

Avon Valley News

September 2017

Issue #190



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FAREWELL FROM ME

Hello from me, on what is my final newsletter for AVR. After 2 years of writing the AVR newsletter, I have decided to step down and let someone else add their own twist to it. It's been really enjoyable to keep on top of all the happenings in the club and overseeing all the amazing achievements we have seen. From Ruth's fantastic win at Bath Half, to Gwent League Promotion, couch to 5km success and the massive development of AVT & JAVR over this time, and to AVR winning numerous awards for the great work that we do. But now, Sarah Barker is taking on the editing role, and wish her all the success in the world. Learn more about Sahar here:

MEET SARAH BARKER – YOUR NEW EDITOR

Just a quick hello from me before I take over the reins from Gary next month. I have been a member of AVR for two years running up half marathon distance and taking part in multi-sport events through AVT. I can't wait to put together your race reports and celebrate your PBs in the newsletter, so if you would like me to include any articles from October onwards, please send them to sarahbarker87@live.co.uk. See you all at a race soon!

Sarah



HALF MARATHON DE SABLES

Congratulation to AVR distance runner Anna-Marie Watson, who finished as first lady in September at the Half Marathon De Sables on the island of Fuerteventura, off the coast of Morocco. The race is a 3 day stage race, over 4 days and covering almost 110km.



MELKSHAM 10km

The ever popular Melksham 10km took place on 17th September, and saw 20 AVR runners take to the start line. The 2 lap course around the roads & streets of Melksham is a viable chance for PB's and Holly Newman, Michael Guy & Nicola Applegate all took advantage of the conditions and did exactly that.

At the front of the race, Simon Nott of Calne RC ran the fastest 10km time recorded in the county this year to win the race. Mike Towler was 2nd in 32@48. Other noticeable results were for Simon Morgan as 3rd MV40, Bethan Francis 3rd Female, Anita Mellowdew 1st V40, Leslie Unsworth 2nd MV60 (Pictured), Tina Towler 3rd FV50, Linda Unsworth 1st FV60.



WILTSHIRE ROAD RACE LEAGUE – CHAMPAGNE AT THE READY!!!

The Great news is that after 8 out of 10 races in the Wiltshire Road Race League, AVR have secured enough points to regain the title from Chippenham Harriers!!! There are still 2 races left to go though, so before we can sit back & relax, it would be great to get runners into these last 2 races and support the individual runners that are still looking the individual titles. Grittleton 10km & Clock Change Challenge entries are still available, so please come along and run.

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

CHIPPENHAM HALF MARATHON

One of the largest half marathons in the county is Chippenham, and this year saw well over 1100 runners take to the streets & lanes to run in this year's race. This was also the 8th race in the Wiltshire & AVR Road Race Leagues. With all important league points up for grabs, and the chance to run a great local half marathon, AVR turned up in numbers to compete. 47 Lemons completed the course, with Richard Harding leading home in a new PB of 1:22:14. Gary MacAlister was 2nd & Geoff Goodway 3rd AVR's. In the ladies race, Leah Sartain was first AVR home in 1:35:22. Pippa Brewer 2nd & Anna Spiers 3rd.

Rosemary Barber (pictured) was the winners of the V65 female prize. There were PB's for Helen Davies (1:50:55), Sharon Cleverley (1:51:54) and Sonia Bundy 2:18:49.

GREAT NORTH RUN

AVR had 3 runners make the long trip up north to take in the Great North Run. The 13.1 mile half marathon course from Newcastle to the beachfront at South Shields. It is one of those races that every runner needs to try once (I've completed it 3 times), and it was great to have the AVR colours represented this year. Michael Guy was 1st AVR home in 2:06:32. Gavin Park ran 2:13:22 & Nicky Wade ran in 2:37:18.

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).



YEOVILTON 5K

AVR sent a minibus & a few cars down to the Fleet Air Museum in Yeovilton for the final race in their 5km race series. With the minimum race age being 11 years old it was a great chance for the junior AVR members to run with the grown up and to try for a good time. It was a perfect evening with a light breeze, a flat course and with the sun just starting to set, the evening was cool and conducive to fast times. AVR runners took full advantage of this with a whole heap of good times. Rich Ayling was 5th overall, but one of the runs of the evening came from young Niall Thorne (pictured), who took well over 40 seconds off his PB to record 17:02.



Other great results came from Orli Cranston who was 2nd Junior Female in 19:30, followed closely by Freya Buglass as 3rd Junior Female in 19:33. Fiona Price was 3rd V45, Holly Newman 3rd Senior Female, Sue Jeddi 1st FV55, Rosemary Barber 1st FV65 & Steve Luscombe 2nd MV60.

In the supporting junior mile race Dylan Neale (Pictured) came 2nd & Lottie Brown 3rd to both take a trophy home, with Ben MacAlister finishing 5th.

BRISTOL HALF MARATHON

The Simplyhealth Bristol Half Marathon is always a popular event with AVR runners, as it is one of the largest half marathons in the area. The high quality field and great support are appreciated by all of the runners. 10 AVR runners finished the race, with 1st AVR home being Chris Roxburgh in 1:17:30. Despite struggling in the later part of the race, his time was still good enough for 47th place, in a race where the winner completed the course in 68min. Ali Atkinson got a course PB of 1:43:39, and David Hyde a new PB of 2:07:42.

AVR's very own "Shoeperman" Martin Pearce was running for South West Children's Hospice in his now famous shoe. How famous is the shoe.... Well it is in the London Marathon Acceptance/rejection magazines that have been dropping on people doorsteps this week!

Congratulations to everyone that ran, Chris Roxburgh, Alan Tate, Ali Atkinson, Laura Hoskins, Andrew Sharratt, Jennifer O'Connor, David Hyde, Jo Finch, Martin Pearce, Sarah Nunn.



OFF-ROAD RUNNING

Off-Road Race Secretary: Anthony Hickson

Wiltshire Off-Road Race League

FIXTURES

The 2017/18 Wiltshire Off-Road Race League Fixtures have now been released:

1. Marshfield Mudlark Sunday 8th October (Marshfield)
2. Wickstead Wander Sunday 5th November (Highworth)
3. Roundway Revenge Saturday 18th November (Devizes)
4. Tri-Counties XC Championships Sunday 10th December (Bath Uni)
5. Slaughterford 9 Saturday 28th January 2018 (Rudloe)
6. The Terminator TBC (Pewsey)

FINAL 5x5x5 RACE

The final 5x5x5 race took place on the 14th September, bringing a nice climax to the 5 race series. 25 runners turned up for the final race, and for many it was their last opportunity to earn the coveted AVR 3D medal for completing 4 out of 5 of the series races. Chairman Warren Wade had been out on the course a couple of days previously to trim back some of the overgrown paths that had made the previous months race so challenging, although a fallen tree about 1km into the race needed to be navigated around by the runners.

The race has raised a significant amount of money for the AVR track fund & the hard work that many of the AVR committee have put into organising this race has been very much appreciated by all the runners that have taken part, especially Anthony Hickson, Louise Fearon, Bob Washbourne & many more.

The final race was won by Ed Knusden in a time of 18:56. Gary MacAlister was 2nd & Simon Taylor 3rd. For the ladies, Leah Sartain was 1st home in 24:59, followed by Holly Newman & Gemma Lawton. After the race, a happy band of runners received their medal & have gone home happy knowing that they have supported a local race, got some nice county air & helped raise funds for the AVR track.

MELLS SCENIC 7

The third fixture in the AVR Off-Road league was the Mells Scenic 7. With 26 AVR runners taking to the start line, there was a really nice team feeling at the start line. Many of the runners were all looking to get those vital few club league points as well. As the name suggests, the course is 7 miles and takes in some lovely scenery around the hills of Frome & surrounding areas.

First AVR Home, and 1st overall was Ed Knusden in 44:16. Joby Hobbs was 5th, and 2nd senior man. Stuart Arguile was 2nd MV60, and Gemma Lawton 2nd Senior Female. David Bagshaw also got a CPB on the course.

All the participants enjoyed the runner friendly conditions, and some, like Sonia Bundy pictured right, even gave their new AVR Wacky Socks a debut.

The next AVR Off-Road League Race is the Marshfield Mudlark on the 8th October 2017. Please support Anthony Hickson in his effort to get more runners representing AVR in the off-road races this season.





AVR CLUB CHAMPIONSHIP

OCTOBER FIXTURES

GRITTLETON 10km – Sunday 15th October
CLOCK CHANGE CHALLENGE – Sunday 29th October

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 1 fixture in the club championship in September – The Chippenham Half Marathon.

Carly Hodgson remains top of the AVR road race league after Chippenham. Although the distance is not her favorite, she managed to score enough points to remain ahead of Anna Spiers, Leah Sartain & Pippa Brewer who are all breathing down her neck, making for a very exciting and tight finish to this years' ladies championship. At Chippenham, Leah was 1st AVR home, with Pippa 2nd & Anna 3rd.

For the men, Gary MacAlister remains in the lead with a 45 point cushion over 2nd place Rich Harding, but Rich does still have 1 race to make up & that lead will quickly evaporate once he has lost his forfeit score of 44 points. Rich Harding had a fantastic run at Chippenham where he set a new PB, but the fact that he beat Gary by 4 minutes made little difference to the league points as there were no other AVR runners between the two, meaning Rich was only able to gain 1 point. Ben Vincent currently sits 3rd having completed all 8 races so far this season, and with the unfortunate injury to Daniel Piper, it means that Ian McKee is best placed to put in a late charge to beat him.

After 8 races in the 2017 Road Race Series the standings are:

MEN:

1 st	Gary MacAlister	26 points	(8 Races)
2 nd	Richard Harding	71 points	(7 Races)
3 rd	Ben Vincent	95 points	(8 Races)
4 th	Ian McKee	123 points	(6 Races)

LADIES:

1 st	Carly Hodgson	34 points	(8 Races)
2 nd	Anna Spiers	45 points	(8 Races)
3 rd	Leah Sartain	59 points	(7 Races)
4 th	Phillipa Brewer	70 points	(7 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.



JAVR News

Editors Notes: This month's edition solely focuses on the JAVR Cross County event, which was race 7 out of 8 in the Junior Wiltshire Race League 2017. Many thanks to Martin Pearce for the photos

Pete Slade

JAVR - Race #7 Wiltshire Race League. Sat 16th Sept – Southwick Country Park

Saturday 16th September 2017 saw the inaugural running of the Junior Avon Valley Runners Cross Country event, which was the 7th fixture in the Wiltshire Road Race League.

The race was an off-road, Cross Country-style race measuring just over 2KM in length. The 2 separate loop course took in some straight flat sections, followed by technical sections through wooded areas—all within the confines of the wonderful Southwick Country Park.

Lots of hard work and planning from the JAVR Committee resulted in the first running of this event which brought something a bit different to the Wiltshire Race League. Runners completing the event would get to enjoy a wonderful Goody bag and there were Trophies for age Category winners from U11's to U17's.

Although the JAVR team are well drilled in delivering the monthly JAVR 2K run at the end of each month, this Cross Country event offered much more of a challenge in delivering a safe and fun race. Therefore this meant an earlier start than usual for the Core team and much needed volunteers — Marking out the course, putting up the inflatable finish line, organising the 14 Marshalls, setting up the registration area and last but not least—



carrying all the equipment from the car park to the course— This included a very heavy Petrol Generator!

Once everything was set-up, it just left the Race Director, Ian Isaacs to set the runners on their way. 61 runners set off, (just over half of the runners being JAVR!). The field spread out quite quickly around the 1st loop of the course, but the yellow vests of JAVR stood out all through the field—There were lots of Chippenham Harriers too, really giving us a run for our money in not only this race but also in the overall road race league.

JAVR - Race #7 Wiltshire Race League. Sat 16th Sept – Southwick Country Park

In terms of the overall race result: Niall Thorne ended up the overall winner of the event, finishing the course in 7 mins 48 secs: a really close finish that went all the way to the line! The next highest JAVR finisher being Tom Markey—5th overall in a time of 8 mins 14 secs. Sophie Moore finished 9th overall and held off some tough competition from Chippenham and Highworth runners, to come home as first girl finisher—in a time of 8 mins 43 secs.



Left: Runners at the start.
Middle: Niall Thorne
Right: Sophie Moore & Freya Buglass



Although to be confirmed, we believe we just managed to take the overall team points in this race, ahead of Chippenham. This would now set-up a title decider in the last race — at Stonar!

Well done to all the runners who took part—I think most of them enjoyed it! A big thanks to all the Committee, parents and various members of AVR who helped support the event and make it a success - back for 2018? I think so!

Bottom: All the Runners smiling for the after race photo!

Right: Category Winners Lottie Brown and Tom Markey. Overall Winners Niall Thorne and Sophie Moore



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

WALL OF FAME

5km

<u>Yeovilton</u>	Niall Thorne	(17:07)	Holly Newman	(21:44)
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5 Miles

None

10km

<u>Melksham</u>	Holly Newman	(45:59)	Michael Guy	(51:39)
	Nicola Applegate	(1:02:20)		

10 Mile

None

Half Marathon

<u>Bristol</u>	David Hyde	(2:07:42)		
<u>Chippenham</u>	Richard Harding	(1:22:14)	Helen Davies	(1:50:55)
	Sharon Cleverly	(1:51:54)	Sonia Bundy	(2:18:49)

Marathon

None

Southwick parkrun

Gavin Edwards x2	(20:41, 20:46)	Katie Pocklington x2	(30:22, 31:12)
Daniel Miles	(17:26)	Richard Harding	(18:06)
Katie Miles	(20:43)	Sue Jeddi	(22:46)
Elliott Firkin	(23:26)	Jennifer O'Connor	(24:16)
Freddie Pickford	(24:33)	Helen Davies	(24:33)
Tina Towler	(25:07)	Joshua Davis	(25:30)
David Hyde	(26:43)		
Vicky Ody	(30:56)		

Other parkruns

<u>Beeston</u>	Peter Bryant	(17:11)		
<u>Bath Skyline</u>	Sophie Moore	(21:37)	Neil Payne	(23:13)
<u>Shepton Mallet</u>	Andrew Sharratt	(23:16)	Judy Schols	(25:49)
<u>St Albans</u>	Alan Tate	(21:09)		
<u>Swindon</u>	Katie Miles	(20:29)		

AVON VALLEY TRIATHLETES



AVT LEAGUE

For the AVT league target events we have still got several events remaining.

We will be targeting key local events for the AVT League in 2017. Points will be taken from your best result from the following options:

- 1 x sprint/enduro Triathlon
- 1 x TT
- 1 x Duathlon
- 1 x Aquathlon

Please add all multisport events to the spreadsheet as this also counts to the 'How Hard Did You Tri' competition.

- Any of the Calne Aquathlon 2017 series - No further dates released as yet
- Burnham-on-sea Aquathlon - October 8th Distance event
- AVT Planned TT closed Event Dates and details to be released
- Any DB Max Chilly or Summer Duathlon (2-10-2) – 6th Sept, 19th Nov
- Cirencester off road Duathlon (2-10-2) - 12th November

MARSHALS NEEDED

We are still in need of marshals for our two big races in November. The AVR Wiltshire Half Marathon & Over The Hills.

Please let us know if you can marshal for either of these events – your club needs you!!!

PLEASE CONTACT:

Over the Hills (5th November) – James Crawford - springcottage148@icloud.com

AVR Half Marathon (26th November) – Simon Reeves - treasurer@avonvalleyrunners.org.uk