



# Valley News

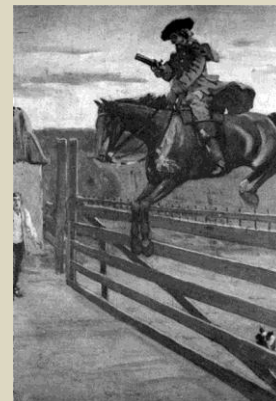
THE NEWSLETTER OF AVON VALLEY RUNNERS

#144 – February 2013



## Northern Parkrun

Whilst visiting family in the north of England over the festive period, in a bid to maintain a little fitness when all around were loosening their belts as they binged on rich meats, cheeses and exquisite wines I took part in the York Parkrun on Saturday 29<sup>th</sup> December. The 5K race route follows the mostly tarmac service road around the inside of the racecourse known as the Knavesmire where notorious Highwayman Dick Turpin was hanged in 1739 following an unsuccessful horse theft!



The course is very flat and in favourable weather conditions could lead to some very fast times; however on the day I ran there was a very strong wind whipping across from seemingly all directions to maintain the northern chill. Notwithstanding the weather conditions and the fact that it was Christmas, 104 hardy souls turned out for the 1½ laps of the racecourse perimeter and as I walked to the start line wearing AVR colours I was approached by a runner from Andover Athletic Club who was also in the area visiting family for the festivities. Prior to the start, first timers and visiting Parkrunners were welcomed and there was even a rousing cheer for a birthday boy!

The going was good to firm as we got underway with a breakaway group leading out but as the race progressed I got past them, and a bit like Shergar they disappeared without trace as my trot turned into a canter. I was neck and neck with the chap from Andover AC for quite a while before he galloped off in the final furlong leaving me as the 12<sup>th</sup> finisher in a time of 19:45. The winner being a pigeon catcher, there was no need for a steward's enquiry.



Following the early morning exertion I was keen for some nose bag so I headed off in the direction of Tattersall's for some oats... Unfortunately I was refused service with an emphatic *neigh!* – So I went to *Tesco* for a burger instead...



**Richard Morgetroyd**

## Wiltshire Road Race League Preview 2013

February sees the start of the 2013 Wiltshire Road Race League sponsored by Newsquest International. Following victories in both the Men's and Ladies tables in the inaugural Wiltshire Road Race League by Avon Valley Runners, the new season will see the Ladies competing alongside the Men with the scores achieved by both sexes contributing to a clubs points tally, as the League is split into two divisions:

### First Division

1. Avon Valley Runners – A
2. Avon Valley Runners – B
3. Calne SMaRTT – A
4. Chippenham Harriers – A
5. Chippenham Harriers – B
6. Corsham Running Club – A
7. Highworth Running Club – A
8. Salisbury Athletic & Running Club – A
9. Slinn Allstars - A
10. Swindon Harriers – A
11. Swindon Striders – A
12. Team Bath - A
13. Team Bath - B
14. Wootton Bassett Hounds – A

### Second Division

1. Calne Running Club - A
2. Calne SMaRTT – B
3. Corsham Running Club – B
4. Devizes Running Club - A
5. Frome Running Club – A
6. Frome Running Club - B
7. Highworth Running Club – B
8. Marlborough Running Club – A
9. Pewsey Vale Running Club - A
10. Salisbury Athletic & Running Club – B
11. Slinn Allstars - B
12. Swindon Harriers – B
13. Swindon Striders – B
14. Wootton Bassett Hounds - B

The first race in the 2013 campaign will be at the Longleat 10K on Sunday February 3<sup>rd</sup>, which last year saw an early team victory for Chippenham Harriers over Avon Valley Runners who as defending champions start the new season as favourites. However this year both Swindon Harriers and Team Bath are threatening to challenge for the title. Frome Running Club have now affiliated to Wiltshire Athletic Association and will be supporting two teams in the Second Division and will no doubt be challenging for early promotion to the top flight.

The fixture list for 2013 is as follows:

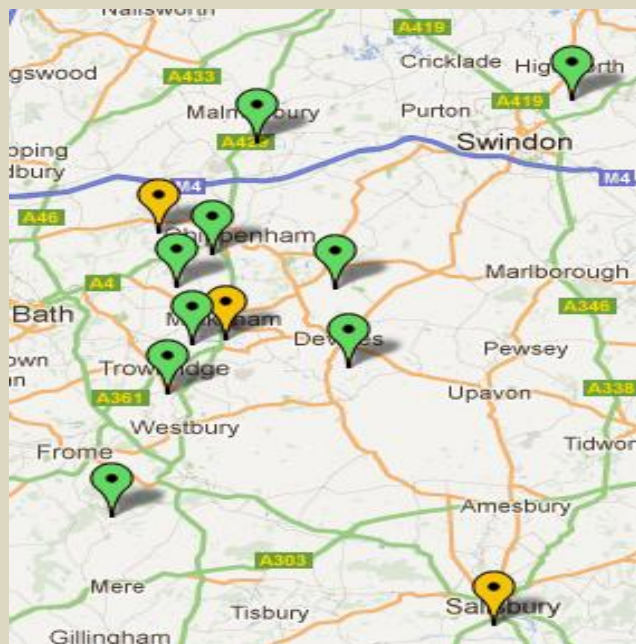
- #1 **The Longleat 10K** - Warminster - Sunday 3<sup>rd</sup> February
- #2 **The Devizes 10K** - Devizes - Sunday 3<sup>rd</sup> March
- #3 **The Clock Change Challenge 10K** - Calne - Sunday 31<sup>st</sup> March
- #4 **The Highworth 5** - Highworth - Sunday 14<sup>th</sup> April
- #5 **The Trowbridge 5K** - Trowbridge - Sunday 26<sup>th</sup> May
- #6 **Chippenham Harriers 5** - Chippenham - Sunday 9<sup>th</sup> June
- #7 **The Springfield 5K** - Corsham - Wednesday 10<sup>th</sup> July
- #8 **The TBAS 10K \*** - Castle Combe - July
- #9 **The Foxtrot 5** - Broughton Gifford - Sunday 25<sup>th</sup> August
- #10 **The Melksham 10K** - Melksham - Sunday 8<sup>th</sup> September
- #11 **The Malmesbury Half** - Malmesbury - Sunday 22<sup>nd</sup> September
- #12 **The Salisbury Half \*** - Salisbury - Sunday 20<sup>th</sup> October

*\* The TBAS 10K & Salisbury Half Marathon will host the county championship road races over the distance in 2013 and so individual county medals will be on offer as well as League points.*

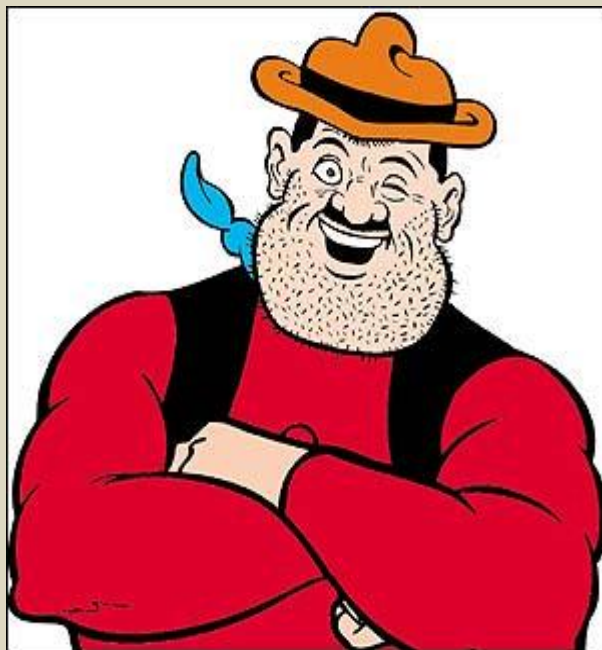
Full details of the Wiltshire Road Race League can be found at [www.wiltshire-athletics.org.uk](http://www.wiltshire-athletics.org.uk)

**Darren Wrintmore**

*Wiltshire Road Running Secretary*



## *Dedicated or Desperate?*



My friends think I'm mad to go out running in awful weather and when on holiday. So that got me thinking do other people run when on holiday or is it only mad people like me?

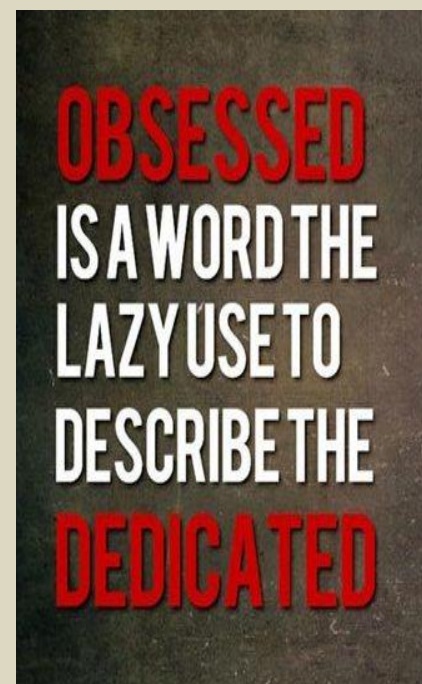
I asked some people that I run with and yes over half run when on holiday and people have run in many, many countries. So why do we do this, these were the answers I got. We enjoy it, we're dedicated, we don't want to miss too many runs as our fitness/times may suffer, habit, it's what we do.

I thought of all the countries I've run in, I try to run straight along the beach and then turn and come back, it's harder and good for you to run on sand, that's what I like to think, but that's not the real reason, I may get lost if I take too many turns!

There are 2 runs that stick in my mind, the first when we were in Egypt in 45 degree heat, I decided to run along the front, people were concerned about safety as when we went out we were always hassled, but in fact nobody even approached me, they probably thought nobody in their right mind would be out in that heat. The heat didn't bother me at all, I love the sun and heat but my throat felt like it was on fire – a really weird sensation.

The other run was in Kenya – on a treadmill – I'm not mad enough to run with wild animals around. It was really hard work, I only ran 4 miles, but it felt like I had done a half marathon, I was quite upset. Later in the evening we were sat around in the bar and the others asked how I'd got on, I said 'oh it was awful this holiday hasn't done me any good at all I was shattered' they all started to laugh. I looked at them and they said, have you not thought where you are, this is where the national athletes come to do their high altitude training!! I felt better after that.

So why do you run are you dedicated or desperate, people like Mike are dedicated. Me I'm desperate to improve my times or even more desperate not to get worse. *Which are you?*



*Tina Towler*

## All Those Years Ago

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

**2008:** Number one super guy Phil Harding was almost quicker than the human eye when he completed the **Hong Kong Marathon** on Sunday 17<sup>th</sup> February in a time of 3:24:06.

Word on the street has it that he crossed the line and celebrated with a *Hong Kong Phooey Chop (Hi Ya!)*

**2003:** The **Bramley 10 & 20** mile races on Sunday 23<sup>rd</sup> February attracted fourteen and four AVR members respectively for this spring marathon precursor.

Alistair Bartlett was first AVR member home in the ten mile event in a time of 1:00:40 whilst Jackie Rockliffe brought home the twenty mile participants in a time of 2:34:54.

**1998:** Simon Spedding, K. Lee and Viv Toms took part in the exotic sounding **San Domenico 20** mile race on Sunday 22<sup>nd</sup> February. Simon brought the team home in a time of 2:05:44.

Don't be fooled by the name, San Domenico RRC, the organisers of this race are a running club from Cardiff in Wales, perhaps the sunny sounding name takes their mind of the inclement weather often experienced in Wales...

**1988:** Romantic notions were not on the minds of seventeen Avon Valley Runners on Sunday 14<sup>th</sup> February as they tackled the **Valentine Massacre** 12 mile race.

Tim Northwood was our first runner home in a time of 1:23:49 followed by Martin Connor, 1:25:54 and Phil Mitchell, 1:27:40.

## AVR Represent County at X-Country

Avon Valley Runners members Michael Towler & Carl Davies donned green vests to represent Wiltshire at the Inter-County XC Championships held at Bicton College, Exeter. Finishing in 25<sup>th</sup> & 95<sup>th</sup> place respectively against the best runners in the South West of England.

Well done boys!



## *What's in a Name?*

A cause of consternation for some race organisers and those having to trawl through results for entry on the various databases and spreadsheets held by the club is the variety of names used by members when filling out race entries. Please be aware that the full affiliated club name should be entered and that is **“Avon Valley Runners”** and not “AVR”, “Avon Valley” or even “Avin Valley” as has been seen on occasion!

It would be most disappointing to miss out on a team prize or recognition for race series points due to a typographical error!

Thank you in anticipation, your fun loving committee...



## *Stop Press – Club FV50 Half Marathon Record Broken*

It has recently come to light that Diane Hier shaved 4 seconds off the club female vet 50 record at the Downton Half Marathon last November. The record now stands at 1:33:15.

Congratulations to Diane on this splendid time!