

# Avon Valley News

April 2017

Issue #185



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Hello,

It has been a month of mixed emotions for AVR in April. We have had some amazing highs with our athletes competing at London Marathon, winning prizes at the EA South West Road Relays, and in the Wiltshire Road Race League, plus the inaugural event in AVR's new 5x5x5 series.

But, unfortunately this month, we have lost one of our Founder Members, Tim Northwood. The logo you see at the top of this newsletter was designed by him and he played a massive part in making this club what it is today. There is a touching obituary from Robert Washbourne in this newsletter which I would encourage you all to read.

The running doesn't stop though, and in May we have more Wiltshire Race fixtures for the adults & juniors, and a few AVR closed events as well with the AVR "Tina Vivian" Hash Run, and "Are You Faster Than A 10 Year Old" both coming up for you to enjoy.

Gary MacAlister

## **HALF MARATHON COUNTY CHAMPIONS**



From L-R - Mike Towler, Luke Shipway (Race Organiser), Ruth Barnes

The Devizes Half Marathon on April 9<sup>th</sup> was also the Wiltshire Country Championships for the distance. AVR pair of Mike Towler & Ruth Barnes did the club proud by winning men's and ladies races, claiming County Gold Medals. Both runners also received £50 for breaking their own course records.

Congratulations also to Leah Sartain who claimed a county bronze medal for finishing 3<sup>rd</sup> Lady overall.

The Men's & Ladies team also both won the team prizes. There is more of a write up about the Devizes Half Marathon later in the newsletter.

# TIM NORTHWOOD – OBITUARY

Unfortunately, at the end of April, AVR lost one of its founder members, Tim Northwood. Robert Washbourne, a close friend of Tim's, has kindly put some words together some words regarding Tim.

I first met Tim in the late 70's when he joined Trowbridge Athletics Club. He did not have the perfect childhood and suffered from Polio as child. Even as an adult you could notice a slight droop in his eye and an upturn on his mouth as a result of this. He was born in South Africa, his father died when he was young and his mother remarried. As result of this Tim ended up in a children's home. He described how being poor and white was even worse than being black in apartheid South Africa.



He went on to do his national service and served in the army. He protected the Asians from the Black South Africans, and whilst patrolling the perimeter was always offered food from the Asians, in what Tim said was "Currying Favour". Tim wrote a book about his time in South Africa called "The Elephant Tree". He left South Africa to pursue a girlfriend in Ireland, however the relationship never came to fruition but it got him closer to the UK.

Tim always loved cycling & running. It was his way of getting stronger and fitter to overcome his health issues. He started running with Trowbridge Athletics Club. He was a tough runner, and was often out at the front of the group. When AVR formed in 1986, Tim was one of the original founding members, and he designed the club badge that we still use to this day. He was also the editor of this very newsletter for a number of years.

Tim, as club captain from 1986 to 1991, still holds the current AVR Club record holder for V40 Men Half Marathon & Marathon (1:15.51 & 2:48.54). He used to run most days, and one of his favourite runs was down to the river at the bottom of Whaddon Lane, where he would go for a swim before running back home again. He also cycled from Trowbridge to Chippenham every day for work.

He was an awesome athlete during the 60's & 70's, with many of his best performances pre-dating AVR. Probably his most notable performances were in the Comrades Marathon. He ran it at least 4 times achieving Gold Medals for each and averaging 7.5hrs for the 54mile course. He also ran 51.26 for 10 miles back in the late 60's.

In recent years his ill health has gradually started creeping back on him, and he has needed various trips to the hospital. Despite this he has still tried to carry on with some level of training. He still kept coming to Bradford on Avon on a Sunday Morning to run, and would still go to the pub on Thursday evening to keep in contact with the club members. In the last year he was gradually getting weaker, and was only able to walk on his latter sessions, but he'd still keep going. This determination won him the 2016 AVR "Perseverance Awards" at this year's awards ceremony. For the clubs silver jubilee in 2011 Tim wrote "The History of AVR" which is still available to read on the club website.

I visited him on the Tuesday, a few days before he died, and although he was obviously weak, he was still in a very good mood, and retained his good sense of humour. AVR was his life and he will be sadly missed by many at the club. His funeral is on Thursday 4<sup>th</sup> May, and anyone who wishes to attend is encouraged to wear their AVR kit to celebrate his love of AVR & running.

Robert Washbourne.



# LONDON MARATHON...

The Virgin Money London Marathon took place on 23<sup>rd</sup> April 2017. AVR as always were well represented with 19 runners donning either their AVR vest, or charity colours, or giant green shoe to take to the streets of the capital with 45,000 other runners from around the world.

Although everybody that run is an absolute superstar, there were a few performances that really shone through.

Firstly, we have all seen the pictures, watched him on TV & even ran parkrun with him, but Martin Pearce (AKA Shoeperman) completed the marathon dressed as a giant green shoe. He was raising money for Children's Hospice South West. One of his friends has a daughter with them at the moment & this was Martin's way to show support. The shoe has been a massive hit with everyone that has seen it & Martin can be very proud of his performance on the day.

Tina Vivian had an amazing run around London, and in the process she broke the Club Record for the Female V60 marathon, beating Ann Whittle's time that has stood from New York since 2002, and she didn't just break it, she smashed it by 46minutes!!! Some of our fab runners are pictured below.

## FULL RESULTS:

Mike Rose	2:44:49	Jo Mumford	3:23:23
Ian McKee	3:03:37	Kate Hails	3:32:59
Robin Mark Schols	3:11:29	Clare Wood	3:36:26 – PB
Graham Forrester	3:34:56	Christine Vivian	4:16:39 – NEW CLUB VF60 RECORD
Andrew Jefferies	3:41:10	Danielle Baxter	4:44:58
James Williams	3:42:18	Mary Beer	5:07:46
Kevin Bush	3:42:52 - PB	Melanie Coupe	5:50:44
Phil Harding	3:45:57	Sandra Sharratt	5:56:58
Matthew Evans	4:50:40		
Michael Guy	5:56:45		
Martin Pearce	5:58:34		

(Top-Bottom, L to R: Kate Hails, Robin Mark Schols, Ian McKee, Sandra Sharratt, Martin "Shoeperman" Pearce, James Williams, Phil Harding, Jo Mumford, Clare Wood, Andrew Jefferies)



# ROAD RUNNING

Road Race Secretary: Gary MacAlister

## Wiltshire Road Race League

### FIXTURES

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

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

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

## DEVIZES HALF MARATHON

AVR followed up last month's victory in the 2017 Wiltshire Road Race at Highworth with another team win at the 2017 Devizes Half Marathon. The race also doubled up as the Wiltshire County Championships for Half Marathon.



Barnes farewell race before she moves to Dorset with her work. She made sure she would enjoy the day though by winning the race in a new course record, so she takes home the winner's trophy, Wiltshire Gold Medal and £50 for the new record. Not to be outdone, Mike Towler also won and broke the course record, so he too got his trophy, medal and fifty quid! Leah Sartain came 4<sup>th</sup> Lady, but 3<sup>rd</sup> in Wiltshire, so claimed a county Bronze medal.

AVR also swept up the team prizes, with Mike, Gary MacAlister & Ian McKee winning the men's team prize, and Ruth, Leah Sartain & Diane Hier winning the ladies team prize. There were also age category prizes for Richard Harding (3<sup>rd</sup> V40), Phil Harding (2<sup>nd</sup> V60), Diane Hier (1<sup>st</sup> V55), Clare Wood (2<sup>nd</sup> V45), Kate Hails (3<sup>rd</sup> V35).

### NEXT LEAGUE RACE – TROWBRIDGE 5km (7<sup>th</sup> May)

Entries (if still available) can be found on Entry Central. Minimum age is 11, so an ideal race for the Juniors to get involved and line up along with the adults.

### Results

If you've run a race please make sure you get your results sent into [results@avonvalleyrunners.org.uk](mailto: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).

37 AVR started the race, with many more spectating either in the park or out on the course. We were blessed with clear blue skies and extremely warm weather, 16°C at the start line at 9:30am and only getting hotter as the day went on. Some runners did find the heat quite hard to run in. One runner had recently returned from Lanzarote and said it was hotter in Devizes!!!

Devizes half has its fair share of hills, the first one coming within the first 2 miles as you climb out of Devizes. The last one at 12 miles is a really steep gravel track which sucks every last bit of energy out of your legs.

The race will be memorable as well as it is Ruth

# **SOUTH WEST ROAD RUNNING CHAMPIONSHIP**



Ed Knusden & Jackie Rockliffe in action at Glastonbury 10km

Three AVR runners were selected to represent Wiltshire at the Glastonbury 10km in April. This was the first event in the South West Road Running Championship, where the best runners from Wiltshire take on athletes from Devon, Cornwall, Somerset, Dorset & Avon. Ed Knusden, Anita Mellowdew & Jackie Rockliffe proudly donned the green & white county colours & took to the streets of the famous Somerset village. The Wiltshire men's team managed to put in a series of great performances and managed to fight off fierce competition from the other counties to come away with GOLD medals!!

The ladies team also battled hard, and were rewarded with a bronze medal for their race.

## **EA SOUTH WEST ROAD RELAYS – EXETER**

AVR sent a number of teams down to Exeter for the South West Relays in April. The races consisted of a 2 mile lap around the perimeter of Exeter Racecourse. Each team had 6 runners (4 for juniors) who passed the baton to complete the team event. This was the first time AVR had entered the event, and we made sure that the club came back with trophies at the end of the event.

The AVR 'A' Senior Mens team of Mike Towler, Rich Ayling, Dominic Beddis, Pete Slade, Dan Shepherd & Mike Rose set the benchmark for the day with overall victory against some pretty tough competition from around the whole South West.

The juniors didn't want the seniors to have all the fun and they managed to finish as 2<sup>nd</sup> place Junior Male U18 team. Their foursome included Max Davis, Rob Warner, Callum Withers & Niall Thorne.

The AVR V40 Males team consisted of a varied group of runners up to V60's, but that did not stop them as the team of David Mudford, Tony Dunford, Simon Reeves, Phil Harding, Frank Lamerton & Robin Mark-Schols went on to win the prize for 1<sup>st</sup> V40 Men's team.



## CORSHAM St GEORGES DAY 10km



A beautiful sunny morning greeted the 60 AVR runners that had entered the Corsham 10km. There were 1200 people entered into this hugely popular local 10km, making it one of the biggest in Wiltshire. It's not until you see an aerial photo of the start line that you realize just how busy the little town gets, and with the race being on at the same time as London Marathon, the photo is not too dissimilar to the scenes you see on BBC Sport at the Greenwich start line 200 miles away from Corsham (only on a bit smaller scale!)



(Niall Thorne picking up his trophy)

The race itself was very well supported by the local residents of the area, and the marshal and race organizer yet again did a fabulous job on the day. The race goody bag at the end was also very generous with T-Shirts, fruit, water & even Tunnel Vision Beer from the nearby Box Steam Brewery in Holt.

AVR had its fair share of good results as well in the race. Mike Towler was 2<sup>nd</sup> male overall finishing in 33:35. Calne RC's Simon Nott was the winner yet again making 5 wins in the last 6 races. Niall Thorne is starting to step up to longer distance racing and at Corsham he really wanted to set a good time. He was paced around the course by Gary MacAlister, which meant that Niall did not do his normal "Hell for Leather" start, and reaped the benefits of starting in a more controlled manor by finishing 21<sup>st</sup> overall, in 39:01. This was good enough to win him the 1<sup>st</sup> Junior Male award. Anthony Hickson picked up the MV70 prize, and got a fantastic ovation as he crossed the finish line just as the award ceremony was starting.



(Anthony Hickson finishing strong at Corsham)

# OFF-ROAD RUNNING

## 5x5x5

Thursday 13<sup>th</sup> April saw the inaugural running of the new AVR 5x5x5 race series. Anthony Hickson & his working group have put a lot of effort into organizing the new race, which starts in Steeple Ashton & heads out along country paths on an out & back route.

The race limit for the first race was 50, to make sure that the course could take that many runners, and around 35 runners turned up, which is a great start for a small event in its first ever running. 31 of the runners were AVR, plus all the AVR marshals that helped out on the course, along with time keeping, number collection and all the other admin jobs required to organize a race. Despite it being the first running of the event, everything ran pretty smoothly, and with the rape seed in full bloom, even all the surrounding fields were bathed in Yellow & Green for the event.

The first ever winner of the 5x5x5 was Gary MacAlister in a time of 19:34, which is now the benchmark for runners to beat in the 4 upcoming races this season. The first lady home was Leah Sartain in 22:57. The winners, plus a spot prize to Fiona Gibbs were awarded bottles of wine for their efforts. All runners that complete at least 4 out of the 5 races will be awarded with a limited edition 3D printed medal, so if you would like to get your hands on one of these, then you need to make sure you get to the remaining fixtures!



The next fixture in the 5x5x5 series is May 4<sup>th</sup>, again starting at 7pm. The full list of remaining fixtures is at the end of this newsletter.

All profits from the 5x5x5 race go towards the new track fund, and the April race help raise just over £130.

(Alana Peake, Hayley Southgate & Sarah Barker all enjoying the first 5x5x5 race)



# AVR CLUB CHAMPIONSHIP

## MAY FIXTRUES

TROWBRIDGE 5k                      Sunday May 7<sup>th</sup>

## JUNE FIXTRUES

HEDDINGTON 5k                      Tuesday June 13<sup>th</sup>  
BROAD TOWN 5m                      Saturday 17<sup>th</sup> June

## 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.

**ROAD RACE LEAGUE** - After 2 races in the 2017 Road Race Series the standings are:

### MEN:

1 <sup>st</sup>	Gary MacAlister	6 points	(2 Races)
2 <sup>nd</sup>	Rich Harding	8 points	(2 Races)
3 <sup>rd</sup>	Daniel Piper	9 points	(2 Races)
4 <sup>th</sup>	Peter Veleski	10 points	(2 Races)

### LADIES

1 <sup>st</sup>	Leah Sartain	3 points	(2 Races)
=2 <sup>nd</sup>	Carly Hodgson	11 points	(2 Races)
=2 <sup>nd</sup>	Anna Spiers	11 points	(2 Races)
4 <sup>th</sup>	Sharon Cleverley	17 points	(2 Races)

## 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

1<sup>st</sup> place will score 1 point, 2<sup>nd</sup> 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.



Championship leaders Gary MacAlister and Leah Sartain during Devizes Half Marathon.



## **AVR MEMBERSHIP 2017 – NOW DUE!!!**

The Entry Central website is now set up for you to renew your membership for 2017/18. The current membership year ended on 31<sup>st</sup> March 2017, so if you have not renewed your membership, you need to get online and do it ASAP.

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.



# JAVR News

**Editors Notes:** Lots to report from this month, with 2 fixtures in the Wiltshire road race league and the latest JAVR 2K event. Enjoy!

**Pete Slade**

## JAVR 2k – Saturday April 29<sup>th</sup>, Southwick Country Park

The fourth fixture in this year's JAVR 2K event saw a total of 44 runners take part, this number included 5 first timers to the event. In what was a close race, our very own Tom Markey came home in first place, with an impressive time of 6 mins 59 secs, which was a PB. Freya Buglass was first girl home in 7 mins 18 secs, which was also a PB. Josh Thorne and Callum Withers were 4th & 5th overall, with Josh continuing to demonstrate huge improvements in his running, clocking a time of 7 mins 20 secs. Overall, the race saw 15 PB's! Great effort by all and lots of close battles down the home straight to the finish!



Left – A fast start!

Right – 1<sup>st</sup> place for Tom Markey



After four races, the girl's league is led by Jasmin Martin, who has had a PB in every race so far, reducing her time from 10 mins 14 secs in January, to 9 mins 26 secs in April—Well done! Olivia Hails is in 2nd place with 3 PB's.

In the boys league, Leo Harris leads the way with 3 PB's to his name this year, Ben Hails is 2nd with Dylan Neale in 3rd place.

*Next Fixture: Saturday 27th May 10am*



Above Left– Elliott Firkin on his way to a new PB.

Above Right - Danielle Ross, running in her first JAVR 2K.

## Ddevizes Fun Run – Race#2 Wilts Junior Race League (9th April 2017)

The second fixture in the Junior Wiltshire road race league was held at Devizes. A lovely sunny morning saw a good turn out once again from JAVR, with 21 JAVR runners out of the 72 strong field taking part. Although beaten to first place, Niall Thorne was 2nd overall, 2nd U17 Male finishing in a time of 4 mins 42 secs. James Pickford was 6th overall finishing in a fast 4 mins 58 secs. Freya Buglass came home as first overall female in 5 mins 2 secs. Josh Thorne was 10th overall, 5th U17 Male in a time of 5 mins 8 secs. Leo Harris managed 1st U13 Male and 13th overall, coming home in 5 mins 16 secs.



Dan Wood and Ben Hails were 2nd and 3rs U13 Male's in 5 mins 20 secs and 5 mins 22 secs respectively. Dylan Neale was 1st AVR Male U11, 3rd Male U11— missing out by 1 second to the Male U11 winner! Olivia Hails had a strong run as she finished 2nd Female U11 in 6 mins 8 secs.



Making it a family affair, the race saw the Wood's, Hails', Macalister's, Harris', Thorne's, Withers' and 2 of The Pickford's families take part— Great to see!

## Corsham Fun Run – Race#3 Wilts Junior Race League (23<sup>rd</sup> April 2017)

Race 3 in the Wiltshire Junior race league took us to the ever popular Corsham fun run, held on St Georges day. You have to be doing well just to get an entry into this race as it fills up so fast. Although the race is quick to sell out, it's not as quick as the runners who took part on that day! A pleasant Sunday morning bringing with it perfect running conditions!

An enormous field of 183 runners, underlining the popularity of this fixture. The race yielded the following highlights:

James Pickford, 1st U15 Male—2nd overall 6 mins 36 secs  
Tom Markey, 1st U13 Male—5th overall 6 mins 43 secs  
Jack Webb, 2nd U13 Male—6th overall 6 mins 54 secs  
Sophie Moore, 1st female finisher, 8th overall 7 mins 10 secs  
Dylan Neale, 1st U11 Male, 11th overall 7 mins 26 secs  
Lottie Brown 1st U11 Female, 18th overall 7 mins 58 secs,  
Olivia Hails 8 mins 19 secs, 2nd U11 girl  
Daisy Davis 2nd U15 female, 41st overall, 8 mins 59 secs



Top Right – Mass start at Corsham

Middle Right – Ben MacAlister racing to the line

Bottom Right – Victor Webb & Dylan Neale

*Next Fixture: May Mile Sunday 14th May*



Left: Category winners (L to R)  
Dylan Neale,  
James Pickford,  
Lottie Brown,  
Sophie Moore and  
Tom Markey.

## 2017 Wiltshire Junior Race League Fixtures

#4	The May Mile – (Chippenham)	Sunday 14th May
#5	Chippenham Harriers Family Fun Run	Sunday 4 <sup>th</sup> June
#6	Junior AVR 2km (Southwick)	Saturday 24 <sup>th</sup> June
#7	TBC	
#8	TBC	

## 2017 JAVR 2k Fixtures

27 <sup>th</sup> May	30 <sup>th</sup> September
24 <sup>th</sup> June (Wiltshire Junior Race League Fixture)	28 <sup>th</sup> October
29 <sup>th</sup> July	25 <sup>th</sup> November
26 <sup>th</sup> August	30 <sup>th</sup> December

## 2017 Forthcoming Events

Semington Slog Fun Run (Semington)	Saturday 6 <sup>th</sup> May
Trowbridge 'Colourific' 5k (Trowbridge)	Sunday 7 <sup>th</sup> May
Wiltshire County AA Championships & Quad Kids	Sunday 14 <sup>th</sup> May
The May Mile (Chippenham)	Sunday 14 <sup>th</sup> May
Jack n Jill Challenge Fun Run	Sunday 14 <sup>th</sup> May
Are you faster than a 10 year old (Southwick)	Tuesday 16 <sup>th</sup> May
Exeter Gala Meeting (Track Graded Event)	Saturday 27 <sup>th</sup> May
Westminster Vitality Mile (The Mall, London)	Sunday 28 <sup>th</sup> May

Finally – a big well done to all the Juniors who took part in the South West Road Relays at Exeter early in the month



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](mailto:results@avonvalleyrunners.org.uk).

# WALL OF FAME

## 5km

<u>Aztec West</u>	Holly Newman	(22:00)	Jo Farion	(22:50)
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## 10km

<u>Corsham</u>	Niall Thorne	(39:01)	Tony Dunford	(44:00)
	Michelle Platten	(59:42)	Sonia Bundy	(1:03:51)
<u>Yeovil</u>	Adam Morris	(46:48)	Elizabeth Morris	(57:05)

## 10Miles

<u>Good Friday</u>	Sarah Nunn	(1:36:42)	Sonia Bundy	(1:47:31)
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## Half Marathon

<u>Devizes</u>	Gary MacAlister	(1:26:45)	Leah Sartain	(1:34:27)
	Ben Crook	(1:41:55)		

## 20Miles

<u>Dorney Lake</u>	Danielle Baxter	(3:21:03)		
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## Marathon

<u>London</u>	Clare Wood	(3:36:26)	Kevin Bush	(3:42:52)
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## Southwick parkrun

Emma Busby x 2	(28:49, 28:20)	Helen Davies x 2	(24:41, 25:38)
Freddie Pickford x 2	(28:36, 24:57)		
Daniel Miles	(17:33)	Robert Warner	(19:32)
Mike Sargeant	(19:45)	Callum Withers	(20:03)
Leah Sartain	(20:19)	Adam Oatley	(20:47)
Michael Brooks	(21:28)	Leo Harris	(21:55)
Richard Wood	(22:03)	Holly Newman	(22:04)
Adam Morris	(22:26)	Erica Harris	(22:57)
Anna Spiers	(23:12)	Paul Manuel	(24:10)
Michael Guy	(24:28)	Ben MacAlister	(24:42)
Michelle Gibbs	(26:07)	Karen Holt	(26:37)
Sarah Nunn	(26:52)	Christina Vivian	(29:03)
Mandy Moore	(31:36)	Jackie Hall	(32:31)
James MacAlister	(40:40)		

## Other parkruns

<u>Chippenham</u>	Jennifer O'Connor	(26:20)
<u>Penrith</u>	Kate Hails	(23:25)
<u>Salisbury</u>	Sara Robert	(29:12)

# **AVR WILTSHIRE HALF MARATHON DONATION TO WILTSHIRE AIR AMBULANCE**



AVR's hosts the Wiltshire Half Marathon every year, starting near Bratton & taking in the surrounding villages. The race was run in November 2016. Part of the race's success is measured by the amount of money they are able to raise for good causes within the community. This year, as with many previous years, the race was supporting the Wiltshire Air Ambulance.

Warren Wade & Anthony Hickson, along with Sara Robert & Dylan Neale presented the charity a cheque for £1600 at their HQ in Devizes earlier this month.

AVR races are always looking to support local charities through their races, with the Wiltshire Half raising funds for the Wiltshire Air Ambulance, Over the Hills recently donating £1400 to Alzheimers support, and our new 5x5x5 race series raising funds for our new race track. These events wouldn't happen if it wasn't for the volunteers that give up their time to ensure we can put on these fabulous events. If you ever see AVR putting out pleas for volunteers, then why not consider helping out, because when you do, fantastic charities like this can benefit significantly!

## **AVR "TINA VIVIAN" HASH RUN**

On May 25<sup>th</sup> there will be a Hash Run from our club house in Bradford on Avon where two or more hares (Joby and the jets) will run off to be pursued by hounds in packs of all abilities. Flour left on the pavements of Bradford on Avon will provide a trail for us to follow.

This run will end up at a public house for sure where we will present Tina Vivian with her AVR star vest for setting a new club record at the London Marathon last month. We can relive the experience whilst drinking a pint of your favourite tipple. Pub destination unknown but sealed envelopes with instructions will be carried by each run leader in case they get lost.

Suitable for all abilities we have several run leaders to take groups to follow the trail. Prepare for all surfaces as we have no idea where the trail goes.

Free to all AVR members.



*UK: A Licence Number: TRA permit 992  
This event is being held under UK Athletics rules*

HQ: The Long Arms, Steeple Ashton, **BA14 6EU**, where numbers will be distributed.

Start at 19:00 from Butts Lane in Steeple Ashton and passes along the White Horse Trail to East Town Farm and back.

Outward route:

Run straight down the wide grassy track to a signpost on the left and turn left. Cross the field to a wooden bridge, cross it and turn right. Keep straight on along the right hand side of the field. The route is along a winding trail which arrives at a junction. Turn right and start a gentle climb up to the turning point, where you will find a marshal.

The return route retraces the outward route:

From the farm buildings (the turnaround point) follow a winding track which proceeds on downhill to a junction of tracks. Turn left here along the track. Follow this track. Cross a bridge (a couple of planks) and continue along the track. Follow the footpath and the track across the field. At the end of the field you should see a sign. Turn right here and follow the lane. The finish is at the start of Butts Lane in Steeple Ashton.

This is a series of 5 races to be held on:

- Thursday, 13th April 2017 - *permit TRA 909*
- Thursday, 4th May 2017 - *permit TRA 992*
- Thursday, 1st June 2017 - *permit TRA 1035*
- Thursday, 20th July 2017 - *permit TRA 1068*
- Thursday, 14th September 2017 - *permit TRA 1069*

Sign up on line via [Entry Central](#)



## BROAD TOWN 5 ROAD RACE

### #5 in 2017 Wilts Road Race League

### Saturday 17<sup>th</sup> June 2017, 2:30pm

- The event is held in a rural location on well marshalled quiet country roads. A single chip timed lap, fairly flat course. Listening devices or MP3 players are not permitted (this is for your safety).
- Number collection & on the day entries available (if race not full) at race registration from 1pm, Broad Town School, Broad Town Road, Wiltshire, SN4 7RE. Bespoke medal and t-shirt for all finishers. Race limit 225.
- Race start/finish area includes toilets and free car parking. Plus, there will be refreshments & fete stalls available with lots of yummy homemade cakes. All proceeds from cake sales donated to Broad Town School Funds.
- Prizes for winners of first overall Male and Female and first Male and Female in all age categories

#### Entry Details

- £12.00 affiliated, £14.00 unaffiliated, £8 under 16
- On the day entries +£2 (if race not full /cash only)
- Postal entries - cheques payable to RWBHRC
- On line at [Full On Sport](http://Full On Sport) (+ £1 booking fee) or via link on our website

[www.royalwoottonbassetthounds.co.uk](http://www.royalwoottonbassetthounds.co.uk)

T Shirt Size

(S/M/L)

## Broad Town 5 Entry Form 2017

Official  
Use  
Only

Surname: ..... First name: ..... Age on 17.06.2017 .....

Address: ..... Male  Female

.....Post Code ..... Email: .....

Running Club: ..... EA Affiliation Number .....

Tel No: ..... Signature .....

Please send your completed entry form & fee by 10<sup>th</sup> June to: 1 Vowley View, Royal Wootton Bassett, Wilts, SN4 8HD . Email confirmation of entry will be sent & numbers given out on race day.

You enter the race at your own risk and the organisers will not be responsible for any injuries or loss of property at any time.  
In the event of cancellation due to reasons outside the organisers' control, refunds will not be possible