



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS

#149 – July 2013



18 Things you Probably Didn't Know....

Man of facts **Richard Hudson** has kindly compiled this list of essential details about the **Dartmouth Discovery Ultra**. He's had a lot of time to mull them over whilst running the event over the years, he originally thought of twenty but as he didn't have a pen and paper to hand two were jogged clear of his mind:

1. It is a 32 mile race in June around the roads of Dartmoor, run on a Saturday in June.
2. It is the longest single lap road race in Britain.
3. It was started in the 90s as a deliberate throwback to the "golden age" of British long distance running, when real men and women just got out and ran. The race founder, who passed it to Teignbridge Trotters in 2011, used to have a lovely rant on the website about sissy runners with backpacks and energy gels!
4. It has a cult following. Only 200 can take part, but you get treated like an elite runner.
5. As well as free food and drink, massage and all the goodies (T shirt, medal) at the end. You give in drinks bottles at the start for particular water stations and a spotter calls out your number as you approach, so they can hand you your bottle when you arrive at the station.
6. Each year a colour magazine, especially for the race is produced and given to all participants. Plus there is a free post race disco on the Saturday evening.
7. AVR won the Ladies team prize in 2004. I believe Tina Vivian and Sue McGregor should take the credit (sorry to the other members, the results seem to have now disappeared off the web).
8. It starts at the highest point of the course in Princetown and goes up and down and up and down etc.
9. So it is really hilly, but the first 15 miles are much more down then up. Then you start climbing...
10. Nearly everyone who runs the race for the first time gets caught out by its downhill first half to burn out too early. Although it is less hilly after 20 miles, for most people it is too late, the damage is already done.
11. I have run it 3 times as my Dad lives in Torquay and it has been a good excuse to visit him for the weekend.
12. My first year in 2011 was a disaster though! A 7.5 minute first mile downhill turned in to a 15 minute final mile at the end and a spell sitting in the St John's ambulance at the end of the race! Not the way to convince a sceptical parent of the benefits of running.
13. Despite 2 months of vowing never to do it again after my first go, I started much more conservatively in 2012. At 20 miles I was 30 minutes behind my previous time, but was 40 minutes faster in the final 12 miles to finish 10 minutes ahead! I ran the whole 32 miles at very even 10 minute miles.



A determined looking Richard at the 2012 event on a nice downhill section

14. They say in ultras you must start slow, stay slow and if you feel like speeding up; then don't! That certainly seemed to work for me in 2012.
15. On 1st June this year I started slowly again and managed to beat last year's time by 3 minutes, although after 5 hours 16 minutes of running that is not a huge margin!
16. I will give it a break for a year or two as I can see the only challenge is lots more hard training to shave a few more minutes in future years.
17. It is all on road, so "roadies" have no reason not to do it, but the course is punishing enough to attract masochistic off road enthusiasts as well.
18. Entries for the 2014 race will open in January and it will sell out fast. Keep an eye on the Teignbridge Trotters website. Definitely a challenge worth taking on.



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

AVR in the Community

Instead of institutionalising individuals with certain conditions, *Care in the Community* has been in place for some time with varying degrees of success..... So it was on a sunny Saturday in June in Trowbridge park mixing it with Wrestlers, Pole Dancers and other chancers I happened upon these two individuals spreading the word to the good people of Trowbridge to get out and get active. *Foggy* had gone a wandering confirmed *Compo* and *Clegg* as our snapper got his camera out, “he won’t be long he’s only gone to get some wine so why not stay a while and enjoy the ambience.” I made my excuses and left not before being press ganged into a leg of the Uphill to Wells Relay and 5 miles at Badminton.



The AVR boys, with the paste table last seen in action at a street party to celebrate the Coronation, wait patiently for clients in their tree lined idyll

Richard Morgetroyd

Southgate Soars to New Heights

A very proud Melksham wife wrote to us recently telling of her husband’s run of improving success in knocking out PB after PB, ten in total in 10 weeks of racing. Although she had some concerns that all this success might be unbearable pressure and he might hit the gateau or did I misread that and she meant plateau!?

Here are the numbers which Richard Southgate should be justifiably proud of:

- 31st March 2013 – Calne Clock Change Challenge 10K; 46:51 **PB**
- 4th April 2013 – AVR Mile; 6:50 **PB**
- 14th April 2013 – Highworth 5; 38:23 **PB**
- 28th April 2013 – Corsham St. Georges 10K; 45:50 **PB**
- 4th June 2013 – Melksham 5K; 21:49 **PB**
- 9th June 2013 - Chippenham 5; 36:39 **PB**

These and four Parkrun PBs between 30th March and 4th May tell of a man of determination and a narrowing waist band. – Keep up the good work and keep away from that gateau!



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Exmoor Coastal Marathon

I have always liked Trail running but never more so than I do now. October last year while I was recovering from an injury I was looking for a challenge, something different that I had never done before. By chance Denise Ellis had put a post on face book about the CTS Exmoor Coastal Marathon. A quick look on their website and seeing the words Marathon and Extreme was all it took for me to pay the entry fee and I was in. I now had to get myself fully fit and recovered to take on this mammoth challenge.



After some carefully selected off road races, an introduction to fell running and lots of hard training I was confident I could actually take this race on. Five months soon past and the weekend of the race finally arrived.

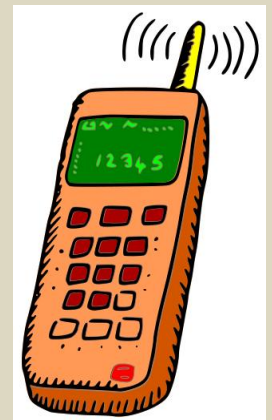


This is not just about me though. I was lucky enough to have some very experienced trail runners with me. Let me introduce you to Kay Middleton an expert in all areas of trail running and a great teacher at it to, her downhill running is something to behold. The legend that is Jimmy Lowther an amazing trail and fell runner who has taught me a lot about off road running in a very short time. Mr James Crawford who is very experienced in orienteering and predicting the weather without needing the fancy tech the met office use. Amelia Oughtibridge and her partner Paul. Paul was in a supporting role as this was Amelia first ever marathon. Paul lives up north and is a proper tough fell runner. Finally we had Anthony Hickson who loves nothing more than running up mountains in Switzerland.

The event was split into several distances with various start times. Jimmy, Kay, Amelia and I were running the Marathon, James the half marathon and Anthony the 10K. All distances were approximate and were actually longer. All distances had a maximum elevation of 1123 feet and the marathon had a total elevation gain of 5251 feet. The marathon runners were the first to go and as we were unsure how long this would take decided to take the earlier start with the ultra runners.



We all had our mandatory kit with us which consisted of camel back for water, water proof jacket, whistle and first aid kit, map and mobile phone. Race brief over we were moved to the start and we were soon off. A nice level 800 metres and we hit our first hill and are all reduced to walking pace as we make our way up to the coastal path. It is at this point that I realize the enormity of the task ahead and decide to run with the more experienced of us and stick with Kay. The wind was getting up as we made our way along the narrow stretch of coastal path with sheer drops to our side. After four miles and fifty minutes of running we finally reach Holdstone Downs one of the highest points in the area. The next three miles were back down hill and Kay really showed her skill at trail running. I have never been very good at running downhill but in the need to keep up with Kay this was no time for holding back. The next six miles took us along more coastal path and up to check point two. It was then on through the Valley of the Rocks and back to walking pace as we continue up more hills. After another lesson in downhill running we arrived in Lynton then it was all back up again.



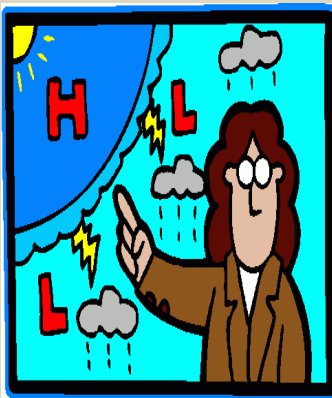
After reaching the halfway point we are starting to feel the effects of the steep hills so I take the lead and pace Kay. She had got me this far so I would get her the rest of the way round. We reach check point three and stock up on food and water then continue on to Watersmeet. After a lovely downhill section we then have a very steep climb through the Valley up to the top of Countisbury hill. It was then back on to the coastal path and down to Lynmouth. We were back down at sea level and had been running for three hours. Anyone who has visited Lynmouth will know that the main way up the cliff side is by way of the cliff railway. We were not afforded such luxury and so it was back to walking pace as we made our way up the cliff side and back on to the coastal path.



We were now in to the last eight miles of the race and although feeling fatigued and tired had enough left to see us to the end. I must confess that after running with Kay for twenty five miles my competitive side got the better of me as I focused on a couple of runners in front of me and decided I could have them which I did. After five hours and fourteen minutes it was with relief that I came back round the final corner and could see the finish and before I knew it the race was run closely followed by the second lady of the race Kay Middleton from Avon Valley Runners.

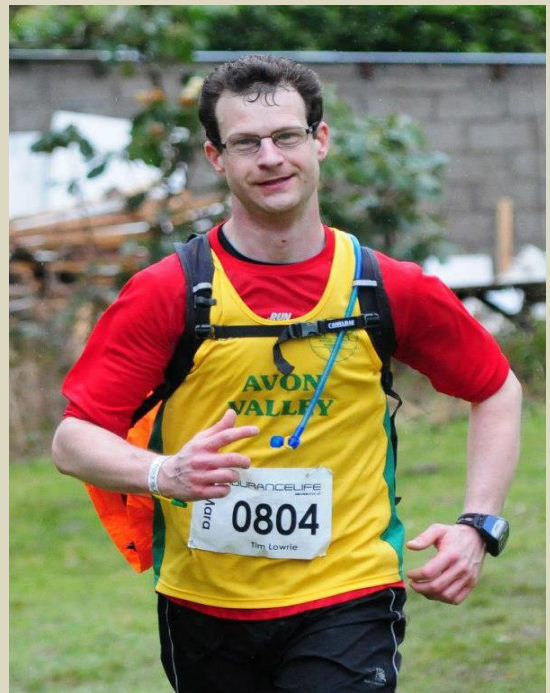
What about the rest of our crew I here you ask well Jimmy had a storming run and finished in 18th place in a time of 4.56, I was over the moon finishing in 30th place, Kay finished 2nd lady and 35th overall in a time of 5.19 and Amelia finished in 107th place with a great time of 6.23 and 2nd FV45

James had a great Half Marathon finishing in 2.28 and 2nd V55 and Anthony Hickson did a great job on the 10K which was more like 12K and consisted of the hardest part of the course finishing in a time of 1.50.



As I mentioned earlier James had predicted the weather perfectly right down to the direction of the wind, it was mainly overcast and cloudy until the very end when the heavens opened. Although the race was over there was still one last challenge as the only place to park the car was in a field on top of a steep mile long hill which we very slowly walked up.

This was an experience I will never forget and would love to do again. On a personal level a big thanks to my club mates who took part with me especially James and Kay. James for organising just about everything which meant I could concentrate fully on running and Kay for running with me and showing me how to run trails correctly. I now love running downhill and actually feel like a proper trail runner. Please forgive me though as I still enjoy the odd road race now and then.



Tim Lowrie

All Those Years Ago

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

<p>2008: Nine Avon Valley Runners had a scenic trip along the Dorset/Devon coastline as they took part in the Golden Cap Challenge at Charmouth on Saturday 5th July. Vojtech Hajdu was our lead runner in a time of 58:21 and was followed by Mark Harris, Mike Pace, Darren Wrintmore, Sue & Stuart MacGregor, Becky Follet, Tina Vivian and Tony Griffith.</p> <p>Interestingly, a yet to become Avon Valley Runner, Tom Fisher won the race.</p>	<p>2003: Michael Bryant claimed the 1st Junior prize at Yeovilton 5K on Thursday 10th July in a time of 19:11. Kevin Sparey and Steve Bryant also ran and claimed times of 16:54 and 19:27 respectively.</p> <p>Darren Wrintmore took the long drive to the home of the DVLA to take part in the catchily titled Swansea 5K on Wednesday 9th July. It took him 19 minutes and 32 seconds to cover the road based course before declaring SORN...</p>
<p>1998: Instead of the usual American independence day celebrations, five intrepid Avon Valley Runners headed over to Upavon on Saturday 4th July to take part in their 10K race. Alan Meadow was first AVR man over the line in 46:21 followed by Tony Bartlett, Mike Pratt, Judy Farr and Stan Farr with Judy claiming the 1st over 50 prize.</p>	<p>1988: It was a good showing for AVR at the Heytesbury Relays on Sunday 24th July. The club claimed 2nd Men's Team, Men's Vet Team, Men's B Team, 2nd Ladies Team, Ladies B1 Team and Ladies B2 Team prizes. – Presumably the ladies were dressed as <i>Banana's in Pyjamas!</i></p>

Unshackle from the Shackles

Opportunity knocks once more to unshackle yourself from the financial burden of race entry courtesy of Avon Valley Runners. 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.

To be considered we are looking for original words of inspiration and motivation, so get thinking and get your submissions in to me at news@avonvalleyrunners.org.uk. Entries to be in by 20th July 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

Honorary Life Members



In 1991, the then committee bestowed upon Ian “Stan” Farr and wife Judy the honour of “**Freedom of the Valley**” in recognition of their tireless efforts in forming Avon Valley Runners from the road running section of Trowbridge & District Athletics Club. Accompanying this award the committee also decided to name them as the first honorary life members of Avon Valley Runners. Since then another 18-members have been honoured with life memberships for long term service to the club:



In 2007 Tony Bartlett was awarded an Honorary Life Membership. Tony joined the club in 1992 following the demise of the Trowbridge based St Georges Road Runners and became a club stalwart with a sub-3 hour marathon to his name, always the first to offer assistance at any club event and became known as the bard of Avon Valley Runners in recognition of his regular poetic contributions to the pages of the Valley News.



To mark the clubs Silver Jubilee year in 2011 Honorary Life Members’ were bestowed up on the founder members of the club that were still active at the time: Bob Washbourne, Ted Rockliffe, Dave Gosling, Mike Hehir, Ron Whittle, Bernie Hobbs, Tim Northwood, Ray Withey and Bob Ellis. Recognition was also made of long serving member Tony Griffith for his contribution to the club.



To mark 10-years serving the committee as Club Captain and then as Honorary Secretary during which time he unveiled the AVR website and was instrumental in growing the club to its current position as the biggest and best running club in the county, Darren Wrintmore was awarded Honorary Life Membership in 2012 as he embarked on his new role within Wiltshire Athletic Association (*which he now heads*). Gordon Russell was also recognised for his services to the club. For those of you that don’t know, Gordon is a professional engraver and has provided the club with trophies and medals since the clubs formation.



As part of the clubs Silver Jubilee celebrations Alistair Bartlett and Rosemary Barber were determined to be the ‘**Greatest Ever Avon Valley Runners**’ based on the number of times that they had competed for AVR (321 & 531 times respectively), the number of team awards collected (24 and 36 times), the number of top-10 finishes in races (131 and 41 times), the number of podium positions (66 and 297 times) and the number of outright race victories (13 and 3 times). So in 2013 they were duly awarded honorary life memberships.



Alongside these awards, honorary life memberships were awarded to Michael Towler who is a fairly regular feature on the back pages of the Wiltshire Times sporting his yellow and green AVR vest and a good advertisement for the club. Head Coach Alan Hayes was also recognised, as was long standing member and former Chairman Denise Ellis.

The committee are currently reviewing the way honorary life memberships are awarded and are seeking the views and opinions of club members. We are looking at the possibility of formulating a 'criteria' for awarding lifetime memberships to those where a nomination is presented to the committee. If you have any thoughts however big or small on this topic please contact Joby Hobbs via facebook message or email the club secretary who will forward your views to Joby for collation. Alternatively you can speak to any committee member directly. Any thoughts or opinions expressed will be treated in confidence.

Southwick Parkrun Director Speaks

I am event director of the Southwick Country parkrun as well as the Assistant secretary of Avon Valley Runners. For those who do not know Southwick Country parkrun is a FREE weekly 5km event for runners of all standards, which takes place every Saturday at 9am in Southwick Country Park, Trowbridge, Wiltshire.

It is not a race against other runners, but a 5k timed run and it can really be whatever you want it to be, whether that's for fun or as part of a training plan. It offers an opportunity for all the local community, male or female, young or old, to come together on a regular basis to enjoy this beautiful park and get physically active into the bargain. We want to encourage people to jog or run together irrespective of their ability – this event is truly open to all and best of all it really is FREE!

Taking part is easy – just register in advance before your first parkrun and print off your barcode. The great thing is that you only ever need to do this once! Then just set your alarm for Saturday morning and get yourself there, don't forget your barcode! After the run, if you don't have to get off straight away, there will be the chance to socialise with everyone at Squirrel's Tearoom within the park, to maybe swap stories about your run that day, chat to other runners over a cup of tea or coffee and just be an important part of this new running community.

Since conception in September 2011, 137 members of Avon Valley Runners have run our parkrun 1531 times. We are solely reliant on volunteers to make the whole event happen so if you can't or won't run and would like to help with volunteering please contact: SouthwickCountryParkHelpers@parkrun.com.

Webpage: <http://www.parkrun.org.uk/southwickcountrypark/>

Facebook: <http://www.facebook.com/home.php#!/pages/Southwick-Country-parkrun/23348903353380>

Twitter: @swickparkrun

Record times at Southwick Country parkrun for AVR first claim members:-

Age Category	Male	Female
J14	Cameron Price 21:54	Holly Newman 24:30
J15-19	Rory Tucker 22:05	Rosie Amey 24:26
S20-24	<u>Michael Towler 16:59</u>	Nicole Jackson 29:08
S25-29	Chris Roxburgh 17:34	
S30-34	Peter Veleski 17:59	<u>Ruth Barnes 18:03</u>
S/V35-39	Thomas Coney 18:38	Juliet Coulson 21:37
V40-44	Warren Wade 17:48	Fiona Price 20:36
V45-49	Richard Hudson 19:27	Fiona Price 19:56
V50-54	Mark Harris 19:34	Diane Hier 20:10
V55-59	Stuart Macgregor 19:25	Jackie Harding 25:42
V60-64	Andy Lawrence 19:17	Rosemary Barber 23:50
V65-69	Neil Whitehead 24:00	Joyce Field 31:43
V70-74	Gordon Russell 25:55	
V75-79	Tony Griffith 46:18	

The stats highlighted in red are also Southwick Country parkrun records and the bold/underlined stats are overall AVR records. Blank spaces are categories that are yet to be run by an AVR member. All stats correct as at 14th June 2013.

The 100th parkrun takes place on 27th July and we hope to have pacemakers from 20 mins through every minute up to 32 mins provided by AVR if you can pace one of the times please contact Road Secretary Warren Wade at road@avonvalleyrunners.org.uk

Sean Price



JAVR News

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WELCOME to the brand new section of Valley News - JAVR News! This is the page where we talk all things Junior Avon Valley Runners and find out all that is going on within the junior section of the club.

To celebrate the launch of JAVR News we are holding a **COMPETITION** for the junior members of the club. To enter, all you have to do is guess who the Avon Valley Junior is in the Member Profile at the end of JAVR News. Send your answers by 31st July to: my_avr@yahoo.com and all the correct answers will be entered into a prize draw to be held at training on Wednesday 14th August.

Junior Championship League

Due to the continued success of the monthly 2km event held in Southwick Country Park a new championship league format has been devised. Everyone who runs the event will be included in the league and any previous personal bests will be used when calculating scores. The new league will start at the next event, to be held on **Saturday 29th June** at 10am and run through to the final event in Nov/Dec. For more details, go to the junior section of the Avon Valley Runners website.

Latest Results

Wiltshire County Track and Field Championships (25th May 2013)

100m(B13) – Daniel Mason-Rheinschmiedt – 14:58
 100m (B15) – Cameron Mcbarnett – 14:98
 100m (G15) – Ellie Isaacs – 17:64
 200m (B13) – Kieran Beardmore – 33:97
 200m (G13) – Ellie Brown – 34.62
 200m (B15) – Cameron Mcbarnett – 29:76
 200m (L17) – Holly Newman – 29:68
 400m (M17) – Cameron Price – 1:14:88

800m (B15) – Cameron Mcbarnett – 2:40:20
 800m (M17) – Cameron Price – 2:55:65
 800m (L17) – Holly Newman – 2:48:10
 1500m (B13) – Kieran Beardmore – 6:22:43
 1500m (G13) – Ellie Brown – 6:18:89
 1500m (B15) – Josh Whitefield-Lott – 6:21:46
 Long Jump (B13) – Kieran Beardmore – 3.51
 Long Jump (B13) – Ellie Brown – 3.06
 Long Jump (G15) – Ellie Isaacs – 2.51
 Shot Putt (G15) – Ellie Isaacs – 4.07
 4 x 100m (B15) - 1:01:22
 4 x 100m (13 MIXED) – 1:06:11

JAVR Monthly 2km (25th May 2013) Christchurch 3 miles (6th May 2013)

Harrison Trevor (B12) – 9:13 Cameron Price – 23:16
 Ellie Isaacs (G13) – 10:23

Upcoming Events

3rd July: Chippenham Harriers 2km Fun Run – Olympiad Sports Centre, Chippenham (6.30pm)
 6th July: Avon Valley Relay – Melksham to Winsley (2.00pm start)
 21st July: Frome 5km – Frome Town Football Club, Frome (10.00am)
 24th July: AVR Track Championships - University of Bath, Bath (7.00pm)
 27th July: Monthly 2km run – Southwick Country Park, Southwick (10.00am)
 22nd August: BernCol Relay - Avon Valley HQ, Bradford-on-Avon (7.00pm)

Have you got an **article** for JAVR news? Send it to: my_avr@yahoo.com
Send your latest results to: my_avr@yahoo.com for inclusion in JAVR News

Next Month... JAVR News launches some brand new features

Exclusive interview with an Avon Valley Runner
The latest news and results from JAVR

Member Profile

I joined Avon Valley Runners in 1988 aged 6. This is a picture of me taking part in my first race for Avon Valley Runners on 23rd October that year (I was 6 ½ in this race). It was a 7 mile race that took place in my home town of Bradford-on-Avon. I completed it in 1 hour, 11 minutes, 8 seconds. I was pretty tired but I beat my dad!! I really enjoyed the race and so I carried on training with the club, and as I got older I started to train with the adults. It was great fun chasing them around the streets of Bradford-on-Avon on Thursday nights, after a few years the adults even started enjoying chasing after me! My days as a junior with Avon Valley Runners were fantastic and the adult members really encouraged and supported me, and my parents took me to lots of races which were great fun. Unfortunately I had to take some time away from the club as I moved away from Wiltshire for a few years. During this time I continued to run and compete although somehow it was never the same. "Once AVR always AVR" I returned to the club during the winter of 2011 and officially pulled on the yellow vest again in early 2012.



STATS

Junior PBs

3 mile – 19.49
4 mile – 27.30
5km – 19.13
10km – 38.17
7 mile – 1.11.08

Senior PBs

3 mile – 17.44
5 mile – 28.48
10km – 35.41
10 mile – 60.26
½ Marathon – 1.19.13
Marathon – 2.56.03