



Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS
#101 – July 2009



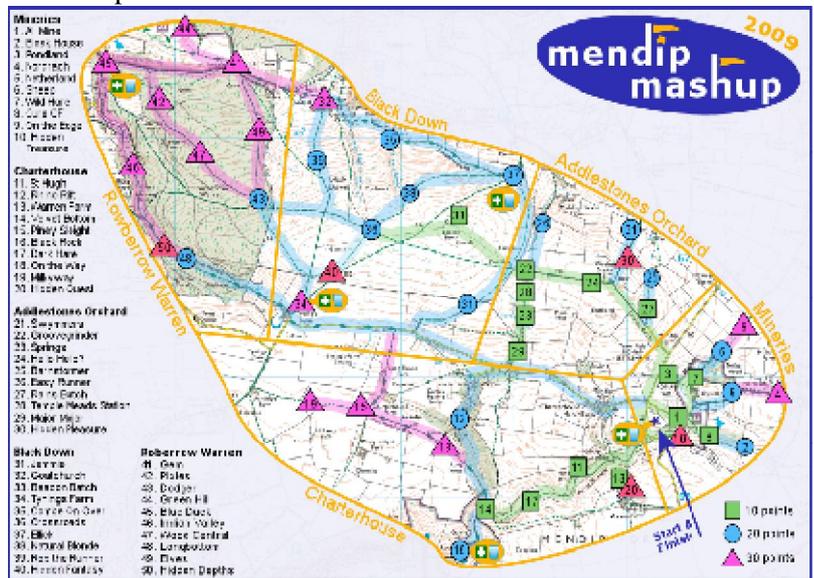
For Hash get Mash

Any race that gives you a chance to visit a Velvet Bottom gets my interest! On the 20th June, the second **Mendip Mashup** took place at the Charterhouse Centre in the Mendip hills.

So what's a Mashup? It's a cross between orienteering, fell running and a hash run. Teams or individuals decide how long they would like to run around the Mendips, either 1, 2 or 3 hours. Routes can be planned using the map available before the event (or you can just wing it on the day!) The map details well over 20 miles of trails, these are marked on the ground with coloured flour – like a hash run. The trails are divided into 5 areas with such great names as Rowberrow Warren and Addlestons Orchard. In each area there are 10 flags, 9 of which are on the map and 1 is hidden. The hidden flag is placed on a trail so you don't need to start roaming around the whole of the Mendips to find it.



The flags are different colours and worth different points: Green-10, Blue-20 and Pink-30. The hidden (Red) flags are worth 30 points each. Each flag has a number and a code these are what you record on your route card as proof of finding it. The lower value flags tend to be closer to the start, the higher values further afield and usually on top of a hill or in a hollow! Just to make certain that they points well earned.



The 3-hour groups start at 2pm, the 2-hour groups at 3pm and finally the 1-hour groups at 4pm. The idea being that everyone finishes at 5pm and for every minute past 5pm, 10 points are deducted! There are some good 100m times put in at 4:59:50. The overall winner is the individual or team with the most points but there were many category prizes too, wooden medals and Bath Ales beer being awarded. As a special treat this year Bath Ales had agreed to give away the winners weight in beer! This was to be shared amongst everyone who stayed for the evening entertainment. I was urging Darren to win – I figured we'd have free beer all night!

I was first to set off out of the Avon Valley Runners, taking on the three hour challenge. For the second year I'd been seconded into the Avon Ambulance team. We managed to find 30 of the 50 flags scoring a total of 640 points. Next out for the two hour challenge were Julia Drewitt, Sue Cook, Debbie Roberts and Christina Davidson, with Sue and Chris tying for first place in the Ladies run category both with 290 points. Last out was Darren Wrintmore who scored 250 points to win the Men's one hour run category. The overall winners were "Team Mendip Hash" - They found 41 flags and scored 880 points. It was time for the heaviest team member to climb aboard the Mashup Beer Scales. Shock, horror he'd already gone home! A quick discussion soon determined the next 'best value' member to stand in! A keg, some large tins and a few bottles were all put behind the bar. A special booby prize was awarded to the last team in. "Team CPU" managed to score -240 points after being 48 minutes late! The rolling trophy was a 'Looky Likey' Rolex mounted on a plaque to be engraved. I quite fancy it next year!

The first of two bands "Major Major" played for about an hour and had clearly been influenced by Franz Ferdinand. They were very good and certainly got the party started. I must mention the cart wheeling kids and glow stick break dancers who somewhat eclipsed my more modest dance moves. The second band "Groovegrinder" kicked off around 10 and kept us swaying until 12 with their mix of blues and funk. Everyone staggered back to their tents suffering the combined effects of fatigue and beer.

The Mashup is great fun and this year the weather was particularly kind to all us "Mashers". It's raised over £4,500 for Cystic Fibrosis and I will definitely be looking to take part next year. **Andrew Hoddinott**



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

Treasure Running



Fifteen Avon Valley Runners braved the rain to seek out the Treasure at the **Melksham Treasure Run**. Clues included: “Who do we remember for great times & laughs?” – answered on a bench opposite the “Barge” public house; “Which way is the bard looking?” – A bust of Shakespeare can be found at the house called West View.

Carl Davies & Alun Rees were the quickest around the 4.5 mile course in fifty two minutes but given that they missed most of the answers to the 20 cryptic clues, they were penalised to the tune of four minutes, fortunately though they got both of the bonus questions right worth five minutes each and set the leader board up with a score of 46.

Martin Meredith, Mark Mather & Andy Strange were eight minutes behind Carl&Alun but given that they managed to answer 17 of the 20 questions correctly they cleaned up as winners scoring 43 points and claimed the treasure! Though not even they could not solve my anagram of “Barge Rents iron” for the name of a mixed up runner.

Melanie Nichols & Kay Middleton finished second team by getting half the questions correct, answering both bonus questions and with a finishing time of sixty four minutes.

We plan to host a Treasure Run out of Bradford on Avon on Thursday 6th August, so please put on your thinking caps as well as your running shoes.

Darren Wrintmore

Fixtures

Thursday, July 9th

Sunday, July 12th

Tuesday, July 14th

Sunday, July 26th

Thursday, July 30th

Sunday, August 2nd

Tuesday, August 11th

Sunday, August 16th

Thursday, August 20th

Sunday, August 30th

Mob Match – Bradford on Avon @19:00

New Forest 10** – New Park Farm, Brockenhurst @11:15

Heddington Relay – Ivy Inn, Heddington near Calne @19:30

The Conkwell Killer + Junior Jaunt – Winsley @11:00

Tom Roberts Handicap - Bradford on Avon@19:30

Sturminster Half – Sturminster Newton

AVR Track Championship – Clarendon School, Trowbridge @19:00

Castle Combe 10K – Castle Combe@11:00

Barbury Track n Trail++ – Barbury Shooting Club@19:30

Foxtrot 5** - Broughton Gifford @11:00

++ Off-Road qualifying race

** AVR Race Series event



Wanted – A Good Home

Avon Valley Runners have accumulated quite a collection of race furniture over the past twenty years or so. The equipment consisting of mile markers, direction arrows and caution signage – all of a low fiscal value but essential to our race organisation which in turn generates the revenues that keep our membership fees so low.

We are looking for a permanent storage location – so if you have an empty garage or barn and are willing to store the equipment pictured, then please let any member of the committee know.