



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS

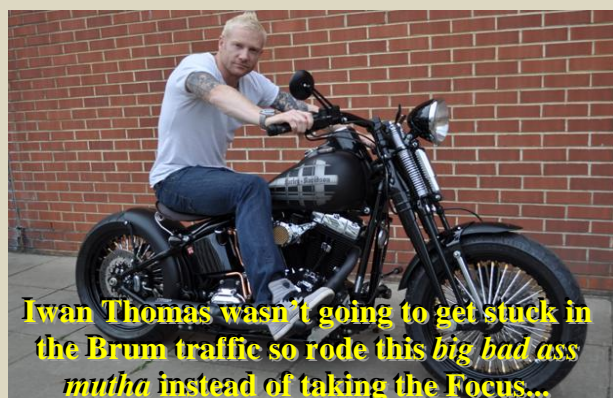
#147 – May 2013



Untouchable

Due to a number of factors, I seem to be spectating more than running these days and Saturday February 16th was no exception. I travelled to Birmingham with family and friends to watch the indoor British Athletics Grand Prix at the National Indoor Arena (NIA). Having been to the NIA for similar events before, my first thought was my stomach and hoped we had enough food for the afternoon, hungry work this spectating! The meeting was a sell out and luck was on our side with a car parking space on the entrance level and seats with a fantastic view near the track to experience the speed of the athletes. The atmosphere was buzzing and after the first event I wondered whether my voice would hold up for the whole afternoon. Mo Farah was running at the end of the meeting, last time I saw him at Crystal Palace just prior to the Olympics, my voice took days to recover.

Katharine Merry, Geoff Wightman and Iwan Thomas provided amusing and lively commentary: ‘the pacemaker has gone off too fast and has lost the runners, that’s better she’s stopped running and they’ve found her again’, this was in the women’s 3000m where Helen Clitheroe, always a popular winner, ignored the pacemaker and led the runners, winning in a good time. We could see Colin Jackson, Denise Lewis and Jonathan Edwards in the distance under strong lighting; unfortunately their commentary was not broadcast in the Stadium.



Iwan Thomas wasn't going to get stuck in the Brum traffic so rode this big bad ass mutha instead of taking the Focus...

These afternoons run like clockwork and at times I don't know where to look for fear of missing any action; triple jump, high jump, pole vault, all going on at the same time as track events. The big screens and athletes asking for crowd support helps to focus on where the next action is.

The women's 60m was billed as an exciting race between Shelly- Ann Fraser-Pryce, Carmelita Jeter and Murielle Ahoure. We were not disappointed with Murielle Ahoure breaking the UK all-comers' record in sub seven seconds, incredible!

The most spectacular finish of the day was the men's 800m when a number of athletes fell over the finish line. The winner, Michael Rimmer was declared after a photo finish and official protest.

Jenny Meadows had a good comeback; I've never understood why she wears those sunglasses indoors. The crowd went berserk watching Genzebe Dibaba nearly break the women's 1500m world indoor record, she did get the UK all comers record though. I was fascinated with the speed of her running which looked effortless.



There were too many other performances to name them all and then it was time for Mo Farah in the men's 3000m. The crowd were in fine form, young and old were being picked out on the huge screens bearing any kind of art to support Mo. The best for me were 3 young boys proudly displaying ‘Go Mo’ on their chests with huge smiles. Mo won the race and showed once again why he is ‘untouchable’.

Well the day's events were over and after meeting up with runners from other clubs we retired to the nearest pub, well no point in queuing to get out of the car parks! I couldn't believe my eyes when Holly Bleasdale, who I had seen compete and win earlier, walked in and sat down, she appears much smaller up close. Her arrival was the icing on the cake to a perfect day. Maybe more AVR members should try this experience?

Sue MacGregor

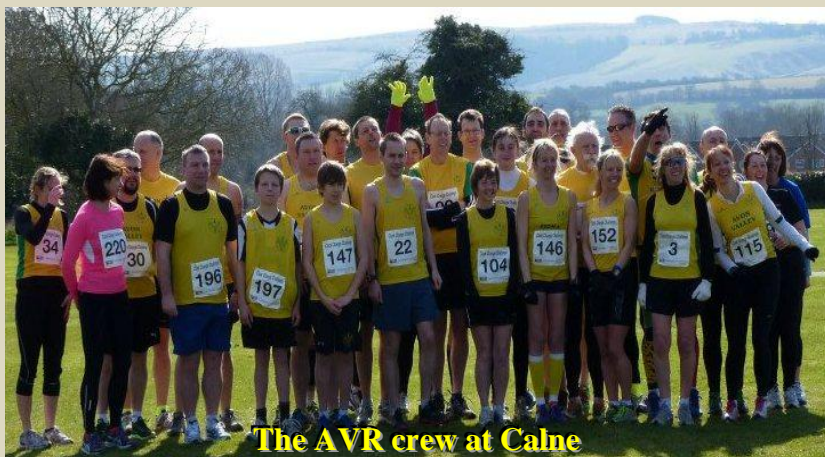


Holly Bleasdale celebrates with a brew following the pole vault

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

AVR Top of the Tree after Three and Furthermore After Four

The early hours of Easter Sunday saw the clocks change to signify the start of British Summertime and also the countdown to the Calne Clock Change Challenge 10K race, which was to be the third race in the Wiltshire Athletic Association race league for 2013. As I arrived at Calne Leisure Centre to pick up my race number and check out the competition there was a distinct nip in the air; most unlike the start of summer!



The AVR crew at Calne



Wrinty warms up to Black Lace's Superman

At ten to eleven the race goers made the brave move from the warm confines of the Sports Hall to the playing field of the John Bentley School for an aerobic warm up led by one of the gym instructors. Following a muted race brief we were off for a lap of the field and then out onto the quiet roads around Heddington and Stockley. Suffering from the remnants of a rather lingering cold I knew I wasn't on for a particularly quick race time despite the course's flat profile so I just tucked in got my head down and got on with it, leaving the likes of Thomas Coney and Peter Veleski to battle it out for the twenty points available towards the club race series.

After wheezing like an asthmatic for the first half of the race I found that when we made the turn just past the 5K mark I found that I could breathe more easily, must have been the *i-tunes*... With race league protagonist Joby Hobbs not running due to injury, was out instead cycling the course and offering encouragement to Team AVR and with him riding alongside me I felt my pace quicken sufficiently to allow me to pass some runners from rival clubs and to gain a better than expected race time of 39:28.

Peter Veleski bagged the twenty club race series points and in the process set himself a new PB in a time of 37:45. With the full gamut of points given to our men's and ladies teams in the Wiltshire Athletic Association race league we increased our lead over nearest rivals Chippenham Harriers by five points.

Two weeks later the teams were in action once again in a bid to further strengthen our position, this time we headed north of Swindon to contest the Highworth 5 mile race. In much better conditions than the 2012 race the undulating course nevertheless tested many a runner who had used up vital energy in the first part of the race only to be faced with a long uphill climb to the finish.

Michael Towler was our first man home in a time of 27:48 with Joby Hobbs running through the pain barrier of his injury, hobbled round in a very a credible 29:45. Peter Veleski gained a further PB storming round the course in 30:20 a full minute ahead of Thomas Coney.

Fiona Price was fourth lady overall in a time of 33:19 and also claimed the female senior vet prize. Diane Hier and Jill Westwood were our second and third ladies to cross the finish line in times of 34:27 and 36:42 respectively.

Also scoring a new 5 mile PB was our kit man Richard Southgate who ran 38:23. These further endeavours now puts Avon Valley Runners 'A' team eight points clear at the top of the Wiltshire Race League and our 'B' team in third place.



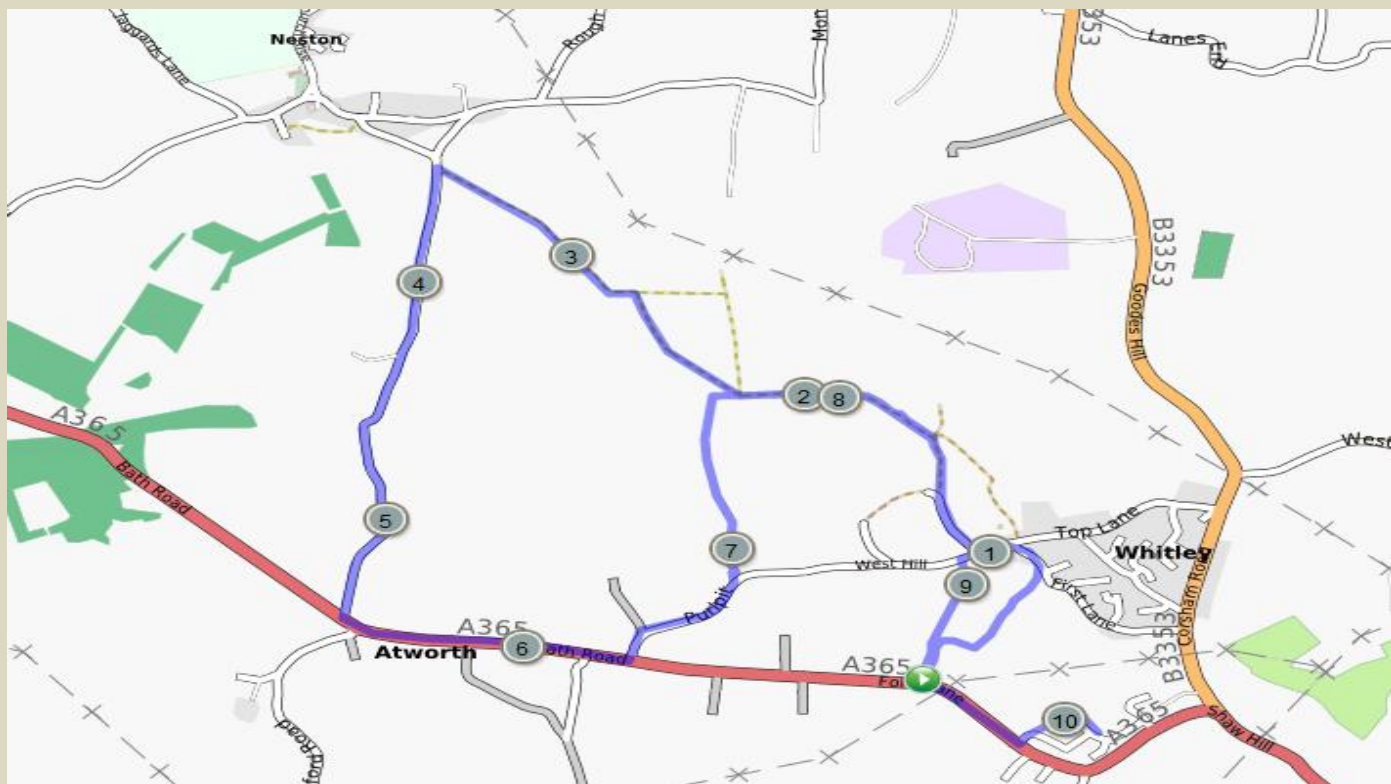
Paul Gardiner strides on home

Richard Morgetroyd

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The “Shaw Stampede”

Saturday 18th May will see the eighth time that Avon Valley Runners have hosted the **Shaw Stampede** which takes place over one of my ten kilometre multi-terrain training routes that passes through the villages of Whitley, Neston, Atworth, Purlpit & Shaw.



Last year we had around 100 runners at the event which included the “Keane Kanter” 2-kilometre fun run and saw Stuart Henderson of Corsham Running Club lead the field home.

Profits from the Stampede & Kanter will again be going to Bristol Area Kidney Patients Association, we raised over £500 last year for the charity that provided so much support to my late father both before and after his kidney transplant.

As well as the run, we are going to offer a Street-O, where competitors are given a map with a number of questions to answer once they have navigated a way to the given checkpoints.

As well as competitors (I have 50 runners signed up so far) I am still seeking assistance with the marshalling and other race day activities. So if you can give up an hour or two please drop me a line – there will of course be an opportunity to preview the course and identify marshalling points followed by a BBQ back at my house in the week preceding the run.

Darren Wrintmore – Vice-President



All Those Years Ago

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

<p>2008: Andrew and Sophie Grist took a relaxing run round Lodmoor Country Park and along the beach road at Weymouth during the Egdon Easy 10K on Saturday 24th May, Andy <i>swanned in</i> in a time of 41:40 and Sophie <i>broke her duck</i> with a PB time of 45:17. Meanwhile on tougher terrain; Doug Barber, Mike Pace, Neil Whitehead, Nick Rosier and Sue MacGregor battled it out at the Bath Hilly 10.</p>	<p>2003: Danny Kay put in a king size marathon effort over the weekend of 17th/18th May when he took part in two 26.2 mile races. On Saturday he took part in the Isle of Wight Marathon and claimed the 2nd MV60 prize in a time of 3:39:29. He was understandably a little slower on Sunday as he ran a 4:23:10 at the Newton Abbott Marathon.</p>
<p>1998: There was much rejoicing round the May Pole for Avon Valley Runners Rosemary Barber, Polly, Tony Bartlett, Susie Phillips and Judy Farr as they claimed various category prizes at the May Fayre 3 mile race on Monday 4th May.</p>	<p>1988: The Warminster 24 hour race doesn't sound quite as exotic as the similarly named Le Mans event; however you have to hand it to the two plucky Avon Valley Runners who took part in the Wiltshire race on Saturday 21st May, Stan Farr managed to run 90.88 miles in the time to take 3rd place and Neil Fyfe ran 60.35 miles to claim 9th place overall.</p>

Kit Man Rich

Kit man Richard Southgate has asked me to remind you that he has an extensive range of apparel resplendent in Avon Valley Runners yellow and green. He will be pleased to discuss your personal size requirements so drop him an email at kit@avonvalleyrunners.org.uk to find out how you can get your hands on his wares and be the brightest runner on the block.



Be Free as a Bird and Run for Nowt

It's your next opportunity to be free, free as a bird at Avon Valley Runners expense. As first published in the March 2013 edition of the Valley News, the club will contribute up to £30.00 towards race entry for an event you have chosen to enter on the proviso that you write in to Valley Towers explaining why you have chosen to target a particular running event and then to write a piece for publication in a future edition of the Valley News about your experiences of the race..

What we want are some inspirational, motivating and original words in order to be considered, so get thinking and get your submissions in to me at news@avonvalleyrunners.org.uk. Entries to be in by 20th May and you can only find out if you have won by reading your piece in the Valley News which usually comes out about 10 days after the competition deadline.

Terms and Conditions

- You can only win once within a 12 month period
- Race entry fee up to a maximum of £30.00
- You are obliged to write a follow up piece for the Valley News once you have completed your targeted event
- This competition is open only to paid up members of Avon Valley Runners and is being set up on a trial basis so please encourage other members to participate
- Any questions please write to secretary@avonvalleyrunners.org.uk

Thomas' Top Tech Tips



Top tech guru Thomas Coney has kindly taken some time out of his busy schedule advising Silicon Valley to share a review of a map finder app with us in the Avon Valley.

App Name: MapFinder

Compatible Phone: Apple Iphone/iPod Touch only

Price : Freemium

<https://itunes.apple.com/us/app/os-mapfinder/id577097874?mt=8>

With events like the Cotswold Way Relay and Uphill to Wells approaching I thought I'd mention a phone app that some people may find of use for doing their recce or even during the race. Currently only available for Apple Devices Ordnance Survey have their own app which enables you to view OS maps and show your location relative to a planned route. The app itself is free, but you have to pay for map tiles (10k x 10k) with the price depending on what scale of map you want – though it does come with maps of Exeter for free.

Map Type	Approximate FileSize	Price
OS Explorer 1:25 000	8Mb	£2.49*
OS Landrange 1:50 000	2Mb	£0.69

*Currently on offer for £1.99

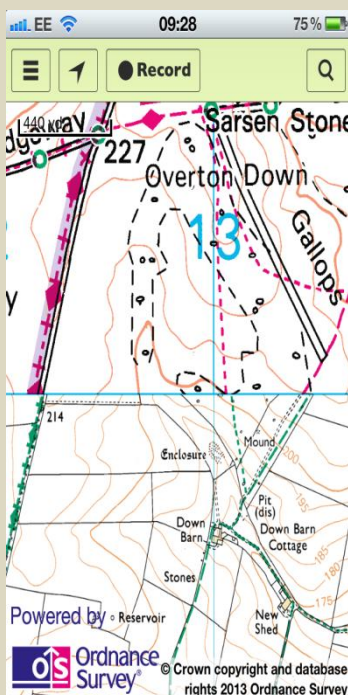
While the 1:25k maps are obviously more detailed, for a recce you might find the 1:50k adequate (comparison photo where half screen is 1:25k other is 1:50k included for comparison) . As the map tiles are stored on the Phone, there's no issue with having no cell coverage when trying to load a map on a phone(Something I experienced a few years ago!). While free apps like Google Maps allows for caching of maps for offline, they don't show routes nor bridleways/footpaths/right of way.

Even a small route however could spread over 3 or 4 tiles, let alone something like the OMM (<http://www.theomm.com/>), the Saunders (<http://www.slm.org.uk/>) or other Ultra races, so mapping could become more expensive than a paper map! However I believe it has its place and some plus points:

1. Paper maps don't show your location or heading – not everyone can read them quickly to determine their location
2. Easy to plot routes – you can import gpx files, plot on the phone or OS web site and send to your phone
3. You'll be carrying your phone for emergencies anyway

I'm not suggesting for serious runs in the wild this replaces a paper map – Some race rules require maps anyway – but it may be quicker to find your location and show you where you should have gone. As with any technology based map, if the battery drains or the phone breaks you could end up totally lost.

Now, the app does have some negative points. To view your location against a route, you have to 'record' it. While I can see no reason to use this feature – that's what my GPS watch is for - it does mean a few extra button presses, and once you have your bearings you need to stop recording or else it will drain the battery!





Wiltshire Athletic Association present:

The County AA Championships

Saturday 25th May

Tidworth Oval

Bulford Road, Tidworth, Wiltshire, SP9 7SB

Events: 100m, 200m, 400m, 800m, 1500m & 3000m
Long Jump, High Jump, Triple Jump, Pole Vault & Relays
Hurdles, Javelin, Shot Putt, Hammer Throw & Quad Kids

Open to: Juniors, Seniors
& Disabled athletes



See www.wiltshire-athletics.org.uk for more details and event entry