

Avon Valley News

May 2017

Issue #186



in this issue >>>

Wiltshire Track & Field Champs

The "Woman Can" Marathon

Devil's Challenge

Jurassic 100km Challenge

Road Race Report

Off Road Report

Club Championship

PB Hall of Fame

Tim Northwoods Training Tips

AVR Events

....plus loads more

Hello,

I have made a point of promoting some of the Ultra Running our members do in this newsletter. We've had runners in the 150km Devils Challenge, the Jurassic Coast 100km Challenge and the Round Guernsey race. I know the road runners sometimes get most of the attention, but the Ultra distance runners are a completely different breed, and I am always in awe of their achievements.

June will see the annual AVR pilgrimage to Endure24, so there will be more epic tails of endurance racing next month, but thank you to David Warren & Ben Psaila / Anna-Marie Watson for their articles this month.

We continue to win in the Wiltshire Road Race League, with a successful day at the Trowbridge 5km, and the juniors have a real battle on with Chippenham Juniors in their junior league. On the track we've even been able to crown some county champions!

So keep up the running everyone, and I'll see you out there!

Gary MacAlister

WILTSHIRE TRACK & FIELD CHAMPIONSHIPS

AVR send a small but highly motivated team down to Tidworth for the Wiltshire Track & Field Championships on the 14th May, and we came back with our best ever haul of medals from the event, including 4 golds, 2 silvers and one bronze.

There were gold medals for Phil Harding in the 1500m steeple chase, Freya Buglass & Jack Webb in the U13 1500m, and Mike Rose in the Shot Putt.

Silver medals were awarded to James Pickford in the U15 1500m and Rich Ayling in the Senior 5000m.

A Bronze medal was won by Callum Withers in the U17 1500m.

Hopefully next year, the event will not clash with a Junior League Race & we'll be able to get a much bigger team of runners to take part & hopefully bring back an even bigger haul of medals in 2018!



Mike Rose receiving his Shot Putt Gold medal from Wiltshire Athletics Chairman Darren Wrintmore

THE 'WOMEN CAN' MARATHON (By Barbara White)

Once a runner, always a runner!

The 'Women Can' Marathon event took place on May 28th to celebrate 50 years since Kathrine Switzer became the first woman to officially compete in a marathon. The event took place in the tiny village of Tipton St John in East Devon which also happens to be just a few miles from where my daughter and former AVR member now lives with her family. I decided that as this event was about celebrating then I would target the optional half marathon relay distance as my big event post my Oesophageal Cancer diagnosis of 2 ½ years ago and also to celebrate my 60th year. It was also very special to be able to share the relay with Anissia and do a half each over a course which was almost entirely off road which I've always preferred, taking in some of the beautiful coast from Budleigh Salterton to Sidmouth and a great big hill up from Ladram Bay - 1500Ft of climbing in the first half and slightly more than that in the second.



A half marathon isn't new to me – I've done plenty of all kinds of distances and events over the 35 years or so since I started but could I do this, after illness and not running for several months and finish in one piece?

I was feeling very fit when I became ill – definitely a contradiction in terms but was running and cycling with a constant ache in my chest, and hiccups! I didn't stop until I was unable to swallow anymore and that was rapidly followed by an endoscopy which diagnosed the tumour in the oesophagus. I had to have a feed tube fitted which sustained me through the cycles of chemo which helped shrink the tumour so that I could eat again and then have the major 10 hour op at Bristol RI, which removed the offending oesophagus replacing it with half my stomach – ouch! (and yes, I did go for a 7 mile run the day before – thinking at least I'd get a rest the next day!) This was followed by more chemo and radiotherapy. In total, I had a good 9 months off any running or cycling and was completely floored, in a heap and fit for nothing – Ian at least managed to drag me out for short walks along the lane because anything is better than nothing! There are plenty of after effects to live with eg. lack of appetite, having to 'remember' to eat, only being able to eat tiny amounts at a time, having to sit up most nights to sleep to name but a few but it's all do-able and I know I have been extremely fortunate to be where I am now.

So, how was the 'Women Can' (half) Marathon? It was hard, it was hot, it was hilly, it was amazing, there was a great, friendly atmosphere. It was a fantastic event so what's not to love?!!and 'did we'?

WE DID!!

DEVIL'S CHALLENGE (By Ben Psaila)

The Devil's Challenge is a three-day, 97-mile multi-day ultra-marathon event taking place along the South Downs Way on the 29th April -1st May 2017, taking in the beautiful Devil's Dyke along the way. The route passes the legendary Devil's Dyke, a spectacular 100 metre deep valley. The point-to-point route starts in Winchester and heads South East through the stunning South Downs National Park, finishing in Eastbourne in East Sussex on the third day.

This year's race was won by a woman, but not just any women, it was AVR's very own Anna-Marie Watson! She beat the rest of the field by 15minutes! Many of you may not even know Anna-Marie Watson. She is one of the more 'unusual' members in AVR. Like many of us she can be seen at the local parkrun in Southwick Park, but for her, a simple 5km run is just not enough and she has to add a 5km run there and another 5km run home. Actually, even that 15km run is a bit short for her. And that's because she is one of those crazy people called Ultra Runners. It's been something that she has been doing for a while now, having run her first ultrarun (a run longer than a marathon) at the Dead Sea Marathon in Jordan – a 50km run to the lowest land point on earth.

Since then she has been making a habit of taking these runs on and has been pretty successful at it. In 2015 she took part in the 30th edition Marathon des Sables (pictured), a 5-day 250km multi-stage race across the Sahara desert, which the Discovery Channel call the toughest foot race on earth – she finished as 2nd woman and in the top 50 overall out of a field of over 1500 runners.

In 2016 she was sponsored by the Ultra Trail World Tour to take part in the Salomon Ultra Trail Cappadocia 115km winning the women's' race and finishing in the top 5 overall. As well as these international events, Anna-Marie has also been taking on a number of races in the UK, including the Cotswolds Way, Round the Island (Isle of White) and the above mentioned Devils Challenge (South Downs Way) multi-stage Ultra races run by XNRG events. She has also taken on the Oner along the Jurassic Coast.



Incredibly, she has set women's course records for all four of these events. Next up is the Gran Trail Courmayeur – a 110km ultra-race in July in the Italian foothills of Mont Blanc, before taking on one of the biggest challenges in ultra-running – the Ultra Trail du Mont Blanc – 170km circumnavigation of Mont Blanc from Chamonix France in early September.

JURASSIC 100 COASTAL CHALLENGE (By David Warren)

As the name suggests, this was a challenge and not officially a race, which is one of the reasons for choosing to do it. Just to complete the distance within the 24hr time limit was my goal, having completed a long distance charity walk of 53 miles in 22 hours between Minehead and Sidmouth back in March 2015, around the same time I joined AVR and took up running.

This event was organised by Climb South West and it was their inaugural 100k coastal challenge with a field of 200 walkers & runners. The walkers started at 10pm Friday evening, four hours ahead of the runners with a 2am Saturday morning start. The route took in 100k (62ish miles) of the stunning South West Coast path between Weymouth & Exmouth.



I had been very keen to complete an ultra for some time, but unfortunately injury prevented me from taking part in the 32 mile Imber Ultra and I had booked this particular event earlier in the year as the next step-up in distance. Admittedly, I had no idea of what was required to complete this distance as a run, but as I have family in Devon I knew parts of the route reasonably well, it seemed a great choice of event. Surprisingly for me, I'd managed to avoid telling too many people about my entry into the event, mainly as I didn't want to put too much pressure on myself during the build-up and (just as importantly) I believed that there was a good chance that I might not finish.

I thought that it was only fair to highlight some of my mistakes and to list some negatives to make this a more balanced report from a newbie ultra-runner. In no particular order:

- Training - I probably only had about six weeks of specific training following a number of foot injuries/niggles earlier in the year. My longest training run was 33 miles along the Imber route less than two weeks before the event, so no surprises that taking on this distance along the 'lumpy' and rugged SW Coastal path with about 9000ft of climb hurt...a lot. I also hadn't really tapered, with a misjudged Thursday night club run of 'over the hills' just over a day before this event.
- Preparation - In my calendar I had the date down as the Saturday night to Sunday night and it wasn't until about 5.30pm Friday evening reading through everything again that I realised it was due to start a day earlier, with the coach leaving Exmouth that evening. As you can imagine this was somewhat of a big shock, especially as I had carefully planned meals and some sleep during Saturday daytime before what I believed to be the start of the event. As it turned out, I'd been working all day and had a mad panic to get everyone packed so that I could drive the family down to my in-laws in East Devon before getting to the coach for the pick-up at 10.30pm. This meant I hadn't really eaten properly and I'd had no sleep before the 2am start. In my defence (I'm clutching at straws here), I was one of several other runners that I spoke to that had also misinterpreted the original dates and instructions – Sat 00 to Sun 00.
- Footwear - Reading various Facebook posts from the organisers I eventually opted for slightly more cushioned trainers over my usual grippy off-road shoes. This was a mistake, as large sections of the route, like the Undercliffs between Lyme and Seaton, were on stepped, rutted, muddy and slippery trails and my shoes offered little traction for those conditions. I also got wet feet from the long grass fields very early on in the run, so blisters were inevitable. Running that distance with wet feet isn't ideal and I didn't change socks until about 40 miles in.
- Equipment - Whilst I had done several training runs with a Camelback hydration pack, I had never run with the full weight of kit and supplies required for this lightly supported event. This included safety equipment such as a survival bag and first aid kit, head torch, several spare base layers, plenty of water and lots of food/gels. It was also the first opportunity that I'd had to use a borrowed head torch, collected on my way down to Devon (thanks again so much Richard Hudson)
- Hydration - A lack of experience meant that I had no real hydration or food plan for the event. At the beginning it seemed easier to skip filling my soft flasks due to the hassle of stopping and getting them in and out of the vest, which is a skill in itself. I subsequently learnt that you need to drink plenty way before you're actually thirsty, as at about 45 miles into the run on one of the toughest parts of the route I was pretty dehydrated and essentially blew-up. I took about 20 minutes out and managed to get through to the next aid station where I literally drank several

litres. By this stage I was prepared to drop out at Sidmouth due to a combination of dehydration, fatigue and injury. It took me 2-3 days after the run to get my hydration back to normal, which was a big lesson.

- Food - I spent much of the race either feeling a bit sick or with runner's tummy. For anyone that has experienced this over a long run, it's not pleasant. I put this down to my rushed meals prior to the race, the lack of sleep and general stress put on my body. Luckily the main sea front resorts have well positioned toilet facilities! The main issue with this was that I probably didn't eat anywhere enough food as I had no appetite and couldn't stomach much. Whilst I carried about 12 gels I only actually used one in the end and that was just for the caffeine.
- Injury – I find long runs really interesting in that you can start with a minor niggle in one part of your body and often end up with a completely unrelated niggle somewhere else. In this case my knee had been suffering a bit before the race due to a very quick build-up in mileage. During the course of the race this did get pretty sore with the steep descents, but aside from an ankle twist on the slippery rocks along the beach at Lyme, the main issue was that my dominant quad went into a permanent cramp from about 30-40 miles in, which made the downhill (notably the irregular big steps) very unpleasant. I eventually conceded and took pain-killers at the 45 mile aid station.
- Mental challenge - Finally, other than the fatigue you experience over this time/distance, one of the biggest challenges is the mental battle you're having with yourself. The constant questioning of your own sanity and asking yourself why you would pay to do something so silly. It really was a mental fight for the last 15-20 odd miles when I was running on my own. As well as questioning my own sanity (you have a lot of time to think about things) I got pretty emotional at times, which is a very odd experience during a run. None of the random coastal walkers I passed looked like they were prepared to give a stranger a hug...

Now if you're still reading this, here are some positives that I took from the event:

- Achievement – whilst actually completing this was more of a relief than a celebration, there is a great sense of achievement that starts to sink in a day or so after the event. For me it was a big physical and mental challenge and to come well within the top ten finishers in just over 13 hours is a pretty good result given the circumstances described above. Additionally, getting on for a third of the overall starters (runners and walkers) never finished, with many dropping out by half way at Lyme.
- Support – Ok, so during an ultra you're very unlikely to get a crowd to spur you on at the finish line let alone along the route. So instead, one of the real positives is the support and encouragement you receive and can offer other runners during the course of the run. It's always great to meet and chat with like-minded people with some great banter and stories to help make the miles pass by. The much younger and fitter guys from Exmouth that I ran with on and off for much of the first 40 odd miles really helped spur me on.
- Challenge – I learnt a lot about myself during this event. It reinforced that you can push through, even when you feel that you've had enough and that aside from injuries, it really is a mental battle. I personally feel that it's great to really push and challenge yourself every once in a while. Whilst it's a bit of a cliché, for me its experiences like this that really make you feel alive.
- Calories – Whilst you're bound to eat more than your fair share of Jelly Babies and Haribo during the run, there will still be a massive calorie deficit by the end. When you've got your appetite back, for me this is essentially a license to eat whatever you like for a good week following the run without putting too much back on. Your metabolism will be a fire. Now I just need to learn how to reign my over-eating back in a bit...

In conclusion, whilst you can see that in my case the number of lessons learnt outweigh the positives, I don't regret doing it at all. Would I recommend for others to take this on, well that's a tough one to answer and it will be down to the individual



to ask themselves. My advice though, would be to give a shorter distance ultra a go first and to get as much experience with all the factors I mention as part of the lessons I learnt. In terms of this particular event, I whole heartedly recommend the organisers in terms of putting on a fantastic and challenging event in a great location. Would I do it again...well I'll need another few months to consider that! I certainly have a far greater respect for all distance runners following my first attempt at an organised ultra.

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 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

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

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).

TROWBRIDGE "COLOURIFIC" 5KM



It was all eyes on Trowbridge Park for the 3rd event in the 2017 Wiltshire Road Race, the Trowbridge "Colourific" 5km. Runners were treated to a sunny, but cool day with very little wind – an ideal combination for fast times, and the runners were not disappointed as many PB's were broken today.

74 AVR started the race, with many taking up the option to wear fancy dress & embrace the "Colourific" Theme.

AVR did enough to win the fixture, taking maximum 20 points in the Wiltshire Road Race League. This now gives us a 3 point lead over Chippenham Harriers, so still everything to play for! There were individual honours for Orli Cranston – 2nd Lady (pictured), Leah Sartain – 3rd Lady, Freya Buglass – 1st Junior Girl & Dan Wood, 1st Junior Boy.

A big well done as well to the AVR 5km – 10km group who have used the race as the first stepping stone towards their 10km target race at the Two Tunnels in July. Here they are below with coach Ian Isaacs.

NEXT RACE – BROAD TOWN 5miles

Entries (if still available) can be found via their website. Broad Town 5miles race is located about 10 miles beyond Devizes, heading towards Swindon. The race is run at 2pm on a Saturday afternoon & forms part of the school Fete, so plenty to do for spectators as well as athletes. The course is mainly flat, but with a big climb at about 4miles, before a fast downhill section to the finish.

Before this is the first Heddington 5k race. This is sold out, but there are 2 more opportunities in July & August to get involved in the race. League points will be awarded after the August race.



OFF-ROAD RUNNING

BRATTON HILLY



AVR Treasurer Simon Reeves & wife Dot are the main organisers of the local Bratton Hilly run, and every year a good number of AVR runners take the opportunity to support their race and head down to Bratton, near Westbury to run up to the famous White Horse. This year there were 21 AVR runners, with some even choosing to do Southwick parkrun beforehand before making it to the start line for the 10:30am start.

First AVR runner home was Daniel Piper (Pictured), in 4th place overall. First AVR lady was Melanie Ward-Nicholls, who was also 2nd Lady & 1st Vet35.

Other prizes went to Danny Gard 1st V40, Robin-Mark Schols 2nd V50, Ali Atkinson 2nd V45, Frank Lamerton 3rd V60, Kathryn Kinsey 3rd V45 & Liz Gard 3rd V35. AVR also won both the Men's & Ladies Team Prizes.

JACK N' JILL CHALLENGE

AVR had another successful trip to the Somer RC organised Jack n' Jill race. 30 AVR runners took on the 10km route on a lovely sunny day, and many of those running were good enough to take home some trophies at the end of the race.

Pictured are Stuart Arguile, Robin-Mark Schols & Mike Sargeant who all took home awards (1st V60, 1st V50 & 2nd V50). There were also prizes for Daniel Piper 2nd overall, Leah Sartain 1st Senior Lady, Kate Hails 2nd Senior Lady, Rob Warner 1st U18 boy, Sue Jeddi 1st V50 female.



5x5x5

The 2nd 5x5x5 race was held on May 4th, and the numbers are starting to grow after the success of the first race in April. 51 took to the start line in May.

A drier course greeted the runners, with the large muddy puddle on the small climb now completely dried up. This led to some faster times by the runners. Niall Thorne took the honours this time round in a new course record of 19:24. This was 10 seconds faster than the winning time in April. Niall beat Adrian Hoban (Unattached) into 2nd and Daniel Piper in 3rd. Freya Buglass was first female in 22:01, which again is a course record, 50seconds faster than the previous month. Holly Newman & Gemma Lawton were 2nd & 3rd ladies.

The third race in the series is June 1st 2017 (after this newsletter is published), but all entry information for the remaining fixtures can be found on the AVR website.



AVR CLUB CHAMPIONSHIP

JUNE FIXTRUES

HEDDINGTON 5k Tuesday June 13th
 BROAD TOWN 5m Saturday June 17th

JULY FIXTRUES

HEDDINGTON 5k Sunday July 11th

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 –

There was just one fixture in the club championship in May – Trowbridge 5km. There were a total of 74 runners from AVR taking part. The first AVR man home was Gary MacAlister in 18:00, with Niall Thorne just a few seconds behind in 18:05, and Richard Harding in 18:07. This means Gary has extended his lead in the club championship to 4 points over Richard Harding after 3 races.

For the ladies, it was all about the Juniors with Orli Cranston (19:51) & Freya Buglass (20:19) coming 1st & 3rd AVR respectfully. Leah Sartain was 2nd in 20:07 and she has now extended her lead in the ladies championship to 11 points after 3 races.

After 3 races in the 2017 Road Race Series the standings are:

MEN:				LADIES			
1 st	Gary MacAlister	7 points	(3 Races)	1 st	Leah Sartain	5 points	(3 Races)
2 nd	Rich Harding	11 points	(3 Races)	=2 nd	Carly Hodgson	16 points	(3 Races)
3 rd	Daniel Piper	13 points	(3 Races)	=2 nd	Anna Spiers	18 points	(3 Races)
4 th	Peter Veleski	16 points	(3 Races)	4 th	Sharon Cleverley	27 points	(3 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

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.



Championship 2nd place runners:
 Richard Harding & Carly Hodgson at Trowbridge 5km





JAVR News

Editors Notes: May is a busy month, filled with many different events: Various County track championships, fun runs, the May Mile, (which is a regular event in the Wiltshire Road race league), and of course our monthly JAVR 2K Run. The following is just a snippet of how the month played out: Enjoy!
Pete Slade

JAVR 2k – Saturday May 27th, Southwick Country Park

The fifth JAVR 2K attracted its biggest field of the year, with a total of 65 runners taking part. This included 16 first timers!

With the large field of runners and a high influx of 1st time runners, meant an extremely busy pre-race registration!

Of the 65 runners who took part, 32 of them were JAVR. This brings a mix of our more experienced runners and also some of our newer runners, so a good mix all round.



The morning brought good running conditions and saw JAVR lockout the first two places with Tom Markey in 1st place, (his second consecutive 1st place finish), and Jack Webb coming home in 2nd position. After 5 races, the Girls league is led by Jasmine Martin, on 75 points, thanks to 5 consecutive PB's! Olivia Hails is not far behind in 2nd place with 72 points. For the boys, Leo Harris leads the way on 69 points, with Benjamin Hails 7 points behind in 2nd place.



Pictured Left– Jessica Lewis

Pictured Right – Victor Webb, closely followed by Freddie Billing

Next Fixture: Saturday 24th June 2017 – Race #6 in the Wiltshire Road Race League.



The May Mile – Race#4 Wilts Junior Race League (14th May 2017)

The fourth fixture in the Wiltshire Road Race League resulted in a return to the very popular May Mile. This is the third running of the event, and in my view, one of the most well organised. There were several races starting from an Under 5's race, right up through to the U17's race. This year, the timing of the race coincided with the Wiltshire track championships—which meant we had runners attending both events, so numbers were down slightly. Despite this, there were some excellent results throughout all the race categories.



The Under 9's event, saw a total of 150 runners take part. From JAVR; Freddie Pickford finished in 6th place in 7 mins 10 seconds, with Oscar Payne and James MacAlister in hot pursuit!

In the Under 11's race, Alex Hearn was our highest finisher, coming home in 3rd place in a time of 6 mins 33 seconds, closely followed by Dylan Neale in 4th place, just 6 seconds behind. Lottie Brown was first girl home in a time of 6 mins 51 secs. Ben MacAlister had a good run, finishing the mile in just over 7 minutes.



The U13's race was the highest attended race from JAVR. Sophie Moore won the girls race in a new course record of 5 mins 46 secs!

Danielle Ross finished in 12th place in 7 mins 16 secs, followed by Jasmine Martin in 22nd place—7 mins 49 secs. For the boys, Leo Harris, Callum Slade and Elliott Firkins all finished in the top ten.

Above: Louise Wood, U11's.
Below: Jasmine Martin, U13's

Stuart Hearn finished just outside the top ten in 14th place in a time of 6 mins 48 seconds.



In the Under 15's, Daisy Davis finished in 2nd place in a time of 7 mins 9 secs and looked strong all the way to the finish. For the boys, Ethan Bolter finished 9th and Luke Slade in 13th place.

Finally, Josh Thorne continued to show good form as he finished 2nd in the U17's race in just under 6mins!



Pictured
Left: Daisy
Davis with
Sophie
Moore
(Right)



Wiltshire Junior Race League Fixtures

After race 4 in the league, (the May Mile). Avon Valley "A" are top of the league, just one point ahead of Chippenham Harriers youth. Avon Valley "B" are in 3rd place. As far as the individual standings go, Dylan Neale is our lead boy in 4th place overall and first placed U11. Elliott Firkins is in 5th spot and the leading Under 13 boy. Josh Thorne is the leading U17.

For the girls, Sophie Moore is in 1st place, with 395 points, dropping just 5 points after the first four races. Jasmine Martin is in 2nd place overall. Our next highest place girl is Lottie Brown in 6th place.

Trowbridge 5km

We saw several of our runners take part over a longer distance in the Trowbridge 5k in early May. This has become a popular race over the last few years and our Juniors efforts were rewarded with some fast times!

Josh Thorne completed the 5K course in 19 mins 49 secs—his first sub 20 min 5k, and just missed out on winning the Male Junior 2 category.

Orli Cranston continues to improve and posted a time of 19 mins 51 seconds. This was however enough for her to win the Female Junior 1 category.

The Male Junior 1 category was also taken home by JAVR - Callum Slade, coming home in 21 mins 18 secs. Well done to all those who took part and impressed our Senior Runners!



Category Winners: Callum Slade (Left), Orli Cranston (Right)

Westminster Mile

The Vitality Westminster Mile was launched by London marathon events in partnership with Westminster City Council in 2013 as a legacy from the 2012 Olympic games. With races for all ages and abilities, including families, adults and vets, juniors, elite athletes and wheelchair users, the event has established itself as the UK's premier festival of road mile running. More than 4000 runners of all ages and abilities took part in the day-long mile festival, with a handful of our Juniors amongst those who ran the mile. So hats off to the Wood Family, the Pickford's and Dylan Neale for representing JAVR!



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

3000m (Track)

BMC Classic Max Davies (9:06.43)

5km

<u>Aztec West</u>	Gary MacAlister	(17:57)	Bethan Francis	(19:55)
<u>Trowbridge</u>	Gary MacAlister	(18:00)	Niall Thorne	(18:05)
	Rich Harding	(18:07)	Joshua Thorne	(19:49)
	Leah Sartain	(20:07)	Phillipa Brewer	(20:58)
	Sharon Cleverley	(23:44)	Halen Davies	(25:10)
	Paul Manuel	(25:12)	Mandy Moore	(31:27)

10km

<u>Bristol</u>	Holly Newman	(46:11)	Michelle Gibbs	(55:08)
	Elizabeth Morris	(56:30)		
<u>Crazy Cow</u>	Benjamin Crook	(45:12)		
<u>Dauntsey</u>	Sarah Nunn	(55:55)		

Half Marathon

Casterbridge Sonia Bundy (2:31:37)

Southwick parkrun

Rich Harding	(18:23)	Niall Thorne	(18:33)
Tom Markey	(18:37)	Peter Dyer	(19:10)
Dylan Neale	(20:52)	Michael Brooks	(21:15)
Michael Leat	(22:00)	Melanie Ward-Nicholls	(22:54)
Janis Cadby	(23:28)	Callum Slade	(23:41)
Toby Withers	(23:44)	Ben MacAlister	(24:21)
Fiona Newman	(26:02)	Karen Holt	(26:13)
Paul Warner	(27:00)	Jennifer Stanley	(27:49)
Emily Martin	(28:34)	Charlotte Cook	(29:15)
Katie Clark	(29:25)	Sonia Bundy	(30:13)
Ian Tunks	(30:57)	Mandy Moore	(31:12)
Nicola Applegate	(31:18)	Alexis Harris	(31:22)
Katie Pocklington	(31:48)	Jackie Hall x 2	(31:50, 31:58)

Other parkruns

<u>Bushy Park</u>	Sue Jeddi	(23:04)	
<u>Chippenham</u>	Michael Guy	(25:23)	
<u>Ellesmere Port</u>	Gary MacAlister	(18:21)	
<u>Long Eaton</u>	Karen Holt	(36:27)	
<u>Shepton Mallet</u>	Robin-Mark Schols	(19:53)	Mandie Bygravex2 (25:35, 25:51)
	Judy Schols	(26:03)	Mark Bygrave (27:28)
	David Hyde	(31:03)	
<u>Woking</u>	Faisal Din	(20:16)	

AVON VALLEY TRIATHLETES



The month of May saw AVR showing their support for two of our favorite local sprint Triathlons, some entrants were taking part in their first ever Triathlon event.

Big T Triathlon



We kicked off with the Big T Triathlon in Trowbridge on the 1st of May. Seventeen AVT Triathletes/Teams competed in the Sprint Distance/Relay event with Ian Frost coming in as first AVT male in a time of 1h 27 and Melanie Ward-Nicholls first AVT female in a time of 1h 34.

Seven AVT Triathletes entered the longer distance Enduro event with Diane Heir (pictured) romping home as first AVT female along and third lady overall in a time of 2hrs 28. Ben Vincent raced well coming in as first AVT male in a time of 2h 29.

We also had some familiar faces in the junior Aquathlon event with JAVR's Dan Wood and Ethan Bolter competing in the TS3 category and AVT's Jasmine Martin coming in as third girl in her age category.

Westonbirt Triathlon

Fifteen AVT athletes dodged the downpour & turned out for the sprint distance Triathlon held in the beautiful grounds of Westonbirt Arboretum on the 29th of May.

Ben Vincent came in 46th in a field of 441 competitors leading in the AVT men with an overall time of 1h 15. Melanie Ward-Nicholls was the first AVT lady home in a time of 1hr 25 – looks like there is a little bit of a pattern forming there.

These are the two key Triathlon events that make up the percentage points in the AVT league.

Other events include:

- **Aquathlon:** Any of the Calne or Burnham-on-sea Aquathlons
- **Duathlon:** Any DB Max Chilly or Summer Duathlons or either of the Cirencester off road Duathlons
- **Cycling TT:** Any Westbury Wheelers 10 Mile TT or AVT's own closed TT event to be held on July 16th at Odd Down



Full details can be found on the pinned post on the AVT Facebook page.

Please remember that by signing up as a paid member of Avon Valley Runners you are automatically an Avon Valley Triathlete, this gives you access to any of our training opportunities detailed on the AVR/AVT website and Facebook page.

SAVE THE DATES - CLOSED AVT EVENTS

AVT Cycling time trial - 16th July 2pm at Odd Down

AVT's Try a Tri – August 13th 12 noon at Clarendon

*Featuring an all new adult and junior Aquathlon (all abilities welcome)

Full details coming soon



*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](#)



TRAINING TIPS

Commonsense ways to improve athletic performance

by

TIM NORTHWOOD

Brief biography: Started running in 1965 as member of Collegians Harriers, Pietermaritzburg, South Africa; ran 55-mile Comrades Marathon four times (best 1969 44th of 900, 7:11:42); 1970 – 6th in Natal marathon championship, chosen to run cross-country for Natal. Tipperary county cross-country team 1972–1975 inclusive; winner of Munster 20M road championship 1973. 1979 chosen to run for Wiltshire in inter-county championship; c. 1982–85 captain Trowbridge AC. Founder member and captain AVR 1986–1991 inclusive (club best 10 miles, half-marathon and marathon in inaugural year).

Personal bests: 3M 16:01, 5K 16:38, 5M 25:27, 6M 32:01, 10K 33:08, 10M 51:26, half-marathon 1:13:06, 20M 1:54:38, marathon 2:38:36 — including 88 10-milers (68 under 1hr), 40 marathons (24 under 3hrs).

Wiltshire men's and veterans' marathon champion 1981, Isle of Wight.

- **Plan to run every day.** It's better to go out for twenty minutes, only two or three miles, than not at all; in fact, sometimes not having much time will induce you to run faster. Don't plan to have rest days: these will happen anyway when life's other commitments coincide. Regular running will not only make you fitter, but will also improve your appetite, give you a taste for healthy foods to fuel your body's demands, regularize your digestion — and reduce your waistline.
- **Develop an efficient style.** Most of your physical effort in running should be directed forwards. Any sideways movement of feet, arms, legs and head will waste energy in the wrong direction. Similarly, excessive lifting of the feet above the road or ground is unnecessary and wasteful. Keep your head still and level; this will ensure a more effective connection between mouth/nose, windpipe and lungs. And use your arms as part of your bodily running machine, in rhythm with your legs — if you carry your arms too high, they'll tend to swing to a quicker cadence, which will have the effect of shortening your stride, so get into the habit of pushing your hands down below waist height. It works! Staying with the machine theme, think of each foot as an arc in a wheel, so that its curve from heel through to toe meets the road or ground in a smooth action — this will spread the load and minimize injury and wear to feet, ankles, knees and hips.
- **Warm up (and down) properly.** This applies to training as much as to racing. Use a comprehensive stretching exercise (such as yoga's *surya namaskars*, or sun prayers, which incidentally would be a worthwhile addition to your daily routine). On race day it will prepare your whole body for the run; follow it up with a mile or two warm-up so that you arrive at the start line sweating a little, ready to go off at racing pace. Sprinting off with muscles and tendons cold is a certain recipe for injury. After even the longest race and/or fastest sprint finish, ease your body into relaxation with a short "warm-down" run.
- **Competitive running is a tough sport and you'll probably experience injury from time to time.** The question is how to deal with it. Most minor niggles may be overcome by taking it easy for a few days; more serious problems will call for more drastic solutions. If possible, try to keep running — a healthy body needs regular exercise to ensure proper maintenance of all its functions; and you'll feel better for not giving up at the first sign of trouble. Sometimes easy running on grass or another form of exercise like swimming, walking or low-gear cycling will give overstressed muscles a rest. It may be possible to achieve recovery with regular massage — use a pure lubricant, petroleum jelly or even olive oil, to manipulate the injured part, working into the painful area to remove dead cells and generate the heat which is the actual agent of healing.

Experience will teach you which kind of injury will respond best to what treatment. Note: a doctor will tend to play safe and tell you to rest, which may in serious cases be the best course, but for minor ailments this will only lose you valuable time and condition.

- **Vary the distance, intensity and terrain of your runs.** Give yourself and your body a break in a mixture of longer and shorter runs, hillwork, speed sessions and fartlek — this will make you better able to match sudden efforts by others in races. Do yourself a favour by going offroad whenever possible — natural surfaces will both strengthen ankle and other tendons and lessen damage to joints and bones resulting from excessive road running. And the scenery's better! The most natural form of running is barefoot on grass or soft sand, as long as the site is free of dangerous objects like broken glass, hidden stones or thorns. Without shoes, the basic formula of your running action is changed, as your legs will be completely free of those artificial weights. The sense of freedom in sprinting barefoot on soft grass or beach sand has to be experienced to be believed. (There's a certain sand hill on the beach at Perranporth in Cornwall, rising fifty or a hundred feet to the top of the dunes. . . .)
- **Keep a running diary.** Start a new year by recording all runs and races in a line-per-day record (so that blank lines will show up your lazy or injured lapses!). A recommended format is a 6×4-inch hardback ruled notebook, which, showing a month over each double-page spread, will last about five years. Keeping a record of all race performances and training sessions, and adding up weekly, monthly, annual and overall mileages, will give a feeling of achievement and provide a ready reference to recent and past times. Comparing how well (or badly) you were running a year or two ago at a certain level of training can be very useful.
- **Keep safe and stay alive!** AVR is not a "road running club" — in the beginning we purposely avoided any choice of name which would confine us to one area of activity — but for practical purposes much of our training and most races take place on roads. In training runs it's safest to follow the Highway Code advice to pedestrians and keep to the right facing oncoming traffic; it's disconcerting to drivers and dangerous to runners when a car comes round a bend to find a group of runners loosely spread on both sides of the road. Since early in the last century road races have been run on the left side of the road because of an ancient police rule categorizing any such assembly as "a marching body of men"; anyway, officially sanctioned events are made safer by the presence of police, marshals and signs warning motorists. Equally important, remember that drivers may be dazzled by oncoming headlights or not paying "due care and attention". So, especially in poor visibility or at night, wear bright clothing, reflectors and even lights, depending on the conditions.
- **Keep a selection of shoes for different purposes.** It costs no more to have half a dozen pairs of shoes for longer-distance and shorter road runs, offroad, cross-country, multi-terrain and wet weather than to wear out only one or two pairs in a couple of months. Your feet will enjoy the change, too.
- **Once out, run continuously with as few stops as possible.** You can't stop in races, so try to avoid the mindset of stopping every mile or two on training runs, even when doing speedwork; your slower clubmates will understand, and you'll be doing them a favour by giving them something to aim for.
- **Time your training runs.** It's not necessary to use a stopwatch on every outing, but recording your time on a new route will give an idea how far you've been, or on a known circuit will make possible comparison with previous runs. Improvement is the purpose of training.
- **The best coach is experience, yours and others'.** Learn by your mistakes, and don't close your mind to knowledge or advice from any source, whether books by successful runners, articles in athletics magazines, or your clubmates — just adopt whatever works best for you. Plan your training schedule according to the race calendar — this seems obvious, but is worth emphasizing.
- **Racing strategy:** Books have been written on this, but I'll restrict it to a paragraph here. Wear kit, especially shoes, suitable for the conditions, that you've tested for comfort, avoiding tight laces and potential chafing. At the start, be optimistic and get as close to the front as you can realistically hope to justify. Once in the race, *concentrate!* Work your way through the field to find those runners fast enough to draw you along, and don't be satisfied to hang around in a group if you're running too easily, but make your way forward and set your sights on the group ahead — this is the best way to progress through the race and get to the finish having done the fastest time you're capable of doing that day.
- **Be enthusiastic but not fanatical — don't let running be your only form of exercise or interest.** Adding to the benefits which running brings to hard-working heart, lungs, leg and other muscles, the change of scene and action of swimming, cycling, squash and other physical activities, as well as less strenuous, more cultural pastimes, will refresh that other equally important area of the body — the brain.

Most important of all — run for pleasure!

TOM ROBERTS WATCHLESS HANDICAP (3 and a bit miles)

AVR CLOSED EVENT

Here's how it will work:

Date: Thursday 6th July 2017

Time: Registration from 7.00pm. Race Start 7.15pm

Venue: Pound Lane, Bradford-on-Avon (AVR HQ)

Route: Tom Roberts Handicap Course - 3.15 miles.

LINK TO MAP :

<http://www.mapmyrun.com/routes/view/408638038>

At registration you will be asked to provide your finishing time. At 7.15pm runners will be asked to arrive at the start line where they will be checked for watches. **WATCHES ARE BANNED.** Runners will then start on mass at 7.20pm and run the 3.15 mile course without a watch. The winner of the race is the runner who finishes closest to their estimated finish time (the time you provided at registration).

So all you have to do now is work out what time you will run 3.15 miles in?! Practicing the route is encouraged, just remember the watch is banned on the race. **Note:** The course is NOT marshalled and there is NO signage, runners will be required to know the route (please refer to map on AVR website or on the Facebook event page).

AVR RELAY – SATURDAY 1st JULY

The Avon Valley Relay is a traditional 'pass the baton' type event covering 17-miles in four self-navigated stages. Starting from Bradford on Avon Rugby Club in Winsley and finishing at Trowbridge Rugby Club in Hilperton, following the beautiful Avon Valley. Team of 4 and solo runners are encouraged to enter (and indeed volunteer!)

Leg #1 of 4-miles. **Starting at Bradford on Avon Rugby Club** the relay starts with a lap around the rugby pitches before heading out to the first handover point at Dundas Aqueduct.

Leg #2 of 4.25-miles. **Starting on Dundas Aqueduct** the course follows the towpath of the Kennet & Avon canal all the way through the Tithe Barn in Bradford on Avon.

Leg #3 of 5.75-miles. **Starting at Tithe Barn in Bradford on Avon** the course rejoins the towpath of the Kennet & Avon canal which is followed all the way through to Semington where the final handover point can be found outside the "Somerset Arms".

Leg #4 of 3-miles. **Starting outside the "Somerset Arms" in Semington** (pictured) the course heads through the village before moving off-road to Trowbridge Rugby Club where the finish line awaits following a lap around the Rugby pitches.

There are prizes for 1st Male team, Female team, mixed team (2 male, 2 female), and first junior team. There is also the option to run the entire route solo.

Entries are available on Entry Central

<https://www.entrycentral.com/AVRelay>

