



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#140 – October 2012



North Somerset Relays

It was a fine September Sunday as team AVR swung down the M5 to North Somerset as invitees of Clevedon AC, who following their experience at the Avon Valley Relay in July decided to offer us an opportunity to run alongside some of Somerset's finest in their own annual 5K relay event.

Tim Lowrie and Julia Green were appointed club captains and set about mustering up our best teams; however due to other commitments many were not available so the usual stand ins and roustabouts came along for the *craic* instead.

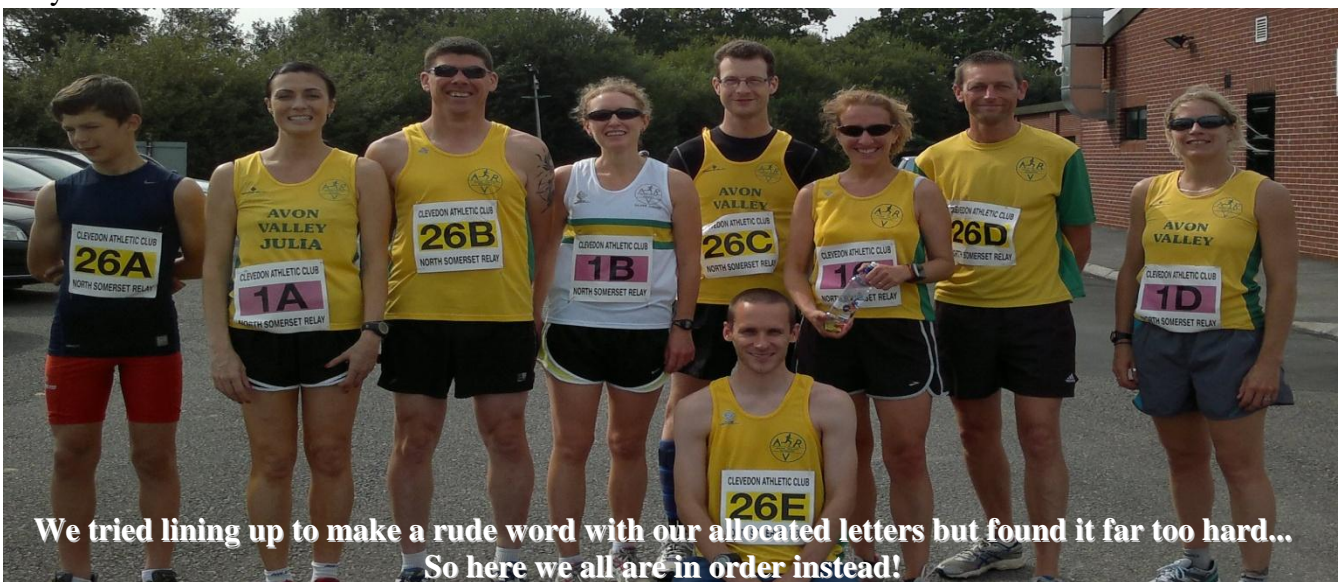


We fielded a men's team consisting of Will Stockley, Warren Wade, Tim Lowrie, Richard Morgetroyd and Thomas Coney whilst; the ladies were represented by Julia Green, Claire Howard, Jo Mumford, and Mel Nicholls.

Whilst waiting for the start it became obvious that the competition was going to be very strong as we overheard conversations relating to trips to grand prix athletics meetings in Birmingham... Was this just bluff and bluster to get us on the psychological back foot or were we going to be literally left standing by these fit young things amassing in the car park?

Each leg consisted of a 5K loop along quiet country lanes, twice interrupted by crossing the noisy M5 before returning to Clevedon Town AFC football ground. Will got the men off to a flying start with a lap of less than 18 minutes; likewise Julia made a sterling effort to put the ladies into contention.

As the race progressed the leading teams from Yeovil and Bristol & West started to gap the field by some margin; however neither of our teams were disgraced as the ladies held fourth position in their category and the men were eighth. Not a bad showing for our first outing at this event and certainly something to build on for next year.



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

Team AVR Clean Up at Melksham 10



Rock on Wozza

The trophy cabinets of several Avon Valley Runners members are now groaning under the extra weight of the silverware taken home following the 9th race in the Wiltshire Race League Series, The Melksham 10 on Sunday 16th September.

Not only did we claim the men's and ladies team prizes but Ruth Barnes was 1st lady home and also first Wiltshire female, Fiona Price claimed first female vet 40 and was the second Wiltshire lady to finish to earn herself a county silver medal. Furthermore two club records fell at the event; Andy Lawrence took the MV60 record in a time of 1:07:38 and the long standing FV40 record for 10 miles was taken by Fiona Price who ran 1:05:55.



Right: Thomas Coney takes flight and still finds time to gesture to the competition...



Paul Green, Fiona Price, Ruth Barnes and Luke Hobbs head out to Lacock

We now lead the Wiltshire race league ahead of Chippenham Harriers with 171 points for the men and 172 points for the ladies. In the individual standings, Joby Hobbs leads the men ahead of second placed Richard Morgetroyd and Fiona Price is holding second place in the ladies standings.

Well done to all who took part and also to those who gained new PBs for the 10 mile distance.



Tim Lowrie and Frank Lamerton stride it out



AVR medallists display their wares on the balcony of the Adventure Centre

Readers Tips for Success



This month we have a special guest star writer who would like to share her secret for athletic success with you all. Amazingly it's in the form of a recipe for an energy giving **Ginger Cake** which, I am advised, you can enjoy at any time of your training schedule or perhaps as a post race treat. It's easy to make and smells just like Christmas!

Ingredients:

- 100g caster sugar
- 125g butter
- 1 egg
- 225ml treacle
- 300g plain flour
- 1 ½ teaspoons bicarbonate of soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon ground cloves
- ½ teaspoon salt
- 250ml hot water



Preparation Method:

- Assemble the ensemble on a flat surface; probably best a work top or similar if you have one. Failing that a stout tray on your lap would suffice.
- Preheat your oven to 180° C/Gas mark 4. Grease and flour a 23cm (9 in) square tin.
- In a large bowl, cream together the sugar and butter. Beat in the egg, and mix in the treacle.
- In a bowl, sift together the flour, bicarbonate of soda, salt, cinnamon, ginger and cloves. Blend into the creamed mixture. Stir in the hot water. Pour into the prepared tin.
- Bake for 1 hour in the preheated oven, until a knife inserted in the centre comes out clean. Allow to cool in the tin before serving.

Delicious on its own, with a dollop of cream or with a generous helping of custard!



If you've enjoyed this feature, why not share your hints and tips with fellow club mates via the Valley News? – Drop us a line at news@avonvalleyrunners.org.uk

The 'C' Word....

There are some words which are best not heard until they are absolutely necessary and Christmas is most definitely one of them; however Kathy Kinsey would like to inform you of the following: Christmas supper and drinks after Thursday club night – Thursday 13th December 2012, 20:45/21:00 at the Barge Bradford on Avon £6.50 per head payable before the night please. There will be two rooms for us to use hopefully this year but there is maximum seating for around 45 people.

If you'd like to come along please let Kathy know on 07971 911747 or via email at: richandkathy@broadcloth2003.fsnet.co.uk

I am reliably informed that Santa himself may make an appearance to give you a gift from his sack.



All Those Years Ago

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

2007: Sunday 14th October saw the club being represented at three separate events; **Swindon Half Marathon**, where 16 members took part with Darren Wrintmore leading our men's contingent home in a time of 1:29:05 whilst Jackie Rockcliffe claimed 2nd FV35 in a time of 1:36:06 to bring the ladies in.

Alistair Bartlett was flying the AVR flag alone at the **Mendip Muddle** and covered the 20km multi-terrain course in a time of 1:29:17 to claim 7th position.

Meanwhile the **Kamikaze 7** attracted Mike Pace, Sue and Stuart MacGregor. Mike was our first runner home in 9th place overall in a time of 1:06:36.

1997: Rosemary Barber was the fastest vet at the **Longleat Road Relays** clocking 20:54 for the undulating 5K course. Our fastest man was Gerry Fice who recorded 18:08 for the 9th fastest leg of the day.

AVR were in the prizes at the **Warminster 10K** with 3rd placed Martin Connor leading the way with 36:21 as the club took 15 of the 21 prizes on offer with Rosemary Barber 1st lady, Neil Fyfe 1st MV50, Joyce Field 1st FV50, Tony Bartlett 1st MV60, Jackie Rockcliffe 3rd lady, Bernie Makin 2nd FV, Susie Phillips 3rd FV and of course AVR took both the men's and ladies team awards!

2002: Liz and Simon Ringham must have been hand in hand all the way round the **Great North Run** course held on Sunday 6th October as they finished within a second of each other.

Liz covered the half marathon distance in a time of 1:57:30 whilst grim faced Simon was clocked at 1:57:31.

Perhaps they thought that strength in numbers would keep out the northern chill and stop the ferrets from climbing up their legs...

Meanwhile in the beautiful south a couple of weeks later, Rosemary Barber claimed the 1st FV prize at the **Fordingbridge 10** in a time of 1:16:52.

1987: A massive turnout of 41 members for the club at the **Bradford 7** event on Sunday 18th October was justly rewarded with a second place for Dave Cowles who covered the course in 36:59.

Richard Bailey could have increased the numbers at Bradford to 42; however he chose to enter the **Winchester Half Marathon** instead, no doubt attracted by their fine Cathedral. He did a very respectable time of 1:26:09.

Warrens Tarmac Tearaways



Hi all and welcome to my view of the Valley for October. Things are shaping up for our teams in the Wiltshire Race League as outlined in the article on the Melksham 10 above. Let's keep up that momentum for the remaining three events!

The next race in this league is the **Cricklade Half Marathon** on Sunday 7th October. Details can be found [here](#). – We all should be loosened up for another Half Marathon following Bristol the week before!

For anyone looking for another 10 mile race, the **Tadley 10** takes place on Sunday 14th October. Details can be found [here](#).

For those wishing to go the extra mile or three then may I recommend the **Stroud Half Marathon** on Sunday 21st October. Check it out [here](#).

Also this month we have race number 11 in the Wiltshire Athletic Association race league that being the **Clock Change Challenge** over in Calne on Sunday 28th October which funnily enough coincides with when the clocks change for winter. Details of the event can be found [here](#).

I look forward to seeing you at one of these races in the forthcoming month.

Warren Wade (Road Race Secretary)

'Over the Hills' 12k

Membership Secretary Tim Lowrie would like to remind you that the AVR organised **Over the Hills** 12k multi-terrain race will be taking place on Sunday 4th November. Tim is currently being mentored for the role of Race Director for this event and will be taking over the organisation of the race as of next year from Simon Ringham who, along with his devoted team of Tina Vivian, Denise Ellis and Kathy Kinsey have built this event up to be the success it is today.

So get your entries in soon, Tim would like to assure you that he has every intention of continuing to provide the same level of quality homemade cakes for the end of the race. There may even be an appearance from a certain ginger cake!

Further details can be found [here](#).



Hickson's Dirty Tracks



Hello everyone and welcome to October off roading. Despite autumn and winter looming, the off road championships are warming up with only six races to go it is still anyone's to win.

The battle has begun between Tim Lowrie, Mark Nowosieski, Mike Towler, Joby Hobbs, Bernie Hobbs, Carl Davies, James Crawford and myself for the men; whilst Tina Towler, Amelia Oughtibridge, Jill Westwood and Denise Ellis are in contention for the ladies having all done at least three races each.

The next off road championship event is at Cotswold Farm Park in Guiting Power near Stow on the Wold on Saturday 6th October. Race details can be found [here](#).

The **Badminton Horseless Trials** will be held on Sunday 7th October; an event we have previously had lots of fun and some success at. There are three options this year either 5 miles, 9 miles or 13 miles and we are looking for teams of 5 to enter, although you can also enter as an individual. Six people have already expressed an interest but it would be good if we could have more. Event details are [here](#).

I have handpicked a selection of other off road events for you to have a go at this month and they are as follows:

- **Westbury Lions 10K** – Sunday 14th October. Follow [me](#) for details.
- **Fresh Air, Stourhead 5K** – Sunday 21st October. Scenic 5K race. Details are [here](#).
- **The Stickler** – Sunday 28th October, a firm favourite among club members and has previously been part of the club championship. Lots of hills but great scenery. Follow [the Stickler Path](#) for more details.

Looking a little further ahead to November there is a social outing in the form of a Skittles evening at Melksham House on Saturday 3rd at 19:00. The event is free to AVR members and there is a buffet available at £5.00 per person. There is also a bar. If you would like to come along to this, please let me or Sean Price know.

Hope to see you at one of these events soon, happy running!

Anthony Hickson (Off Road Race Secretary)

Club Championship

Please note that in order to be in with a chance of winning the Club Championship this year you must submit your times for the three qualifying race distances to secretary@avonvalleyrunners.org.uk. Just by way of a reminder the championship is based on your cumulative times for 10K, 10 mile and half marathon distances, these are then adjusted using a fiddle factor known only to early Chinese mathematics pioneers to provide an age grading which is then translated into a simple and easier to understand Bronze, Silver or Gold ranking.

Further details can be found [by following this link](#).