



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS

#135 – May 2012



Catch the Rabbit

Two great runs around Stourhead over the trails around the National Trust property took place at Easter. To start the day children were invited to **Catch the Rabbit** – a 1-kilometre run staged outside of the manor house, with all who caught the costumed runner being awarded an Easter egg. I was pleased to see my daughter Kira come home 9th overall and second girl, amazing what chocolate motivation will lead to.

The **Beat the Egg** race followed a similar costumed format with the difference being that the lead runner was dressed as a giant egg and had a 1K head start over the undulating 8K course. Trowbridge based pro-boxer, Michael Rose (and now an AVR member) made the early running before fading to finish 6th. He joined the club a few days later. Whilst back off the pace I was locked into a battle trying to close down Alistair Bartlett who had also made a quick start and despite my clocking 6:22 for the penultimate mile on the glorious descent past St Peter's Pump I was unable to overhaul his 11th position and had to settle for 14th place.

Also being driven by the motivation of a chocolaty reward for finishing were Natasha Drane, Christina Davidson, Francis Hood & Julia Drewitt. All are considering a return to Stourhead in the summer for the next race being promoted by Ecofitness – The Cream Tea 5K on Sunday 8th July.



Scary Rabbit with unconfirmed chocolate addiction relaxes awhile....

Darren Wintmore (Vice-President)

Shaw Stampede

Now back for its seventh running since 2005. Darren Wrintmore is once again organising the Shaw Stampede 10K on behalf of Avon Valley Runners, this year it will be held on Saturday 19th May at 14:00 over one of his multi-terrain training routes around the villages of Shaw, Whitley, Neston & Atworth.

In support of this event will be the 2K Family Fun Run/Walk called the “Keane Kanter” named in memory of Keane Meyers, a friend of Darren’s son at Shaw School and nephew of club member Carl Davies, who unfortunately passed away in 2009.

The usual spread of prizes will be on offer to the local racing snakes, last year headed by Simon Nott of Calne who completed the multi-terrain 10K course in a swift 34:07. This year we are introducing the “Sports Team Challenge” open to teams of four runners belonging to a non-running club, so with the football, rugby & hockey seasons coming to a close it would be a good opportunity for any of your sporty friends to get together and test out their fitness levels.

Of course one of the things that sets “The Shaw Stampede” apart from other races is the village fete and once again this is taking place in conjunction with our race at the Beeches playing fields in the village. It would also be appreciated if you can promote the event at any races that you might be attending in the run up to May 19th, as the club is competing against a number of other events in the local area for entrants this year.



Richard Morgetroyd leads a pack of runners at the 2007 Shaw Stampede



All profits from “The Stampede” will this year be going to Bristol Area Kidney Patients Association.

If anyone can spare a few hours to help with marshalling, timekeeping or manning the entry desk on the day, then please let Darren know. As in recent years, there will be an opportunity for Avon Valley Runners members to run the course prior to race day and if you would like to do so then meet in Shaw on Monday 14th May at 19:00. It would be appreciated if you could let Darren know if you intend to be there on the 14th so that he can get some drinks in for some post-run hydration.

Please visit <http://www.avonvalleyrunners.org.uk/index.php?page=shaw-stampede> for more details on the event and entry forms.

Runners Required – Cotswold Way & Uphill to Wells Relays

Team captains have been selected to organise the AVR contingent at two relay events which are coming up in the not too distant future and require your participation.

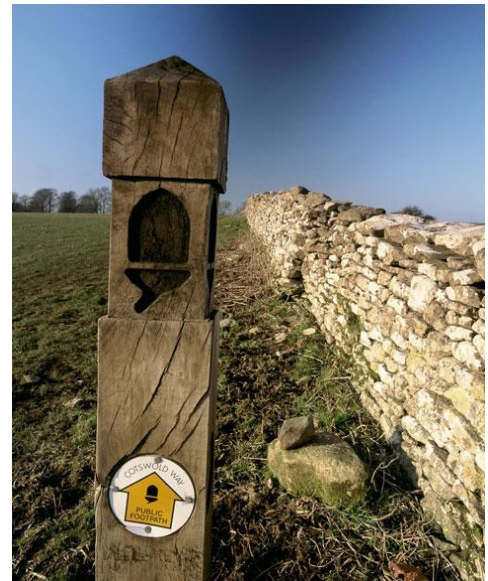
Kathy Kinsey is on the lookout for members to sign up for the Cotswold Way Relay which is being held on Saturday 30th June. She is aiming to have a Ladies, Men's and a mixed team – the emphasis on the mixed team being open to anyone that wants to give it a go, enjoy the fantastic scenery and atmosphere with only half an eye on the time.

Following the prize giving it is hoped that a trip to a pub/restaurant for the evening in either Bradford-on-Avon or Trowbridge to complete the day can be arranged as per previous years.

Please let Kathy know which leg of the relay you are interested in and whether you would like to attend the after party.

Check out the AVR Facebook events page at: <http://www.facebook.com/events/388679107832499/>

And for details from the race organisers, visit: <http://www.cotswoldwayrelay.co.uk/>



The Uphill to Wells Relay event is being held on Saturday 22nd September and Richard Hudson has kindly volunteered to be team captain for this very scenic 6 leg relay along the West Mendip way from Uphill beach near Weston-Super-Mare to Wells Cathedral.

The distances for each leg vary from between 3 and 7 miles and in previous years AVR have put in some strong performances; our Ladies team have won their category over the past three years and the Men's team have also claimed a first in this time.

So if you would like to be part of a winning team at Wells then please contact Richard via email at janet@hudsonj5.freerve.co.uk. Interest from our slower/social runners is also sought, as this is a relatively short relay, it is a great opportunity to travel and enjoy the day as a team.

An events page on the AVR Facebook page has also been created for this event and can be found at: <http://www.facebook.com/events/384902798198194/>

For more details on the event from the organisers please visit: <http://www.uphilltowells.com/>

The Avon Valley Runner Geocache Found

Following on from my article on Geo-caching in the April edition of the Valley News, I enabled the puzzle cache “**The Avon Valley Runner**” at www.geocaching.com and can report that it has now been found.

Following a “*Did Not Find*” by Priceworld (*aka Sean & Fiona Price*), I received a message from SomersetSmithys (*aka Mike Smith of Frome Running Club who has fond memories of Stan Farr and his dog Helga*), that he had found the cache.

Mike claimed the specially engraved “First to Find” Avon Valley Runners medal and added that he managed to record a 5K time of 16:29 at Yeovil in 1997. Of course in the tradition of geo-caching, the cache has now been replaced in its location and is ready for somebody else to decipher the clues and locate for the opportunity of gaining some geo-treasure.



Mike Smith of Frome Running Club with his Geocaching equipment

Darren Wrintmore (Vice-President)

Marathon Des Sables

Avon Valley Runner, Dave Spencer finished the 2012 Marathon des Sables in an excellent 97th place with a total time of 32 hours 45minutes, out of a field of over 900 entrants.

The 6-day Marathon des Sables stretches some 151 miles (243km) through the Sahara desert in Morocco.

Described as the ‘toughest race on Earth’, each day competitors battle sand dunes and rocky ground in temperatures reaching 120°F whilst carrying their sleeping bags, food and other provisions. Stage lengths vary from around 25km on the first and last day to an almost unimaginable 82km on day 4, averaging nearly one marathon per day for six days!



DB Max Tri - Who Are You Then?

You may or may not know that Avon Valley Runners have a close association with local multisport club DB Max Tri. But what exactly does that mean? – I recently caught up with John Kingwell to find out and to unravel some of the mysteries surrounding those brightly coloured tight fitting Lycra suits. Here's what John had to say in response to my questions:



So who are DB Max Triathlon Club?

We are a Trowbridge based multisport club that provide training, coaching and racing opportunities for athletes of all abilities from complete novices to international age group competitors.

What does a triathlon, duathlon and aquathlon exactly consist of?

A Triathlon starts with a swim followed by a cycle and finishes with a run. Distances vary from Super Sprint 400m/10km/2.5km to Ironman 3.8km/180km/42km with variations in between. A Duathlon combines a run, bike, run and an Aquathlon is a swim followed by a run.

What costs are involved, what equipment do I need for my first Tri?

Triathlon has a reputation for being kit expensive but this needn't be the case and certainly shouldn't put you off. You can swim in a standard costume, use any roadworthy bike along with a helmet and you already have the trainers! Over time you could upgrade your bike and get some specific clothing.

Don't you have to be a really good swimmer, cyclist and runner!?

As long as you can cover each of the distances individually you'll be fine. As runners your cardio fitness and leg strength gives you a head start for working on your cycling endurance and swimming.

What can your club offer me?

We have two excellent Club coaches as well as many experienced triathletes to help you progress in all three elements. We offer group rides and runs, coached swim sessions, gym based spin, rowing and treadmill workouts – and the social side of the Club is quite lively too. There is no pressure at all to race in events but if that's your aim then we do have an active race scene in the area in which we participate representing the Club.

OK so I'm interested do you have any coaching sessions that I can attend before I commit to a race and where are they held?

There is a group bike ride every Sunday morning starting from the Sports Centre, twice weekly coached swim sessions at Clarendon pool and gym workouts at Castle Place. We also organise open water swims, group runs and 'brick sessions' (running straight after a bike ride and vice-versa).

Finally, I've heard that Lycra suits are favoured amongst you triathletes, is this obligatory or would a mankini suffice?

You certainly see some strange outfits at races adorning all sorts of body shapes and sizes but you can't beat the pride of wearing the colours of DB Max Triathlon Club.

Hopefully John's answers have allayed any fears that you may have had and will inspire you to find out more. Contact Katie Pope secretary@dbmaxtri.co.uk for more details or check their website out at <http://www.dbmaxtri.co.uk/>

Wozza's Road Warriors



Hi All, and welcome to May time madness; four races into the race series done already and our 'A' and 'B' men's teams are both trailing the respective Chippenham Harriers teams so we need to pick up the pace a little.

Likewise for our ladies teams we are trailing the Chippenham teams and so we really need you to represent the club at the race league events.

Our next race league event is the **Bath Hilly 10** on Sunday 3rd June organised by our friends at Team Bath. Details can be found at <http://www.bathhillyten.co.uk/>

Thanks for the great response for the Bristol Half Marathon offer, this is now closed and it looks like we will have a record club attendance at this major race. If you haven't already paid, please do so as soon as possible.

A fun event coming up soon that I'm keen to promote is the **Wilts AA Track and Field Championships** which is being held on Sunday 13th May at Tidworth Oval. You'll be able to enter all those classic events that you remember from your schooldays; such as javelin, discus, long & triple jump and hurdles. There will also be lots of running events. Each event costs £2.00 per entrant and for all those who wish to enter the 4 x 100m relay the club will pay for your entry.

It promises to be a really good day out and it will also give you an opportunity to see Darren Wrintmore perfecting his shot putt technique! Check out <http://www.wiltshire-athletics.org.uk/index.php?page=fixtures-3> for further details; also see the AVR Facebook events page.

Chippenham Harriers are commencing their popular **Lacock Summer Relays** on Tuesday 22nd May at 19:30. Entry is £1.00 and registration starts at 18:45 outside the Red Lion. The races consist of one fast, one slow and one medium runner in that order and teams are selected on the night. More details can be found at http://www.chippenhamharriers.co.uk/organised_races/lacock/2012/lacock.php

Race number 6 in the race league will take place on Tuesday 10th July at 19:00 and is the **Springfield 5K** in Corsham and is being organised by Corsham Running Club, details of the race should be available soon at <http://www.corshamrunningclub.co.uk/>

Hope to see you at a race soon and keep a look out for my next road race E-news update on the 15th of May.

Warren Wade (Road Race Secretary)



Anthony's Off Road Athletic Antics



Right you dirty lot we've got some interesting races coming up very soon; The **Sarsen Trail** and **Neolithic Marathon** organised by Wiltshire Wildlife are on Sunday 6th May.

Register now before it's too late 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.

We have our next off road race series event on Tuesday 8th May, the **Roundway Chase** at Hedington near Calne which finishes outside the Ivy Inn so you can regale those race tales and rehydrate at the same time but watch out for those stories getting taller and taller as the evening wears on....

The following weekend (12th/13th May) there are two races for you to choose from. On the Saturday there is the famous **Bratton Hilly** which is a well organised race by a fellow club member. It starts with a long climb up a road before going across some lovely flat tracks then has a surprising sting in the tail for the finish. Details are at <http://www.BrattonJubileeHall.org.uk>

Then on Sunday, if you have any energy left, you might like to consider **Jack & Jill's Challenge** in Midsomer Norton which promises 10Kish of challenging off road running with virtually no tarmac to be seen. The course takes you through beautiful countryside, rolling fields, hidden valleys, footpaths and woodland tracks, over styles and the odd river or two! Further details can be found at http://www.SomerAC.org.uk/jack_jill

Of course, you must not miss the **Shaw Stampede** on Saturday 19th May. See main article above.

Towards the end of May the Kennet Kanter is keenly offered to you; which is a 10 mile trail race taking in Caen Hill locks on the Kennet and Avon canal and is being held on Sunday 27th May starting at 10:30. The race HQ is at Devizes leisure centre and the start is just a short jog away in the Market Place. For further details check out <http://www.kennetkanter.org.uk/home>

Have fun out there in the wild,

Anthony Hickson (Off Road Race Secretary)

All Those Years Ago

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

2007: Alistair Bartlett was the Third Man at the **Roundway Chase** on Tuesday 8th May in a time of 36:05. Presumably Orson Welles couldn't make it that year... Jackie Rockliffe was the 1st Lady at the same event in a time of 42:58.

2002: Danny Kay was 1st MV60 at the **Isle of Wight Marathon** in a time of 3:43:45.

Les Unsworth had a blast round the **Thrupton 10K** on Saturday 11th May in a time of 44:05 and claimed 32nd place.

1997: Four Avon Valley Runners members took part in the **Springfield Triathlon** at Corsham on 5th May. Simon Spedding completed the 400m swim, 20K bike and 5K run in 1:02:20 ahead of Rosemary Barber, Stan Farr and Susie Phillips.

1987: Darren Wrintmore was victorious at the Westbury Leigh **Phipps Arms 3** on Sunday 17th May. He ran the event in 15:58 ahead of club mates Darren & Hazel Earney and Denise & Bob Ellis. Keen no doubt to sample a few pints afterwards....



FREE MONTHLY 2K RUN FOR JUNIORS

Junior Avon Valley Runners (JAVR) is a 2km race at Southwick Country Park. It is for the ages 14 and under, and is for all abilities. It starts at 10am on the last Saturday of each month

Next event is Saturday 26th May 2012

To enter: Just turn up at 9.40am, enter the park by the "parkrunner" statue, fork left and the start is 200 metres up the slope. Please be careful when entering the park as the parkrun takes place at 9am on a Saturday and there may be other runners on the pathways
All participants must be accompanied by an adult

For further details and previous results and photos, visit our website on <http://www.junior.avonvalleyrunners.org.uk>

Find us on facebook ... Junior Avon Valley Runners



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

Member Profile – Fiona Price

Date of Birth:	26/03/1968	Residence:	Westbury
Height:	5' 4"	Occupation:	Self Employed Catering (www.fionapricecatering.co.uk)
Weight:	7 stone 6 lbs	Shoes:	Asics Landreth 7 and Asics Tarter
PBs:	5K: 20:44 (Melksham 5k 2011)	10K	43:10 (Devizes 10k 2012)
	10 Miles: 1:11:19 (Wiltshire 10 2012)	Half Marathon	1:32:03 (Bath Half 2012)

In 2007 a group of 30 friends got together to raise money for Headway, who were supporting our friends daughter after a motorcycle accident. I had never run before. We decided to do the **Cotswold Triathlon** and I clearly remember being able to run for a whole mile without stopping 3 weeks after we started training!

I soon realised that the running was my favourite discipline with cycling a close second and began to enter the odd local 5k. After the triathlon I continued to run with my youngest son Cameron until we met a group of club runners in "Yellow vests" at the **Around the Common 5k** at Broughton Gifford. They were so friendly and kind we were chuffed to bits when they suggested we join them!

I soon acquired the running bug and I run most days. My goal is London this year. Wow I would never have said that 3 years ago! I had an Injury last year where I had to take over 3 months off so when I had the call from the lovely Jules to say you are one of the lucky winners from the club draw and have an entry to London I was ecstatic! I had won a "Golden ticket"

As you all probably know, the running bug has spread in the Price household to husband Sean and eldest son Ben who is training between studies to get a new PB at parkrun soon. Grant that'll be second son is fast on the football pitch so that just leaves the lovely daughter Sheridan and it's only a matter of time ☺



AVR Trip to the Dogs – Final Logistics Arrangements

Please can you check carefully the table below for pickup/drop off points for the AVR trip to the dog racing on Friday 18th May? – Currently there are three spare seats on the Westbury/Trowbridge/Melksham coach.

Please make sure you bring £5.00 cash or cheque made payable to "Avon Valley Runners" per person to pay on the coach. You will be given your entrance ticket before arrival in Swindon.

Thomas Coney is coming later using his own transport and so needs to collect his ticket prior to the day. If anyone else wishes to come along under their own transport please see Sean Price before the day to collect your free entry ticket.

If you have any queries please contact Sean on 07738 675390.

<u>Westbury</u>	<u>Trowbridge</u>	<u>Melksham</u>	<u>Bradford</u>	<u>Chippenham</u>
53 Seater Coach			24 Seater Coach	
<u>Barclays Bank</u>	<u>Town Hall</u>	<u>Market Place</u>	<u>Railway Station</u>	<u>Kingfisher Pub</u>
<u>6.15pm</u>	<u>6.30pm</u>	<u>6.50pm</u>	<u>6.15pm</u>	<u>6.45pm</u>
Sean Price	Carl Davies	Liz Clark	Jules Green	Clare Howard
Fiona Price	Andy Mumford	Andy Hodd	Tim Lerwill	Rob (TV Crew)
Denise Ellis	Andy Mumford	Darren Wrinty	Paul Green	Amelia (TV Crew)
Bob Ellis	Tim Lowrie	Darren Wrinty	Luke Hobbs	
Liz Gard	Mel Nicholls	Darren Wrinty	Luke Hobbs	
Danny Gard	Mel Nicholls	Darren Wrinty	Luke Hobbs	
Tony Royle	Warren Wade	Hayley Southgate	Luke Hobbs	
Leanne Tiley	Karen Wade	Rich Southgate	Luke Hobbs	
Ali Atkinson	Mike Towler	Martin Croucher	Luke Hobbs	
Ali Atkinson	Kate Coney	Martin Croucher	Luke Hobbs	
Mark Tucker	Katherine Allard	Kev Bush	Luke Hobbs	
Gretchen Tucker	Richard Stokes	Sarah Jewers	Tina Vivian	
	Richard Stokes	Sarah Jewers	Tina Vivian	
	Stu Macgregor	Richard Newman	Jo Mumford	
	Sue Macgregor	Richard Newman	Paul Mumford	
	Mike Pace	Richard Newman	Karen Butler	
	Kath Kinsey		Karen Butler	
	Rich Kinsey		Karen Butler	
	Kay Middleton		Karen Butler	
	Rebekah Scott		Helen Maria	
	Rebekah Scott			
	Andy Gibbs			
	Andy Gibbs			
	K Allard +1			
12	24	16	20	3