



# Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS

#141 – November 2012



## Wiltshire Road Race League 2013

Wiltshire Athletic Association have released the Fixtures list for the 2013 Wiltshire Road Race League which will be sponsored by Newsquest International whose publications include The Wiltshire Times, The Swindon Advertiser, The Salisbury Journal and The Devizes Gazette & Herald which means that if you run some of the 2013 series races you can expect to see yourself in at least one of these publications.

The WRRL will commence on Sunday 3rd February with the Longleat 10K and also feature the following events: The Devizes 10K; The Calne Clock Change 10K; The Highworth 5; The Trowbridge “Chocoholics” 5K; The Chippenham Harriers 5; The Corsham Springfield 5K; TBAS Castle Combe 10K; The Foxtrot 5, The Melksham 10; The Malmesbury Half Marathon and culminates with the Salisbury Half Marathon in October which will host the Wiltshire county championships for the distance.

A number of changes are being made in the way that the WRRL will operate. The Men's and Ladies tables will be merged and then split into two divisions, the first division featuring those clubs in either the Men's or Ladies tables that finish in the top-10 of the 2012 WRRL; based on current standings both Avon Valley Runners A & B teams would be in the first division for 2013. All athletes will now score points on behalf of their clubs in WRRL events with the top-5 Men and Ladies scores in each team summed to determine the distribution of League points. Those first division teams finishing the season outside of the top-10 in the 2013 WRRL will be relegated and replaced by the top-2 teams from the second division who will be promoted.

*Darren Wrintmore (Wiltshire Road Running Secretary)*

## Uphill to Wells Relay 2012

The annual Uphill to Wells relay is run along the West Mendip Way from the beach just south of Weston super Mare to right in front of the Cathedral at Wells. There are 6 legs over the 29 miles and they are all gems in their own way. You will not find better hill running closer to the Avon Valley (that's my opinion). However the West Mendip Way is not particularly well marked and so some navigational skills and a bit of luck are most definitely required. A unique feature of this relay is that there are 3 start times, so the potentially slowest teams can start 2 hours before the quickest. This means that in theory every one finishes around the same time.



Three letters on a shirt never stopped us dreaming... Only a year of hurt, some of the lads said we'll be back, they'll be no match for our untamed wit!

The day was perfect for running and for waiting for the previous leg to arrive at the changeover. As this is a "pass the baton" relay there was a bit more waiting than forecast. With a relay of this type, when it goes right it is humbling to be part of a successful team, unfortunately if a leg loses their way then there is little chance of recovering.

AVR has a great record in the short history of this relay, although thanks to 2012, the weight of expectation has now been lifted for the teams of future years! The original aim was to enter a Men's and a Ladies team but what with one thing or another, our Men's team started with a Lady and our Ladies team had 3 men!



Anthony Hickson and friend are left stranded with their cute little car following refusal of a push off from the sand as the runners scatter from the scene. Sorry but we come from the land of *No Hay* says Team Blue T-shirt.

A heartfelt thanks go to all those who took part, some of whom were drafted in or persuaded at the last minute. The "Men" were Sarah Sims, Danny Gard, Warren Wade, Darren Wrintmore, Chris Atkinson and Richard Stokes. The "Ladies" were Sean Price, Nic Smith, Anthony Hickson, James Crawford, Linda Ladner and Amelia Oughtibridge.

The field this year was smaller than previous years, but the organisers, Mendip Hills Hash House Harriers have realised this and want to give it more publicity next year. I am sure AVR will be back and I would encourage anyone to give a leg a run next year. Although now I have run the complete route I have changed my tune from before the relay; a recce is a very good idea unless you are a confident navigator!

*Richard Hudson*

## *Avon Valley Runners at Bristol Half Marathon 2012*



T'was early on Sunday 30<sup>th</sup> September that I found myself walking to Melksham Market Place to meet up for the AVR charabanc tour to the Bristol Half Marathon. Transport was laid on from all our local towns and by the time we had made the last pick up at Bradford on Avon the club turnout looked pretty healthy and we were all in buoyant mood as the wheels on the bus went round and round.

Upon arrival in Bristol we were dropped off outside the rear entrance to the shopping centre devoted to the confused 15<sup>th</sup> Century Italian explorer, Giovanni Caboto, from where we had to navigate our way to Millennium Square where our numbers were swelled further by members of the club who had made their own transport arrangements. At this point our official Photographer for the day, Tim Lowrie, took the opportunity to get a few candid snaps of the team. The results of some of which can be seen here.



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Due to ever increasing popularity, the Bristol half has a wave start arrangement to get all the runners under way which meant there was an extra 30 minutes of waiting for our runners who were allocated to the second wave. The first wave was away at 9:30 and as we walked to the start it became clear that this arrangement was essential as the crowd of runners grew heavier towards the start line and the walk became more of a waddle as we jostled for position. As we waited for the off I preferred to a lost looking chap in a black and white suit waiting next to me, that we probably looked a bit like Penguins waiting for the tide to come in, standing there with our arms restricted by our sides!



**Analogous Penguins keep it tight whilst waiting for a break in the ice**

**Bang!** Went the starting gun and we were released from this self imposed pen and out towards Cumberland Basin and the long drag along the Portway. The conditions were ideal, sunny but not too hot with a light breeze. It was great to see fellow club mates and hear words of encouragement as we passed those who had been part of second wave as we doubled back near Sea Mills and headed back towards the centre of town. The cobbles at the top of Prince Street and around Queen Square were not a welcome feature at around the 9 mile mark but the crowds lining the street, which in their number included Head Coach Alan Hayes and snapper Lowrie, were on hand to lift the spirits once more for the last few miles.

**Mmmwaa! Luke Hobbs sends big love out to all his supporters.**



**Keep it in the family, Joby Hobbs on his way to a new half marathon PB**

All 60 members who started the race finished and with some very impressive times too with 9 claiming new PBs and Andy Lawrence took the Club MV60 record to new heights. Unfortunately such success cannot be said for runners catching the coach for the journey home; following a post race visit to a couple of pubs Thomas Coney got a hankering for some dirty chicken, so instead of going directly to the coach pick up point he called off at one of the Colonel's outlets to sate his needs and in our exuberance to get home we forgot to check that all were present and correct! – Luckily Thomas is a man of some initiative and following a not in anyway rushed *Big Daddy Burger* he no longer felt like tearing a *Crispy Strip* off our transport logistics man, Warren and so he made his way to Bristol Temple Meads and into the welcoming arms of First Great Western.

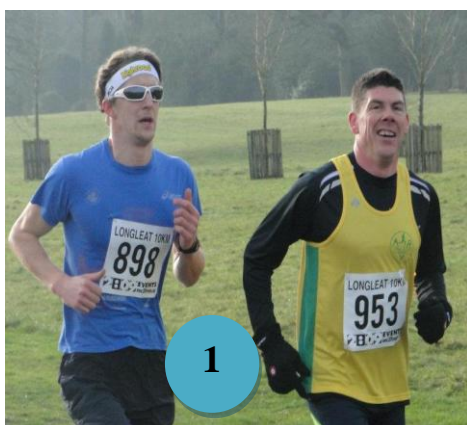


Well done to everyone who took part, it was the biggest club turn out at a race this year and it was a most enjoyable day out and I for one, am already looking forward to Bristol 2013.

# Do The Shuffle

Here's a new feature for the Valley News, a little competition for you to keep your mind from wandering; It's a game of skill, dexterity and pure chance and it's called *Do The Shuffle*. Here's how it works; Below are pictured five Avon Valley Runners who regularly listen to music when they are out training for their next big race, the Valley News has had a sneak listen to the tracks on their generic MP3 players and all you have to do is match the runner to the music. – Simplicity in itself as I'm sure you will agree although you may be surprised by their musical choices....

Of course a competition wouldn't be a competition without a prize or two and I'm pleased to inform you that the competition entrant with the most correct answers will receive a free entry into a Parkrun of their choice whilst the entrant with the least correct answers will be nominated to edit the Valley News for twelve whole editions! – So get cracking and send your entries to [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk).



## Runners

1. Warren Wade
2. Richard Newman
3. Sarah Jewers
4. Martin Croucher
5. Tammy Phillips

## Musical Choices

- A. Two Pints of Lager and a Packet of Crisps Please - Splodgenessabounds
- B. Stuff The Jubilee! – Carter The Unstoppable Sex Machine
- C. Poison Ivy – The Lambrettas
- D. Sultans of Swing - Dire Straits
- E. Running in the Family – Level 42

## All Those Years Ago

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

**2007:** Cheesy grins all round for three Avon Valley Runners on Saturday 10<sup>th</sup> November as they claimed new personal best times at **Cheddar Half Marathon**.

Chris Atkinson was 28<sup>th</sup> overall in 1:28:02 with only two seconds separating him and Peter Bryant who took 29<sup>th</sup> place in 1:28:04. Liz Ringham was 35<sup>th</sup> in a time of 1:29:18.

It is a matter of some conjecture that they celebrated with a smorgasbord of Brie, Camembert and a Welsh Rarebit....

On the following day, Doug Barber worked long and hard for the 10 miles of the **Sodbury Slog** to claim 2<sup>nd</sup> MV40 in a time of 1:07:13.

**1997:** Danny Kay was out doing another one of his marathons on 1<sup>st</sup> November, this time at **Harrow** where he claimed the 1<sup>st</sup> over 55 prize in a time of 3:28:53; meanwhile on the same day Rosemary Barber was 3<sup>rd</sup> Lady at the **Iminster 10K** in a time of 43:22.

**2002:** November had a warm feeling for some members of the club as they travelled to far off places to race; Glynn and Susie Phillips, Tina Vivian and Sue MacGregor took part in the **Lanzarote Challenge 10K** with times ranging from 47:22 to 51:02.

Danny Kay was 3<sup>rd</sup> MV60 in the **Benidorm Marathon** in a very impressive time of 3:25:18; he was no doubt keen to get back to see a certain well known *sticky* resident of this Spanish coastal town performing cunning stunts...

Meanwhile Viv Toms took a magic roundabout ride to partake in the **Florence Marathon**. She was seen springing along at a not snail like pace and crossed the line in a time of 4:01:14.

**1987:** No cock horse was required for Tim Northwood and Mike Hehir as they ran the 20 miles from **Leamington to Banbury**.

Tim recorded 2:11:22 whilst Mike ran 2:19:00. Word has it that there was an annoying lady who was accompanied by music throughout the race!

## Road Blog with Warren Wade



Hi all just got back from the **Calne Clock Change Challenge 10K** race and thanks to a really good club turnout we were victorious in claiming the men's team prize and we also retain top spot in the Wiltshire Race League. Well done everyone, only one more race in the series to go and that is the **Downton Half Marathon** on Sunday 25<sup>th</sup> November and we are looking for another excellent turnout and as there are no on the day entries you will need to get your entry in soon so get a move on and follow [me](#).

We are still on the lookout for teams for the **Wiltshire Road Relays** at Castle Combe race circuit on Sunday 11<sup>th</sup> November, it's open to all ages and abilities and the entry fee will be picked up by the club, so what are you waiting for? Contact me via [roadrace@avonvalleyrunners.org.uk](mailto:roadrace@avonvalleyrunners.org.uk) or express your interest through the [facebook page](#).

Entries are now open for the ever popular **Bromham 10K Pudding Run** on Sunday 2<sup>nd</sup> December. This event fills up really quickly so if you want a figgy pudding to give to jovial Carol singers then claim your place on the start line by following [this](#).

We are also still in need of a few Marshalls for the **AVR Wiltshire Half Marathon** on Sunday 9<sup>th</sup> December so if you can help please get in touch.

Hope you all like the new picture to go with my newly named feature; I've always had a fascination with Dolly's!

**Warren Wade (Road Race Secretary)**

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## Cross Country File by Anthony Hickson



Hello everyone and welcome to November's Cross Country File with me Anthony Hickson, I always think you have to take the rough with the smooth in any off road event and that was certainly the case recently at the **Stourhead Fresh Air 5K** where some very varied terrain was tackled. We now have Tina Vivian leading the ladies off road championship with Denise Ellis a close second.

Meanwhile the irrepressible Joby Hobbs leads for the men with Tim Lowrie trailing in his wake. Come on Tim, get over that injury and defend your position!

The next event in the off road race series is race 2 in the **Gloucester XC Series** on Sunday 3<sup>rd</sup> November. Details are [here](#). This is followed by the **Avebury 8** on Sunday 18<sup>th</sup> November which promises muddy, rutted and difficult under foot conditions! – Online entries are now open follow [this](#) but do enter soon though as it is very popular.

May I also recommend the **Wickstead Wander** organised by our friends at Highworth running club. This will be the fourth running of this event and will take place on Sunday 25<sup>th</sup> November. Details can be found [here](#).

The committee will soon be discussing the events for inclusion into next year's off road/multi terrain race series and to keep things fresh I would like to propose that we exclude events that were part of the 2012 championship. I'm keen to canvass opinion on this and also your suggestions for races which could be included, let me know via [offroad@avonvalleyrunners.org.uk](mailto:offroad@avonvalleyrunners.org.uk).

I look forward to catching up with you soon, perhaps at our skittles evening on Saturday 3<sup>rd</sup> November.

*Anthony Hickson (Off Road Race Secretary)*



Here's a 'stop press' picture of members of the team and supporters following our successful outing at the Calne Clock Change Challenge 10K on Sunday 28<sup>th</sup> October. The picture was taken on the playing fields of the John Bentley School, which apparently was not named after a weatherman....



**A certain former BBC Weatherman, not to be confused for John Bentley...**