

Avon Valley News

June 2017

Issue #187



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Hello,

Well what an interesting month we had in June. The headline being the temperature! This year's longest day was also the hottest recorded day in 40 years. And the week around that day regularly saw temperatures exceeding 30 degrees.

Well done to everyone who races in these challenging conditions! I was at Broad Town 5 for the Wiltshire League and the heat was totally overpowering.

That hasn't stopped you all getting out there and running well, and we still have some names on the AVR wall of fame – although it is a bit quieter than in some previous months.

Let's hope July brings us a bit more comfortable running conditions, and I look forward to getting out there and racing with you all!

Gary MacAlister

WILTSHIRE ATHLETICS AWARDS 2017

The 2017 Wiltshire Athletics Awards were hosted at Trowbridge Rugby Club on Friday 16th June, with representatives from all the Wiltshire Clubs in attendance. AVR were nominated in several categories, and came away with 2 winners on the evening:

RUTH BARNES won Wiltshire Vet Female of the Year &
ROSEMARY BARBER won the V60 Female Off-Road league.

We also go Highly Commended awards for:

Jackie Rockliffe - Female Vet

Phil Harding - Male Vet

Mike Towler – Senior Male

Rich Ayling – Coach

Darren Wrintmore – Unsung Hero

Over The Hills – Race

AVR Beginners Group – Initiative

Well done to everybody involved above, whether individually or as part of the organising teams behind the events.

Pictured: Gary MacAlister picking up an AVR certificate



ENDURE24 (By Sarah Barker)

The premise of this event could sound a little intimidating at first; 24 hours to run as many 5 mile laps as possible around Wasing Park Estate, just outside Newbury. But the reality is something quite different. It's advertised as 'Glastonbury for runners' and it certainly doesn't disappoint! Runners can take part in teams up to 8 and share the laps with friends or take the option to run solo with anyone completing 100 or more miles, receiving a very exclusive t-shirt.

I arrived on the Friday evening to set up in the extensive 'AVR village' and took a look at the onsite catering and shops before getting some sleep. On the Saturday morning, 5 of us decided it was a good idea to do Newbury parkrun as a pre-event warm up! As it turned out, there were quite a few other nutters from Endure who had the same idea, one of which I spotted late into Saturday night through the woods who was a solo runner.

'Taking One for the Team' was made up of myself, Jay Sims, David Bagshaw, Mandie Bygrave, Ian Isaacs and Henry Dowler. My first and second laps went by without too much issue, apart from it being very hot and muggy, but I got round them and felt comfortable. We had decided to double up our laps overnight to allow the rest of the team to sleep, with my third and fourth laps falling at 02:00am in the pouring rain! The conditions slowed everyone down and made it really hard going, the hardest moment being having to run past the start to begin my second lap. Goodness knows how the solos did it! As dawn broke, we were behind schedule and feeling very tired and sore. My fifth and final lap felt better than I expected it to but it gave me my first ever black toenail from running! I handed over to Jay who ran our last lap and we all joined her to cross the line, along with all of the other teams too. The atmosphere was amazing and the size of the bling, even better!

I think, in total, there were 6 AVR teams with a couple of runners from Devizes thrown in for good measure. We had such a good time and the organisation of the event was incredible with the cleanest portaloos I've ever used! So good in fact, I've already signed up for 2018! Thanks also to Hannah for organising the majority of the teams and having to deal with the headaches that it entails.



MAX DAVIS – 3000m (By Rosie Dill)

This season Max has been targeting 3000m, working in particular on improving his speed in the final lap. His PB at the beginning of the season (which he set last year) was 9:30.93. His goal for this season was to run sub 9 minutes. He came pretty close to achieving his target on a couple of occasions in May, running 9:06.43 in a BMC classic meet, followed by 9:06.51 at the Avon AA County Championships where he broke the existing 3000m Interboys record set in 1989. He then went to another BMC classic meet in Milton Keynes in June and ran an absolutely incredible time of 8:54.85, achieving the entry standard for the National Schools Championships. There were still 2 more races to be run before he'd be considered for this event though. The Interboys 3000m race at the Avon Schools Championships at Bath University, which he won and then the South West Schools Championships in Exeter on 17th June where he represented his county, Avon. That was an exciting race! The Interboys ran with the seniors and Max stayed at the back of the main group right up until the final lap, where, with about 400m to go, he kicked, took the lead and maintained it all the way to the finish, running the final lap in an incredible 62 seconds. National Schools next in Alexandra Stadium in Birmingham on 7th/8th July. His parents tell me they now have to buy tickets to watch him!



5x5x5

The 3rd 5x5x5 race was held on 1st June, and a field of 44 runners took part this time. The course was in perfect condition, although with the summer now here, some of the bushes are starting to grow on the course. This was also the longest race, as this month the half way turning point seemed to be around 50m further down the track than the previous month. Let's just say we'll put that down to the part of the charm of the race.

The results saw a new course record for the men with Ed Knudsen (pictured) taking the opportunity to stretch his legs and run 18:31. Niall Thorne couldn't follow up last month's win, but he was happy with 2nd place in 21:54. Robert Warner made sure the younger AVR runners were well represented on the podium with a 3rd place finish.

The ladies saw Holly Newman take the win, just ahead of Gemma Lawton in 2nd & Melanie Ward-Nicholls in 3rd.

The fourth race in the series is July 20th 2017. All entry information for the remaining fixtures can be found on the AVR website.



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

BROAD TOWN 5

There seems to be some kind of weather curse on the 5 mile races in the Wiltshire League so far in 2017. Highworth had one of the strongest headwinds I have ever tried racing into, and now at Broad Town we had temperatures of 30°C+ for the 2:30pm start. 26 AVR runners made the trip to Broad Hinton, a few miles south of Swindon to take part in the very popular race. The number of AVR runners included some of the current 5-10k training course participants who were using this race as a stepping stone towards running the Two Tunnels 10km in July.

The sweltering conditions, and very little shade or breeze was not that conducive to fast times, but there were a few PB's on the course, but also quite a few PW's (Personal worsts). First home for AVR was Gary MacAlister in 8th place. With this result, Gary has now also moved to the top of the Wiltshire Road Race League after 4 races. 2nd AVR was a resurgent Robin-Mark Schols (23rd place & 2nd V50), and Pete Veleski coming in 26th

Leah Sartain continued to lead the AVR Ladies charge, finishing as 3rd female (24th overall). She also maintains her position at the top of the Wiltshire Road Race League after 4 races. A great run by Carly Hodgson saw her finish as 2nd AVR lady in (13th female), and just behind her was Pippa Brewer (14th female).

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).



Michelle Platten enjoy a hose-down at the top of the hill

HEDDINGTON (Race #1)

Entries for the first Heddington race of 2017 sold out in just a couple of hours, showing just how popular this local 5km race has now become. People like it for its fast times and PB potential, and many others come along as it forms part of the AVR & Wiltshire Road Race League. 30 AVR runners took to the start line on an almost perfect night for running, albeit a touch on the warm side!

On the night we had 4 AVR men all finishing in the top 10, with Dominic Beddis 2nd overall in 16:48, Pete Slade 7th in 17:44 & Rich Harding running a new PB & going under 18 minutes for the first time ever in 17:56. Niall Thorne was the 1st Junior finishing in 11th overall in 18:11.

With the Ladies, Leah Sartain was 1st lady overall in 20:20, and took home the now famous Heddington Chocolates for winning the race. 2nd AVR was Carly Hodgson in 21:14, just ahead of Pippa Brewer in 21:27. There were also PB's on the night for Judy Schols (24:37) & Helen Davies (24:50)

The 2nd race of the series takes place on the 11th July, but again this has sold out. There will be one final chance to enter Heddington for the August race – keep an eye out on the Facebook page for when entries open. Final AVR & Wiltshire League points will be calculated after the August race.

AVR RELAYS



The 2017 edition of the AVR relays took place on the 1st July, with 33 individuals and teams taking part. The race starts at Bradford on Avon Rugby club and winds its way back to Trowbridge Rugby Club via Dundas Aqueduct. (Pictured: A sea of AVR runners all at the Dundas Changeover location).

Runners were greeted to a gloriously sunny day, although a bit hot if you were not able to run in the shade.

The race itself was won by Corsham Running Club with their team “Corsham Gonna Smash It”, and they certainly did winning the race in 1hr 44min 37sec, nearly 5 minutes ahead of 2nd place team Frome RC’s “Dodge Dynamos”. AVR’s Junior team “Lemon Nation Army”, consisting of Joshua Thorne, James Pickford, Niall Thorne & Callum Withers were 3rd Overall.

The first Mixed Team were “SHAZEROO” with Kiersty Rose, Scott Barnett, Pete Veleski & Sharon Cleverly finishing the course in just over 2 hours.

First Ladies Team were from Frome RC with their team “Frome Warrior Queens” coming home in 2hr 7min.

This year also saw a few people take on the challenge as an individual runner. Ali Atkinson of AVR was the first Solo home in 2hr 35min. Well done also to Kathryn Kinsey & Tina Vivian for completing the course.

A big thank you to Richard Southgate for leading the organisation of this year’s run, and to all the people behind the scenes that help put this event together and make it a success year after year.



AVR CLUB CHAMPIONSHIP

JULY FIXTRUES

BATH TWO TUNNELS 10km Sunday July 9th
 HEDDINGTON 5k Tuesday July 11th

AUGUST FIXTRUES

THE BUSTARD 5m Wednesday 2nd August
 HEDDINGTON 5k Tuesday 8th August

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 were 2 fixture in the club championship in June – Heddington 5km and Broad Town 5m.

For the ladies, Leah Sartain maintained her lead in their championship with another PB performance over the 5 mile course of Broad Town. Leah has finished either 1st or 2nd AVR lady in all 4 league races so far this season. She has a comfortable lead over Carly Hodgson, who herself recorded her best league finish, coming home as 2nd AVR lady at Broad Town. Pippa Brewer was 3rd AVR lady, but has only run 3 races so only sits 6th in the league. Anna Spiers has had a fantastically consistent season & two 4th placed AVR finishes sees her in 3rd overall.

For the men, Gary MacAlister has a big lead over 2nd place Pete Veleski. Gary has finished 1st AVR in the last 2 league races. Pete Veleski & Ben Vincent are the only 2 other men to have run all 4 races so far this season, with Pete finishing as 3rd AVR male at Broad Town, behind Robin-Mark Schols. Rich Harding, Ian McKee & Daniel Piper have all run 3 races and only 2 points cover all 3 of them, so all are very much still in the battle once they drop their forfeit score of 39 points when they complete the 6 races required.

(3rd Placed Male – Ben Vincent at Broad Town 5)



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.

After 4 races in the 2017 Road Race Series the standings are:

<u>MEN:</u>				<u>LADIES:</u>			
1 st	Gary MacAlister	8 points	(4 Races)	1 st	Leah Sartain	6 points	(4 Races)
2 nd	Peter Veleski	19 points	(4 Races)	2 nd	Carly Hodgson	16 points	(4 Races)
3 rd	Ben Vincent	35 points	(4 Races)	3 rd	Anna Spiers	22 points	(4 Races)
4 th	Richard Harding	50 points	(3 Races)	4 th	Helen Davies	36 points	(4 Races)



JAVR News

Editors Notes: Two Wiltshire Road Race Fixtures this month—one of them being our very own JAVR 2K! Big thanks to Martin Pearce and Gary MacAlister for the photos!

Pete Slade

JAVR 2k – Saturday June 24th, Southwick Country Park – WJRL Race #6

The sixth JAVR 2K also incorporated the latest fixture in the Wiltshire Road Race League. So as expected we had a big field of runners - 73 in fact! Which I believe is a record attendance! Great work from all who helped on the day, as we were very much depleted in terms of our core team: As they were off gallivanting around the Cotswold Way! Good to see a big turnout from JAVR – 30 runners!

In terms of the race, it was frantic start as usual, with everyone trying to get a good position out of the first bend! JAVR had lots of runners in the top Ten and continued this right through until the finish.



Top Ten positions going to Niall Thorne (2nd), Tom Markey (4th), Jack Webb (6th), Callum Withers (8th) and Josh Thorne (9th). It turned out to be quite a male dominated race with 53 boys and 20 girls taking part. For our girls, Olivia Hails, Lola Harris, Edith Chitty, Jasmine Martin, Chloe Graham, Clara Harding, Lottie Jerram and Mildred Glover flew the flag for JAVR.



We are seeing more and more runners taking part in the event for the first time, which is really good to see! See page 3 for an update on the league standings.

Two more fixtures remain in the Wiltshire Road Race League – these are to be confirmed.

CHIPPENHAM FUN RUN – Sunday June 4th, Chippenham RFC – WJRL Race #5

The fifth fixture in the Wiltshire Road Race League took us to Chippenham Rugby Club, for the annual Fun Run which takes part before the main 5 mile senior race. Unfortunately I wasn't there to watch the race, which is a shame as its always a good event, with plenty of home made cakes available!

For Chippenham Harriers Youth, this was a must win event, as they stood 1 point behind us in the overall team league and on their home turf they would be hard to beat!



Team JAVR at the start of the Chippenham Fun Run

They fielded over 30 runners compared to 18 JAVR runners, so it was always going to be tough to come out on top. Despite this there were some excellent individual performances and some close finishes!

There was yet another top 10 finish for Callum Withers, as he came home as 5th Boy and 7th overall in a time of 5 mins 49 seconds. Dan Wood was among three runners who finished with an identical time - 6 mins 15 seconds, and good enough for 14th place overall. Leo Harris, Ben Hails and Dylan Neale had their usual battle with just 8 seconds separating the three of them - Leo was the overall victor on this occasion, finishing 17th overall in a time of 6 mins 21secs.



In the girls category, Lottie Brown and Olivia Hails both completed the course in under 7 minutes. With Danielle Ross, not far outside finishing in a time of 7 mins 12 secs.



Wiltshire Road Race League standings (After the Chippenham Harriers Fun Run)

After 5 races, (not including the JAVR 2K race in June), Avon Valley "A" and Chippenham Harriers "A" are level on points—97 each. As far as individual standings go, for the boys it's as follows:

Dylan Neale is third overall and currently first overall in the Boys Under 11 category, with a total of 433 points. Elliott Firkins is 4th overall and highest Under 13 boy on 430 points. Ben MacAlister is in 6th place with 397 points. All of these runners have taken part in all five races, along with James MacAlister—who has amassed 352 points thus far.

For the girls, Sophie Moore remains in the overall lead, with 493 points, clocking up two victories along the way. Danielle Ross in 2nd and Jasmine Martin 3rd, - giving AVR the top 3 places in the league! Lottie Brown is the highest placed U11 runner on 378 points, with Olivia Hails in 8th - just 4 points behind Lottie. Louise Wood is in 12th place overall with 328 points. Sophie, Danielle and Jasmine are the only girls in the whole of the league to have taken part in all 5 races!

Well done!

JAVR 2k League Standings

After June's fixture:

For the boys, Leo Harris leads the way with 84 points, which includes 4 PB's. Ben Hails is in 2nd place with 72 points and 2 PB's.

For the girls: Jasmine Martin remains on top with 85 points and a total of 5 PB's. Olivia Hails is just behind Jasmine in 2nd place, with a total points score of 82 points, clocking up 4 PB's so far.

Future Fixtures

AVR Track Championships - Bath Track - Wednesday 12th July

Frome 5k & 1k - Frome - Sunday 16th July

JAVR 2k & Dash - Southwick Country Park, Southwick - Saturday 29th July

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 (8:54.85)

5km

Heddington Rich Harding (17:56) Judy Schols (24:37)
Helen Davies (24:50)

5 Miles

Broad Town Leah Sartain (34:06)

10km

Great Chalfield Phillipa Brewer (45:47) Sonia Bundy (1:01:50)
Poole Clare Wood (44:23)

Half Marathon

Swansea Michelle Lang (2:06:00) David Hyde (2:08:08)

Southwick parkrun

Veryan Cranston x2	(21:33, 21:48)	Richard Harding	(18:14)
Dominic Beddis	(17:17)	Cerys Powell	(21:32)
Joshua Thorne	(21:26)	Max Dowler	(24:32)
Sharon Cleverly	(24:31)	Sonia Bundy	(29:31)
Ian Tunks	(29:12)	Katie Pilkington	(31:46)
Mandy Moore	(30:37)	James MacAlister	(40:04)
Katie Pocklington	(31:47)		

Other parkruns

Bath Skyline Jack Webb (19:26)
Chippenham Jennifer O'Connor (26:02)
Parke Paul Thorne (26:31)
Salisbury Robin-Mark Schols (19:40)
Shepton Mallet Holly Rush (18:39)



IRON GIRL 5K

Iron Girl is a 5k ladies only running race that was held at Wimbleball Ironman 70.3. It was the first time Iron Girl had been run in the UK. The Race is held along with Iron kids races on the day before the Triathlon. The course starts near the Ironman finish and is an out and back route that takes in the dam at the end of Wimbleball Lake then finishes down the Ironman finish line. 79 women took part in the race. AVR's Anna Spiers moved up to lead the race for some time but just got pipped at the end to finish a strong third.

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](#)

AVR TRACK CHAMPIONSHIPS 2017

AVR CLOSED EVENT

Here's how it will work:

Date: Wednesday 12th July 2017

Time: Registration from 6:45pm. Events starts 7pm.

Venue: Bath University Athletics Track – meet at the foyer.

It's school sports day again!

Come along and enjoy this fun member's only event for all age groups. Including two new events for this year!

Get to run around the world class track facility at Bath University alongside members of all ages.

This great fun event will take place at Bath Sports village outdoor athletics track on Wednesday 12th July 2017 from 7-9pm.

Meet in the foyer for event registration from 6:45pm

Events for all categories and all abilities - Men's, Ladies and juniors, 11+ and 7-10's:

