

Avon Valley News

October 2017

Issue #191



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Hello,

Welcome to my first AVR newsletter. I'd firstly like to thank Gary for doing such a fantastic job of compiling the newsletter over the last couple of years, I only hope I can do it as well as you did!

It's been a very busy month with some incredible achievements from all abilities. There has also been a flurry of activity over at TRFC with the building of the new all-weather running track, due to be officially opened in November.

Remember, if there is anything you want included in the newsletter, please email it to sarahbarker87@live.co.uk.

So, sit back, relax and enjoy this rather long installment of the AVR newsletter. Happy running!

England Athletics Regional Awards



Ian Isaacs and Warren Wade picked up the award on behalf of the club.

Club of the Year: Avon Valley Runners

(Article taken from: <https://www.englandathletics.org/england-athletics-news/south-west-volunteer-awards>)

AVR provides a supportive club for all abilities. It offers groups on four days, led by experienced runners, ranging in pace and distance. With a core of dedicated volunteers, up to 500 athletes can attend led group runs, coached interval sessions and local events, and are currently leading the Wiltshire Athletics 2017 Road League. It also offers regular beginners courses for new runners to be able to tackle a parkrun or 5km event for the first time. It also offers a course that turns 5k into a 10k.

It has a thriving junior section of over 70 athletes who are led by a strong coaching team. Due to this, juniors can train twice a week. This dedication has seen JAVR win the Wiltshire junior race league for the past three years.

By the end of 2017, AVR will have completed its latest major project in conjunction with the local rugby club in providing a dedicated all weather all year running track to enable them to have a safe secure area to provide additional sessions for all its members as well as the community at large. This has been a large undertaking for a purely volunteer led club and entailed them raising close to £30,000 to fund the project which was realised through numerous fundraising events as well as successful applications for community grants and the generosity of the local community and businesses.

Running Track

Over the last few months, AVR members have been raising money for the new all-weather running track at the TRFC and this month saw the work begin on this fantastic new facility. The track will be officially opened on Sunday 19th November by Danny Talbot - a local athlete who recently won gold for the 4x100 relay at the 2017 World Championships.

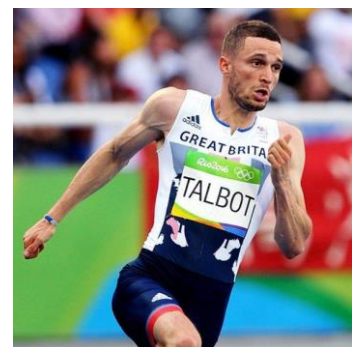


Details from the Facebook event:

The new training track is an all-weather facility built in partnership between Avon Valley Runners (AVR) and TRFC. The 400m track circumnavigates the floodlit rugby pitch at TRFC's Doric park site. It is a great benefit to both clubs and the community. It provides an all-year round, safe, secure training facility for all ages and abilities, as well as an easily accessible area for spectating. The track will augment the excellent facilities at Doric Park allowing existing members to diversify their training and help to recruit new members.

Danny Talbot will be there to open the track officially. This is Danny's first public appearance in his home town of Trowbridge since winning his gold medal in August at the London 2017 World Championships. Danny will be clad in his TeamGB kit and available for photos on the day.

Danny will cut the ribbon for the track at 2pm then we have a series of short events to follow where Danny will be guest starter. A select team of AVR and TRFC athletes will attempt to beat Mo Farah's British 5000 metre record using 9 athletes in a relay to complete 50 x 100m legs. A select ladies team from AVR will then attempt to beat Paula Radcliffe's British Record in a similar relay event.



At 2.30pm we will invite teams (of four) from AVR, TRFC and members of the public to emulate Danny's 4 x 100 metre success by taking part in time trials (one team at a time) of 4 x 100m and winners will walk home with prizes, best all male, best all female and best mixed (2 male. 2 female).

In summary:-

Date: Sunday 19th November.

Time: 2pm.

Venue: Trowbridge Rugby FC, Doric Park, Hilperton, Trowbridge BA14 6JB

Challenges on the track on the day:-

1. To break the British record (Relay style) for 5000 metres for men - Mo Farah's record is 12mins 53secs *
 2. To break the British record (Relay style) for 5000 metres for women - Paula Radcliffe's record is 14mins 29secs *
 3. Groups of four are invited (open to public) to attempt 4 x 100 metre time trials, prizes for the winning Male, female and mixed (2 men & 2 women) teams.
- *2 Teams including junior, senior and veteran athletes (9 male and 9 female) have been specially selected to attempt this and will be coached prior by Danny Talbot.

AVR SOCKS (Laura Gregson)

We have over 50 members who ordered AVR socks on the first order and have been seen wearing them at various races and say how comfortable they are and how much they like them. We can put in another order as soon as we have 25 of one size. The sizes are:

Small Junior 12-2 £7
Medium Adult 2-6 £7
Large Adult 7-11 £8.50
X Large Adult 11-14 £8.50

If you would like a pair then send me a message to lauragregson20@gmail.com and I'll add you to the list. When we have 25 of a size then I will order them. The committee very kindly agreed to pay for the order up front and you pay me when you collect your socks.



ROAD RUNNING

Road Race Secretary: Gary MacAlister

This year the AVR championship was separated into road and off road again. The races for the road race championship mirrored the Wiltshire Road Race League which has encouraged more people to become involved in both championships this year.

All fixtures are now complete!

- ~~1. Highworth 5 Sunday 19th March~~
- ~~2. Devizes Half Marathon Sunday 9th April **~~
- ~~3. Trowbridge 5km Sunday 7th May~~
- ~~4. Heddington 5k Series~~
- ~~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~~

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 and+ 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).

Wiltshire League standings after 9/10 races (tables are not yet up to date online.) Congratulations to Gary MacAlister of AVR who has topped the table for the mens' league!

Female Individual Top 20				
Pos.	Name	Club	Cat.	Pts.
1	Katherine UPHILL	Frome Running Club	s	798
2	Philippa Brewer	Avon Valley Runners	s	748
3	Carly Hodgson	Avon Valley Runners	s	723
4	Anna Spiers	Avon Valley Runners	v	701
5	Leah SARTAIN	Avon Valley Runners	s	686
6	Debbie Jones	Chippenham Harriers	F35	677
7	Julia Maddocks	Chippenham Harriers	v	649
8	HELEN DAVIES	Avon Valley Runners	sv	604
9	Rohaise Des Voeux	Chippenham Harriers	sv	591
10	Juliette Hatt	Chippenham Harriers	v	588
11	Emma HINES	Chippenham Harriers	v	577
12	Sarah BARKER	Avon Valley Runners	s	505
13	Ellen Lovatt	Royal Wootton Bassett Hounds	v	491
14	Helen GIBBS	Calne Running Club	sv	465
15	JENNIFER COLLEY	CALNE SMARTT	SEN	427
16	Sharon Cleverley	Avon Valley Runners	s	367
17	Laura Gregson	Avon Valley Runners	v	361
18	Sarah Alvis	Chippenham Harriers	F35	351
19	Sharon Mann	Calne SMaRTT	sv	341
20	Rosemary Barber	AVON VALLEY RUNNERS	V60	316

Male Individual Top 20				
Pos.	Name	Club	Cat.	Pts.
1	Gary Macalister	Avon Valley Runners	s	728
2	Tim Purvey	Royal Wootton Bassett Hounds	s	718
3	RICH HARDING	Avon Valley Runners	v	717
4	Peter Blake	Chippenham Harriers	v	711
5	Giles Archer	Chippenham Harriers	v	602
6	Jamie Moss	Calne SMaRTT	s	599
7	Kevin Cole	Calne SMaRTT	v	540
8	Alwyn Royall	Chippenham Harriers	sv	509
9	Ben Vincent	Avon Valley Runners	s	481
9	Simon Byrne	Swindon Harriers	s	481
11	Ian McKee	Avon Valley Runners	MS	471
12	Andrew Duncan	Chippenham Harriers	s	469
13	Daniel Piper	Avon Valley Runners	s	431
14	Peter Veleski	Avon Valley Runners	s	424
15	Andrew Jefferies	Avon Valley Runners	M50	405
16	Richard SMITH	Chippenham Harriers	v	403
17	Neil Perry	Chippenham Harriers	MS	391
18	William Trew	CHIPPENHAM HARRIERS	SEN	384
19	Stuart Welch	Calne SMaRTT	s	382
20	Tom ALLEN	Chippenham harriers	M (20-39)	351

OFF ROAD RUNNING

Off Road secretary: Anthony Hickson

Like the Road race league, the off road championship for AVR also mirrors the Wiltshire league with the exception of the Mells Scenic 7 which replaces the Wickstead Wander as this is on the same day as our own event, 'Over the Hills'. The Wickstead Wander is part of the Wiltshire League.

1. ~~Lunbuster 8 - Royal Wootton Bassett - Sunday, 5th February~~
2. ~~SMaRTT Smasher - Calne - Sunday, 19th February~~
3. ~~Mells Scenic 7 - Mells - Sunday, 24th September~~
4. ~~The Marshfield Mudlark - Marshfield - Sunday, 8th October~~
5. The Roundway Revenge - Devizes - Saturday, 18th November
6. Tri-Counties XC Championships - Bath University - Sunday, 10th Dec

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.

AVR

CLUB CHAMPIONSHIP

CLUB CHAMPIONSHIP 2017

There are 2 leagues in 2017; a Road Race League and Off-Road league. Both of these will mirror the races in the Wiltshire Leagues.

To qualify in either championship, you must have raced in at least 8 out of 10 road race events and 5 out of 6 off road events. The first AVR male and female runner over the line is awarded 1 point, the second gets 2, third gets 3 etc, so the aim is to collect the least amount of points over the races.

CONGRATULATIONS!

The road race championship ended with the Clock Change Challenge on the 29th October. Congratulations to Gary MacAlister and Phillipa Brewer for topping the leaderboards and winning the AVR 2017 road race championship! Their trophies will be awarded at the Awards Evening in the New Year. *FULL CHAMPIONSHIP REVIEW COMING IN NEXT MONTH'S NEWSLETTER!*

ROAD RACE LEADERBOARD (completed)

MEN:

1 st	Gary MacAlister	17 points	(10 Races)
2 nd	Rich Harding	23 points	(9 Races)
3 rd	Ben Vincent	76 points	(10 Races)
4 th	Ian McKee	84 points	(7 Races)

LADIES:

1 st	Phillipa Brewer	19 points	(9 Races)
2 nd	Carly Hodgson	27 points	(10 Races)
3 rd	Anna Spiers	33 points	(10 Races)
4 th	Leah Sartain	59 points	(7 Races)

OFF ROAD RACE LEADERBOARD (ongoing)

MEN:

1 st	Daniel Piper	30 points	(2 Races)
2 nd	Ed Knudsen	30 points	(2 Races)
3 rd	Anthony Hickson	31 points	(3 Races)
4 th	Alan Tate	38 points	(2 Races)

LADIES:

1 st	Jo Farion	7 points	(4 Races)
2 nd	Justine MacAlister	28 points	(4 Races)
3 rd	Adele Cooper	37 points	(3 Races)
4 th	Gemma Lawton	46 points	(2 Races)



PENRITH ROTARY CLUB TRIAL 10K – 8TH OCTOBER 2017 – LOWTHER CASTLE by Ali Atkinson

I always try to support the local races in my area and none more so than the Westbury Lions 10k, unfortunately this year I was away in Cumbria and couldn't attend the race, so what to do? I know, find a Charity Race on the same day doable from to my holiday cottage in Troutbeck.....

After scouring the internet I found 'The Penrith Rotary Trail 10k'.

The challenging 10K course took us from the castle towards Lowther New Town, then through the Deer Park towards Whale, before turning alongside the river, then up through the woods, before the very demanding finishing straight, up through the avenue of trees on soft ground towards the castle. This was one of the most spectacular finishing destinations of any run I have done, with the Gothic style castle looming ahead but still, elusively far away for tired legs.

A thoroughly enjoyable and very well organised race which was well supported by local running clubs alongside local social runners.

The parking was free and after the race there was the opportunity to have a stroll around the Castle and Gardens (for a fee) or just enjoy a Coffee and cake in the courtyard café.

Although challenging, I would recommend this race to anyone visiting the area at this time. You will be guaranteed a warm welcome from the Rotarians of Penrith.....



GRITTLETON 10K



A total of 42 AVR runners took part in this scenic 10k race organised by Cadence Events on the 15th October, which was also the County Championship Race. Congratulations to Andy Stanley who scooped the first MV50 prize, to Rosemary Barber for the first MV65 category and Anthony Hickson for first MV80 in a time of 1:29:27.

WHITE HORSE GALLOP

This challenging trail race from Stampede Sports, took place on Sunday 22nd October with the added challenge of battling storm Brian at the highest points! It was also a lot muddier in parts than in the past so, a huge congratulations to the 13 AVR runners who braved the elements and THAT hill. Well done to Tina Vivian who was awarded first MV60 prize and to Kate Hails, Jo Farion and Sarah Jewers who helped AVR scoop the female team prize.



GREAT SOUTH RUN by Michele Platten



This race was my son's first ever event, and he had been training on and on with 'mother' (as he calls me in a strop - he is 34 years old by the way!) So in the last few months of training, and with me trying to train in the Cape Verde heat of 27°C at 6.30am (sunbathing and running at the same time) we had got miles in.

However as we know, storm Brian wanted to stop proceedings with winds and more winds. We were lucky that it had died down a bit on Sunday (I was not secretly hoping it was cancelled...honest!) So off we set, with banana in hand, charity vests on and ready to raise donations for our chosen charity: Alzheimers.

Off we went hitting winds, trying to find anyone dressed in costume (shoe man avoided us) to keep the wind off. It was a lovely race that was well spectated, with jelly babies coming out of our ears, having a little boogie to music that was along the road, and weaving in and out of other runners (oh I was feeling elite!) Then mile 8 hit me. Wind and even more wind with my energy levels out of the window along with the PB. So whilst being encouraged by other runners and knowing that 2 miles made a difference from £0 to actually raising £300. Woop woop! We did it and raised £300 pounds, which is being matched by a generous employer of my son's.

So moral of story, you got to try this one, enjoy it, have fun, eat jelly babies and high five every child on the way (p.s. I think that put ten minutes on our time!)

GET TO KNOW YOUR CLUB MEMBERS

Not everyone can make it to regular club runs, so the only time some of you spot another AVR member is when you see the familiar club kit at a race. In this new section of the newsletter, you will meet a member of the club each month who would like to share more about themselves with you.

Name: Elizabeth (Lil) Morris

Age category: Veteran

5k PB: 26:25

10k PB: 56:30

Half marathon PB: 2:20:37

Marathon PB: Not yet but one day.

Favourite race: The Great South run, ran it for the first time this year (pictured) & loved it. Fantastic (flat) course, crowd support all the way around as well as a good quality finishers t-shirt, goody bag & medal.

Favourite medal: My Richmond Runfest HM medal, it also doubles as a bottle opener!

Most proud running moment: Completing the Bath Half Marathon. As my first HM I had three aims, to run the entire race, to not get injured and to enjoy it.

Most embarrassing running moment: I wouldn't say it was embarrassing but have been told off a few times for chatting when running!

Best piece of running advice: To increase distance gradually. I made this mistake in the Summer (hadn't ran much due to a new job, then over trained) as got injured and had to drop out of the Swansea HM. I was so disappointed.

Anything else?: I have aspirations to do a triathlon one day & currently have swimming lessons once a week to work on my front-crawl, I also have a new-found love of OCR and will be joining Holly Newman next year at Tough Mudder.



If you want to be recognised on the wall of fame, then make sure you send your results, position, time plus a link to your race results to results@avonvalleyrunners.org.uk or results4toni@yahoo.com.

WALL OF FAME

10km

<u>Westbury Lions</u>	Alexis Harris (CPB)	(01:07:40)
<u>Grittleton</u>	Rich Harding	(00:37:21)
	Gary MacAlister	(00:37:42)
	Helen Davies	(00:49:52)
	Michael Guy (CPB)	(00:52:52)
	Liz Bundy	(01:05:03)
	David Hyde	(00:54:27)
<u>Clock Change</u>	David Bagshaw	(00:45:57)
	Helen Davies (CPB)	(00:49:56)
	Jo Farion (CPB)	(00:49:17)

10 mile

<u>Great South Run</u>	Michelle Gibbs	(01:34:12)
	Michael Guy	(01:27:12)
	Richard Wood	(01:14:45)
	Clare Wood	(01:14:16)
	Ray Pemberton	(01:10:54)
	David Hyde	(01:31:21)

Half Marathon

<u>Cricklade</u>	Gary MacAlister	(01:26:05)
	David Bagshaw	(01:48:00)
<u>Cardiff</u>	Clare Wood	(01:37:49)
<u>Great West Run</u>	David Warren	(01:22:07)

Full Marathon

<u>Great Run Birmingham</u>	Andy Marchant	(03:33:36)
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Southwick parkrun

Gary MacAlister (CPB)	(18:46)	Michael Hilton (CPB)	(28:45)
Vicky Ody (CPB)	(29:52)	Charlotte Cook (CPB)	(28:06)
Mike Sargeant (CPB)	(19:28)	Judy Schols (CPB)	(25:14)
David Bagshaw (CPB)	(22:15)	Gary Day (CPB)	(22:25)
Candy Durbin (CPB)	(29:57)	Caroline Watson (CPB)	(22:20)
Marie Worley (CPB)	(32:22)	Holly Newman (CPB)	(24:28)
Dawn Ellams (CPB)	(40:20)	Phil Vale (CPB)	(20:41)
Mark Watters (CPB)	(38:14)	Bethan Francis (CPB)	(19:53)
Niall Thorne (CPB)	(17:45)		

Other parkruns

<u>Bideford</u>	Ruth Barnes (CPB)	(00:17:15)
<u>Bushy</u>	Sue Jeddi (CPB)	(00:22:35)

AVON VALLEY TRIATHLETES



IRONMAN WORLD

CHAMPIONSHIPS –KONA by Diane Hier

The Ironman World Championships is held along the beautiful Kona-Kohala coast Hawaii and is the pinnacle of any Triathletes dream, especially mine! My training had gone especially well and I knew I was in good shape to race the distance, but the conditions from the heat, humidity and wind could make my race go so terribly wrong.

Race day arrived and I excitedly joined the queue of nervous athletes to be weighed and body marked. (If you need medical assistance your weight could be an indication of dehydration/hyponatremia). I was tattooed as 559 and off to transition. While waiting to use the track pump I loaded my bike with the necessities and then walked the transition area one more time.



The cannon fired for the Pro men's start! The atmosphere was electric! Pro ladies were next and then age group men. The cannon fired for the fourth time and I was off. Time to put all my hard work in to practice and trust in my hours of training. The start was crazy and I had to swim hard to keep with the pace but eventually it became less congested and I could relax a little and enjoy the swim.

1st discipline = 1.07.56....

The bike rolled effortlessly along the smooth tarmac roads of The Queen Ka' Ahumanu Highway. I knew this would be short lived as the winds would be brutal and unforgiving as we travelled North along the miles of Lava fields to Hawi. The wind and heat did not disappoint and I had to work hard to hold the bike with the forceful gusts. It was a great feeling reaching Hawi and the turnaround point. I had kept on top of nutrition and fluids and apart from my heart rate high I felt good.

The return journey was a little easier, but still the winds blew hard and the heat penetrated my body. I felt relief climbing off my bike. I had no mechanicals, executed my nutrition plan and achieved a good bike split.

2nd discipline = 112 miles ..6.39.37

As soon as I started running I could feel the intense heat. Wow it was hot!! I grabbed ice and cold water from the aid stations which felt so good but didn't last long. The crowds and support along Ali'i Drive was fantastic and I'm sure it made each athlete feel very special. There were less spectators along The Queen Ka' Ahumanu Highway to The Energy Lab and this is where I found the race to be really tough!

3rd discipline = 26.2....4.08.38

I crossed the finish line in 12.05.11 as 11th female cat 55/59
This has been an amazing journey and I have enjoyed the training and the exciting build up to this very special event. Thank you to everyone that has sent messages and taken an interest, it has meant so much to me!

There are two people, who without them, this wouldn't have been possible.

A huge thanks to Paul Ryman for his endless help in making my dream come true! A great coach! And Ian...love you very much!! Xx

Kona 2017... everything and more!!



AVT LEAGUE

Last 3 events to count towards the league:

- 12.11.17 - Cirencester Off Road Duathlon 2 miles/10 miles/2 miles
<http://www.triferris.com/tomac/index.html>
- 19.11.17 - DBMax Chilly Duathlon 2 miles/10 miles/2 miles
<https://www.dbmax.co.uk/events/proto-col-chilly-duathlon-november/>
- Date TBC - End of season winter Time Trial

PLEASE REMEMBER TO ADD YOUR OWN RESULTS TO THE DOCUMENT PINNED TO THE TOP OF THE AVT FACEBOOK PAGE. ALL RESULTS MUST BE IN BY 31.12.17 - YOU'VE GOT TO BE IN IT TO WIN IT!



JAVR News

Editors Notes: This months update focuses on the eighth and final fixture in this years Wiltshire Junior Road Race League

Pete Slade

Wiltshire Road Race League—Race 8 (Stonar Stampede 2K)

The final race in this years Wiltshire Junior road race league brought us to Stonar School—for the 2KM run. There was lots of titles to be decided—Overall category winners and of course the overall league title which JAVR have won for the past 3 years.

The fixture clashed with the first Gwent Cross Country fixture, so we had less runners taking part than normal, but nevertheless we still had 16 JAVR take part out of a total field of 44.



In the U11's category, Ben MacAlister was the highest finisher, running the course in 8 minutes and 59 seconds, and coming home 23rd overall. Not far behind Ben was Dylan Neale in a time of 9 minutes and 5 seconds. In the same age category, Lottie Brown was our highest girl finisher, in a time of 8 minutes and 15 seconds—enough to give her 12th place overall and win the U11 girls category. Olivia Hails and Lola Harris finished close together in 9 minutes and 2 seconds and 9 minutes 4 seconds respectively.

Above: A sea of yellow vests at the start.

Bottom Right Ben MacAlister and Freddie Pickford

In the Under 13's category, we had 5 boys running for JAVR and just the one girl—Jasmine Martin, who came home in a time of 9 mins 12 seconds. For the boys, Elliot Firkins led the way in a time of 8 minutes flat, with Ben Hails not far behind in a time of 8 minutes 19 seconds



In the U15's Category, we had Katie Pocklington and Leo Harris—Katie came 34th overall in a time of 10 minutes and 26 seconds, whilst Leo finished 8th overall in a time of 7 minutes 56 seconds

Pictured Right: Jasmine Martin, Lola Harris and Katie Pocklington

Below left: Ben Hails

Below Right: Leo Harris



Jordan Bygrave was the sole JAVR runner in the U17's category. He came 19th overall in a time of 8 minutes 40 seconds.



The final outcome:

Once the race had finished, the JAVR team were busy processing the results and updating the Wiltshire league standings—it was a tense wait but after about 45 minutes the results were in:

After 3 consecutive titles in 2014, 2015, 2016, this year wasn't to be our year, despite the best efforts of all the runners on the day. The winner of the Wiltshire Junior Race League was Chippenham Harriers Youth, who had an overall team score of 156 points. With JAVR in 2nd place with 155 points.

A closely fought battle all year, but Chippenham Harriers Youth deserved the title in the end, so a big congratulations to all their runners. We will be looking to snatch the title back in 2018!



Wiltshire Road Race League—overall points awards

Gold awards to:

Leo Harris (548 points)
Sophie Moore (593 points)
Lottie Brown (569 points)
Olivia Hails (567 points)
Jasmine Martin (547 points)

Silver awards to:

Elliot Firkins (530 points)
Ben Hails (528 points)
Dylan Neale (522 points)
Callum Slade (509 points)
Toby Withers (503 points)
Ben MacAlister (486 points)

Bronze Awards to:

Callum Withers (471 points)
Harvey Payne (471 points)
James MacAlister (441 points)
Niall Thorne (394 points)
James Pickford (390 points)
Luke Slade (384 points)
Freddie Pickford (381 points)
Josh Thorne (370 points)
Lola Harris (464 points)
Danielle Ross (458 points)

Above: The JAVR runners with their various medals and trophies—still happy despite narrowly missing out on the league title

Wiltshire Road Race League Overall category winners:

Leo Harris—Winner in the U13 Boys Category

Sophie Moore— Winner in the U13 Girls Category

Lottie Brown—Winner in the U11 Girls Category

Well done to all of them and all other who took part throughout the various WRRL fixtures

2017 Forthcoming Events

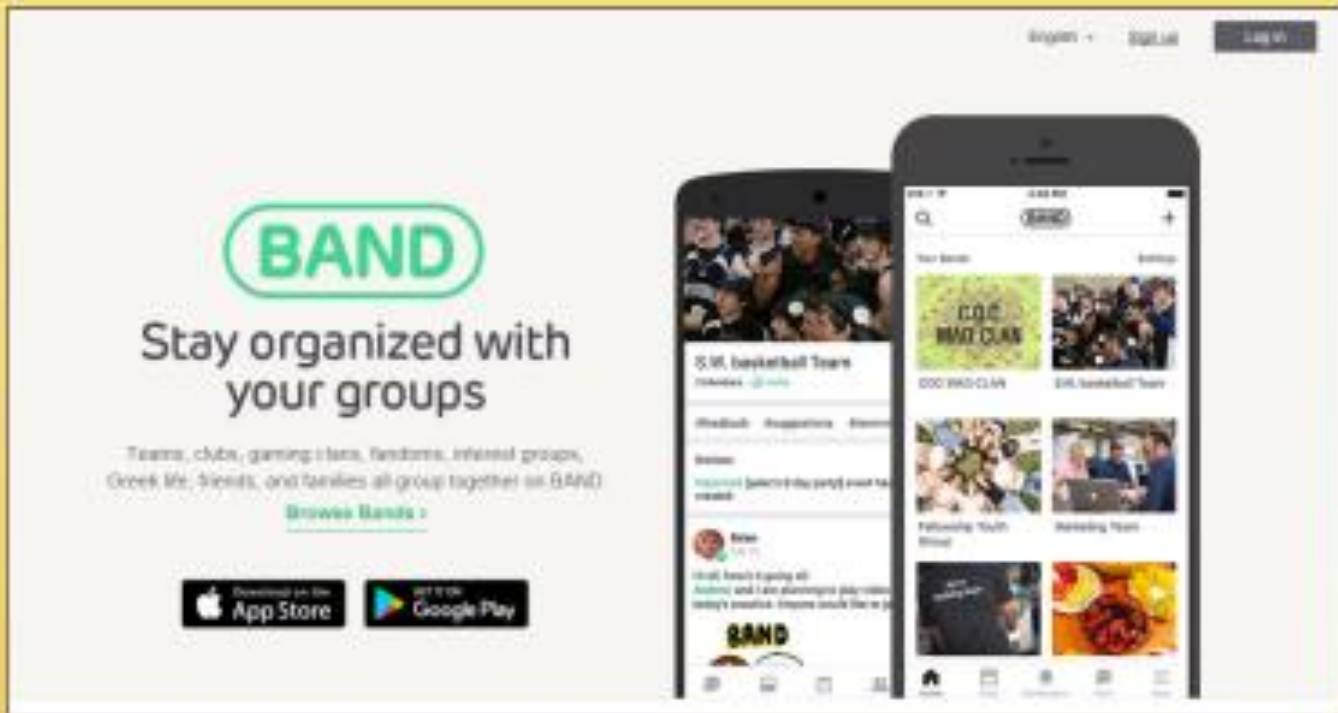
Gwent Cross Country Penlan leisure Centre Brecon—Saturday 11th November

JAVR 2k & Dash - Southwick Country Park, Southwick - Saturday 25th November

JAVR 2k & Dash - Southwick Country Park, Southwick - Saturday 30th December

Other updates:

Our new Communication App—Downloadable to most smart phones: Please speak to a member of the committee for more details. Its free and easy to use. <https://band.us/en>



BAND

Stay organized with your groups

Teams, clubs, gaming clans, fandoms, interest groups, Cross fit, fitness, and families all group together on BAND

[Browse Bands >](#)

Download on the App Store | GET IT ON Google Play

JAVR Christmas Meal : Wednesday 20th December 8:30 pm (After Wednesday Bath Uni training). More details to follow shortly.



So Who Do You Think We Are? - Part Two by Phil Harding

In Part One of my attempt to understand where Avon Valley Runners came from, I described efforts to organise athletics and set up clubs in Trowbridge and Bradford on Avon from the mid 19th century to the early 20th century. This led to the formation of Trowbridge Athletic Club in 1928. In this Part Two I want to explore what happened to athletics in our area in the inter-war years?

The 1920s not only saw the founding of the Trowbridge Club but also of other key athletics organisations and institutions in the area. In 1924 the Wiltshire County Athletics Association was formed. Two years later, in 1926 the Wiltshire Police set up an Athletics Club and the Wiltshire Schools Athletic Association came into existence. The Wiltshire Branch of the National Playing Field Association was also formed that year to press for adequate spaces for the practice of organised sports and games. The Avon Rubber Sports Club in Melksham had established a very active Harriers section that contested the first Wiltshire AAAs Track and Field Championships in 1926 and Corsham also had a Harriers group. Each of these institutions, the Athletic Association, the Police, the Playing Fields Association, the Schools and the Clubs had a key role to play in establishing organised athletics in the Trowbridge and Bradford on Avon area in the inter-war years.

Schools athletics was particularly important. It was through the Schools that an early interest in athletics was created in the individual and talented athletes spotted. Trowbridge and Bradford on Avon constituted two of the eleven areas that held school sports meetings to select the boys and girls who would represent them at the annual County Schools AA Championships. The first County Schools Championships was held at the County Cricket ground in Trowbridge on Wednesday June 23 1926. Over 600 competitors took part in 45 events, watched by a crowd of over 1000. The Trowbridge Area was well represented and enjoyed great success winning the senior boys high jump, long jump, half mile and 100 yards as well as placing in the top three in other events and winning other age group prizes. The Bradford Area did less well. Trowbridge became County Champions with Salisbury area second and Malmesbury third. Bradford Area was second to last with only Swindon Rural gaining less points. Certificates were awarded to prize winners and a Wiltshire team was selected to compete at the National Schools Inter-Counties Championship at Stamford Bridge that July.

We do not know who, if anyone, from Trowbridge represented Wiltshire that year at Stamford but by 1932 Trowbridge was producing athletes capable of competing at a



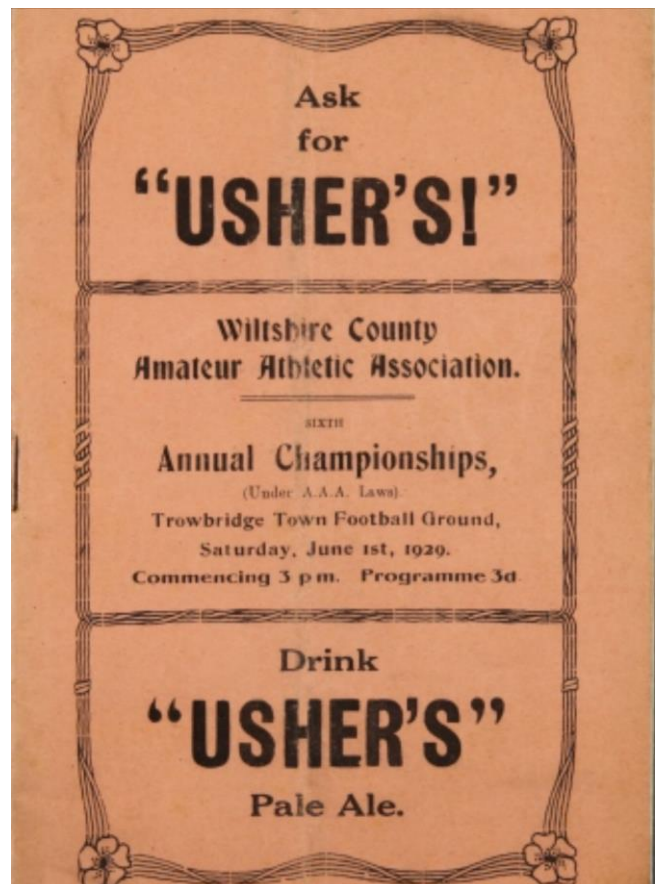
Trowbridge Boys' High School Athletic Team.
Winners County Senior Shield 1931.

national level. Three boys and one girl from the Trowbridge area were selected for the Junior Schools Inter-County Championships held at Guildford. Draper was reserve for the Boys 100 yards and the relay, Dodimean was selected for the Boys 200 yards and Boyce was selected for the hurdles. Dolphin was selected for the girls High Jump. However Boyce was Wiltshire's star athlete. He had equaled the English Boys 100 yard record in winning the Wiltshire Championships and he was expected to do well. He began promisingly, recording fastest times in his heat and semi-final but in the final, although leading over the last hurdle, he lost in the run in to an athlete he had beaten in the semis. His performance in the final was explained in the press as due to fatigue from the arduous 4 1/2 hour coach journey that he and his team-mates had to make on the morning of the event.

The County Amateur Athletics Association set the standards for competition within the County and was responsible for the overall development of athletics in our corner of Wiltshire. The Association flourished in its initial years. Within three years of formation in 1924, it had 20 affiliated Clubs and Schools and was asserting its authority over athletics meetings in the County:

"The Committee ... wish to draw the attention of all clubs, officials and members of the Association to the need for all athletics competitions in the county to be registered under AAA laws. The village spots meetings are the media whereby our lads are introduced to 'athletics' and it is very important for our sport and for our young athletes and for our County of Wiltshire that these little meetings should be registered and should be purely amateur." (Wiltshire AAA AGM 1928)

The first County Track and Field Championships, under the auspices of the Wiltshire AAAs, was held in Devizes in 1926. Swindon Athletic Club dominated but Avon Harriers won the one mile relay. Trowbridge A C did not compete at County level until 1929 where the club had its first County Champions in E C Hoar who won both the high jump and long jump and S O Simpkins who own the 100 yards. In the 1934 County Championship, a number of pupil from Trowbridge's Boys' High School gained county titles, with Barney winning the junior 100 yards and Strugnell the 90 yards hurdles. The High School also won the 400 yards boys' relay. Trowbridge A C meanwhile continued to compete at County level and in 1938, Club athletes won the junior 100 yards and junior high jump. Hoar was still winning the senior high jump setting a Country record, but now he was with the Wiltshire Constabulary AC. He went on to represent Wiltshire at the 1938 Inter-Counties. Inspector Hoar became something of a celebrity locally and the athletics scene was hit hard when, in 1941 aged only 31, he died from complications arising from an appendix operation.



The first County Cross-Country Championships under the auspices of the Wiltshire AAAs took place in Devizes in February 1928. It did not go entirely according to plan. Only two clubs entered, and the leading runner ran off course during the race. However, a start was made. Stiles of Bristol University, but from Bratton, won and Wiltshire sent a team to the Inter-Counties Cross-Country Championship at Windsor. Trowbridge A C entered a full team in the second County Cross Country Championship the next year, including the previous year's winner Stiles, who had now joined the Club. We do not know the result.

By 1929 affiliations to the Wiltshire AAAs had risen to 27 but all was not well. New clubs were joining but others were dropping out. Overall, fewer Open and Junior athletics meetings were being held. By 1930 the County Association was in financial difficulty due to the fall in revenue from fewer subscriptions and in gate money due to fewer meetings and low attendances at those meetings because of bad weather. Information is limited on what happened to the Association in the early 1930s but by 1934 recovery was underway. However it was not until 1939 that the Association's activities were back to 1920s levels and its finances back on an even keel. Although the Association made a loss on the County Championships that year, a generous donation from the Wiltshire Constabulary Athletic Club saw the Association in profit.

The Wiltshire Constabulary's Athletic Club not only played a crucial role in bailing out the County Athletics Association but it also supported the development of athletics in the county more generally. The Constabulary Club organised the first Wiltshire Police Annual Sports Meeting at the County Ground, Trowbridge in 1926. By 1929 the Club had raised over £2000 for police and other charities and Athletics Clubs in the County in addition to paying over £800 in prize money. That year over 4000 people attended the Clubs Sports Day and the Wiltshire Times and Trowbridge Advertiser of Saturday June 29 noted that

"There was a time not so long ago, when the rural policeman was the butt of the satirist's wit and frequently the object of more or less open derision. The encouragement of healthy sports, no less than the higher educational standard required and the higher rates of remuneration, has contributed to the change which has taken place.....".

We do not know much about the role of the Playing Field Association during this period, but the lack of adequate training facilities in Wiltshire is a recurring theme throughout the modern history of athletics in our area. Wiltshire and particularly West Wiltshire was believed to lag behind other areas in terms of facilities. However, whatever the quality of the training spaces, the inter-war years saw the athletics club competitive structure firmly established with some Clubs, like Trowbridge, growing and others, like Avon Harriers and Corsham Harriers seemingly going into decline.

But, where were the women and girl athletes in all this? While the national Women's Amateur Athletic Association had been set up in London in 1922 its immediate influence on Wiltshire was not obvious. Six women had lined up for the 100 yards at the 1928 Wiltshire AAA County Championships and five of them returned a year later to do the same at the 1929 County Championship. Miss Hobbs of Swindon AC was 1st and Miss Painter of the same club, 2nd on both

occasions. Despite this promising start, women's participation in organised track and field events faltered during the 1930s. Girls continued to have opportunities to compete at school events, and at the Police Sports if their fathers were a member of the Constabulary Sports Club, but there were no women's events scheduled in the Wiltshire County Championship after 1929 until the late 1940s. Indeed it was 1948 before Wiltshire AAA realised it was not affiliated to the Women's AAA which had, by then, been in existence for 25 years. At the Wiltshire AGM of 1948 it was decided that the County would affiliate and that it would reintroduce the 100 yards for "ladies" in the County Championships. By 1951 the 200 yards and the 4 by 110 yards relay had been added. And in 1952 the long jump.

In 1939, World War once again threw organised athletics into disarray locally, nationally and globally. While local schools continued with their annual sports, most organised UK athletics during the early 1940s was linked to military organisation. It was not until the end of the 1940s that there is evidence of the continued development of athletics in Trowbridge and Bradford on Avon with one Bradford on Avon resident, Harry Callow, laying the foundations of what was to become the golden age for athletics in our area. His efforts were to lead to the emergence of Trowbridge A C's road race walking section whose men and, more significantly, women walkers would take the country by storm.

MARSHALS NEEDED

We are still in need of marshals for our two big races in November. The 'AVR Wiltshire Half Marathon' and '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



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