



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS

#150 – August 2013



Mob Match 2013

The twentieth of June, two thousand and thirteen saw the annual running of the Avon Valley Runners Mob Match. This is the evening in the year where Avon Valley Runners invite local running clubs to a friendly ‘race’ over their much loved ‘Over the Hills’ course, only backwards. Taking in the delightful Wiltshire and Somerset countryside the route starts from Avon Valley HQ in Bradford-on-Avon and takes in the River Avon, Kennet and Avon canal, Avoncliff, Westwood, Iford, Freshford, before heading back along the river back into Bradford-on-Avon.

So the warm dry weather was booked, the marshal was in place, Denise Ellis had her Steve Redgrave moment and back-tracked on her promise never to be Chief Sweep again, the scary cows had been asked to vacate the route, and most importantly 57 runners had turned out to stomp over them hills. All was set and we were off. It was then fingers crossed that 57 runners came back, as most of the fun of the Mob match comes from the fact that the route is not marshalled. Yes that’s right, we set 57 runners off into the countryside in the hope they find their own way around a 7(ish) mile route, with no signs or people telling them where to go.

Remarkably, each and every year, everyone that embarks on this navigational challenge finds their way back, all be it with a few diversions and help from a few fellow runners. It must be said that much of this success is down to the nature of this friendly ‘race’ and the camaraderie between all the runners from the four clubs represented. Apparently the secret to this year’s navigational success was NOT to follow an Avon Valley Runner even though they are supposed to know where they are going!

With runners coming back thick and fast we soon had all 58 runners over the finish line... 58 runners?.. I thought 57 runners started?! - Cue head scratching, umming and ahing, more head scratching! A few frantic minutes counting, recounting, and counting again the scoring sheets, and then problem solved, Fiona Kerr had run twice, good effort Fiona! Actually our fabulous timekeepers had a minor wobble and noted Fiona’s race number twice!

So with all the fantastic clapping and cheering over for another year, all that was left was to find out who had won. While all the runners and volunteers quick marched to the Lock Inn Cottage for a much deserved drink and to swap stories from all the fun that had been had, the scores were crunched through the Mob match calculators and the results were in...

This year’s lowest scoring teams:

Male Team – Avon Valley Runners

Female Team – Avon Valley Runners

However this year hosts Avon Valley Runners had decided that the winners would be the first guest team, and so the results were:

1st Male Team – Corsham Running Club

1st Female Team – Corsham Runing Club

Two spot prizes were also awarded to Sarah Morris (Chippenham Harriers) and Pierre Lacrouts (Corsham Running Club).

Thank you to Tim Lowrie (Over the Hills Race Director) and Avon Valley Runners for donating the spot prizes; two free entries for the 2013 Over the Hills Race.

Full Results can be found on the Mob match page of the AVR website.

Joby Hobbs – Mob Match Race Director



The Avon Valley Relay

"I love this race soooooo much!!" was one of the comments posted on Facebook by a visiting team to our 18-mile 'pass the baton' relay between Melksham and Winsley passing through the beautiful Avon Valley. The event continues to grow and in this fourth year we reached our maximum of thirty teams, limited by the number of batons that we have. The event was once again joined by teams from Slinn Allstars (from where the FB comment originated), Swindon Harriers, Frome Running Club, Pettemerides Personal Trainers; joining for the first time were teams from Nailsea Running Club, Wootton Bassett Hounds, Calne SMaRTT, Run 4 Fitness and Hickeys Harriers. Of course being a local event we managed to rustle up eight teams from Avon Valley Runners.



The first leg of four miles took runners on a looped circuit around Bowerhill to string out the field before leading down onto the towpath of the Kennet and Avon canal. Making the early running were Swindon Harriers with AVR and Frome Running Club in close contention. The handover at the Somerset Arms in Semington saw Swindon Harriers first to handover with a lead of almost a minute. Then the AVR Men's team passed the baton from Richard Morgetroyd to Chris Roxborough and the chase was on. Chris came through to the Tithe Barn in Bradford on Avon with a healthy lead passing to Kyle Pepperman-Hackett making his debut in AVR colours who shot off like a rocket through Barton Farm Country Park on the 4.25-mile leg to Dundas Aqueduct.

Meanwhile a real battle had developed for second place as both Wootton Bassett Hounds and Calne SMaRTT put in superb second leg performances to propel them right through the field. With good performances from Jules Green, Jackie Rockliffe and Jo Mumford the Avon Valley Ladies team found themselves with a thirteen minute lead over their nearest rivals before handing over to Fiona Price for the glory leg up Conkwell Hill and onto the finish at Bradford on Avon Rugby Club in Winsley in a new Ladies course record time of two hours and five minutes.





Also enjoying a large time cushion Michael Towler had an unpressured climb up Conkwell Hill to claim victory for the AVR Men's team with nine minutes until the second placed team from Wootton Bassett Hounds appeared to claim second spot and the first Mixed team prize.

Completing the whole 18-miles was our Super Sweep Ian Harryman who likened the experience to speed dating as he regularly changed female company at the back of the field. Thanks also to my Avon Valley Organisers team of Carl Davies, Claire Howard and Sarah Jewers who helped ensure a smooth transition between stages. Already I have received a request to make some more batons and so the 2014 Avon Valley Relay could prove to be even bigger, but hopefully a little cooler.

Pos	Team	Class	Club	Total Time
1st	AVR Mens A Team	Open	Avon Valley Runners	01:47
2nd	Bassett Boys 'n' Girls	Mixed	Wootton Bassett Hounds	01:56 *
3rd	Calne SMARTT Spotties	Mixed	Calne SMaRTT	01:59
4th	Frome Men 'A' Team	Open	Frome Running Club	02:01
5th	Valley Girls	Ladies	Avon Valley Runners	02:05 *
6th	Grumpy Old Men	Open	Avon Valley Runners	02:09
7th	Impetuous Youth	Open	Hickeys Harriers	02:11
8th	Swindon Harriers	Open	Swindon Harriers	02:11
9th	Pace & Experience - Premier	Open	Hickeys Harriers	02:12
10th	Avon Valley Organisers	Mixed	Avon Valley Runners	02:12
11th	Lord & the Bassett Peasants	Open	Wootton Bassett Hounds	02:13
12th	Reprobates	Open	Slinn Allstars	02:17
13th	Glamorous Gallopers	Ladies	Run 4 Fitness	02:27
14th	St John's School	Ladies	St John's School	02:29
15th	Pace & Experience - Elite	Open	Hickeys Harriers	02:34
16th	Paxcroft Pacers	Open	Run 4 Fitness	02:35
17th	Running Wiltshire	Open	Running Wiltshire	02:35
18th	Frome Ladies Team 1	Ladies	Frome Running Club	02:35
19th	WTF (Where's The Finish?)	Open	Avon Valley Runners	02:40
20th	Bag O Nails	Open	Nailsea Running Club	02:42
21st	Petteimerides Personal Training	Ladies	Petteimerides Personal Training	02:42
22nd	Going at a Nails pace	Mixed	Nailsea Running Club	02:43
23rd	Hard as Nails	Mixed	Nailsea Running Club	02:43
24th	SMaRTT Harriers	Ladies	Calne SMaRTT	02:47
25th	2 Fast 2 Furious	Juniors	Avon Valley Runners	02:47
26th	AVeRage	Mixed	Avon Valley Runners	03:05
27th	Frome Ladies Team 2	Ladies	Frome Running Club	03:13
28th	Frome Ladies Team 3	Ladies	Frome Running Club	03:17
29th	Lunachicks	Ladies	Slinn Allstars	03:19
30th	Crazy Ladies	Ladies	Slinn Allstars	03:20

*Course Record

Darren Wrintmore – Race Director

Twenty Five and Not Out!



As British Sport enjoys somewhat of a renaissance this summer with yet another victory at the Tour De France and the England Cricket team bashing the Aussies at the Ashes I also celebrate somewhat of a milestone; that of being the Editor for twenty five whole editions of what has been described by some as the best newsletter of any running club in the whole of West Wiltshire! – This being the 150th edition of the Valley News makes this milestone all the more special.



As I recall it was on one balmy summer evening in June 2011 when I first volunteered to take on the Editors role of the Valley News. Must have been the sun gone to my head and as I got home the realisation set in, how could I possibly fill the voluminous shoes of the outgoing Editor, Mr Avon Valley Runners himself, Darren Wrintmore? – Well those early editions were tough I can tell you and not without some constructive criticism from the man who clearly didn't want to let his *baby* go and for the Valley News to become some kind of trash journal of the likes not seen since the *Sunday Sport*.

I'm happy to report that following some perseverance those early criticisms have abated to a mutually acceptable level or maybe my intransigence just got too wearing. – A bit like running really, perseverance and determination are the keys to success.

I still however get a slight churning feeling in my stomach as I prepare each edition for submission for critical review prior to publication but I feel safe in the knowledge that Mr W's '*hawk eye*' will spot any poor punctuation or incorrect statistics and he most certainly won't let me get too big headed about the runaway success that the Valley News has become since I have been in the hot seat!

Of course the Valley News is all about you the readers and the runners of our great club and without your articles future editions would be a bit bleak. – So get 'em in post haste to me at news@avonvalleyrunners.org.uk.

Some interesting Valley News historical facts:



120 words a minute, an Olympian effort on the Olympus Olympia

Stan Farr produced edition number 1 in summer 1986 and was then a quarterly publication; distribution to the membership was via post. – It was produced on a typewriter similar to the one pictured left.

Tim Northwood went for computer generated output in the 1990's, taking over the Editorship from the Club Secretary in the autumn of 1990. Tim held the post of Editor for a staggering 16 years!

The first colour articles appeared in the October 2004 edition in the form of the Captains Corner Supplement. Edition number 84 in November 2006 was removed from distribution due to inflammatory remarks made by the Editor!

The Valley News went all colour in January 2007 as Darren Wrintmore took the helm and was published online with only a limited print run.

The Valley News went bi-monthly in 2008 followed by monthly publication in 2009.

My first appearance in the Valley News was in the July 2007 edition in a photograph taken at the Shaw Stampede, some two years before I became a member of the club! – Destiny or pure coincidence?



Lord Sugar would probably now fire the individual who introduced this...

Richard Morgetroyd – Valley News Editor

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

Southwick Country Parkrun Reaches 100

This week's parkrun was a very special event as it was the 100th time the event has been held at Southwick Country Park. This saw a record number of 206 runners taking part with over a quarter of them recording personal best times.

The event was attended by Paul Sinton-Hewitt who is the founder of parkrun and his wife Joanne Sinton-Hewitt who was the activator for the Southwick set up, almost two years ago.

This week was all about celebrating parkrun, the 206 runners and the volunteers who showed the true parkrun ethos as a family event run for people of all abilities. Parkrun event director, Sean Price, thanked all of the parkrun committee for their dedication over the past two years in helping to keep the parkrun so popular and not missing one week from 3rd September 2011 to date. The committee were introduced one by one to the crowd, Simon Lathbury, Warren Wade, Matt Evans, Fiona Price, Liz Haigh, Richard Southgate, and Ken Price all received a round of applause for their efforts. Sean talked of the support from Leo Wirtz, senior countryside ranger for Wiltshire Council for the use of the beautiful park for the weekly 5km run.



Sean, concerned with being too inconspicuous in his Town Crier's outfit opted for Hi-Viz too...



Have mic will travel; BBC Wiltshire Radio's Marie Lennon

Jerry Kunkler, Wiltshire Councillor with portfolio for leisure and sport, said a few words of thanks to the parkrun team.

Sarah Sims from Run England was present to give many of the runners freebies for their participation.

Live entertainment was provided by Gloucester based band "The Vaughan's", their rock tunes helped motivate the runners to a record number of 53 PB's.

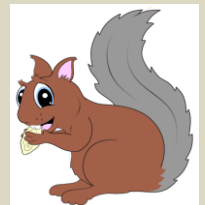
Still expanding, the run saw 49 new faces complete the run for the first time. BBC Wiltshire Radio's Marie Lennon was among the 49 first timers and she recorded interviews and covered the event for her Saturday afternoon radio show. Newly crowned Mayor of Trowbridge, Councillor David Halik, took part in an unofficial capacity and finished in a very good time of 27.57. Running in aid of Dorothy House was Phil Halls a paramedic who ran in full gear and finished in 27.09, he is currently running 5k every day in 2013 to raise funds for the locally based charity.



The Avon Valley Runners Pacers

The largest run club in Wiltshire outside Swindon, Avon Valley Runners were not only instrumental in helping to set up the parkrun in 2011 but they provided pacers on Saturday helping the parkrunners achieve so many PB's.

Many of the runners went to the Hope Nature centre café, Squirrels, afterwards for tea and breakfast. Squirrels kindly donate a spot prize of a free breakfast to a randomly selected parkrunner each week, and this week was no exception with parkrun legend Jamie Morrison winning. Jamie has lost a considerable amount of weight after using parkrun as part of his new lifestyle changes and he duly passed the prize on to another lucky recipient.



Event Statistics

Mens placings

Stuart HENDERSON (SM35-39) of Corsham RC, was first over the line in 17:32 - 14th time in 20 appearances.

Chris ROXBURGH (SM25-29) of Avon Valley Runners, was second over the line in 17:45 - has been first to finish on 4 previous occasions.

Jonathan KERMODE (JM15-19) (Unattached) was third over the line in 18:10 - has been first to finish on 13 previous occasions.

Women's placings:

Clare THOMPSON (VW35-39) (Unattached) was first (16th overall) over the line in 19:39 - first appearance.

Jackie ROCKLIFFE (VW40-44) of Avon Valley Runners, was second (22nd overall) over the line in 20:19.

Anita MELLODEW (VW40-44) (Unattached) was third (36th overall) over the line in 21:04 - has been first to finish on 2 previous occasions.



Spaceman with failed Jet Pack? – No it's Phil Halls on a Dorothy House mission...

This week there were 206 runners, of whom 49 were first timers and 53 recorded new Personal Bests. Representatives of 23 different athletics clubs took part.

Southwick Country parkrun started on 3rd September 2011, and since then 1,703 different runners, including participants from 144 athletics clubs, have completed 7,987 runs covering a total distance of 39,935 km, and there have been 1,947 new Personal Bests.

The Women's course record is held by Olivia WALWYN who ran in a time of 17:27 on 17th November 2012 (event number 64).

The Men's course record is held by Phil WYLIE who ran in a time of 15:03 on 20th July 2013 (event number 99).

The Age Grade course record is held by Brian Anderson GARDNER who recorded a 88.15% run (17:35) on 23rd June 2012 (event number 43).

Full results and a complete event history can be found on the [Southwickcountrypark parkrun Results Page](#).

Sean Price – Event Director

Trowbridge-O

Following the success of last year's Street-O in Melksham I have answered the call to organise another, this time in Trowbridge. So on Tuesday August 6th starting at 19:30 from Trowbridge Sports Centre, see how many of the 25-checkpoints around the town you can reach in an hour before drowning your sorrows over a pint in the Black Horse pub whilst I tot up the scores. Registration will open at 19:00 and the earlier you arrive the longer you get to plot your optimum route!



Darren Wrintmore – 'O' Organiser

All Those Years Ago

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

<p>2008: A membership survey formed part of the August 2008 edition of the Valley News, with several searching questions, the answers to which were intended to find out if the three point club development plan set in motion during April 2007 was in fact working. One of those questions intrigued me as I researched this piece and that was "What do you do with the Valley News?" – Can anyone recall filling in this survey and what was your answer to this question? – Better still; let us know what you now do with the Valley News!</p>	<p>2003: In ye olden days before the Southwick Country Parkrun, local runners had to sate their need for a 5K race but once a year. On August Bank Holiday Monday The Southwick 3 was contested by six members of Avon Valley Runners, Bob Sales was our first man home in 20:38. Claiming 2nd lady runner at the event was Susie Phillips in 22:12 with Genevieve Sharam obtaining 3rd place on the ladies podium in 27:54.</p> <p>AVRs very own Rosemary Barber was the Race Director.</p>
<p>1998: Ray Withey and Mike Carpenter ran the significant 78 mile distance together at the Thames to Avon Canal Run on Saturday 29th August. They completed the race in 14 hours and 57 minutes.</p>	<p>1988: August Bank Holiday Monday saw three Avon Valley Runners race for ale at the Staunton Beer Race; Richard Bailey was first of the team home in 35:47 for the 10K distance followed by Stan Farr in 42:18 and Judy Farr in 42:38.</p>



JAVR News # 2



WOW, what a busy month it has been for JAVR. So busy in fact that with all the latest news to tell the new features and interview with an AVR runner, as promised for this edition of JAVR News, have been put on hold! So let's find out what's been going on at JAVR this month...

FUNDING BOOST FOR JAVR TRAINING Following a successful funding application JAVR have been able to secure the long term use of the University of Bath Athletics Track for training sessions. Not only does this guarantee that JAVR members have access to a superb training facility, but the funding has also enabled JAVR members to benefit from a reduced rate for training. Track sessions at the University of Bath will cost just £1 from Wednesday 7th August. A big thanks from all at JAVR to Ian Isaacs for all his hard work in securing this funding.

PHOTO PASSES All JAVR members who wish to attend training sessions at the University of Bath will now need a photo pass. Please ensure, if you have not already done so, that the next time you are at training you have your photo taken for the pass. Please speak to Fiona Price for more information.

JAVR CHAMPIONSHIP LEAGUE 2013 The league is now underway with 28 juniors (22 boys and 6 girls) scoring after the first months results. The JAVR results can be found in the results section below. Jack Wosika (16 points) and Vanessa Curtin (18 points) have taken an early lead in their respective leagues but with 6 months of competition left its all set up to be an exciting competition. Details of the league can be found on the junior section of the Avon Valley Runners website.



PARKRUNNER OF THE WEEK was our very own **Holly Newman!** Make sure you check out www.parkrun.org.uk/news (scroll through the news articles until you find Holly) where Holly, having now completed a fantastic 75 Parkruns, tells us about her Parkrun exploits.

AVON VALLEY RELAY Congratulations to **2 Fast 2 Furious** who finished the Avon Valley Relay in a time of 2 hours : 47 minutes. The team, which consisted of **Holly Newman** on the lead leg, **Alex Tucker** tackling leg 2, **Ellie Isaacs** on leg 3 and **Cameron Price** bringing the team home, finished in 25th place.



LATEST RESULTS

JAVR Monthly 2km (29th June 2013)

Cameron Price (B14) – 8.21
 Vanessa Curtin (G13) – 8.23
 Alex Tucker (B15) – 8.59
 Robert Warner (B12) – 9.03
 Ellie Isaacs (G13) – 9.44

Avon Valley Relay (6th July 2013)

Holly Newman (leg 1)
 Alex Tucker (leg 2)
 Ellie Isaacs (leg 3)
 Cameron Price (leg 4)

Finishing Time - 2.47.00 – 25th place.

Southwick Country Parkrun (13th July)

Holly Newman – 26.53

Send your latest results to: my_avr@yahoo.com for inclusion in JAVR News

UPCOMING EVENTS

- 10th August: Lacock Abbey 5km – Lacock (10.00am) (min age 11)
- 10th August: Lacock Abbey 10km – Lacock (10.00am) (min age 15)
- 18th August: Cheddar Gorge 5km – Cheddar (min age 11)
- 18th August: Cheddar Gorge 10km – Cheddar (min age 15)
- 22nd August: BernCol Relay - Avon Valley HQ, Bradford-on-Avon (7.00pm)
- 31st August: Monthly 2km run – Southwick Country Park, Southwick (10.00am)

JAVR News welcomes contributions for future editions. Have you got any news to communicate to JAVR or perhaps you have a story to tell? Send your articles to: my_avr@yahoo.com

Don't Forget...

Training every Wednesday, 7.00pm @ University of Bath Athletics Track with expert coaching from Rich Ayling.

From 7th August just £1.

(adults welcome - £3 per session)