



# Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS  
#151 – September 2013



## Avon Valley Runners & Riders face Castle Combe

With Castle Combe 10K looming on the calendar I checked the Avon Valley Runners Facebook page to see who was going to be representing us at the 8<sup>th</sup> race in the Wiltshire Road Race League series and what should I find but a call for members to join committee member and all round super guy Warren Wade to cycle with him to Castle Combe as a pre-race warm up. The post suggested a gentle ride along quiet roads and as I have cycled to many races in the past didn't hesitate to sign up.



The meeting time and place was arranged over a flurry of comments and likes, there was even some bravado about doing the 10 mile time trial following the 10K run by certain respondents.

12:30 on Sunday 11<sup>th</sup> August saw me sidle on up to the cross roads in Broughton Gifford where the Bradford-on-Avon road meets that from Melksham and Atworth. Darren Wrintmore joined me followed by Warren and then Kev Bush. The AVR peloton was complete and off we went at the steady pace promised by the original posting. As we headed towards Corsham and then Biddestone the pace gradually increased as Darren jostled to lead the group from Warren before Kev made attempts at keeping us all in check! – Meanwhile I just hung on at the back trying desperately not to get dropped from the pack. Yatton Keynell was a welcome sight and we arrived in time to collect our running numbers and timing chips. As we made our way to the start line I made vain attempts at getting my legs used to pounding the floor once more rather than creating circular motions!



**As Darrens wife was away for the weekend he brought along his washing and used his still flat bike as an ailer...**



**Messrs Veleski, Coney & Lowrie pass me going into Folly Corner. It went downhill from there!**

I thought I started well but within the first kilometre Tim Lowrie, Thomas Coney and Peter Veleski had all passed me. To get to 10K distance, the race consists of three and a half laps of the race circuit and for those who have never run around Castle Combe, there always seems to be a stiff breeze as you make the turn through Quarry Corner and into Avon Rise and with every lap I began to dread this particular part of the course as on the final lap I felt I was going backwards.



I knew at this point that the 'wheels had come off' for my race and Warren then came past me at about the 9K mark so I just trotted on home in a year's worst 10K time of 40:55.



**Feeling hot, hot, hot; I make it to the finish line**

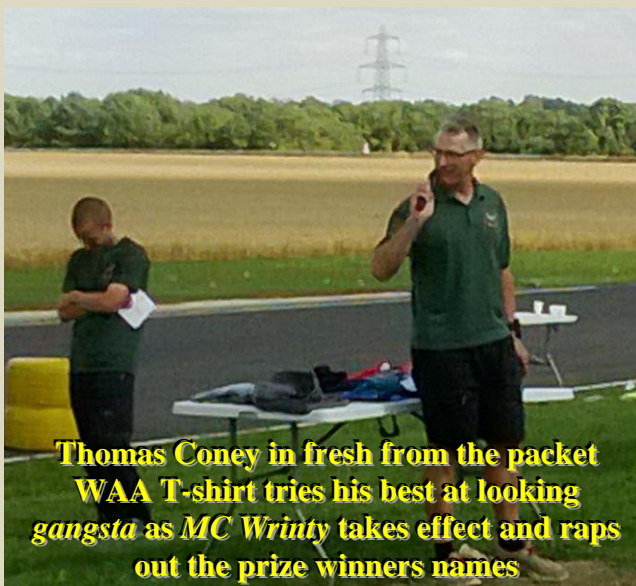


**One step beyond for Wozza as he evades TV Times Timmy and our own Mr Wrintmore**

Others had a more successful time of it however, with Michael Towler claiming 2<sup>nd</sup> place in a time of 33:51 and gained a county silver medal. 2<sup>nd</sup> Lady Ruth Barnes was just 14 seconds away from setting a new female 10K club record with her time of 36:28, she walked away with a county gold medal for her efforts. Claiming a county bronze medal was Jill Westwood who ran the distance in 45:37. Tim Lowrie also set himself a new 10K PB with his time of 39:00.



**Ruth Barnes on her way to county gold**



**Thomas Coney in fresh from the packet WAA T-shirt tries his best at looking gangsta as MC Wrinty takes effect and raps out the prize winners names**

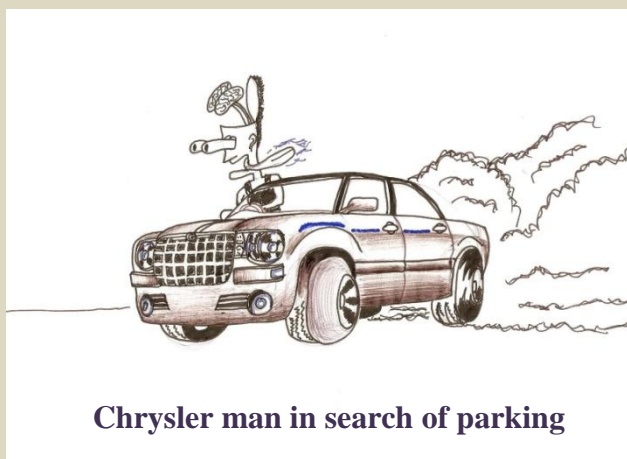
Despite my own tardy efforts AVR retain their position at the top of the Wiltshire Athletic Association Road Race League with a healthy lead over Chippenham Harriers.

Following the race, talk turned to the ride home but there was a distinct lack of enthusiasm to do the cycle time trial around the circuit in spite of the earlier bravado; however we did muster up the enthusiasm to blast round the circuit just the once before heading out onto the road. I achieved my quickest mile of the day attaining 2 mins 28 seconds as I tucked in to avoid the wind and notched into top gear.



**Michael Towler shows determination in his bid for a county silver medal**

Feeling good following the blast round the track the now three AVR riders wended our way back to Biddestone for some post race analysis and hydration at the White Horse where Wiltshire Athletic Association Road Race Secretary Thomas Coney was waiting to provide expert analysis and league point's statistics.



**Chrysler man in search of parking**

There was a certain level of distraction from Thomas' tales when some local celebrities turned up to visit the pub. One, an elder gentleman with a slight Salvador Dali appearance and his wife wearing a twin set rocked up in a blue Chrysler 300C with a most inappropriate exhaust system and proceeded to drive all over the village greenery in a bid to find a parking space, and another, a van dweller complete with Jack Russell joined a thickset gent carrying a transistor radio at the adjacent table to ours. Indeed an eclectic cross section of individuals. With it being a school night we were all good and returned home after just the one pint and so to bed.

**Richard Morgetroyd**



On a recent Wednesday evening training run out of Melksham, Warren Wade and I were leading the pace, clipping along on the wrong side of 7-minute miles, that is the wrong side for Wozza who had a 10-mile Time Trail the next evening and me who had a 100-mile Sportive coming up at the weekend\*. Notwithstanding we were running comfortably and steadily, that was until at around five miles when a man appeared jogging towards us. After we had passed, Wozza remarked to me “you speeded up” to which I replied “that was because you did!” checking my Garmin we had indeed hit 6:15-minute mile pace.



Anyhow the situation reminded me of a chapter in a book that I had been reading called “**Elephants on Acid**” which co-incidentally I had purchased from a second-hand book stall at the Christchurch Fun Run back on May Bank Holiday. The book describes a number of bizarre experiments conducted in the name of science such as “Zombie Kittens”, “Ape-Human Hybrids” and “Baby in a Box”.

The particular experiment that came to mind was conducted in the 1960’s and involved subjecting cockroaches to high intensity spot lights and then timing them run along a Perspex tube to see how quickly they reached the sanctuary of a darkened box at the other end. The exercise was then repeated but this time the experimenter built a small stadium around the tube and filled it with more cockroaches, this time when the spotlights came on the cockroach in the tube still ran to safety, only faster. When obstacles were placed in

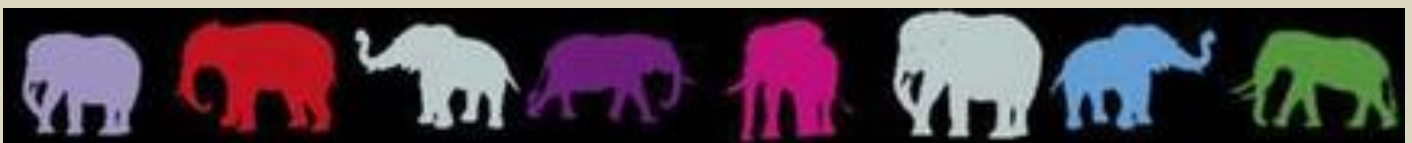
the Perspex tube requiring the cockroach to make a decision the reverse was observed, when the ‘crowd’ was added the cockroach was slower to make it to its darkened box. The experimenter concluded that when you have an audience you will perform simple tasks quicker but more complex tasks slower. This may explain why you nearly always run faster in races than you do in training, or when you see another runner you speed up but may struggle to read a map or solve a puzzle whilst being observed.

Hayley Southgate was also taking part in that Wednesday evening training run and also remarked that she had sped up when she saw the jogger in his baggy sweatpants coming towards her, but it was because she thought he was going to be a flasher!

*\*Warren cycled a scorching 26:50 for his 10-mile TT, where as I managed to knock a massive 56-minutes off of my 100-mile PB recording 5:23:49 at the London-100 Sportive.*



**Darren Wrintmore**



## All Those Years Ago

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

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|---|---|
| <p><b>2008:</b> The resurrected <b>Chippenham Half Marathon</b> was run on Sunday 14<sup>th</sup> September courtesy of our friends Chippenham Harriers; 30 members of Avon Valley Runners completed the course. Vojtech Hajdu led home the men's contingent in a time of 1:23:21.</p> <p>AVR claimed the 3<sup>rd</sup> ladies team prize. The team consisted of Rachel Bown (1:37:37), Ali Atkinson (1:39:00) and Sophie Grist (1:39:48).</p> | <p><b>2003:</b> Danny Kay travelled to the Black Country on Sunday 7<sup>th</sup> September in his quest to take part in yet another marathon, this time the <b>Wolverhampton Marathon</b>. He beat many a Wulfrunian in a time of 3:51:58.</p> <p>On the same day 14 Avon Valley Runners were cutting through the Avon Gorge at the <b>Bristol Half Marathon</b>. Doug Barber was our first man home in 1:25:12 whilst Sue MacGregor was first AVR lady in 1:42:11. Darren Wrintmore was one place ahead of a certain Steve Jones and was also proud to beat Steve Cram.</p> |
| <p><b>1998:</b> The <b>Corfe Beast</b> was tamed by two Avon Valley Runners on Sunday 6<sup>th</sup> September. Nick Rosier ran the 13 mile multi terrain course in a time of 1:38:26 ahead of Neil Whitehead who came home in 1:39:26.</p>   | <p><b>1988:</b> Saturday 3<sup>rd</sup> September saw some team prizes heading back to the Valley. The club claimed 2<sup>nd</sup> men's team, men's B team and 1<sup>st</sup> ladies team at <b>Tidworth Relays</b>. The men's teams were led by Gerry Fice and Richard Bailey respectively and the ladies team were led by Kerry Fice.</p>  |

## Expend Joules not Jewels

For one reason or another we had no takers for a free race when we last gave you an opportunity to run free courtesy of Avon Valley Runners; clearly we have no Scots on the team.

Don't let pride get in your way, get scribbling straight away and tell us why you want the club to fund your next race. With up to £30.00 on offer this really is a gift horse you don't want to look in the mouth. Just jot your jogging rationale for wishing to enter a particular event and send it me by 20<sup>th</sup> September to [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk).

You'll find out if you've been selected in the next edition of the Valley News which usually comes out about 10 days after the competition deadline. The following terms and conditions are designed to keep both parties safe so please read on to ensure no tears.

### 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](mailto:secretary@avonvalleyrunners.org.uk)



## JAVR News

### # 3



**IT'S HOLIDAY SEASON** but we can report that JAVR continues as normal even if school is out for a few weeks. I wonder where is the most exotic place an AVR junior has been running this summer? Let us know at [my\\_avr@yahoo.com](mailto:my_avr@yahoo.com). For those who are missing school and think their brain needs a little workout during the last few weeks of the holiday, make sure you check out this months quiz, answers will be published in next months JAVR News.

**JUNIOR TRAINING** As you will now be aware, as of the 7<sup>th</sup> August, track sessions at the University of Bath cost just £1 for juniors (adults are welcome to attend Wednesday junior sessions - £3 per week).

**PHOTO PASSES REMINDER** Last month we stated that all JAVR members who wish to attend training sessions at the University of Bath will now need a photo pass. This also includes adult members too! So can all members, if you haven't already done so, please ensure that you get your photo pass the next time you are at training. Please speak to Fiona Price for more information.

**BERNCOL RELAYS** A warm summers evening and the lure of free fish and chips persuaded 33 runners to turn out on Thursday 22<sup>nd</sup> August for the 2013 edition of the BernCol relays. The relays, which start and finish at AVR HQ in Bradford on Avon, consists of 3 legs of a 1.65 mile loop of the river and canal path. Eleven teams took part including one junior team. The JAVR team, consisting of Emma Gard, Ellie Isaacs and Harrison Trevor, had a superb run and completed the race in a time of 46 minutes:38 seconds. Well done to all three juniors.

**JAVR CHAMPIONSHIP LEAGUE 2013** Race number two of the league took place on 27<sup>th</sup> July. The league is proving popular with 27 boys and 20 girls having now taken part. As always the JAVR results can be found in the results section below. After two races it is all change at the top with Harry Cade and Andrew Tipple moving into top spot of the boy's league, both on 30 points. Top JAVR scorer is Robert Warner with 26 points in 4<sup>th</sup> place. In the girls league JAVR's own Ellie Isaacs has taken top spot scoring 26 points. Details of the league can be found in the junior section of the Avon Valley Runners website.

### LATEST RESULTS

#### JAVR Monthly 2km (27<sup>th</sup> July 2013)

Robert Warner – 8.38 (B12)  
 Alex Tucker – 8.58 (B15)  
 Ellie Brown – 9.02 (G12)  
 Harrison Trevor – 9.24 (B12)  
 Ellie Isaacs – 9.57 (G13)  
 Jamie Lee Curtis – 10.51 (G12)

#### BernCol Relay (22<sup>nd</sup> August 2013)

Emma Gard (leg 1)  
 Ellie Isaacs (leg 2)  
 Harrison Trevor (leg 3)  
 Finishing Time – 46.38.

#### Southwick Country Parkrun (27<sup>th</sup> July 2013)

Cameron Price – 23.49  
 Holly Newman – 26.36 (PACING 27)

#### Southwick Country Parkrun (10<sup>th</sup> August 2013)

Ellie Isaacs – 32.07

Send your latest results to: [my\\_avr@yahoo.com](mailto:my_avr@yahoo.com) for inclusion in JAVR News

## UPCOMING EVENTS

EVERY SATURDAY: Southwick Country Park Run 5km, Southwick (9.00am)

11<sup>th</sup> September: Corsham Springfield 5km, Corsham (7.00pm)

## SCHOOLS OUT QUIZ

Test your running knowledge in our 'Schools Out Quiz'. Answers will be published in next month's edition of JAVR news.

1. Why is the club named Avon Valley Runners?
2. Which British athlete originally from Mogadishu won the European Junior 5000m title in 2001?
3. Which Avon Valley Runner holds the longest standing senior club record?.. and over what distance?
4. Jessica Ennis-Hill is the current Olympic Heptathlon champion. How many events does she have to compete in over the two days of competition?
5. Who is officially the fastest Avon Valley Runner over one mile?
6. Who is the fastest British female ever over 1500m?
7. Why is the BernCol relay called the BernCol relay?!
8. Who is the most successful athlete in the history of the World Athletics Championships?
9. In what year was Junior Avon Valley Runners founded?
10. Who holds the British record for the fastest 100m?
11. How old is Avon Valley Runners?
12. Which two Avon Valley Runners were in 2011 crowned the 'greatest ever Avon Valley Runners'?
13. Roger Bannister ran the first 'sub 4 minute mile'... what is the quickest mile run by a British athlete?
14. What is the 100m world record for the over 100 years old?
15. What is the only sport to have been played on the moon?

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](mailto:my_avr@yahoo.com)

### **Don't Forget...**

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

From 7<sup>th</sup> August just £1.

(adults welcome - £3 per session)