



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#142 – December 2012



Yuletide Greetings



Santa School is out for another year and 200 assorted red suited recruits are set free to find work in grotto's across the land.

It's traditional to mull over the previous twelve month's experiences at this time of year and reflect on all the good times that we've had and to try and forget those not so nice times; being a strict traditionalist I shall do exactly that, so please bear with me as I ramble randomly through some events in the valley as they come to mind whilst quaffing from a brandy balloon brimmed with spiced *Tizer*.

The club continues to grow and we now have 248 fully signed up members, of which 111 were new this year so welcome aboard, I hope your running aspirations come to fruition and you can help us maintain our ranking as the running club of choice in West

Wiltshire and of course in the race league standings. - Speaking of which, we have just been crowned Wiltshire Athletic Association Race League champions.

Following conclusion of the twelfth race in the series, the **Downton Half Marathon**, both our men's and ladies teams were rewarded with silverware and in the individual rankings Joby & Bernie Hobbs, Richard Morgetroyd, Fiona Price and Rosemary Barber also walked away with *UEFA cup* size trophies to adorn their mantle pieces! – Well done and thanks to all who have helped make the inaugural year for the race league so successful for AVR. For a review of all the races in the series and some interesting stats see the article on page 4 from regular contributor and Wiltshire Road Race Secretary Darren Wrintmore.



Dangerous dog chases Seasonal Parkrunners!



It won't have escaped your notice that it was the Queen's Diamond Jubilee year and a lot of races seemed to jump on the band wagon and used this as a theme for their race memorabilia. I've lost count of the amount of Jubilee medals, mugs and T-shirts that I have received....

Tales of *derring-do* from Dave Spencer at the **Marathon Des Sables** had us all enthralled and reaching for the blister ointment in the June edition of the Valley News. Much respect....

It was also a year when the Olympics came to town and many club members used this as their moment to shine and not only lined the streets to cheer the Torch Relay as it passed through the county but also helped out with a bit of crowd control and traffic management in London during the games. Many unforgettable memories....



Psy from Olympic sponsors, Samsung, checks out the Parkrun torch. – He thought it was proper Gangnam Style!

Club records for 5K, V60 10K and V60 half marathon have been taken to new heights by Michael Towler and Andy Lawrence respectively and are ripe for the taking by new challengers in the forthcoming twelve months. Come and have a go...



We've seen the introduction of regular track training sessions at the excellent facilities at Bath University; many thanks to Chairman Andy Hoddinott and Head Coach Alan Hayes for the well organised and high quality coaching.

There has been some good team spirit shown at several relay events during the course of the year. The **Avon Valley Relay** continues to grow and following this July's event we were invited to partake in Clevedon Athletic Club's event a couple of months later in spite of them making some navigational errors at our event. – Speaking of navigational errors our teams at the **Uphill to Wells Relay** in September didn't quite manage to maintain our run of luck at this event; we are taking stock and will be back with fully functioning navigation equipment in 2013.

The club race series standings have been dominated by Joby Hobbs who has been on great form both in road and off road races. Whilst Fiona Price has won the ladies road race series with Helen Maria and Jo Mumford taking the other podium places. Denise Ellis leads the ladies off road race series at the time of publication but with two further races to go in the series in December she could relinquish this position as Tina Vivian and Amelia Oughtibridge are within catching distance.

I've presided over all of the 2012 editions of the Valley News as chief newshound and am obviously hoping to get my big break on a national tabloid title very soon, but in the meantime I hope you enjoy this edition and I wish you all a very merry Christmas and a healthy and happy new year.

Don't forget that there will be the **Stan Farr Boxing Day 5K** on Wednesday 26th December which is free to enter for all members and will commence at 11:30 from Hilperton Social Club in Trowbridge. It's a great event and gives a good opportunity to run off some of those excess calories you will have no doubt consumed the day before. – Hope to see you there.

Richard Morgetroyd – Valley News Editor



Do The Shuffle – The Results

It was a bit like another instalment of the *X-Factor* in our house the other night as I opened the golden envelope containing the results of last month's competition *Do The Shuffle*; with the intensity of anticipation that keeps you hanging on until "stop" you cry, "this is ridiculous!" – If you couldn't make it to the live unveiling or even made an attempt at having a go at the competition then shame on you. Yule be kicking yourself when you find out the answers as it was really very simple, all you needed to do was apply a bit of alternative thinking, know a little bit about the individuals likes and character traits and then you were onto a winner.

Anyway without further ado here are the results and the rationale behind the answers:

Runner 1 was Warren Wade and he was only too pleased to run with his all time musical hero Mark Knopfler, former lead man of Dire Straits, at this year's Longleat 10K. Or was it just a *lookey likey*? – Hence from that day forward Warren has been consulting the **Sultans of Swing** for guidance on how to live a model life.





Runner 2 was Richard Newman and as many of you will know, both his wife Fiona and Daughter Holly are both keen runners and so when Richard is out on his own he likes to be reminded of the fact **Running in the Family** is keeping him at his level best.



Runner 3 was Sarah Jewers and some of you may recall that last year her and husband Ali were considering a change of career direction towards the licensed trade. The deciding factor against them taking the plunge was the thought of incessant plea's late on a Saturday night for **Two Pints of Lager and a Packet of Crisps Please** from *Wiffy Archer* sometime imbiber of this parish.



Runner 4 in the line up was Martin Croucher, who likes to look but knows he shouldn't touch or else he'll end up needing an ocean of Calomine lotion next time he's on one his scooter rallies. Yup you've guessed it that well ridden old pal **Poison Ivy** is what's on Martins mind!

That just leaves the leader of the Slow but Social group, Tammy Phillips, who may be social but she'd like you to excuse her rudery as she says "**Stuff the Jubilee!**"

If you feel this story sucks, that's probably because I made it up!

Unfortunately we didn't have any winners so I'll just have to keep the prizes to myself!



Wiltshire Road Relays 2012



Michael Towler on a howling lap

Wiltshire Athletic Association organised another fantastic event in the form of the second running of the **Wiltshire Road Relays** at Castle Combe race circuit near Chippenham on Sunday 11th November and Avon Valley Runners were very well represented amongst the 46 teams that took part.

The juniors ran one lap of the course whilst the more senior members ran two. The ladies teams were made up of three runners and the men's teams had one extra leg to run and so had four.

The club claimed first place in the Junior, Ladies, Male Vet and Male Super Vet categories. In fact our female contingent took not only first place but second and third too!



Linda Ladner demonstrates a fine technique



The vet men's team spare some time for a group hug

The senior men were on the podium too with a well earned third with Michael Towler running the fastest leg of the day in a blistering 18 minutes and 58 seconds.

Small silver plates now adorn the trophy cabinets of the winning team members for their sterling efforts, which I can confirm are ideal for serving olives or dates which may come in handy during the festive season.



Sarah Jewers is spurred on by the thought of two pints of lager waiting on the bar

Wiltshire Race League Review 2012

The Downton Half Marathon on November 25th marked the end of the inaugural season of the Wiltshire Road Race League which started back in February in icy conditions at the Longleat 10K and saw Chippenham Harriers take maximum points to gain an early lead in the Men's table with Avon Valley Runners doing the same in the Ladies, situations that were to be reversed a few weeks later at the Devizes 10K.

It was good to see Wiltshire clubs competing against each other on a formal basis and it was no co-incidence that those clubs that adopted the Wiltshire Race League within their own club championships dominated. There were of course exceptions, with the Wiltshire Race League structured in such a way to prevent hosting clubs from being prejudiced by their athletes not being able to compete in events due to a perceived requirement to assist with the race organisation it was something of a surprise to see Team Bath take maximum points at their Hilly 10 and Highworth Running Club Ladies at their 5-miler!

The benefits though of having a race in the Wiltshire Race League were marked with most race organisations demonstrating an uplift typically of 50-100% in Wiltshire Athletics Association affiliated runners, most marked was the Springfield 5K where Corsham Running Club found their number of entrants swell from just 20 at the equivalent race in 2011 to over 70 when it appeared as Race #6!



The Wiltshire Race League gets underway



Simon Plummer leads the Melksham 10

Three of the twelve races in the Wiltshire Race League were specially selected to host the county championships over their respective distances: The TBAS Castle Combe 10K, The Melksham 10 and the Cricklade Half Marathon; Simon Plummer of City of Salisbury Athletic & Running Club proved that he is the counties class athlete taking victories at all three events with his 69:55 clocking at Cricklade providing a new course record. For the Ladies Ruth Barnes of Avon Valley Runners proved victorious at the 10K and 10-mile distances whilst club mate Fiona Price claimed the county title over the Half Marathon.

As the season progressed it became very much a two club race between Avon Valley Runners and Chippenham Harriers and at the

penultimate event, The Clock Change 10K at Calne with a reported record field the Trowbridge based club clinched victory in the Men's table led home by race winner Michael Towler.

Avon Valley Runners ladies found themselves needing to take 19 or more points at the Downton Half Marathon to match their men and didn't disappoint providing the first four Wiltshire ladies home and taking maximum points.

So the tables as they finished for the inaugural Wiltshire Race League:

MEN			
Pos.	Team	Score	Pts
1	Avon Valley Runners - A	4631	196
2	Chippenham Harriers - A	4445	189
3	Team Bath AC - A	3678	173
4	Avon Valley Runners - B	3709	167
5	Chippenham Harriers - B	3106	155
6	Swindon Harriers - A	2656	144
7	Corsham Running Club - A	1900	112
8	Slinn Allstars - A	1633	92
9	Highworth Running Club - A	1416	87
10	Calne SMaRTT - A	1386	84
11	Salisbury A&RC - A	1109	83
12	Calne Running Club - A	754	73
13	Swindon Striders - A	1159	65
14	Team Bath AC - B	1057	65
15	Devizes Running Club - A	766	62
16	Wootton Bassett Hounds - A	904	54
17	Marlborough Running Club - A	746	45
18	Swindon Harriers - B	722	41
19	Highworth Running Club - B	308	19
20	Calne SMaRTT - B	366	18
21	Corsham Running Club - B	273	16
22	Swindon Striders - B	216	16
23	Wootton Bassett Hounds - B	219	10
24	Pewsey Vale Running Club - A	145	9
25	Slinn Allstars - B	81	7

LADIES			
Pos	Team	Score	Pts
1	Avon Valley Runners - A	4673	196
2	Chippenham Harriers - A	4518	193
3	Corsham Running Club - A	1959	138
4	Avon Valley Runners - B	1611	130
5	Chippenham Harriers - B	2244	128
6	Team Bath AC - A	1576	121
7	Slinn Allstars - A	1923	120
8	Swindon Harriers - A	1155	91
9	Salisbury A&RC - A	810	66
10	Calne SMaRTT - A	1101	49
11	Highworth Running Club - A	685	49
12	Swindon Striders - A	675	46
13	Wootton Bassett Hounds - A	617	33
14	Marlborough Running Club - A	275	29
15	Devizes Running Club - A	167	24
16	Highworth Running Club - B	382	17
17	Team Bath AC - B	169	17
18	Wootton Bassett Hounds - B	336	15
19	Corsham Running Club - B	266	13
20	Slinn Allstars - B	66	11
21	Calne Running Club - A	0	0
22	Pewsey Vale Running Club - A	0	0

The top individual scorers in the Wiltshire Race League were also recognised:

Pos.	Name	Club	Cat.	TOTAL	Pos.	Name	Club	Cat.	TOTAL
1	Joby Hobbs	Avon Valley Runners	SEN	1050	1	Sue Stewart Tanner	Chippenham Harriers	V50	1025
2	Michael Bright	Chippenham Harriers	SEN	975	2	Fiona Price	Avon Valley Runners	V40	885
3	Tom Smith	Chippenham Harriers	V50	896	3	Mandy Thorpe	Chippenham Harriers	V40	672
4	Thomas Coney	Avon Valley Runners	SEN	887	4	Michelle Maxwell	Chippenham Harriers	SEN	593
5	Richard Morgetroyd	Avon Valley Runners	V40	882	5	Sarah Morris	Chippenham Harriers	V40	547
6	David Vaudin	Team Bath AC	V50	853	6	Helen Maria	Avon Valley Runners	V40	511
7	Paul King	Team Bath AC	V50	790	7	Kelly Wariner	Chippenham Harriers	SEN	500
8	Tim Purvey	Swindon Harriers	SEN	715	8	Kirsty Ann Murphy	Chippenham Harriers	V40	494
9	Michael Towler	Avon Valley Runners	SEN	598	9	Jo Mumford	Avon Valley Runners	V40	482
10	Mark Hooper	Chippenham Harriers	V40	585	10	Jill Westwood	Avon Valley Runners	V40	468
14	Bernie Hobbs	Avon Valley Runners	V60	502	22	Rosemary Barber	Avon Valley Runners	V60	258

The 2013 Wiltshire Road Race League will be sponsored by Newsquest International whose publications include the Wiltshire Times, Salisbury Journal, Swindon Advertiser and Devizes Gazette & Herald. The 2013 Wiltshire Road Race League will kick off on Sunday 3rd February with the Longleat 10K. More details of the Wiltshire Road Race League can be found at www.wiltshire-athletics.org.uk

Darren Wrintmore – Wiltshire Road Race Secretary

All Those Years Ago

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

<p>2007: George and Debbie Roberts along with Frances Hood and Tania Lockley had a cracking time at the Wyvern Christmas Cracker 10K race on Sunday 9th December. George led the team home in 43:32. Meanwhile on the same day Darren Wrintmore was rewarded for dressing as old St Nic at the Santa Dash 5K in Swindon as he was the first santa home in a time of 18:40.</p>	<p>2002: Alistair Bartlett, Stewart Macgregor and Darren Wrintmore were 1st, 2nd and 3rd respectively at the annual Boxing Day 5K race at Bradford on Avon. Alistair's winning time was 18:26.</p> <p>Rosemary Barber was first in for the ladies in a time of 21:30 with Sue Macgregor second and Sonya Stephens third.</p>
<p>1997: Simon Spedding not only topped the club championship at the end of 1997 but he also claimed the best 10K, 10 mile and half marathon times for the year.</p> <p>The irrepressible Rosemary Barber claimed the 10K and 10 mile best times for the ladies with Jackie Rockcliffe running the fastest half marathon time.</p>	<p>1987: Tim Northwood, Richard Bailey and Stan Farr crossed the border into Dorset to compete in the Wessex XC event on Sunday 13th December. Tim brought the boys home in 31:33.</p> <p>Sunnier climes attracted Danny Kay however as he took part in the Majorca Marathon; he crossed the finish line in 3:40:00. It is rumoured that he thought it was just a load of Balearics!</p>

Member Profile – Stephen Wenceslas

Date of Birth:	28/09/1956	Residence:	The Bohemian Quarter of Trowbridge
Height:	5' 11"	Occupation:	Aid Worker
Weight:	12st 2lbs (approx)	Shoes:	Ursidae Pinnipeds – They simulate bear foot running well!

PBs:

5K	23:18 – Bratislava Parkrun	10K	52:19 – Prague 10K 2010
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It started with a feast, never thought it would come to this, but since having running recommended to me by a former colleague and member of Avon Valley Runners, all that extra weight that I was carrying has just fallen off and I'm now back to my svelte self. But as I'm still partial to Hot Chocolate I've just got to keep it up!

Unfortunately I've been out of action recently due to an injury picked up when I went out one winters eve and was found lying by a roundabout in some even yet deep and crisp snow by some poor old chap who had run out of fuel and was on his way to the local garage to replenish his stocks.

Being a martyr to the cause I hope to be back to full fitness soon and be out running once again on a brightly moonlit night with the aim of challenging my old personal best times, just hope the frost isn't cruel and I can make it back to my abode near the forest fence without picking up further injury.

For the future I'd like to maybe procure some more appropriate running attire; whilst I stay nice and toasty on a cold weather run in my present get up, I do find the fur lining of my cloak doesn't have great sweat wicking properties so I'll be visiting *sports direct.com* in 2013!

