be prizes on the night of drinks/crisps vouchers redeemable at the bar of the Red Lion pub.

http://www.chippenhamharriers.co.uk/organised_races/lacock/2012/lacock.php

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.

Please note that the Tuesday evening speed sessions will be moving to Clarendon School commencing 10th April. The sessions start at 19:00.

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

Warren Wade (Road Race Secretary)

Call for Pacers and Prizes

Southwick Country Parkrun are having an Easter Special on 7th April. As per the 21st event we hope to have AVR represented by providing pacers.

We would like to offer pacing of between 20 and 36 minutes at either 1 or 2 minute intervals, can you help?

First off we would like to fill the even minute slots 20, 22, 24, etc. but if we get enough we will try for every minute which worked very well last time.

If you are able to offer your pacing services please contact Sean/Fiona Price at secretary@avonvalleyrunners.org.uk. We are also trying to get as many Easter eggs as possible to hand out as spot prizes please can you donate? – Again please contact Sean or Fiona.

Anthony's Off Road Athletic Antics



Greetings off roaders! As advised in last month's Valley News we've changed the format of the Off Road Championship this year. You may choose from 18 races and your best six results will count towards the series.

Four races have already been run and the leaders at present are Michael Towler with 40 points and Carl Davies with 39 points for the men. Whilst for the ladies Tina Vivian leads with 36 points with Leanne Tilley, Claire Howard, Kay Middleton and Liz Clark each with 20 points.

Carl and Liz took advantage of a poorly attended event, the Spirithill Trail run, to gain 20 points each. The race was very difficult, so congratulations to both.

The next race in the series is the **Hanham Horror** which is being held on Sunday 8th April and includes 100 steps, a long run in the trees beside a river and a rope climb up a very large rock. I have done this run several times and can recommend it; although you would be advised to take gloves for the rope climb! Details can be found at <http://www.bittonroadrunners.co.uk/events/horror.asp>

For the other races in the series check out:

<http://www.avonvalleyrunners.org.uk/index.php?page=off-road>

For the next six weeks I would like to suggest the following races for those amongst you who prefer to run across the countryside:

On Saturday 7th April is the **Beat the Egg** 8K event at the Stourhead Estate. Details can be found at <http://ecofitnessevents.files.wordpress.com/2011/12/beat-the-egg-poster.pdf>. This race is the day before our next race series as detailed above, so if you are feeling keen you could race on both days of the weekend.

Offa's 'Orror is being held on Sunday 22nd April at the Village Hall, Tintern at 11:00 and covers a distance of 20Km through woods around Chepstow in two countries. – It was very dry and hot last year, lovely! Details can be found at <http://www.chepstowharriers.org.uk/offa.htm>

Pewsey Vale Running Club will be holding their **Bluebell Race** on Sunday 29th April. This event is a nice 12K meander through the spring flowers at Collingbourne Ducis, near Pewsey. Details can be found at http://pewseyvalerunningclub.org/races_10k.aspx

There are a good selection of races being run over the spring Bank Holiday weekend. The **Sarsen Trail** and **Neolithic Marathon** organised by Wiltshire Wildlife are on Sunday 6th May.

Register now at http://www.wiltshirewildlife.org/sarsen-trail/register_now

On Bank Holiday Monday 7th May the **May Fayre 3 miler** will be run from Christchurch School in Bradford on Avon at 14:00.

The sixth of our off road race series events will be run on Tuesday 8th May at 19:30 which is the Roundway Chase at Hedington near Calne. This race is always popular with AVR members.

There are also several Relay races taking place in the coming months. If you are interested in taking part in this type of event please let me know.

I am seeking feedback on the proposed off road race for July, see the AVR Facebook page. So far everyone is supporting **Barbury**, but I would like some further input please.

Happy running,

Anthony Hickson (Off Road Race Secretary)

Who in the Valley?

The picture in last month's edition caused some stirrings but only one correct answer from an AVR member. Hayley Southgate identified these two miscreants as Warren 'Bling Bling' Wade straight from an episode of Ashes to Ashes and Darren 'Rotten' Wrintmore Sex Pistol extraordinaire. I think the chap on the right looks more like Captain Sensible with those yellow shades. He looks like the kind of fellow who might indulge in a bit of *happy talk* after a couple of shandies. I'm just *glad it's all over* so we can move onto something else....

Some of the random ramblings from individuals from the murky world of the internet included Mrs J. Sporrans of Ayreshire, who wrote to us wanting her tartan tea towel back as the plates are piling high in her kitchen and Dick the Buttock Scruttock of Milton Keynes said he would like to cut some rug with the geezer with the curly hair with a view to a possible long term relationship..... Can you oblige to these requests chaps?



Where in the Valley?

You'll be pleased to learn that we are back to Where in the Valley this month to keep your mind from wandering and thinking impure thoughts.

Can you identify this little gem from the archive? Answers to news@avonvalleyrunners.org.uk



AVR Trip to the Dogs

If you are attending the outing to the Dog Racing at Swindon on 18th May can you please check the table below to ensure the pickup/drop off points and numbers against your name are correct?

It has been quite a challenge collating all the names so we need to ensure the correct number of seats have been allocated and we have only three spaces left!

Please make sure you bring £5.00 or multiple thereof for paying when on the coach where you will be given your entrance ticket before arrival in Swindon.

Please be aware that on the coach a film crew on board, they will follow us at the dogs for the entire evening so don't worry about missing your big TV moment.

It is understood that Thomas Coney is coming later using his own transport so he needs to collect his ticket prior to the day.

Please direct any queries to Sean Price at secretary@avonvalleyrunners.org.uk

| <u>Westbury</u> | <u>Trowbridge</u> | <u>Melksham</u> | <u>Bradford</u> | <u>Chippenham</u> |
|-----------------|-------------------|------------------|-----------------|-------------------|
| Chris Atkinson | Carl Davies | Liz Clark | Jules Green | Clare Howard |
| Chris Atkinson | Andy Mumford | Andy Hodd | Tim Lerwill | Rob (TV Crew) |
| Chris Atkinson | Andy Mumford | Darren Wrinty | Paul Green | Amelia (TV Crew) |
| Sean Price | Tim Lowrie | Darren Wrinty | Luke Hobbs | |
| Fiona Price | Mel Nicholls | Hayley Southgate | Luke Hobbs | |
| Denise Ellis | Warren Wade | Rich Southgate | Luke Hobbs | |
| Bob Ellis | Karen Wade | Martin Croucher | Luke Hobbs | |
| Liz Gard | Mike Towler | Martin Croucher | Luke Hobbs | |
| Danny Gard | Kate Coney | Kev Bush | Luke Hobbs | |
| Tony Royle | Katherine Allard | Sarah Jewers | Luke Hobbs | |
| Leanne Tiley | Richard Stokes | Sarah Jewers | Luke Hobbs | |
| Ali Atkinson | Richard Stokes | Richard Newman | Tina Vivian | |
| Ali Atkinson | Stu Macgregor | Richard Newman | Tina Vivian | |
| Mark Tucker | Sue Macgregor | Richard Newman | Jo Mumford | |
| Gretchen Tucker | Mike Pace | | Paul Mumford | |
| | Kath Kinsey | | Karen Butler | |
| | Rich Kinsey | | Karen Butler | |
| | Kay Middleton | | Karen Butler | |
| | Rebekah Scott | | Karen Butler | |
| | Rebekah Scott | | Helen Maria | |
| | Andy Gibbs | | | |
| | Andy Gibbs | | | |
| 15 | 22 | 14 | 20 | 3 |