



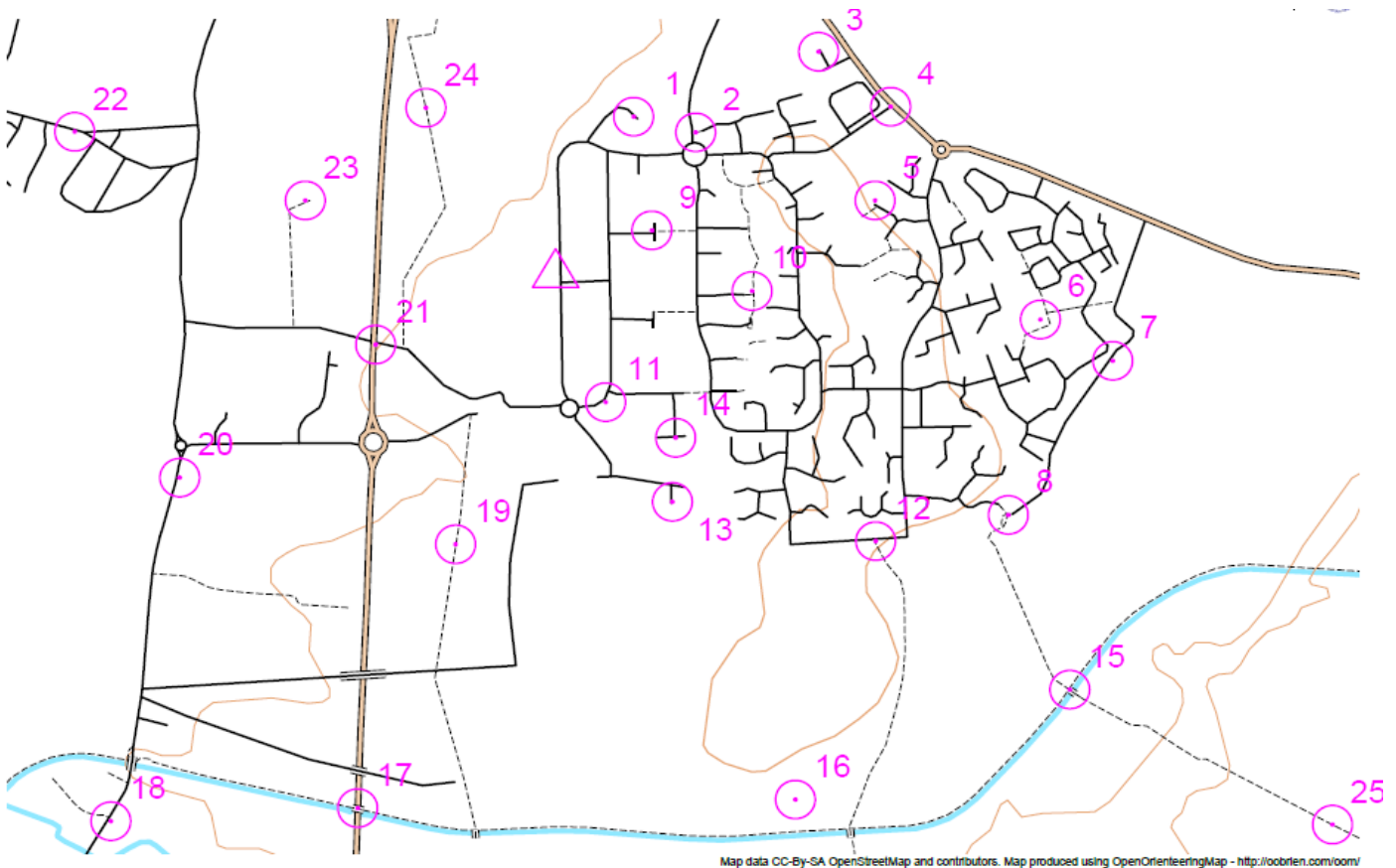
Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#138 – August 2012



Melksham Street 'O'

Twenty one runners found a break in the rain to take part in the Melksham Street "O" event along with some of our friends from North Wiltshire Orienteers. Each armed with a pen, a clue sheet and a map of Bowerhill with the street names removed, the idea was to reach as many of the 25 checkpoints as possible within an hour and make it back to Christie Miller, else risk incurring penalty points.



Map data CC-BY-SA OpenStreetMap and contributors. Map produced using OpenOrienteeringMap - <http://oobrien.com/oov/>

At each of the checkpoints a "simple question" was to be answered to prove that you had been there, or at least I thought that they were simple questions:

Sean Price reached checkpoint 16 worth a good 30-points and needed to answer the question "What is the name of the labrador?", "*well there was this gentleman out walking his dog in Giles Wood and it looked like a labrador and so I asked him what his dogs name was*". The dog turned out to be a golden retriever called "Bobbie", but soon afterwards Sean did find the commemorative plaque for "Harry the Labrador".



At checkpoint 7 in Bowerhill Lane the clue was “What is the colour of the tractor?” for which the answer referred to the picture of a RED tractor printed on the side of a barn. However on the evening, the local farmer decided to park his nice new BLUE tractor in front of the barn denying many the opportunity to bag 10 quick points.

The lure of 30-points drew several runners to checkpoint 5 to solve the clue “Number of Yew Trees”. “Well I wasn’t sure whether they were yew trees or lillandei” said Richard Newman before adding “so I asked the house owner as she had come out to enquire why people were staring at her house and then running away” – What many missed was the fact that the house at number 19 itself was called “Yew Trees” and did have a few yew trees planted in its garden along with a lillandei or two.



I caught up with Richard Southgate and Ryan Jones who had both reached checkpoint 11 and were engaged in debate as to which parts of the structure was the turbine and which bits were the cogs, in order to answer the question of “How many spokes on the turbine?”.

Hayley Southgate drew upon local knowledge, having lived on Bowerhill for the last twenty years or so and achieved a total of 270 points making her the leading lady on the night. Surprise of the evening was Chairman Hodd (none more surprised than Andrew Hoddinott himself) whose methodical plodding and logical clue solving allowed him to mass 320 points to win the day.

I have already received a request to organise another Street “O” in another town so get studying those maps.

Darren Wrintmore – Vice-President



Avon Valley Relay

This 18-mile 'pass the baton' relay over four self navigated stages between Melksham and Winsley passing through our beautiful Avon Valley continues to grow. In this its third year the nine teams entered by our club were joined by teams from: Clevedon AC, Swindon Harriers, Tewkesbury AC, Slinn Allstars from Swindon (now officially Wiltshires largest running club), Frome Running Club and the Hot Chilli Triathlon team – the bar had been raised.

The first leg of four miles took runners on a looped circuit around Bowerhill to string out the field before leading down onto the towpath of the Kennet and Avon canal. Making the early running were Clevedon AC but with Carl Davies from the AVR Open team ("*Carls Crew*") hot on his heels and Richard Morgetroyd of AVR Vets team ("*3 Old Geezers & Chris*") not much further back. The handover at the Somerset Arms in Semington saw Clevedon AC with a 15-second lead but then AVR passed the baton to Tom Fisher who was making a welcome return to racing and began to chase down the early leader, catching him within a couple of miles and handed over to Mike Rose outside of the Tithe Barn in Bradford on Avon with a healthy lead.



Leg three is a straightforward leg of four and a quarter miles leading out of Barton Farm Country Park and once again joining the towpath of the Kennet & Avon canal which is followed all the way to Dundas Aqueduct. However second placed Clevedon AC did not find it so straightforward and somewhere around Avoncliff managed to take a "self-navigated detour" out to Freshford effectively putting them out of contention. Capitalising on this misfortune, although completely unaware of it was Chris Atkinson who moved his AVR Vets team into second place and a good run by the returning Ruth Barnes from "*The Avon Valley Organisers*" Mixed team who were now up into third position.

Michael Towler of "*Carls Crew*" enjoyed an unpressured climb up the slippery slope of Conkwell Hill to claim victory for the AVR Open team in a record time of one hour and forty six minutes, with a 14-minute lead over second placed Danny Gard (AVR Vets) and third placed Darren Wrintmore (AVR Mixed) whose team of Tim Lowrie, Jules Green & Ruth Barnes took the Mixed team title in a record time of two hours and two minutes.



The Avon Valley Ladies team running under the name of "*The Valley Girls?!*" were largely untroubled in claiming their third successive victory at this event with Juliet Coulson leading from Leg-1, handing over to team captain Jo Mumford for leg-2, Jackie Rockliffe on Leg-3 and Claire Howard on Leg-4 finishing 46-minutes ahead of second placed Frome Running Club with a winning time of two hours and twelve minutes.



With a view to opening the event up to Junior teams in future, an AVR team of Holly Newman, Rory Tucker, Alex Tucker & Cameron Price conquered the course in two hours twenty eight minutes, finishing in 12th place overall.

Special mention must also go to our super-sweepers: Susie Phillips and Martin Croucher who covered the entire 18-miles.

Not put off by their experience, Clevedon AC have vowed to return next year and they have also challenged AVR to participate in the **North Somerset Road Relay** that they organise in September – any takers?



Darren Wrintmore – Race Director

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

AVR Track Championships

The AVR Track Championships were held at Bath University on Wednesday 25th July where the assembled masses lived out Olympic dreams (well in their head anyway) as they blasted round the track in 200m, 400m, 800m and 1500m races and a 4 x 400m relay finale.

Some promising results were produced by the upcoming stars of Avon Valley Runners as the juniors battled it out for medals in their own 400m race. Cameron Price being first past the finish line in 74.24 ahead of Katie Evans in 75.60 and Harrison Trevor in 81.26.

The old hands meanwhile were variously led home by Mike Towler - mens 400m heat 1, 56.41 and 800m men/juniors, 2:05.54, Mark Tucker - mens 400m heat 2, 72.21, Rebekah Scott - ladies 400m, 74.40, Warren Wade – mixed 1500m, 5:04.44, Dave Marrot – mens 200m, 25.06.

Holly Newman showed that she had a fine turn of speed in the ladies/junior 200m race coming home in 29.82 seconds.

The 4 x 400m relay was won by the *dream team* of Dave Marrot, Katie Evans, Richard Southgate and Richard Morgetroyd in a storming time of 4:52.86!

Pictured right is Richard Southgate carrying the baton at a recent relay event.



All Those Years Ago

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

2007: The **Battle of Sedgemoor 10K** was contested by two Avon Valley Runners members on Sunday 26th August; Liz Gard conquered a new PB for the distance in a time of 53:50 ahead of Debbie Roberts who campaigned the event in 58:31.

2002: Sunday 4th August saw Kevin Sparey claim the 2nd MV45 prize at the **Sturminster Newton Half Marathon** in a time of 1:22:24.

Also taking place that day was the **Blagdon 6** where five club members took part. Alistair Bartlett was first home for the men in 37:10, whilst Judy Farr was just ahead of Joyce Field in 54:11 for the ladies.

1997: Following the July resignation of men's captain, Colin Williamson, the August committee meeting called for nominations for a replacement. In a close contest, Glenn Johnson was elected captain by one vote with Simon Spedding unanimously voted as vice-captain.

1987: Peter Bray brought home the four Avon Valley Runners who had entered the **Staunton Beer Race** on Bank Holiday Monday. He completed the 10K course in 38:22; Judy Farr claimed the female vet prize in a time of 42:06. Records do not show whether beer was consumed before or during the race but it's odds one that some was quaffed afterwards!

Warrens Tarmac Tearaways



Hi All, and welcome to my awesome August selection of road based events to tempt you out of the house and away from the kids, who are no doubt bored already of the summer holidays and fighting over the 3D TV glasses...

Firstly however; I'd just like to say well done to all those that took part in the Springfield 5K where our men's 'A' team managed to get the team prize and move into 1st place in the Wiltshire Race League. Richard Morgetroyd and Fiona Price also gained enough points to be placed top in their respective individual standings.

Our next race league event is the **Foxtrot 5** in Broughton Gifford on Sunday 26th August commencing at 11:00 which, for those who haven't done it before, is a fast 5 miler through the lovely villages of Broughton Gifford and Chalfield. Click [here](#) for entry details.

As mentioned in previous editions of the Valley News, Wiltshire Athletics Association will be hosting their **Half Marathon Training Day** on Saturday 18th August from Christie Miller Sports Centre in Melksham. The day includes run sessions led by Team GB International runner, Holly Rush and coach led sessions by UK: Athletics National Coach Mentor Martin Rush as well as Half Marathon Q&A, Nutritional advice and the chance to win free entry into a number of forthcoming local Half Marathons including Devizes, Malmesbury and Cricklade. The cost will be just £12.00 per runner, though discounts will be available to clubs with ten or more runners attending. This event is open exclusively to members belonging to Wiltshire Athletic Association affiliated clubs and registration is in advance only.

Please contact me on roadrace@avonvalleyrunners.org.uk if you're interested in taking part in this.

As mentioned above, Clevedon AC have invited us to take part in their own 2012 North Somerset Road Relay event on Sunday 9th September. We are looking for teams of 5 men, 4 ladies or 4 mixed (2 men, 2 ladies) to make a challenge at this event. With each leg just 5Km long it would be good to get some support for this, the club will pay for entries to boot!

Please let me know at roadrace@avonvalleyrunners.org.uk if you are interested in being part of a team.

Warren Wade (Road Race Secretary)

Hickson's Dirty Tracks



Michael Towler still leads the mens off road championship, but Tim Lowrie gained a good 16 points at the Barbary Castle Ramparts Run on Thursday 5th July to maintain his third place and is now only four points behind Mark Nowosielski. Tina Vivian still tops the ladies table but Amelia Oughtibridge gained the full 20 points at Barbary Castle to put her into 2nd place, a full 20 points ahead of the 5 people tying for third place!

The next championship event is the **Roundway Rampage** on Sunday 12th August. Entries are £8.00 if you pre-enter with an additional £1.00 charge if you enter on the day. Details are [here](#).

On the following weekend, Saturday 18th August we have the ever popular **Race the Train** over the bridge in Wales to give us race number 10 in the series. Get [all aboard](#) to find out more!

The committee have agreed to pay the entry fee for the **White Horse Relay** so if you fancy giving it a go and you aren't already committed to running the Bristol Half Marathon then just round up 10 friends and get your team entry in now. – The waymarks are being improved so navigation should be much easier, [check it out](#) for yourself.

Other multi-terrain events taking place in August which I would recommend are as follows:

- **Haselbury Trail** – Wednesday 1st August. 10K event at Crewkerne. Details are [here](#).
- **Dundry Thunderer** – Thursday 2nd August. 10K in Bristol. Follow [me](#) to get your entry in.
- **Barbary Castle Track & Trail** – Thursday 16th August. A déjà vu moment for those who ran the ramparts race! Follow the [pelaton](#) for entry details.

I look forward to seeing you at one of these events soon, happy running!

Anthony Hickson (Off Road Race Secretary)