



# Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS

#143 – January 2013



## New Year, New You?



Happy New Year to all readers of the Valley News, I hope 2013 brings you every success in both a sporting context and in other areas of your life too.

Will this year be the year when you discover new races to enter? - Maybe you'll do more off road events, maybe you'll knock off vital minutes to claim new PB's or perhaps you'll join the committee and help steer the club to further

greatness. If you are interested in becoming a committee member then please email [secretary@avonvalleyrunners.org.uk](mailto:secretary@avonvalleyrunners.org.uk) and also get yourself along to the AGM at the Riverside in Bradford-on-Avon on Thursday 10<sup>th</sup> January.



Even if you don't want to commit to becoming a committee member, I suggest you still attend the AGM even if only to find out how much money lies within the AVR coffers and then you know how much to ask for when you want some financial support so that you can attend that *Double Deca Ironman* training camp you've also wanted to go on.

As always the Valley News will be there to keep you informed and hopefully amused as we progress through another year in the Valley, I'm always keen to receive articles for publication; whether they are about races you've attended, training hints and tips or even recipes. Send 'em in to me at [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk), I'm relying on your input to keep the VN alive and diverse!



Don't forget also to get your subscriptions paid for the forthcoming year. Cost is £25.00 to include England Athletics affiliation or £15.00 without. Cheques should be made payable to Avon Valley Runners and sent to Tim Lowrie, Membership Secretary, 12 Springfield Close, Trowbridge, Wiltshire, BA14 8TB.

The first race in the 2013 Wiltshire Race League is the **Longleat 10K** on Sunday 3<sup>rd</sup> February so get your entries in now and let's start our campaign on the right foot to keep AVR where we left off last year, at the top of the league. Entry details can be found [here](#).

*Richard Morgetroyd – Valley News Editor*

# Stan Farr Boxing Day 5K



**Mike Towler leads the race aided and abetted by Dad Barry before a shift at Tesco!**

It was the 53<sup>rd</sup> running of the Avon Valley Runners Boxing Day 5K race; now named in memory of founding member Stan Farr. 44 Runners turned out to run off a few Christmas calories on a damp and windy day where the going was quite heavy across the playing field at the Whaddon Lane social club in Hilperton; nonetheless a new course record was set by men's winner Michael Towler who covered the distance in a time of 16:46 almost two minutes ahead of 2<sup>nd</sup> placed Will Stockley and 2:18 ahead of 3<sup>rd</sup> man Michael Bryant.



**Joby Hobbs and Jill Westwood having a Yabbadabba Doo time!**



**Will Stockley gets out of visiting his Nan on Boxing Day to run for AVR!**

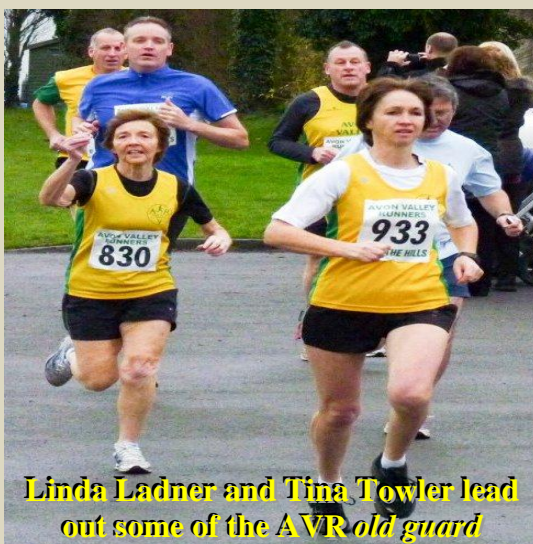
Credit must be given to guest runner Harriet Buckland who was first female across the line in 22:17; however first AVR lady home was Sarah Sims in 22:31 ahead of Jill Westwood aka Wilma Flintstone in 23:24 who ran aided by Joby Hobbs aka Fred Flinstone. Third lady in was Linda Ladner in a time of 25:08.

Other category winners were Richard Morgetroyd, MV40, Stuart MacGregor, MV50, Stuart Argvile, MV60, Fiona Newman, FV40, Tina Towler, FV50 and Rosemary Barber FV60.

Spot prizes were also awarded as chosen at random by Vice President Judy Farr to Richard Hudson, Sean Butler, Alex Russell and Martin Croucher.



**AVR ladies winner Sarah Sims on her way to the finish**



**Linda Ladner and Tina Towler lead out some of the AVR old guard**



**Sean Butler shows the style to capture a spot prize**

## Tales from a Land Down Under

I can't believe I am in Australia again! - My husband and I arrived less than 48hrs ago and I am still waking up in the middle of the night starving and wide awake. It's 8am Australia time but my brain says it is 10pm and time to sleep.

Location is Canberra and I am standing beside Lake Tuggeranong and the temperature is 20°C already.

I have been dropped off by friends whose daughter is getting married tomorrow - the reason why we decided to come to Oz to celebrate her marriage.

We had spent a year in Australia in 1979 working, and had always said we would come back when we had the time and the wedding gave us the incentive.

I had decided to take my running gear and fully anticipated doing a few training runs out there as we were staying for a month.

So while my husband and our friends went shopping for cheese for the wedding cake [yes cheese!] I took the opportunity to run around the lake which was about 5 miles.

I set off, though feeling slightly light headed, a symptom of jet lag but feeling pleased with myself for making the effort.

I am constantly reminded of all the sounds and smells I remembered so well from all those years ago.

The smell of the eucalyptus trees as they warm up in the sun, the crispy tinder dry leaves underfoot, the screech of the cockatoos swooping high in the sky, the lovely warbling of the magpies, the hysterical laughter of the kookaburras, the beautiful plumage of the parrots darting amongst the branches; A pair of black swans idling by, in the distance the typical stark Aussie landscape with the Blue Mountains reflecting in the calm waters of the lake.

The pathway around the lake is very popular for all kinds of keep fit enthusiasts; Ladies power walking with weights, fellow runners, scooters, elderly couples out enjoying the beautiful morning and a few cyclists.

It was getting hotter by the minute and I am stopping to drink water and wondering why I feel like I am running through treacle but there is no going back I have to go on! [Where have I heard that before?] This is a bad idea. It must be the jet lag.



I am only halfway round when through squinting eyes because of the bright sun I see an apparition that stops me in my tracks. A cyclist is coming towards me with a halo of brightly coloured projections attached to his hat like the spines of a hedgehog! He passes with a cheery 'Good day' and I have barely time to take this in when a couple more cyclists pass me with equally impressive headgear. I must be hallucinating! I am dehydrated. I must drink more water!

I carry on running pondering on the eccentricity of the Australians. Could it be a new craze? Or am I going mad? - Before I can work it out another cyclist comes weaving towards me and waving and flapping his arms in the air above him but no colourful projections on his hat.

As he draws alongside he shouts ' He's all yours now ' and without to do cycles off. A magpie is swooping and darting around his head, but as soon as the cyclist has gone the magpie leaves him and settles onto a tree branch above my head, taking no notice of me and starts his cheerful warble.

I carry on keeping a wary eye out for more magpies but they seem not at all bothered and carry on warbling and going about their business. No more cyclists pass me. The intriguing spectacle of the cyclists keep my mind occupied and I manage to finish the run by which time it is 28°C and I am in much need of rehydrating!

Later I find out that in the spring the male magpie becomes very territorial and can become aggressive especially to fast moving cyclists who they regard as a threat to them. Walkers are too slow, some runners have been attacked but I must have been going so slow they just laughed!

The hedgehog effect is achieved with cable ties, and this seems to deter them from getting too close and inflicting an injury. There are many different ways to deter the magpies as can be seen [here](#).

The wedding was lovely and the cake made out of Cheddar, Stilton, Wensleydale and Cranberry and Brie was very Ozzy style but delicious!

*Tina Vivian*



## All Those Years Ago

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

**2008:** George Roberts and Rosemary Barber fought off the **Hangover 10K** on 1<sup>st</sup> January, George ran 42:06 whilst Rosemary did 48:03.

A couple of weeks later many members were feeling *rufty tufty* at the **Rough 'n' Tumble** 10 mile multi terrain race. Vojtech Hajdu brought the men's contingent home in 1:16:53 whilst Jo Mumford was first in for the ladies in a time of 1:36:21.

**1998:** Probably inspired by the tune by *Roxy Music*, Simon Spedding, Bob Ellis and Martin Connor took on the **Avalon** cross country league race on Sunday 18<sup>th</sup> January. Simon brought the boys home in 36:28.

**2003:** Bob Ellis, Darren Wrintmore, Ian White, Neil Whitehead and Dave Hudson were in fine fettle to slay the **Slaughterford 9** off road event on Sunday 26<sup>th</sup> January. Bob brought the boys home in 1:07:24.

Meanwhile on the same day Rosemary Barber, Judy and Stan Farr were having a roam around the **Romsey 5**; Rosemary claimed the FV50 prize whilst Judy was awarded the FV60 prize.

**1988:** Dave Bristow fancied haring round the **Harwicke 10** mile road race course on Friday 1<sup>st</sup> January. He claimed 40<sup>th</sup> place in a time of 1:00:48.