

Avon Valley News

February 2017

Issue #182



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....plus loads more

Hello,

January has been the month of awards across the club. AVR, AVT and JAVR have all taken the chance to celebrate the achievement & commitment of all of our athletes. This newsletter is mainly celebrating these successes.

As the race calendar starts to pick up again now, with the run up to the spring race calendar, it will be great seeing how you all start progressing over the next few months.

Happy running!
Gary MacAlister

AWARDS NIGHT SPECIAL

The next few pages are all dedicated to the AVR Awards night, the JAVR awards & AVT awards. I hope you enjoy seeing all the achievements from 2016, and that it inspires you for 2017!



AVR AWARDS 2017

There was an amazing turn out at Trowbridge Rugby Club for the 2016 Avon Valley Runners Awards night. It was a great chance for everyone to get dressed up and impress, chat with people from across the whole club, and dance the night away. Feedback from the night was a huge success, with the food & cake scoring a big hit amongst the guests. Along the way there was also the small matter of the 2016 awards to give out. Here is a list of the main winners from the evening.

AVR Race League Series Winners

Best Scoring 12 Races from the Series of 20

Mens – 1st	21 Points – Mike Rose
Mens – 2nd	32 Points – David Warren
Mens –3rd	36 Points – Gary MacAlister

Mike Rose raced 12 times in the series, finishing first AVR in 5 races (SMArTT Smasher, Dyrham Park 5km, Grittleton 10km, White Horse Gallop & Bath Hilly Half). He didn't finish lower than 3rd in any race he ran. David Warren ran 15 races finishing first AVR in 3 races (Jack n' Jill, Kelston 10km & Fully Monty). He was the top V40 runner. Gary MacAlister ran 13 races and finished first AVR in 1 race (Bath Skyline parkrun). Special mentions to Andrew Jefferies & Stuart Arguile who were first V50 & V60 runners in the league respectively.



Ladies – 1st	34 points – Fiona Gibbs
Ladies – 2nd	38 points – Sue Jeddi
Ladies –3rd	57 points – Adele Cooper

Fiona Gibbs took part in 13 races in 2016, finishing first AVR lady in 1 of them (SMArTT Smasher). She was first V40 female. Sue Jeddi ran 13 races finishing first AVR in 3 of them (Bowood 10km, Kelston 10km & Dyrham Park 5km) She was first V50 female. Adele Cooper ran 16 races – the most by any female athlete in the league this year, including 9 out of 10 off-road races. Her best finish was 2nd AVR lady at Dyrham Park 5k. Special mention to Sarah Barker & Rosemary Barber who were first Senior & V60 runners respectively.



How Farr for AVR

Total Distance in KM (number of submitted results)

Senior Man	Gary MacAlister – 446.5km
Male Vet 40	David Warren – 675.2km
Male Vet 50	Andrew Jefferies – 764.8km
Male Vet 60	David Griffiths – 1242.6km (pictured)
Senior Female	Sarah Barker – 472.6km
Female Vet 40	Fiona Gibbs – 759.2km
Female Vet 50	Jennifer O'Connor – 501.6km
Female Vet 60	Rosemary Barber – 283.9km



Club Championship		
Best Cumulative Times over 5 km, 10km and Half Marathon		
Darren Wrintmore Award Senior Man	Rich Ayling - 2:01:14 (pictured)	
Tim Northwood Award Male Vet 40	David Warren - 2:17:54	
Frank Allen Award Male Vet 50	Robin-Mark Schols - 2:29:51	
Ted Rockliffe Award Male Vet 60	Phil Harding - 2:43:08	
Denise Ellis Award Senior Female	Ruth Barnes - 2:10:24	
Joyce Field Award Female Vet 40	Jackie Rockliffe - 2:20:57	
Stan Farr Award Female Vet 50	Diane Hier - 2:36:31 (Pictured)	
Nan Simpson Award Female Vet 60	Tina Vivian - 3:19:06	

Best Age Grading (WAVA)	
Male	Mike Towler - 84.06%
Female	Ruth Barnes - 89.15%

Best Marathon	
Mens	Mike Rose (2:42:12) (London) Mike took an amazing 14 minutes off his previous best marathon set in 2015 which was 20 mins faster than his previous PB set in 2012.
Ladies	Jackie Rockliffe (3:03:17) (London) Jackie took 4 ½ minutes off her previous best set in 2007

Stan Farr Boxing Day Run	
Mens	Michael Towler (19:02)
Ladies	Mel Nicholls (26:53)

2016 RECORD BREAKERS

Mike Towler	Ruth Barnes	Jackie Rockliffe
Male Sen 5km (15:26) - Aztec West 10km (32:09) – Leeds Abbey	Female Sen 1 mile (5:14) – AVR Spring Mile 5km (16:41) – Heddington 10km (34:15) – Cardiff 10 miles (57:35) – Raceways 10	Female V40 5km (18:01) – Aztec West 10km (38:16) – Cardiff Marathon (3:03:17) - London
		

Subjective Awards

Most improved Man Andrew Jefferies Set 12 PBs over all distances including 2x marathon PBs. He took 7 mins off 1 st time & 16 mins off 2 nd time, totaling 34 mins off his marathon time in 2016. Reduced his 5k from 25 mins to 20:26 & took 2 mins off 10k.		Most improved Lady Toni Clarke Made huge progress in 2016 setting 11 PBs at parkrun, 5km, 10km & HM.	
Outstanding senior man Rich Ayling Represented Wiltshire, 3 rd place in Chippenham HM, in the top 10 at Bristol 10km, top 30 at Great South Run. 1st place at the Wincombe Hill Run, 1 st July Heddington 5km, 1 st Broad Town 5. PB's at 5km with 15:57, 10M with 54:19 & HM with 1:12:48 and 32:29 10k at Telford		Outstanding senior woman Ruth Barnes Set club 5km record of 16:41 at Nov Aztec West & Heddington. Set club 10km record of 34:15 at Cardiff. Set club 10m record of 56:47 at Great South Run. Set club Half Marathon record of 1:19:27 at Devizes Half (course record).	
Outstanding MV40 David Warren - Successful comeback year after injury in 2015. Set PB's at all distances from 5km up to Marathon. 2nd place in Roundway Chase. 1st V40 at Grittleton 10km & AVR Half Marathon. 2nd Overall in AVR Championship.		Outstanding FV40 Jackie Rockliffe – Ran 18:01 5k Aztec West, 38:16 10k Cardiff 65:04. Wiltshire 10 miles 1:24:40 Great Bristol half marathon. Won Fission 20 Mile 2:18:51 At London Marathon she ran 3:03:17, 12th in age category, PB, not only FV40 but Overall Club Record	

<p>Outstanding MV50 Andrew Jefferies - Travelled all over the country doing races that some of us never knew existed, set 12 PBs and continues to push himself ever harder.</p>		<p>Outstanding FV50 Sue Jeddi - Several parkrun PB's & great consistent performances have seen Sue leading the AVR league in 2016.</p>	
<p>Outstanding MV60 David Griffiths – Despite a bad injury earlier in the season, he still got back out training & racing. Spends a lot of races supporting others during races. Winner of How Farr for AVR with the most distance ever clocked up since the competition was introduced. He's out racing most weekends in the name of AVR.</p>		<p>Outstanding FV60 Rosemary Barber - Winner of Wiltshire Road Race League V60 lady. Age category wins across many races in 2016. AVR female club runner of all time. Club legend.</p>	
<p>Outstanding beginner Sonia Bundy Joined AVR in Jan, quickly progressed to 10k. Ran 2 half marathons in a month taking 9 mins off the first one.</p>		<p>"The Bomb" (for going above and beyond the call of duty) Holly Newman - Has been an integral part of JAVR, assists with junior and senior training sessions, has organised JAVR socials, awards presentations and is now on her 2nd year on the main committee as JAVR secretary</p>	
<p>Tony Bartlett Perseverance Award Tim Northwood - Tim is a founder member. Was here after the Stan Farr boxing day run with his walking frame. Despite being very unwell now he still turns up every Sunday Morning to run. He now only runs a mile and back to pound lane but is still there in all weather.</p>		<p>AVR PLANKING CHAMPION – Judy Schols</p>	
<p>The Grape Blister - Best / Worst Injury Michelle Platten Visited a portaloos at the Chippenham half, somehow managed to get splashed by the liquid receiving a chemical burn on her unmentionables and had to seek medical attention. Not sure what the medic actually did but it's rumoured she went into the ambulance feeling a little blue and left all boss-eyed and smiling.</p>		<p>"The Goofy" (for moments of muppetry) Sean Price Wardrobe malfunction - Whilst basking in the glory of celebrating his Goofy win last year he got a bit over-excited, lifted Denise Ellis up Dirty Dancing style and split his trousers.</p>	

Fringe awards

Best Race Face
Sean Price – Southwick parkrun

Best “Two-footer”
Jaz Martin – Southwick parkrun

“The Broken Compass”
Sarah Jewers
Missed a sign during the Frome Triathlon, and took a 3 mile detour along the Frome Bypass.



PICTURES FROM THE NIGHT



ROAD RUNNING

Road Race Secretary
Gary MacAlister

Wiltshire Road Race League

The Wiltshire Road Race League for 2017 starts in March with the Highworth 5. In 2017 there will be a reduction in races to 10, with your best 8 to score. The AVR Club championship will mirror the Wiltshire League.

FIXTURES

The 2017 Wiltshire Road Race League Fixtures have now been released:

1. Highworth 5 Sunday 19th March
2. Devizes ½ Marathon Sunday 9th April **
3. Trowbridge 5km Sunday 7th May
4. Heddington 5k Series Tuesday June 13th / July 11th / Aug 8th
5. Broad Town 5 Saturday 17th June
6. Two Tunnels 10km Sunday 9th July
7. The Bustard 5 Wednesday 2nd August
8. Chippenham Half Sunday 10th September
9. Grittleton 10km Sunday 15th October **
10. Clock Change 10km Sunday 29th October

**Devizes Half Marathon will be the County Championship Race for Half Marathon

**Grittleton 10km will be the County Championship Race for 10km

AZTEC WEST FAST 5km

The final day of January saw the latest installment of the Aztec West 5km series in Bristol. The weather Gods held onto the rain storms until just before the start of the race, and then the heavens opened and the wind blew making conditions more challenging than on previous runs on the course. It didn't stop Mike Rose though, who finished 23rd and set a fantastic time of 16:35, just a few seconds outside his PB. Dom Beddis (17:12) & Gary MacAlister (18:85) were the other top 3 AVR men. Bethan Francis (20:49) was first AVR lady home just ahead of Jo Mumford (20:50) & Diane Hier (21:14). There were 14 AVR runners in total, and the Results page isn't showing any PB's for this race, which is quite a rarity for the Aztec course, so everybody will now have to wait until the 28th February for their next chance to take on the course in hopefully some more runner-friendly conditions.

AVR MEMBERSHIP 2017

The Entry Central website is now set up for you to renew your membership for 2017/18. The current membership year ends on 31st March 2017. To be eligible for club ballots (London, Brighton etc) you need to have a year's "continuous" membership, so it is advisable to get your renewals in before the deadline.

The membership year has moved to April to align itself with the EA registration year. If you are looking to be a competitive athlete looking to race regularly and in events such as Gwent League, then you will need the EA membership. This currently sits at £14 per year. This isn't compulsory, but the more EA members the club has, the more access we have to EA perks like ballot places, training courses and resources.

Normal club membership is £20

EA club membership is £34

Junior Membership £10

Visit the website here: <https://www.entrycentral.com/AVR17>

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).



OFF-ROAD RUNNING

SOUTH WEST CROSS COUNTRY CHAMPIONSHIPS – EXETER by Darren Wrintmore

This article was originally entitled “Porky gets the Gold” and then changed to “Triumphant Tim takes Title” before settling on the more mundane header which is at the top of this page, but more about those previous headlines in a few paragraphs time....

Wiltshire sent 100 athletes to compete in the South West Inter-County XC Championships held at Exeter racecourse and amongst the number were 20 Avon Valley Runners. Getting the county off to a golden start were the U13 Girls who were led home by our own Freya Buglass (pictured right) in 7th place and supported by 12th placed Imogen Tanner of IIF, 13th placed Orli Cranston also of Avon Valley Runners and 15th placed Lavinia Rai of Swindon Harriers. The U13 Boys saw Arthur Pease finish in 5th place and Jack Webb in 29th. James Pickford flew the flag for the Valley in the U15 Boys with a 54th placed finish. Representing Avon in the U17 Boys Max Davis had a good run to finish in 6th place overall.



The Senior Men's race saw Wiltshire's leading male athletes pack well with Simon Nott of Calne Running Club leading the way in 11th place and supported by 13th placed Ben Brewster of Southampton AC, our own Rich Ayling just behind in 14th place, 16th placed Robert Mann of Exeter Harriers, 28th placed Thomas Davies of Team Bath and 31st placed Andrew Ind of Newbury AC but were denied a podium position with just 20 points separating them from a potential Silver medal. Alongside the Inter-Counties championships was an Inter-Club championship with 33rd placed Mike Rose, 36th placed Chris Roxburgh, 63rd placed Joby Hobbs, 67th placed Gary MacAlister, 78th placed Simon Morgan, 83rd placed Robin-Mark Schols and 89th placed Tim Lowrie all running well. Not forgetting a splendid run in 102nd place by Phil Harding who secured an individual Bronze medals in the MV60 category. These performances saw AVR finish sixth in the Inter-Club championship behind the likes of Bristol & West AC, Wells City Harriers, Cornwall AC, Plymouth AC and Team Bath but reassuringly 159 points ahead of 9th placed team – Chippenham Harriers, which bodes well for the MacAlister plan of AVR dominance in the Wiltshire Leagues this year!



(L-R) Tim Lowrie, a black dog, Robin-Mark Schols, Gary MacAlister, David Warren & a small Simon Morgan



AVR Members - Darren Wrintmore with Diane Hier 479, Ruth Barnes 142, Jo Mumford (centre back), and Jill Westwood (right back)

High hopes surrounded the medal prospects for the Wiltshire Senior Ladies team, however this optimism was not shared by Ruth Barnes whose warm up routine consisted mainly of complaining about festive over-indulgence and an imaginary weight gain of half-a-stone. Ruth was also stressing over forgetting her Garmin device and so to bring calm to the team Tim Lowrie stepped forward to loan the use of his GPS enabled sports watch – now I have seen some performance tracking devices in my athletics career but none as big as this one, it was huge and must have been housing its own mini transmitting station within its casing. However it did settle Ruth down once Tim had run through the operating instructions for the third time, but there were to be no marginal gains here, especially as it was being balanced out with a rather bulky ‘fit-bit’ on Ruth’s other wrist – and there is me often being accused of being gadget mad!

The Ladies were then brought under starters orders and they were off, with Ruth soon breaking away from the rest of the field with just Cornwall's Eleanor Davies for company before dropping her early in the second lap to take the victory. Eilidh Bell of Chippenham Harriers just missed out on a podium place but with good performances from fellow Chippenham Harrier Michelle Maxwell in 23rd place, 24th placed Denise Nott of Calne Running Club, our own Jo Mumford and Jill Westwood in 31st and 35th places respectively earned the county a team Bronze medal. With Diane Hier in 36th placed this also secured a club Bronze medal for AVR behind Cornwall AC and Bristol & West but again comfortably ahead of Chippenham Harriers.

Whilst the Wiltshire and AVR Ladies were collecting their medals, Tim Lowrie was becoming something of a cyberspace celebrity. Having claimed his sports watch back from Ruth he allowed it to synchronise with Strava and before you could say “*it wasn't me guv*” had received lots of online kudos for his apparent gold medal winning run. Meanwhile Ruth was able to give a rare post-race interview to sports journalist Kevin Fahey, only rare in so much as that she was sober, having not had a chance to open a bottle of wine yet. He could have got some choice sound bites if he had waited a couple of hours after Ruth had caught up with Tim 😊

Darren Wrintmore – Wiltshire Team Manager



Ruth Barnes in action

GWENT LEAGUE

There has been no Gwent League races in January, so nothing to report this month. The next fixture is on the 12th February in Newport. The men probably just need one more excellent performance to secure promotion to division 3 & the ladies need all the help they can to try & secure promotion to division 1. It would be great to a large AVR turnout to run. If you are interested please contact Steve Williams at stwconsultancy@hotmail.com.



Fixture Dates and Venues:

Sunday 12th February 2017 – Glebelands, Newport

Saturday 4th March 2017 – Pembrey Park (Nr Llanelli)

WILTSHIRE OFFROAD LEAGUE

There have been no WORL fixtures in January. The last 2 remaining fixtures are in February & entries are still open:

Remaining Wiltshire Off-Road League Fixtures:

Lungbuster – Sun 5th Feb 2017

SMaRTT Smasher – Sun 19th Feb 2017

SLAUGHTERFORD 9

An eager group of AVR's donned their bright yellow race vests (no that they would finish that colour!) to take on the popular Slaughterford 9 in January. It has previously been a Wiltshire Off-Road league race but not in 2017 meaning this year was more about enjoyment than getting those extra league points.

Runners had to navigate some pretty big climbs, a river crossing, styles and the famous "Sting in the tail" up a very steep climb to the finish of the 9 country miles around the north of Corsham.

21 AVR runners completed the course, with David Warren being the first AVR home in 20th place (1:04:31). Tim Lerwill (23rd - 1:05:04) & Mark Harris (55th - 1:10:41) rounded out the AVR top 3.

For the ladies, the first 3 finishers were Fiona Gibbs (174th – 1:26:09), Tina Towler (215th – 1:31:32) & Amanda Jayne Bygrave (235th – 1:34:19)



AVR CLUB CHAMPIONSHIP

February FIXTRUES

LUNGBUSTER (Off-road) – Feb 5th, Broad Hinton
SMaRTT Smasher (Off-Road) – 19th Feb, Calne

CLUB CHAMPIONSHIP RULES 2017

There will be 2 leagues in 2017, a Road Race League & Off-Road league. Both of these will mirror the races in the Wiltshire Leagues.

RULES FOR THE ROAD RACE SERIES 2017

There will be 10 races from which to choose, the best 8 (eight) races will count for the championship. These events are exactly the same as the Wiltshire Road Race League events (WRRL). This way not only are members competing against each other within the club but also collectively for the club against the rest of Wiltshire.

The first AVR runner will get 1 point, the 2nd will get 2 points and so on until all runners are accounted for. Non-runners will get five points more than the number of points of the last runner of the highest attended race. The winner will be the runner with the least points.

Only the best 8 races for each runner will count, so you don't have to run every race, however if there is a tie for the winners then the 9th and 10th races will be taken into consideration until a winner is established.

Awards will be made to the top three highest scoring men and women.

RULES FOR THE OFF ROAD SERIES

There will be 6 races from which to choose, the best 5 (five) races will count for the championship. The first AVR runner will get 1 point, the 2nd will get 2 points and so on until all runners are accounted for. Non-runners will get five points more than the number of points of the last runner of the highest attended race. The winner will be the runner with the least points.

Only the best 5 races for each runner will count, so you don't have to run every race, however if there is a tie for the winners then the 6th race will be taken into consideration until a winner is established.

Awards will be made to the top three highest scoring men and women.

Rules

The AVR Club Championships will now mirror the Wiltshire Leagues for 2017. There will be an Off-Road & Road running league, and prizes will be awarded individually for both disciplines.

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 sufficient races, these forfeit will not show on your total.



JAVR News

Editors Notes

Sunday 22nd January 2017 saw the annual JAVR awards presentation take place. The venue this year was Steeple Ashton Village Hall—which turned out to be a perfect location! The format of the afternoon included the presentation of many awards, what 2017 looks like for the club, a quiz, a fantastic buffet and of course the cake baking from all the cakes submitted by the committee members. Enjoy!

Pete Slade



We have had good retention of members in 2016 and once again we have a good platform in which to build upon in 2017. A great afternoon was had by all and every Junior whether they collected a trophy or not should be proud of their achievements and their contribution to the club in 2016.

Most Improved Boy—Josh Thorne:

In the October of 2015, Josh clocked a personal best at Southwick Parkrun of 27:30. Fast forward to December of 2016 and he ran a new PB of 22:57, knocking 4 minutes and 33 seconds off his parkrun in just over a year. To be running almost 1 minute per km quicker than he was 14 months ago, is a remarkable improvement and a testament to how hard he has worked. He regularly trains on a Wednesday evening and has improved to such an extent he has started now training with our Monday group as well. His running form has improved massively and he has become a far more efficient runner. He has regularly competed for JAVR in the monthly 2km, parkrun and in Junior Wiltshire Road League fixtures. Josh is getting better and better and should be very proud of his personal improvements this year.



Most Improved Girl—Orli Cranston:

Orli has had an incredible year and has gone from strength to strength. She trains on a Monday and Wednesday with JAVR and continually impresses with her work rate & her speed endurance. She has competed in JAVR 2km, parkrun, Wiltshire road race league, County track championships, Gwent XC and competed for her School. She has several outstanding results in 2016 and a few of these included:

Reducing her parkrun from 26:04 in September 2015 to 22:29 in November 2016. Placing 10th at Bridgend & 11th at Brecon in the Gwent XC League. She ran 21:41 at Yeovilton 5km and from that performance was ranked 38th in the Country over 5km in the girls under 13s categories in 2016. Finally, to cap off a remarkable 2016 she was selected to compete for Wiltshire at the South



Best Training Attitude BOY – Primary: Dylan Neale

This young lad has great enthusiasm for running and really shows this at training week in week out. He is a joy to coach as he really enjoys running and training. I also think his energy, motivation and personality really brings something to the group and helps create a fun environment for young people to be around. He always puts maximum effort into training and tries very hard to improve. He is keen to learn and he gives himself every opportunity of developing with the effort he puts into training and the way he communicates with the coaching team. His attitude in training has transferred over into racing as well and he has had some fantastic results including:

Competitive runs in the 3 Gwent XC fixtures.

Clocking 22:03 for parkrun

Finishing in second place at the Winscombe fun run.

Running 2:06 for 600 metres at the County quad kids event

Running 2:56 for 800 metres at the Windsor, Slough & Eton Open track meeting.

This lad is young but already starting to run some great times. His attitude and enthusiasm for running can take him a long way.



Best Training Attitude -Secondary BOY: Callum Withers

An attribute we admire in young athletes is those that understand the sport they are competing in and take an interest in why they do the training they do. A greater emphasis should be placed on educating young athletes to have a higher running IQ. It is very refreshing as a coach that the winner of this award is someone considered to have a good understanding of training. He is very aware of what he is trying to achieve and manages to brilliantly juggle his swimming and running commitments as part of a hectic schedule. He concentrates hard during running sessions, focuses on warming up effectively and is increasingly aware of the paces he is training at. He is very fit and trains on both Monday and Wednesday evenings. He has run some fantastic times across a range of distances in 2016. Examples of how he has used his fantastic training attitude to achieve great results include:

1500m - 5:15 at the County Track Champs

Yeovilton 5km – 19:40

Club 5km Championships – Sub 20 minutes and showed how tough he was. It is great to see the improvements this lad has made this year as a runner and I look forward to seeing him push on and run even quicker times this year in bigger and more competitive races.

Best Training Attitude – Primary Girl: Lola Harris

This young runner is a very talented sports woman and as well as being a talented runner is a county standard cricket player. Her attitude to training is excellent, she never complains, works hard, and has a lot of potential. She quietly gets on with whatever sessions are set and is always polite and friendly when speaking to the coaches and is a very coachable runner. She has a nice and relaxed running style making it look effortless. She regularly trains on Wednesday evenings and competes in the JAVR 2km, parkrun, school cross country and local race fixtures. Last year she ran a new parkrun PB of 25:11 – a time she has already beaten this year running 24:50. She ran 9 JAVR 2km races in 2016 and ran 3 PBs including an 8:58 which was a 38 second improvement on her best time from 2015. She is another runner who has a huge amount of potential and with the mind-set she has developed through her cricket and running she has many of the attributes to be a very good sportswoman.

Best Training Attitude Secondary Girl: Izzy Stapleton

Best training attitude isn't just about how long you have been running or racing with JAVR. It is also very much about how an individual applies themselves in training and the winner of this award was new to JAVR in 2016. She has settled into the group well and engages with her club mates well and again is very polite, friendly and approachable and these personal qualities speak volumes about her. She has shown a lot of maturity in both training but also with arrangements for training and racing. We think this could be a real runner to watch out for in 2017 as with regular competition and more confidence in the ability, she could run well in local league fixtures this year.



Most Effort Boy: Dan Wood

The first time we met this lad, was when he came along to the Christmas 2015 session at Bath University and he found the session tough. What has stood out for me in 2016 is his perseverance and how motivated he is to improve. He has become fitter, more confident, tougher and quite simply a much better runner in a short period of time.

In December 2015 he ran 23:21 at parkrun and only 10 months later he had improved to 20:52. This result is of significant importance as it underlines how far he has come in a short period of time and gives him household bragging rights over 5km and he is very happy to be sat at the top of the pile ahead of his Mum and Dad now! He has come a long way since December 2015 and in less than a year he has won the under 13s Wiltshire Junior Road Race League, came 2nd in his schools cross country and ran 3 PBS in 3 JAVR 2km races, knocking 38 seconds off his 2015 time and earning him a new PB of 7:53. He has competed in a wide range of schools events, Gwent cross country and local competitions. He has twice clocked 2:50 for 800 metres at both the County Track Championships and also at the open meet in Berkshire.

This award is based on effort and for everything he has put into his running in 2016 and how hard he has worked to improve. He is a very worthy winner and someone who should be very proud of his achievements in 2016.



Most effort GIRL: Lottie Brown

The term blood, sweat and tears is the best way to sum the winner of this award up. She literally leaves everything out there when she races and will go through agony to do as well as possible. She is a very competitive young runner & trains on a Monday and Wednesday and has competed regularly throughout the year. She puts a lot of effort into her running and has travelled far and wide to compete in races and regularly competed in Junior Wiltshire Road Race league fixtures, cross country events, JAVR 2km series & County competitions. She has had many stand out performances and won the Yeovilton junior fun run, won her 600 metre race at Swindon quad kids competition in a time of 2:03 and showed good all round ability at the jumps, throws and sprints. She ran in the JAVR 2km on 10 occasions in 2016 and managed 4 personal bests and knocked 20 seconds off her best from 2015 to have a new PB of 8:09. She has competed in GWENT XC fixtures and Bath Tri Counties and has shown good ability at cross country and on 2 occasions secured 11th place finishes. Her outstanding achievement in 2016 being the first girl in the under 11s category in the Junior Wiltshire Road Race League. This again demonstrated the effort she put into running and the consistency of her performances across a range of events. On a Monday evening we do an endurance time trial once a month. On the final session of the year we did this as a handicap event and clearly the reward of chocolate brings the best out of her! She knocked 40 seconds off her 2km time reducing her best for the course from 9:19 to 8:39. It hasn't always been easy for her in 2016 and she has had a few injury problems to deal with. Hopefully we can keep her fit in 2017 and we can continue to see her develop and progress to be the outstanding runner we believe she can become.



Mo Farah Award: Niall Thorne:

So 2016 was another amazing year for Mo Farah winning the 5km/10km at the Olympics and this lad followed suit with another year of impressive results. This award is highly regarded by the committee and the winner needs to be a bit like Mo and have run good times across a range of distances. This lad certainly has done this and has real speed in his legs and can run a real range of distances. In most peoples eyes, he is our “unofficial junior captain” and we all have a huge amount of time for the way he is with his club mates and he is very good towards our younger athletes. He ran 2:23 for 800 metres at both the County Track Championships and at the Open Windsor, Slough & Eton open meet. He has improved over 5km with a PB of 18:26 at Aztec and running 18:41 at parkrun a 29 second improvement from 2015. He stepped up to run his first certified 10km in 2016 having previously only ran a similar distance once at the Westbury Lions 10km. To come 13th in a time of 40:18 at your first proper attempt over the distance is a very impressive 10km debut. At the start of 2016 he managed to place 11th in both the GWENT XC fixtures at Monmouth and Brecon against a high calibre of athletes. He has now started competing in the under 17s category and ran well at Bridgend and Brecon and has recently been selected to represent Wiltshire in the Schools XC. He won this award last year and 2017 could be a big year for him and with the right focus, training and effort a sub 18 minute 5km is achievable.

**Paula Radcliffe Award: Freya Buglass**

The Paula Radcliffe award is for an outstanding female runner who has incredible endurance, puts a huge amount of effort into training and racing and is for a highly talented athlete. This runner was new to the club in 2015 but had been on our radar for a long time with her regular performances in JAVR 2km. She once again made huge strides in the JAVR 2km setting 3 x PBs in 2016 and knocking 28 seconds off her best time from 2015 to have a new PB of 7:26. In March 2016 she did something that no one in the history of AVR has ever managed to do – she won a Gwent League XC fixture in the novice girls category in Brecon. In October 2016 now competing in the girls under 13s category she managed a 7th place finish in the GWENT XC fixture at Bridgend. Although it isn't her favourite distance she managed to claim a County Bronze in the 1500 metres at the County Track Championships and recently was selected for Wiltshire to compete in the National Cross Countries for Wiltshire in March. Her favourite distance is 5km and you can see why when she has ran 20:44 at the Trowbridge 5km, set a new PB at parkrun in 20:32 and ran 20:43 at Yeovilton 5km. Despite these outstanding performances, her year is even more remarkable as she has had to manage an ongoing knee problem. We need to be careful with her as we need to allow her time to develop but there is no doubt that she is a very talented girl, she has a real engine on her and she makes training hard work for the lads as they try and keep up with her!



Resilience Award: James Pickford

New to 2017 is the JAVR resilience award. Running is an incredibly tough sport and sometimes you learn more about an athlete when it isn't always going their way rather than when everything is going perfectly. We first became aware of this lad just before he turned 11 and we were impressed from the word go of the raw speed he had. He started coming along to training a couple of years ago and put in some impressive performances. It is fair to say he has had a year that has been a bit hit and miss with moments of brilliance and also some real frustrations. He has had a few events that haven't gone to plan with his asthma playing up and his confidence being dented. However, he is made of tough stuff and kept plodding away even when he has found running really tough. He has twice managed to run sub 19 minutes for 5k, clocked 4:57.3 for 1500 metres and came 3rd in the Junior Wiltshire Road Race League in the under 13s category. He also proved us wrong! We have been winding him up about his pace management since we met him, yet he was the only runner that guessed exactly his time at the JAVR watchless 2km race! Shows how little we know! His 5km PB of 18:50 in 2016 ranks him 127th in the country in his age category.



As a coach sometimes you can relate to runners who you have had similar experiences with. In this case we all know that feeling of how tough this sport can be, how frustrating it is and how hard to pick yourself back up if it can be when it doesn't quite go to plan. However, the thing that excites me more than anything is what this lad is capable of – he has the speed, the endurance and slowly but surely he is developing the tactical and mental side of the sport. When it all comes together he will run some outstanding times.

JAVR Bravery Award: Luke Harding

New to the JAVR awards is the JAVR bravery award. As a club we often talk about brave performances, amazing PBs and incredible achievements but nobody can even imagine how brave and strong you have to be when your world gets turned upside down. Earlier in 2016 we heard some news that put life into perspective. One of our youngest members had been diagnosed with leukaemia and was very poorly. He has spent a lot of 2016 going back and forth to hospital for treatment and it has been a very tough year for him, his sister and his mum and dad. Despite all of this, this young lad has been remarkable and we have seen him come along to the monthly dash and run the 300 metre race. A moment that showed what a character he was came at the JAVR summer BBQ. He really hadn't been very well but he came a long, tried the events and like all good younger brothers did everything he possibly could to wind up his sister! He is a special character and comes from an amazing family. His sister even had her hair cut to raise money for charity. We wish this young man all the best for 2017 and hope his health improves.



Club Character Boy – Josh Whitfield Lott:

The club character award is for moments of muppetry! This lad has had plenty and seems to save them for Monday evenings. On one occasion, he was convinced he had lost an item of clothing at training and spent the whole evening going on about it and basically wanted me to cancel the session so we could find it! At the end of the session, all the juniors helped him look for it but to no success and he wasn't best pleased with us that we wouldn't allow him to run back the way we had come to find it. This was probably a good job as when we got back to the rugby club, there it was in the changing room where he had left it! He and his partner in crime Sam Beaverstock on a separate occasion thought they would play a prank on the juniors on the way back from training. The lads decided to hide in a hedge and jump out on the juniors in an attempt to scare them. However, the prank didn't quite go to plan as he cut his knee jumping out the hedge and hobbled back to training! He then spent the cool down trying to come up with a suitable cover up story so his Mum/Dad didn't know he was messing around.

As well as being a real character he is a really nice lad and regularly helps out at 7-10's, is a popular member of the training group and is a capable runner. He won a local fun run in the Westbury area earlier this year and I think he will continue to progress over the longer distances if he can stop talking for 5 minutes!



Club Character Girl – Freya Buglass:

Moments of muppetry come in different shapes and sizes but very few athletes chose to do them at the County Track Championships! The winner of this award can really run, however we do have some concerns over her ability to count to 4! She competed in the 1500 metres at the County Track Championships in Swindon and kicked for the line a bit early.....when we say a bit early, we mean 1 lap early! In all fairness to her many young runners would have stopped or given up at that point and panicked. This girl dug in and despite her legs feeling very heavy and being in a lot of pain she managed to place 3rd and earn a bronze county medal over 1500 metres. Afterwards she laughed and cried about it and she has become a better runner from it.

We are confident to say that after plenty of practice she can indeed count to 4 now and will remember the 1500 metres is 3 and $\frac{3}{4}$ laps and not 2 and $\frac{3}{4}$ laps! She is a very talented girl and a pleasure to coach.



Dedication to the club (girl): Ellie Isaacs

Ellie has ran for the club in junior and senior competitions. She has also helped out at club events. She has often had to sit doing revision homework etc while we have committee meetings after training!

She has also helped out at 7-10 sessions. She has been a familiar face at the club for several years.

Most Memorable Moment:

The first of the 2 x memorable moments that stood out for the committee happened in May of this year at Swindon. No it wasn't Rich Newman managing to get the minibus stuck in the mud! It was the performances of our under 11s athletes competing in the quad kids competition as part of the County Track Championships. We decided in 2016 to place a greater focus on track events and really focusing on attending a few meets. Rich and Holly Newman really helped drive this over the summer and their efforts went a long way. We aren't a track and field club but in the novice boys and girls competitions the category is quad kids, so they take part in 4 events (a sprint, vortex throw, Long Jump and 600 metre run). We had 8 juniors compete in the event and it was great to see so many junior athletes competing at a County event. Some of our older juniors had helped put on a practice event at Southwick Country Park so the County event was the outcome from a whole club effort.

A really special moment for the club came in the last event of the day at the County Track Championships in the 600 metre race. Our juniors had put in some great efforts in events we don't specialise in and then when the 600 metres came around our juniors showed just how competitively they can run at a County Standard competition. Stand out results included:

- Lottie Brown won the 600 metres and came 3rd overall across the 4 events
- Ben Hales led his race from start to finish
- Callum Slade performed a tactical master class and sat on the shoulders of the 2 leaders and finished strongly to win.
- Dylan Neale placed 3rd in a highly competitive race.

Winners – We would like all 8 participants from the club to come forward for their efforts in a great days competition:

Harry Jerram,
Harvey Payne,
Ben MacAlister,
Lottie Brown,
Scott Pickford,
Dylan Neale,
Ben Hales,
Callum Slade



Dedication to the Club (boy): Sam Beaverstock

Sam raced regularly in 2016, and often helps out as "Sweep" at the monthly JAVR 2K. He has helped out at the 7-10 year old sessions on a Saturday also. A key member of the group – just don't do any of your planned practical jokes!



Most Memorable Moment: Sophie Moore, Orli Cranston & Freya Buglass

A proud moment for us was the first GWENT XC fixture at Bridgend. Before we explain why it is such a proud moment, we must put a couple of things into context:

Engaging girls/women in sport and particularly competitive sport is very challenging. As a club, we haven't competed in GWENT for very long & the standard of GWENT XC is very high – We believe that the level of competition and the depth of talent in those races is on a par with South West Cross Countries.

The first race of the 2016/2017 GWENT league was an amazing moment with 1 race really standing out – the girls under 13 race. To see 3 young talented girls go toe to toe with some of the very best runners in the area and for all 3 to finish in the top 20 was amazing. The girls really stepped up, delivered great performances, and grew as the race went on. They didn't back down and the commitment they showed was brilliant. From a club perspective, to have 3 girls compete in the under 13's who are all of a similar ability and are able to compete at a high level is really exciting. Their performance really gave me confidence in the programme we are offering and that the training methods/sessions we provide enable our athletes to compete against the best. The race will always stand out for me as a moment the club arrived in the junior division as we packed so well in terms of places. We are lucky to have a group of talented girls who want to run, enjoy each other's company and could go to do great things.



Best Newcomer BOY: Jack Webb

This lad can be described as a pocket rocket. He is really quick, very competitive & demands huge amounts from himself. He came 3rd in the under 11s Wiltshire junior road race league and ran 19:27 at parkrun. He has competed in numerous events ranging from JAVR 2km, to park run, to local race fixtures and cross country events. He came 17th at Bridgend and 18th at Brecon in the under 13s cross country & he is one of the younger athletes in that age category. He has won awards at Corsham 2km, clocked 5:10 for 1500 metres at the national prep school championships and has ran 7:15 at the JAVR2km. He has been selected to run for the County at the National InterCounties XC and has had a remarkable first year with the club. We look forward to seeing his progress in 2017.



Best Newcomer Girl: Sophie Moore

When this girl first joined the club she was very quiet and we had no idea quite how talented she was. In her first year she has managed to run 22:03 for 5km, earning her a national ranking of 46th in the girls under 13s category. She loves running the 800m, sitting on the shoulders of the lead runner and kicking at the end. She has a really strong sprint finish and this was shown to great effect at the XC at Blaise Castle where she finished 11th overall gaining 5 places in the last 200 metres. She is becoming a good cross country runner and the experiences of GWENT XC will set her up really well for bigger races she plans to compete in this year. She trains on both a Monday and Wednesday evening and is one of our very talented under 13 athletes. We are looking forward to seeing her race craft develop in 2017, as we believe if she is prepared to out there take races on she could achieve some fantastic results.



Coaches runner of the year: Max Davis

Max wins this award for the second year running and although there were one or two runners who were also close to winning this award, but in the end this award has gone to this incredibly talented runner. In 2016 he ran 16:37 for 5KM—which puts him 27th in the national rankings for his age. He has also ran 4:32 for 1500 metres and also clocked a time of 9 mins 30 seconds for the 3000m distance. A very impressive set of times which many good club runners would be envious of! He continually sets high standards of performance at the Gwent XC, County competitions and road races. Max is currently awaiting confirmation of selection for the SW mini marathon team! He is a really nice lad, very modest and is very dedicated to his training. Very well deserved once again!



BEST COACHES CAKE



CHRIS BROWN!!



Runners runner of the year (Girl):
Sophie Moore & Freya Buglass



Runners runner of the year (Boy):
Niall Thorne & Dylan Neale



Best Race Face (Girl): Lottie Brown



Best Race Face (Boy): Ethan Bolter

Boys Yr 2-5 – Dylan Neale

Competed in 12 of the JAVR2K runs where he consistently finished in the top 10 and in the top 3 AVR boy positions. Not only did he win the league but he also set more PB's than any other competitor – and that was 7 times out of 11 races. His current PB is now 7:56 which is an improvement of 39seconds over the season. He ran 7 of the 8 WJRL runs and was in the top 5 AVR runners in three of these. He was runner up in his U11 category in the Wiltshire Junior League with 534 points, which earned him a Wiltshire County silver medal. With a combined score in his best 8 races of 775.



Girls Yr 2-5 – Lottie Brown

Competed in 10 of the 12 JAVR2K races and was 3rd girl overall in three of these. Set four PB's throughout the season, lowering her PB by twenty seconds to 8:09, and finished as 4th girl overall. She also broke the G9 record on four occasions, and currently holds the G7, G8 and G9 records. Ran in all eight of the WJRL races, the only girl to do so, and was in the top three AVR girls home in five of these. She was the winner in the WJRL U11 category and finished 4th overall with a total of 571 points that earned her a Wiltshire gold medal. With a combined score of 789 points from her best eight races.....



Boys Yr 6-8 – Leo Harris

Competed in all 12 of the JAVR2K runs and was in the top five AVR boys in the majority of these. Set five PB's throughout the year, one after the other between February and June, and now has a best time of 08:12, which is an improvement of twenty nine seconds. Finished in 3rd place overall in this league but on the same points as second place. Ran four out of the eight WJRL runs and was in the top ten AVR runners in all of these. He has a combined points total in his best 8 races of 760.....



Girls Yr 6-8 – Freya Buglass

Competed in all 12 of the JAVR2K runs this year, finishing 1st girl overall on two occasions and was in the top three girls overall on nine occasions, and finished the league as runner up. Set three PB's during the year, lowering her time by 28 seconds, and in the process set new G11 records three times. Ran 7 of the 8 WJRL runs and finished as 1st girl in four of the seven. She was first girl overall in the WJRL and therefore won her U13 category with 595 points and earned herself a Wiltshire gold medal. With a combined total score of a perfect 800!



Boys Yr 9-10 – Niall Thorne

Competed in 7 of the JAVR2K runs, finishing in the top three in every one of these. Set two PB's during the course of the season, lowering it to 6:50. He ran in all 8 of the WJRL fixtures finishing first on three occasions, second on a further four and third in the remaining one. He won the U17 category with 597 points and received a Wiltshire gold medal. With a combined score of a perfect 800 from his best eight races..



Boys Yr 11-12 – Josh Whitfield Lott

Competed in seven of the JAVR2K races and set PB's in two of these, lowering his current PB by twenty one seconds to 7:43. Competed in several of the WJRL fixture, always finishing in the top ten. With 679 points from his best eight races the winner is.....



Girls Yr 11-12 – Ellie Isaacs

Competed in the JAVR2K this year setting a PB by 40 seconds, and lowering her PB to 9:01. Competed in six of the WJRL races and finished in the top ten in each of these. She won the WJRL U17 title with 545 points and earned a Wiltshire gold medal. With a combined score of 486 points.....

JAVR Race Fixtures - 2017

The JAVR 2km fixtures are held on the last Saturday of the month after the main parkrun. They are a 2km loop of Southwick Country Park. There is also a supporting 300m dash for U7's.

Saturday 25th February,
Saturday 27th May,
Saturday 26th August,
Saturday 25th November,

Saturday 25th March,
Saturday 24th June,
Saturday 30th September,
Saturday 30th December

Saturday 29th April
Saturday 29th July
Saturday 28th October

There are also a number of other events JAVR are encouraged to participate in. Here is a list of some of those over the next couple of months (more can be found on the JAVR website):

Gwent League Cross Country - Newport - Saturday 12 th February	(GWENT LEAGUE)
Gwent League Cross Country – Pemberley Park – Sat 4 th March	(GWENT LEAGUE)
Bath Half Fun Run - Bath - Sun 12 th March	
Clock Change Fun Run - Calne - Sunday 26 th March	(WILTSHIRE JUNIOR RACE LEAGUE)
Eton Spring Open Graded Track Meet - Eton - Saturday 1 st April	
Avon Valley Mile - Bradford on Avon - Thursday 6 th April	
Devizes Half Fun Run - Sunday 9 th April	(WILTSHIRE JUNIOR RACE LEAGUE)
St Georges 2K - Corsham - Sunday 23 rd April	(WILTSHIRE JUNIOR RACE LEAGUE)
Trowbridge 'Colourific' 5k - Trowbridge - Sunday 7 th May	(WILTSHIRE SENIOR ROAD LEAGUE)
The May Mile - Chippenham - Sunday 14 th May	(WILTSHIRE JUNIOR RACE LEAGUE)

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.

WALL OF FAME

5km

None

5Miles

None

10km

Telford Rich Ayling (32:29) – December 2016

10Miles

None

Half Marathon

None

Southwick parkrun

Alexis Harris x 2	(31:36, 32:15)	Michelle Gibbs x 2	(27:47, 28:19)
Sarah Nunn x 2	(28:52, 29:36)	Mandie Bygrave x 2	(24:58, 25:15)
Emma Busby x 2	(29:06, 30:42)		
Mike Towler	(16:08)	Tom Markey	(19:14)
Andrew Jefferies	(20:55)	Marek Miszta	(21:09)
Carly Hodgson	(21:37)	Lola Harris	(24:50)
Sharon Cleverly	(25:34)	Helen Davies	(26:04)
Lisa Carter	(28:03)	Teresa Edwards	(28:43)
Jackie Hall	(33:06)	Joanna Fox	(38:53)

Other parkruns

<u>Bath</u>	Alan Tate	(23:26)	
<u>Chester</u>	Jennifer O'Connor	(28:00)	
<u>Chippenham</u>	Gary MacAlister	(19:15)	Richard Harding (19:54)
	Andy Cunningham	(20:47)	Leo Harris (25:52)
	Bob Faller	(30:37)	Toni Clark (38:15)
<u>Conkers</u>	Mark Bentley	(20:52)	
<u>Crane</u>	Sue Jeddi	(25:28)	

AVON VALLEY TRIATHLETES

2017 AVT AWARDS

AVT LEAGUE 2016

1st Adam Robbins



2nd Gary MacAlister



3rd Chris Roxburgh



1st Sarah Jewers



2nd Jay Sims



3rd Ann-Marie Watson



HOW HARD DID YOU TRY (HHDYT)

Adam Robbins – 427.27km



Diane Hier – 309.67km



ATHLETES OF THE YEAR

Chris Roxburgh – Early in the year Chris Roxburgh came 20th out of 146 entrants in the Powerman Mallorca World Series. In May he travelled to the Copenhagen ETU Powerman Long Distance Duathlon European Championships in May and came 19th and went on to the Zofingen ITU powerman long distance duathlon world championships in September 2016 proving himself with silver in his age group category

Diane Hier – Diane continues to be a huge inspiration to our Triathletes. On the 9th of November our very own Diane Hier competed in the Weymouth UK Ironman and finished in a spectacular time of 12.24.07 and getting 2nd female vet 50-54 earning her qualification to the World Championships in Kona, Hawaii 2017 - we can't wait to see how she gets on.

ENTRY FORM



08/09



BARR certificate No.323

HIGHWORTH RUNNING CLUB 32nd ANNUAL RACE

THE HIGHWORTH 5 MILE

Start and Finish at Warneford School,
Shrivenham Road, Highworth, SN6 7BZ

Sunday 19th March 2017 11.00am

UK Athletics Licence 2017 – 23476

RACE 1 of The Wiltshire Road Race League

COURSE Mens – 2000 Mark Flint (Birchfield Harriers) 24:44
RECORDS Ladies – 2006 Wendy Jones (Cirencester AC) 27:03

- Quality memento to all finishers given out on race day
- Trophies 1st to 3rd Place Overall Men and Ladies
1st Place Vet Over 40 Men, Over 35 Ladies
1st Place S Vet Over 50 Men, Over 45 Ladies
1st Place U Vet Over 60 Men, Over 55 Ladies
1st Place Team (first 3 home to count)
1st Highworth Resident Men and Ladies
- Postal entries close on 17th March 2017
- Online entries close on 18th March 2017
- Entries on race day will be accepted if limit not already reached
- Results available on the internet as soon as possible afterwards at www.highworthrunningclub.co.uk
- iPods/MP3s are banned
- No refunds given
- Baggage area
- Refreshments on sale on the day
- Runners must be aged 15 or over
- Course NOT suitable for dogs, prams or wheelchairs
- Highworth Running Club supports local running store Run Swindon

Run Swindon
Swindon's 'ONLY RUNNING' Store
Tel:01793 522100 www.runswindon.co.uk

ENTRY FEE: **Affiliated £10 / Unaffiliated £12**
CHEQUES MADE PAYABLE TO: **HIGHWORTH RUNNING CLUB**
£2 EXTRA FOR ENTRIES ON RACE DAY

First Name: _____ Surname: _____

Address: _____

Postcode: _____

Age on race day: _____ Sex (male/female): _____

Email: _____

E.A. No. (if applicable) _____ UKA Affiliated Club: _____

Any illnesses such as Asthma/Diabetes you would like us to know about: _____

A signed entry form will be considered declaration that you will run entirely at your own risk, and that the organisers will not be responsible for any injuries sustained by you or others, or for any property lost in the changing areas or on the course.

Signed: _____ Date: _____

CHEQUES MADE PAYABLE TO: **HIGHWORTH RUNNING CLUB**

Please send your entry form and payment to:
Highworth 5 Mile, 53 Cob Hill, Purton, Wiltshire SN5 4FR

Race numbers to be collected on the day of the race.



Calne SMaRTT



Running & Tri Team

www.calnesmartt.co.uk (all enquiries to smasher@calnesmartt.co.uk)



Presents

"The SMaRTT Smasher" 10k Run & 1 Mile Fun Run

Race 8 in the Wiltshire off road race league

Sunday 19th February 2017



Run under UKA rules and race licence

Starts and finishes at Calne Town Hall

Fun Run – 10:15am - Main start – 11.00am



The course is a flat multi-terrain 10k along the picturesque national cycle network

All 10k finishers will receive a Medal

Note: Minimum age for 10k is 15

Both events will be accurately Chip Timed.

All fun runners to receive a medal



Homemade cakes, teas & coffees available after the race in the Town Hall

Ample car parking near to the start + Toilets and Bag Drop at the Race HQ

Please tear off and return

It is recommended that you register in advance as spaces will be limited

OFFICIAL ENTRY FORM – Online entries at www.entrycentral.com

Please circle:	10k	Fun Run
Full Name:		
Address: (including postcode)		
Age on race day:	Contact No.:	Male / Female (please circle)
Email Address:		
Affiliated Club:		EA Licence No:
Category: (please circle)	England Athletics Affiliated	Non-Affiliated
10k:	£11.00	£13.00
Entries on day:	£15.00	£17.00
Fun Run (under 15's):	£3.00	
School Name:		

Please return your completed entry form and race fee to: Entries Organiser, 1 Godsell Cottages Foxham, Chippenham, SN15 4NL. Closing date (postal entries) Friday 10th February 2017. Cheques payable to "Calne SMaRTT".

Registration for on the day entries will take place in Calne Town Hall from 9am. No numbers will be sent via post, all numbers are to be collected on the day.

Declaration: I declare to the best of my knowledge that I am fit to participate in this race. I agree to abide by the UKA rules and declare that I will compete on foot at my own risk and that the organisers will in no way be held responsible for any injury, illness or accident to persons or loss of property resulting from my participation in this event.

Signature: Date:

Data Protection: The information will be processed electronically and used for administration and Health & Safety purposes. Name and finish times may be sent to result services. Please tick if you do not wish such information to be disclosed.