

Avon Valley News

May 2016

Issue #174



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Hello,

Wow, what a month April has been. I have barely had time to catch up with all the great performances that our members have been achieving over the last month.

It doesn't matter whether it is the AVR mile, parkrun, marathon or triathlon, it seems like every single member has been out there competing or volunteering in one way or another.

It is great to be part of such an active & vibrant club, and I look forward to seeing some more fantastic performances during May as the race calendar seems as busy as it has ever been!

Happy Running.

Gary MacAlister

RECORD BREAKERS!

April has been an amazing month for AVR performances. I know that just from trying to complete the AVR Wall of Fame later on in this newsletter, when I ran out of room to fit in all the PB's, records & Parkrun CPB's.

We've had road & off-road races, marathons, coastal races, triathlons & aquathons, and plenty of other activities showing just how diverse AVR is as a club.

One of the highlights of the month is always London Marathon, and in 2016 the race one again lived up to the hype. We saw the fastest ever marathon in an AVR vest, a club age category record broken, and a world record breaking hippo all flying the flag!

AVR member Rachel Bown can now call herself a Guinness World Record holder after setting a new record for running the London Marathon in the fastest time dressed in a hippo mascot outfit to raise money for charity.

A year on since she was in recovery from a brain tumour, Rachel ran London in 3.58:57 – smashing the previous record of 4.02:56.

"It hasn't sunk in yet and there are parts of the marathon that I don't even remember. I couldn't have done it without Tim Lowrie (pictured) my training partner and he got my drinks and gels for me and I don't look at it as my record but one we share together.



LONDON MARATHON



Jackie Rockliffe smashed her personal best to reclaim her Avon Valley Runners club record at the Virgin London Marathon.

Jackie competed the 26.2 miles in a time of 3hrs 7secs 03secs to not only beat her nine-year-old personal best of 3:07.45 but eclipse Liz Ringham's 2008 record by just four seconds.

"That was a bit close," admitted Rockliffe. "I didn't really know what time I was on for because I didn't wear my watch and I felt rather up and down through the whole race.

"At one point I must have been on for sub-three hours as I was running so strongly but then suddenly, I wasn't

feeling good at all and was wondering whether I would even get to the finish line. "But coming along the Mall and seeing the clock at the finish, I could see three hours so thought I had better try and sprint to the line.

"When I finished, I still didn't know if I had broken the record. It was only when I got my kit and my phone that I saw messages from people at AVR who had been tracking my progress online. It is great to get the record back because I had held it twice before, firstly when I ran 3:11 in 2007 and then 3:07 before Liz took it off me."

Rockliffe's run placed her 11th overall in the women's club race and 12th in the veterans over 45 age group, and she was also the leading female runner in Wiltshire.

Mike Rose was AVR's leading male finisher as he also smashed his personal best with 2:42.12, easily beating the time of 2:49.40 he ran in Chester last year. Thomas Coney dipped under three hours at 2:55.09 and Dominic Beddis finished in 3:08.16 on his debut.

Full London Results:

393 rd Mike Rose	2:42:12 (PB)	1269 th Tomas Coney	2:55:09 (PB)
2381 st Jackie Rockliffe	3:03:17 (PB)	2858 th Pete Slade	3:07:31 (PB)
2952 nd Dominic Beddis	3:08:16	5008 th Diane Hier	3:22:08
5398 th Mark Harrison	3:24:34	7443 rd Phil Harding	3:34:33
13931 st Rachel Bown	3:58:57	14735 th Tim Lowrie	4:01:35
16486 th Judy Schols	4:08:49 (PB)	19926 th Ian Isaacs	4:22:06
25493 rd David Bagshaw	4:44:18	28580 th Stephen Moore	4:57:36
28755 th Sara Robert	4:58:18	29721 st Mark Gallagher	5:03:19
37240 th Toni Clark	6:16:14 (PB)		

BRIGHTON & MANCHESTER MARATHONS

The weather Gods were shining on Brighton on the 17th April as glorious sunshine and very little breeze greeted the 10,000 runners taking part in the 2016 Brighton Marathon. AVR had 3 runners taking part. Gary MacAlister (3:24:39 – 666th place) & Andrew Jefferies (3:45:43 – 1666th place) both recorded PB's for the 42.2km distance. Hannah Eaton completed her first ever marathon in 5:49:59.

Around than 15,000 runners took to the streets of Manchester for the 40th birthday of the city's marathon. Despite some pretty big organizational issues with this year's race (2 hour wait for you kit after the race, anyone!?!), most runners had a great time. Chris Atkinson (3:42:04 – 2653rd place), Mick Farrar (4:22:24 – 5871st place) & Helen Boyce (4:26:06 – 6135th place) flew the AVR flag in the North West.

Pictured: Andrew Jefferies



ROAD RUNNING

Road Race Secretary
Kiersty Barnett / Helen Donald

Wiltshire Road Race League

April saw races 2 and 3 of the Wiltshire Road Race league. There was no road race from the AVR club championship but that didn't stop us all road racing! Between us we did a lot of races all over the place! Ranging from 1 mile to full marathon. There were PBs, CPBs, new records and more!

The remaining fixtures are:

- #4 Chippenham 5 Chippenham - *Sunday 5th June*
 - #5 Broad Town 5 Broad Town near Wootton Bassett - *Sat 18th June*
 - #6 Frome 10K Frome, Somerset - *Sunday 17th July*
 - #7 Heddington 5K Heddington - *Race series (best result counts)*
 - #8 The Bustard 5 Pewsey - *Wednesday 3rd August*
 - #9 Malmesbury 10K Malmesbury - *Saturday 3rd September*
 - #10 Cricklade Half* Cricklade - *Sunday 2nd October*
 - #11 Grittleton 10K Grittleton - *Sunday 16th October*
 - #12 Clock Change Challenge 10K - Calne - *Sunday 30th October*
- * Wiltshire County Championship Race

Results

If you've run a race please make sure you get your results sent into results@avonvalleyrunners.org.uk so they can be added to the results database. You need to put the race name, your time & position, and ideally a link to the results page.

Entering Races

Remember to put yourself down as "Avon Valley Runners" when entering races (Not AVR, Avon Valley or other variants).

Devizes Half Marathon (WRRL – Race #2)

18 AVR Runners took to the streets of Devizes & the surrounding countryside for the Devizes Half Marathon. It was the 2nd event in the Wiltshire Road Race League and AVR were looking to get back on track after a disappointing start to the 2016 league campaign.

First AVR home was Ruth Barnes in 1:19:27, and this was good enough for 3rd place overall. Had it not been for a stick in the closing miles, this could even have been a win. It was good enough for a course record, and it crowned Ruth as ladies Wiltshire Champion at Half Marathon.

Ruth was followed home by the trio of Justin Peters (1:26:24), Pete Veleski (1:27:16) and David Warren (1:28:53 – PB), giving them the 1st Men's team prize. Mike Sargent claimed 2nd MV50, Phil Harding 1st MV60, Claire Wood 1st FV45, Andrew Sharratt 3rd MV60, and a PB for Jay Sims.

But despite the good individual performances, we still lost out in the league to Chippenham Harriers, but this time by just 5 race points (864 vs 859). It means after 2 events Chippenham have the maximum 40 points, to our 37.



Pete Veleski, Justin Peters, & David Warren (1st Men's Team), and Ruth Barnes – 1st Lady

Corsham 10km



Rich Ayling (3rd) & Mike Towler (2nd)

A whopping 80 runners from AVR took part in this popular race which was held a week earlier than its normal St George's day weekend this year to avoid a clash with the London Marathon. An absolutely perfect day for running was capped off by some fantastic result from AVR. Mike Towler achieved 2nd position overall with a time of 33:20 closely followed by Rich Ayling in 33:32 in 3rd. Phil Harding pulled a 3rd MV60 out of the bag with his time of 43:20.

For the ladies Anita Mellodew was first AVR lady across the line with a time of 42:53. Sarah Sims was 2nd FV50 with her 47:37 and Rosemary Barber was 1st FV60 with 55:24. We saw 10k PBs from Tony Dunford and Laura Gregson and also CPBs from Philip Rockliff and Toni Clarke.

The post-race goodie bag was also a great talking point, with many loving the Beer this year from the local Box Steam Brewery (based in Holt).

ARV Mile

A slightly chilly Thursday evening in Bradford on Avon park was the location for the Spring AVR mile – a closed event just for members of the club. Sixty-one members took part in this (23 ladies, 17 men and 21 juniors). Ruth Barnes did what she does best and set a new club record with her time of 5:14. Ladies times varied from 5:14 to 10:32.

Men's times ranged from 4:47 (Mike Towler) to 10:52. Junior times ranged from 5:12 (Max Davis) to 9:22.

PBs were achieved by Jay Sims, June Renshaw, Tony Dunford, Phil Rockcliffe, James Pickford, Josh Whitefield-Lott, Dan Wood, Dylan Neale, Ellie Isaacs, Ethan Bolter and Jorja Warner.



AVR CLUB CHAMPIONSHIP

The remaining fixtures for the 2016 AVR club championship are:

- *Trowbridge 5km – Saturday 8th May*
- *Jack & Jill 10km – Sunday 15th May*
- *Heddington 5km Series – Best time over the 3 races*
- *Broad Town 5m – Saturday 18th June*
- *Frome 10km – Sunday 17th July*
- *Bustard 5m – Wednesday 3rd August*
- *Barbury Steeplechase (Date TBC)*
- *Chippenham Half Marathon – Sunday 4th September*
- *Dyrham 5k – Dyrham – Sunday 11th September*
- *Grittleton 10km – Sunday 16th October*
- *White Horse Gallop – Westbury – Sunday 23rd October*
- *Bath Hilly Half Marathon – Sunday 13th November*
- *Full Montecute 10m – Sunday 6th December*

Rules

There will be 20 races in the series – 10 road races & 10 off-road races. To score you must complete at least 4 of one type or race (eg 4 road race & 8 off-road). You can split them 5&7, 6&6, just as long as the 4 race minimum is reached.

Scoring

1st place will score 1 point, 2nd place 2 points and so on. None runners will score a forfeit score which equals the largest race attendance +5, but if you run 12 races, these will not show on your total.

Bath Skyline Parkrun

This month, the club championship has been focused on Bath Skyline Parkrun. Runners have had 5 weeks to try and get their best time around Rainbow woods. In total 25 men & 22 ladies all had a go at achieving points towards their league totals. During the month of April Bath Skyline was also heavily advertised in the Bath Chronicle, and Little Stoke Parkrun caught a lot of people's attention, so the last Skyline run on 30th April saw 392 runners in total!

The first man was Gary MacAlister, with a 19:03 set all the way back in week 1 of April. Richard Harding (19:17) and David Warren (19:47) both had a go beating the time, but came 2nd & 3rd.

The ladies race saw Zoe Yoemans also set the benchmark time in week 1 with (23:47), 2nd was Sue Jeddi (23:59) & Fiona Gibbs (24:36) in 3rd.

AVR Championship Standings

After 7 races of the AVR Championship the tables are looking like this:

Men

David Griffiths (V60)	76 points	(7 Races)
David Warren (V40)	90 points	(5 Races)
Mike Rose (SEN)	106 points	(4 Races)
Gary MacAlister (SEN)	110 points	(4 Races)
Richard Harding (V40)	114 points	(4 Races)

Ladies

Adele Cooper (V45)	48 points	(7 Races)
Fiona Gibbs (V35)	100 points	(5 Races)
Sue Jeddi (V45)	101 points	(5 Races)
Hayley S'gate (V45)	111 points	(5 Races)
Helen Donald (SEN)	125 points	(5 Races)

Remember that to qualify for the club championship you are required to do 12 races from the list of 20 races. There are 10 road races and 10 off-road races and you are required to do a minimum of 4 races in any one category. We have already had 7 races (3 road & 4 off-road), so if you have not already started in the league, you are starting to run out of time.

There are 2 club races in May. For the road runners there is the Trowbridge "Zombie Apocalypse" 5km. The following weekend we move off-road & uphill for the Jack n' Jill.

OFF ROAD RUNNING

Sugar Loaf Fell Race

The Sugar Loaf Fell Race is a challenging 7 mile race in Abergavenny with the stunning backdrop of the Brecon Beacons. In total, there is 1725 ft of climb, and just as challenging is the descent as well, and for anyone that has done any races with steep descent you'll know just how tough that is!

Richard Hudson & Tim Lowrie felt the urge to take on the challenge and joined in with a field of 110 runners. Richard completed the course in 1:04:14 and Tim was just 2 minutes behind in 1:06:11, which is a great result considering that Tim has been suffering with injuries for most of the last year.

Richard Hudson & Tim Lowrie



Exe to Axe

The Exe to Axe is a 20 mile (ish) multi-terrain point-to-point race around the Devon town of Exmouth. AVR had 3 runners taking part in this challenging race which contains 4,000 ft of climbing along the breath taking East Devon Jurassic Coastline.

Andrew Jefferies (4:06:08) was first AVR to finish, with Mandie Bygrave and Fiona Gibbs finishing together in 4:47:43.



Fiona Gibbs & Mandie Bygrave

AVR KIT

If you haven't yet got your hands on any AVR kit, then Richard Southgate is the man you need to see. He has a range of T-Shirts and race vests available for £21 / £20. He can normally be found selling kit at TRFC prior to training on Tuesday nights. Keep an eye on the AVR facebook page or email him at kit@avonvalleyrunners.org.uk

WHEN TAKING PART IN THE AVR CLUB CHAMPIONSHIP, WE ENCOURAGE ALL MEMBERS TO WEAR CLUB COLOURS.

It is also vital to wear club kit when representing your club at major team events such as Gwent League, Tri Counties etc.





JAVR News

Editors Notes:

April saw the 2nd race in the Wiltshire road race league and as it stands, JAVR are in a good position already, as they lead the way in the Championship. As a club we are getting good numbers of runners representing the club in this series— This is great to see and the level of commitment from the runners is to be admired, (and the parents ferrying them about to the races!).

But it's equally as good to see some of our runners getting involved in both the JAVR 2K runs and the main 5K parkrun. This level of commitment is also being seen in the weekly training sessions, as the Weekly Bath Uni track session seems to just grow and grow in popularity. The month of May this year will see the 1 year anniversary of the Monday night training sessions, which is based on invitation only - how time flies! All of this would not be possible without the continual commitment and dedication of our head coach Rich Ayling and the supporting committee/parents.

I hope you enjoy this month's summary.
Pete Slade

JAVR 2K 2016 League – Race 4 update

The latest JAVR 2K race was held on Saturday 30th April. 59 runners took part, which is the biggest field for this race in 2016. We also had a record number of runners take part in the under 7's dash!

In the 2K race, we had 6 first timers and 20 runners who set PB's! - This includes 3 straight PB's for Leo Harris, Dylan Neale and Orli Cranston. Congratulations also go to Freya Buglass (7 mins 40 secs), and Lottie Brown (8 mins 15 secs), who set course records in the Girls aged 11 and 9 categories.

This month we also welcomed two competitors from Sri Lanka, so we can now officially be classed as a truly international event!

In the Boys Championship, Leo Harris leads the way with a total of 55 points from 4 races—only 5 points short of maximum points. Leo's closest AVR challengers are Toby Withers in 3rd place with 45 points from 4 races. Toby is one of 6 runners on 45 points, he is joined by Dylan Neale, Harvey Payne, Daniel Lewis and Rob Warner.

In the Girls Championship Orli Cranston shares the top spot with Freya Buglass—both of whom have 58 points from a possible 60. Lottie Brown is in 4th place, with 56 points. Clara Harding is in 6th place overall and 4th placed JAVR girl with 40 points.

So far this year, we have had 54 boys and 44 girls who have taken part in the league.



Wiltshire Road Race League – Devizes Half Fun Run 10th April 2016

The Wiltshire Road Race League is an annual series of 'races' for all runners from clubs affiliated to Wiltshire Athletic Association. The League will be structured into a single division and will run from March to October, with all races selected being in the same calendar year.

62 runners lined up for the Devizes 1.5K fun run on Sunday 10th April. Within that field we had 20 runners representing JAVR. It turned out to be a quick race with lots of close finishes. Niall Thorne was the eventual winner, crossing the finish line in 5 mins 2 seconds, James Pickford kept the pressure on all the way and finished just 4 seconds behind Niall. A close scrap between Callum Withers, and Rob Warner, meant they finished with an equal time and finished 4th and 5th place respectively.



League standings so far show JAVR top of the pile with a total points tally of 40, with Chippenham Harriers in 2nd place with 38.

Individual standings after 2 races, see Niall Thorne leading the boys championship with a maximum 200 points from 200, James Pickford is second with 198 points—with 2 second place finishes. In the girls' standings, Orli Cranston is the leading JAVR runner in 2nd place with 197 points out of 200, followed by Lottie Brown in 3rd place.

It's great to see the number of runners representing the club at the first two fixtures of the Wilts road race league, but we must maintain this for the next fixture at Chippenham—The May Mile. The juniors did a great job in the same fixture last year, so we hope to see the same again this year!

Remaining fixtures are as follows:

- #3 The May Mile - Chippenham - Sunday 15th May
- #4 Chippenham Harriers Family Fun Run - Chippenham - Sunday 5th June
- #5 Junior Avon Valley Runners 2k - Southwick - Saturday 25th June
- #6 tbc
- #7 #7 Roundway Mini Rampage - Devizes - Saturday, 1st October
- #8 Clock Change Challenge Fun Run - Calne- Saturday, 30th October

Other Races – Aztec West 5km Series 26th April 2016

A chilly evening in Bristol, saw the start of the Aztec fast 5K summer series 2016. Our 2 JAVR Runners Max Davis and Niall Thorne both had great races, with Max finishing in 16 mins 56 secs—a new PB. Niall put in a great run and beat off some good competition to come home in a fantastic time of 18 mins 26 secs. Well done boys!

Other Races – Corsham 2km

As in previous years, the Corsham 2K proves to be a very popular race for both Adults and Kids alike, and this year was no exception - despite this not being on the Wiltshire road race fixture list.

We had similar numbers of JAVR runners this year as we did last year and history repeated itself as Max Davis came home in first place in a time of 6 mins 40 seconds. This has meant that in the last 3 years, Max has had 2 first place finishes and 1 second place finish at this event - impressive!



Freya Buglass was the first JAVR girl home in a time of 7 mins 37 secs and finished in 7th place overall and was 1st UI3 Girl. Lottie Brown also walked away with the 1st UI1 girl prize.

Jack Webb was first UI1 Boy home in a time of 7 minutes 28 secs and finished 6th overall. A close battle between the Lancaster family, as Anna finished just in front of brother George to finish ahead of him by just 7 seconds. The Renshaw family were also well represented at the event with Chelsea and Brother Tyler crossing the line together, with some Corsham running club runners close behind.

Well done everyone!

Training Session for 7 – 10 year olds

Training sessions continue to be held for the 7-10 year olds at Southwick Country Park. These sessions are held once a month and the latest dates for the sessions are as follows:

- 7th May 2016
- 11th June 2016

Further dates will be added throughout the year—please see the website / facebook page for further details

Forthcoming Events – On the Track

The Wiltshire County AA Championships sponsored will be held at the Swindon County Ground on Saturday 14th May 2016. There are many events to participate in and the full list for Junior events can be found on Wiltshire Athletics Website. Entries are in advance, with no entries on the day.

ESAA Awards

Again in 2016, JAVR will be adopting the ESAA awards structure to encourage and reward our Junior members. These awards, backed by England Athletics, set benchmarks for various events as set out below and are split into Primary, for school years 3 to 6, and Secondary for school years 7 and above.



This is where we can celebrate all our runners & their fantastic achievements over the last month. All PB's will be logged here, whether it be a mile, a parkrun or a marathon. If you want to be recognized then make sure you send your results, position, time & a link to your race results to results@avonvalleyrunners.org.uk. PB's for April are:

WALL OF FAME

5km

Max Davies (16:56) – Aztec West

10km - Corsham 10km

Tony Dunford (44:21)

Laura Gregson (54:09)

Half Marathon - Devizes Half

David Warren (1:28:53)

Jay Sims (2:05:54)

Marathon

Brighton Marathon

Gary MacAlister (3:24:39)

Andrew Jefferies (3:45:43)

Hannah Eaton (5:49:59)

London Marathon

Mike Rose (2:42:12)

Thomas Coney (2:55:09)

Jackie Rockliffe (3:03:17)

Pete Slade (3:07:31)

Judy Schols (4:08:49)

Ian Isaacs (4:22:06)

Toni Clark (6:16:14)

Southwick Parkrun

Kath Randall x3 (32:15, 32:20, 34:33)

Danny Gard (18:39)

Kenneth Pyper (19:20)

Andy Cunningham (19:56)

Josh Whitefield-Lott (21:23)

Tony Dunford (21:38)

Clare Wood (22:00)

Ben Vincent (22:23)

Dane Rose (24:23)

Laura Gregson (25:18)

Leo Harris (23:39)

Ellie Isaacs (24:48)

Melanie Crosnier (25:02)

Helen Donald (25:43)

Mark Gallagher (26:09)

Judy Schols (26:27)

Fiona Newman (26:40)

Anna Spiers (26:41)

Donna Kelly (26:48)

Kay Turner (27:19)

Danielle Baxter (27:41)

Anna Snook (27:42)

Alistair Brownlie (27:44)

Stuart Figni (28:25)

Katie Clark (29:31)

Marie Lindsay (30:39)

Anna Harding (31:11)

Juliette Bond (31:58)

Nicola Poulter (32:17)

June Renshaw (32:32)

Nicola Applegate (32:49)

Lisa Rockliffe (33:08)

Richard Clarke (34:12)

Sandra Sharratt (34:19)

Kharlee Charlton (34:20)

Sophie Williamson (34:48)

Helen Essery (35:46)

Bath Skyline Parkrun

Adele Cooper x2 (25:28 & 26:04)

Richard Harding (19:17)

David Griffiths (22:41)

Andrew Sharratt (23:41)

Hayley Southgate (25:17)

Jay Sims (27:04)

Anthony Hickson (33:10)

Laura Oatley (37:02)

Plus

Sue Jeddi (Bedford Lakes) x 2(22:30, 23:33) Arthur Pease (Little Stoke)(17:41)

SOCIAL EVENTS

Pasta Party – Friday 13th May

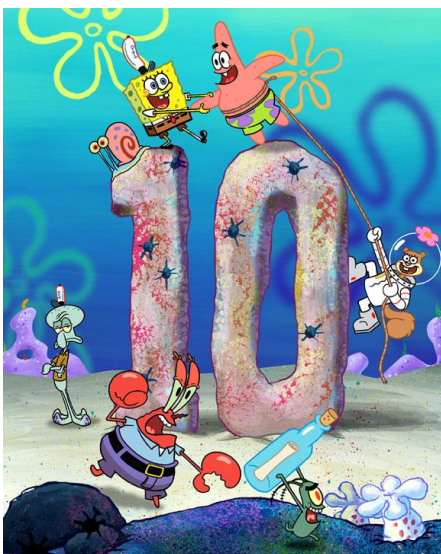
A Non-Tuesday social is being organized by Laura Oatley & the social committee team.

Friday 13th will see an AVR pasta party take place at a local pasta venue in Trowbridge so everybody racing that weekend can get their Carb fix.

To secure a place, please contact Laura and let her have £5 despoit ASAP. Venue will be decided based on numbers. More details can be found on the AVR facebook page, or see any committee member



Are you faster than a 10 year old



Tuesday 17th May sees the return of the popular “AYFTATYO”, held at Southwick Country Park. The events starts at 7pm, and is a chance for the Juniors to show the grownups what they can do.

The idea is simple, we set the time limit of the race to the AVR club record for 2km set by our best Junior Boy & Girl. You simply need to run the JAVR 2km loop quicker than that time. Beat that time & you are officially faster than a 10 year old and will receive a certificate to make you feel proud!

It is a fun event aimed at everybody in the club, so why not come on over to Southwick and help encourage the Juniors whilst also having a bit of fun yourself.

AVON VALLEY TRIATHLETES

It's been a busy month for Triathlon events in April with a lot of AVT members enjoying the warmer weather to start blowing away the winter cobwebs and getting out to swim, bike & run.

BIG T TRIATHLON

The May Day Bank Holiday weekend saw the firmly established Big T Triathlon series return to Trowbridge. Hot Chilli Tri organise the race, with the swim based at Clarendon Pool, followed by bike & run courses around the County Town. There were plenty of ARV / AVT members taking part and enjoying the multi-sport challenge.

There were 2 options, with an Enduro race and Sprint distance triathlons. Full results haven't been uploaded onto the AVT results database yet, but flying the flag for the club was Chairman Warren Wade who has ticked another race off of his bucket list by completing the sprint course in 1:33:15.

Warren Wade finishing the Big T Triathlon



SRI CHINMOY SWIM / RUN

AVT sent a team of runners to Bristol to take part in the Sri Chinmoy swim / run, and the club performed amazingly well.

Rich Ayling came 1st overall in a time of 14:27, and Holly Newman finishing as first Lady in 19:48 (8th Overall).

The event included a 200m swim and a 3km run. For anyone thinking that they want an entry into triathlon or duathlon, then events like this are perfect. They are friendly, small and open to all abilities, so why not give it a go!

(L-R) Ann-Marie Withers, Rich Ayling, Richard Newman & Holly Newman



Other Notable Performances

Sarah Jewers has had a great month of April by coming 1st Female in the Calne Aquathon, and following that up with 2nd Female at the Bicester Triathlon.

Adam Robins finished 2nd overall at the Dinton Duathlon, along with other strong races at the Windsor Standard Duathlon & the ETU Duathlon Championships 2016

AND FINALLY.....

By Darren Wrintmore

Medal Display

Are your hard earned medals not seeing the light of day whilst stored in a bottom draw or an old shoebox? Then why not show off your athletic achievements by displaying your medals in this easy to make display case.

Using a budget picture frame, I have used a 12" x 10" purchased from a Bargain shop at the princely sum of £3.49 that will comfortably hold twelve medals. Remove the glass, mount and hardboard backing and use the latter as a template to draw around on a sheet of 9mm MDF board and then cut out.



Assuming that like me you wish to have your display in a Portrait fashion then pencil mark three vertical lines at 2", 5" and 8" then mark four horizontal lines at 1", 3.5", 6" and 8.5" from the top edge making any adjustments in the position of the last three lines to cater for any "odd-sized" medals. At the intersection of the horizontal and vertical lines make a pilot hole using a small brass nail into which the hook will later go.

Rub the surface of the MDF board down with some glass paper to remove the pencil marks and any roughness created whilst making the pilot holes. On the reverse of the board insert a couple of Screw Eye curtain hooks about 2" down from the top edge and tie some string between the two to make the wall hanging.

Paint the MDF board using a suitable paint and leave to dry for about 16 hours or whatever time is recommended on the tin. Place the painted MDF board into the frame and fix either using the existing fixings or a spot of wood glue. Insert hooks into the twelve pilot holes; small Screw

Eye curtain hooks can be used (99p for six) and opened up with a pair of pliers.

Then the fun part of selecting your twelve medals that will now see the light of day and slipping them onto the hooks. Now to find somewhere for the display case to hang that will do justice to your running feats.