

Avon Valley News

November 2017

Issue #192



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Hello,

What a busy month November has been....

Your club has hosted two of its own races and opened the brand new training track, with many of you getting involved in marshaling and organizing for such large scale events. Thank you to every single one of you.

Thank you also to all of the contributors, without whom this newsletter would be far less exciting, including an interesting and worthwhile article from Coach Steve Williams, about rest and recovery.

If there is anything you would like included in the newsletter, or if you have any suggestions and feedback, please email it to sarahbarker87@live.co.uk.

Sarah Barker

DATES FOR YOUR DIARY

- 14th December: BonA Christmas party at The Barge 8pm-midnight. Ticket only.
- 16th December: AVT end of season open Time Trial event (see poster p19)
- 16th December: AVR/TRFC Christmas Party at TRFC 7:30pm-midnight. Ticket only.
- 19th December: AVR Christmas party after training. More details TBC.
- 26th January: AVR Presentation Evening. More details TBC.

RUNNING TRACK - OFFICIAL OPENING – by Warren

Wade

After the ribbon was cut by Danny, who had previously held a warm-up and stretching drills session for the runners and spectators, AVR's Sean Price organised several activities throughout the afternoon. These included an attempt to break Mo Farah and Paula Radcliffe's British 5000m records as a 50x100m relay with each runner doing several 100m legs. The men not only smashed Mo's record, they even broke the world record while doing so. The women also broke



Paula's British record. Following the 50 x 100m relays came the 4x100m relays; male, female and mixed gender. Medals and prizes were given out by Danny to the winners of each category.

In attendance were Wiltshire Council's Portfolio Holder for Leisure and Sport, Councillor Jerry Kunkler and Wiltshire Council's West Sports Development Officer, Danny Geeson and Councillor Steve Oldrieve. Representing Trowbridge Town Council were Head of Leisure and Information Services, Hayley Bell and Councillor Bob Brice.

The project is the result of a ground-breaking partnership between TRFC and AVR resulting in enhanced facilities for all members.

With a shortage of safe, floodlit all-weather facilities in the area it will develop inclusive sports and will no doubt encourage more people from the community to take part in and spectate sport at Doric Park. It will be especially useful to our junior members who will be able to train in total safety at their Monday evening session without having to go off-site.



The work was undertaken by Bretton King and his Malmesbury-based groundworks company, Ecosolve Turfcare. TRFC Honorary Social Coordinator and AVR Webmaster and Vice President, Andrew Hoddinott, liaised between the clubs and assisted with the planning application. Also involved were Chris Lamb, Finance and Administration Manager, TRFC, Nobby Knight, TRFC's groundsman and from AVR, Warren Wade, Ian Isaacs and Rich Ayling. The track is 400m long and 3m wide "Redgra" surfaced, sited around the perimeter of a floodlit rugby pitch and is suitable for all-year-round use.

AVR embarked on a huge fundraising drive in 2016 raising money by holding various social events such as raffles, karaoke nights and bingo throughout 2016 and 2017. We have also hosted several races and money raised from those well-supported events was put towards the cost of the track.



Earlier this year we applied to Wiltshire Council's Area Boards and were delighted to be awarded £5000 from Trowbridge and £2000 from Westbury. Other funding came from Trowbridge Town Council who gave us a grant of £1000, Asda and Waitrose.

AVR CLUB CHAMPIONSHIP

2017 WILTSHIRE / AVR ROAD RACE LEAGUE – A REVIEW – by Gary MacAlister – AVR Road Race Secretary

2017 was hugely successful one for Road Racing within AVR. We were crowned Wiltshire Road Race Champions, and we had a highly competitive AVR Club League, with the ladies result going right down to the wire. Overall we had 189 of you take part in at least one league race this year, so well done to you all. Here is a review of the season.

RACE #1 - HIGHWORTH 5 - Sunday 19th March - Highworth

AVR started the 2017 Wiltshire Road Race Season with a bang as they took the maximum 20 points in the first event, the Highworth 5 Miler.

34 AVR started the race in cool and blustery conditions, and it wasn't totally clear just how blustery it was until runners turned direction at about the 3 mile mark only to come face to face with "Hurricane Highworth"! Even the climb in the last mile was a small relief as it offered some shelter from the wind.



Despite the challenging conditions, AVR had some great performances. Ben Psaila came 2nd overall, and because the 1st place runner is not from a Wiltshire Club, Ben now also leads the Wiltshire Road Race League after the first race. Daniel Piper, Richard Harding, Gary MacAlister and Peter Dyer were the other runners that made up the AVR 'A' Team.

In the ladies race, Leah Sartain was 3rd overall. Pippa Brewer, Carly Hodgson, Anna Spiers and Jo Farion made up the rest of the AVR 'A' score. Such was the strength in our numbers, the AVR 'B' team we able to secure 4th place overall, behind Chippenham Harriers 'A' and Royal Wootton Bassett Hounds 'A'. This was a great start to the season, and a good early victory before the Devizes Half Marathon on 9th April.

RACE #2 - DEVIZES HALF MARATHON - Sunday 9th April - Devizes

AVR followed up their victory at Highworth with another team win at the Devizes Half Marathon. The race also doubled up as the Wiltshire County Half Marathon Championship.

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

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



The race was memorable as well as it was Ruth Barnes farewell race before she moved to Dorset with her work.

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

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

RACE #3 - TROWBRIDGE "COLOURIFIC" 5KM - Sunday 7th May - Trowbridge



It was all eyes on Trowbridge Park for the 3rd event in the league, 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 and embrace the "Colourific" Theme.

AVR did enough to win the fixture, making it 3 wins in a row and securing a maximum 60 points in the Wiltshire Road Race League. There were individual honours for Orli Cranston - 2nd Lady (pictured), Leah Sartain - 3rd Lady, Freya Buglass - 1st Junior Girl and Dan Wood, 1st Junior Boy.

RACE #4 - BROAD TOWN 5 - Saturday 17th June

There seemed to be some kind of weather curse on the 5 mile races in the Wiltshire League in 2017. Highworth had amazingly strong headwinds, 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 sweltering conditions, and very little shade or breeze was not that conducive to fast times, but there were a few PBs on the course, but also quite a few PWs (Personal worsts). First home for AVR was Gary MacAlister in 8th place. With this result, Gary also moved to the top of the Wiltshire Road Race League after 4 races. 2nd AVR was a resurgent Robin-Mark Schols (23rd place and 2nd V50), followed by Pete Veleski coming in 26th



Leah Sartain continued to lead the AVR Ladies charge, finishing as 3rd female. She also maintained 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, and just behind her was Pippa Brewer.

RACE #5 - BATH TWO TUNNELS - Sunday 9th July - Bath

A Fantastic 71 AVR took to the start of the Bath Two Tunnels race in July. The race is famous for being the longest underground run in the UK, with around 4km of the race underground. The conditions was slightly warm, but the bonus of the shade helped many runners. We were all also treated to the lovely calming music that was being played inside the tunnels. The course did get a bit congested at times though with runners starting in different waves and in different distances all on the course at the same time, along with the public who were still allowed to use the route.

For the ladies, Leah Sartain extended her lead in their AVR championship with a solid performance. Leah finished behind Jackie Rockliffe on the day, but maintained her streak of finishing either 1st or 2nd AVR lady in all 5 league races so far this season. The great news for AVR is that after 5 Wiltshire Road League Races, Leah, along with Carly Hodgson and Anna Spiers are the top 3 in the county standings. Pippa Brewer and Helen Davies are also in the top 10 in 6th and 8th positions respectfully.

For the men, Daniel Miles was 1st AVR home. Gary MacAlister was 2nd and Rich Harding 3rd. This result saw Gary maintain his lead in both the AVR and Wiltshire Race Leagues.



RACE #6 - THE STRIPPED BACK BUSTARD 5 - Wednesday 2nd August - Pewsey

The stripped back Bustard 5 took place on a rainy and dark Wednesday evening around the country lanes of Pewsey. 28 hardy AVR runners took to the start line in what was the 6th fixture in the AVR and Wiltshire Road Race League. The race is called stripped back because there are no frills to the race at all. £6 entry, but no medals, goody bags or other frills. Just turn up and race.

AVR had a very successful race with 3 of the top 4 spots going to our runners. Ed Knusden finished 1st overall, Mike Towler 3rd and Rich Ayling 4th. Dan Piper and Rich Harding both ran 5mile PB's to get the last 2 places for the AVR 'A' team. First 5 ladies home and also scoring for the AVR 'A' team were Carly Hodgson (3rd Senior Lady Overall), Pippa Brewer, Anna Spiers, Gemma Lawton and Fiona Gibbs.

There was also age category success for Richard Hudson who was 3rd MV50, Phil Harding 1st MV60, Tina Towler 1st FV55 and Rosemary Barber 1st FV60.

This result meant that AVR now lead both men's and ladies individual standings with Gary MacAlister and Carly Hodgson sitting on top of the pile! More importantly, AVR had pretty much secured the Wiltshire Road Race League, and only really needed to field a full team of runners at Chippenham Half Marathon to make it official.

RACE #7 - HEDDINGTON 5KM SERIES - June/July/August - Heddington

The 3 race Heddington series concluded in August, and with AVR on the hunt for vital championship points, a big turnout of 75 runners came to at least one of the 3 races. The

For the men, Dominic Beddis set the early pace in June, finishing 2nd place in 16:48. The only person able to beat this was Mike Towler in the July race with a 15:58. Ben Psaila made a rare appearance for AVR, but his 17:01 in August was enough to see his 3rd fastest overall. Pete Slade and Naill Thorne were the other 2 AVR men helping to secure maximum Wiltshire League Points.

For the ladies, Jackie "Rocket" Rockliffe showed signs of her 2016 form with a brilliant run in July to finish the series as fastest AVR lady in 19:30. Leah Sartain was just behind in 19:49 on the same night, and Carly Hodgson's fantastic form this summer saw her dip just under 21mins to be 3rd fastest AVR lady. Pippa Brewer and Veryan Cranston rounded out the top 5 ladies all scoring the the AVR "A" team.

RACE #8 - CHIPPENHAM HALF MARATHON - Sunday 10th September- Chippenham

One of the largest half marathons in the county is Chippenham, and this year saw well over 1100 runners take to the streets and lanes to run in this year's race. This was also the 8th race in the Wiltshire and 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 and Geoff Goodway 3rd AVR's. In the ladies race, Leah Sartain was first AVR home in 1:35:22. Pippa Brewer 2nd and Anna Spiers 3rd. Rosemary Barber (pictured) was the winners of the V65 female prize. There were PBs for Helen Davies (1:50:55), Sharon Cleverley (1:51:54) and Sonia Bundy 2:18:49.



With AVR winning the fixture, it confirmed us at 2017 Wiltshire Road Race League Champions, regaining the title from Chippenham Harriers.

RACE #9 - GRITTLETON 10KM - Sunday 15th October- Grittleton

Autumn had definitely kicked in when 42 AVR runners took part in the penultimate league race of 2017 at the Grittleton 10km, which also doubled up as the Wiltshire County 10km championships. The cool and leafy conditions gave very kind running conditions to the runners and every opportunity to score some late season league points with races running out. There were lots of people hoping for a good result on this undulating 10km course, and indeed there were 4 recorded PB's, and age category awards for Andy Stanley as 1st MV50, Rosemary Barber as 1st FV65 and Anthony Hickson as 1st MV80. Pippa Brewer also managed to finish as 3rd Wiltshire Female and bag herself a county Bronze medal.

Rich Harding was 1st AVR home, followed by Gary MacAlister and Geoff Goodway. With his 2nd place finish, Gary MacAlister secured the AVR Road Race Title, with Rich Harding not able to score enough points in the last race to catch him.

In the ladies race, Pippa Brewer was first AVR lady home. Anna Spiers and Carly Hodgson finished 2nd and 3rd AVR lady meaning that the AVR ladies title was still very much up for grabs after this race, with any of these 3 ladies able to take the prize after the final race in Calne in 2 weeks' time



RACE #10 - CLOCK CHANGE CHALLENGE 10KM - Sunday 29th October- Calne

The final race in the 2017 road race season was the Clock Change Challenge in Calne. The autumn race allows runners to get an extra hour in bed in the morning, and with the 10km race starting at 11am, it is a late start compared to some other races on the circuit. The weather was sunny, but slightly breezy as the 38 AVR runners took to the start line on the playing fields at Calne Leisure Centre. First home for AVR (8th Overall) was Dominic Beddis in a solid 35:40, followed by Rich Harding and Gary MacAlister. The result for Gary also confirmed him as Wiltshire Road Race League Champion for 2017.

For the Ladies, an impressive performance from Pippa Brewer saw her finish as 1st AVR lady, and with it confirm herself as AVR Road Race Champion and 2nd overall in the County. Holly Newman was 2nd AVR lady and won the Junior Female prize. Rosemary Barber won the FV65 prize, and the ladies team of Pippa, Holly and Anna Spiers won the ladies team prize.

So, overall standings in the AVR Club Championship are:

MEN

1 st	Gary MacAlister	17 points
2 nd	Rich Harding	23 points
3 rd	Ben Vincent	76 points

LADIES

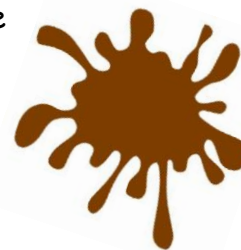
1 st	Pippa Brewer	19 points
2 nd	Carly Hodgson	27 points
3 rd	Anna Spiers	33 points



OFF ROAD LEAGUE

Off Road secretary: Anthony Hickson

The off road championship for AVR mirrors the Wiltshire league with the exception of the Mells Scenic 7 which replaces the Wickstead Wander as this was on the same day as our own event, 'Over the Hills'. The Wickstead Wander is part of the Wiltshire League but not the AVR league.



1. ~~Lungbuster 8~~ Royal Wootten 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

To qualify, you must have raced in at least 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.

So far, 5 out of 6 races have been completed and this month sees some changes to the top 4 - Ed Knudsen has now taken the lead for the men and David Bagshaw has jumped ahead of Alan Tate to take 4th pace, but no change for the women...

OFF ROAD RACE LEADERBOARD (ongoing)

<u>MEN:</u>				<u>LADIES:</u>			
1 st	Ed Knudsen	31 points	(3 Races)	1 st	Jo Farion	10 points	(5 Races)
2 nd	Dan Piper	32 points	(3 Races)	2 nd	Justine MacAlister	35 points	(5 Races)
3 rd	Anthony Hickson	38 points	(4 Races)	3 rd	Adele Cooper	42 points	(4 Races)
4 th	David Bagshaw	51 points	(2 Races)	4 th	Gemma Lawton	47 points	(3 Races)



MEMBER PROFILE

This month's member is your female AVR road race championship winner...

Name: Pippa Brewer

Time with AVR: I joined AVR in December 2016

Age category: Senior Female

5k PB: 20:45

10k PB: 43:57

Half marathon PB: 01:38:35

Marathon PB: Not done a marathon

Favourite race: I love all races I have done (apart from Broad Town!) but my favourite isn't a race really; Southwick Country parkrun (*pictured.*)

Favourite medal: My Sport Relief medal from doing my very first 10k seven years ago and it took me 1 hour 45 minutes.

Most proud running moment: being asked to run in the South West relay in Exeter.

Most embarrassing running moment: Having to be seen by St John's Ambulance after my second Bath Half!!

Best piece of running advice: Listen to your body and respond to it. If you look after it, it will look after you.





AVON VALLEY RUNNERS 21st - OVER THE HILLS SUNDAY 5th NOVEMBER 2017



RACE DIRECTORS REPORT

Avon Valley Runners had an excellent 21st Over the Hills race this Sunday with 307 entrants. We had 16 visiting teams (2 plus entrants), and 36 Avon Valley Runners competed. The race is in aid of Alzheimer's Support, Wiltshire. Race conditions had dry autumnal sunshine with a light but chilly northerly wind (8° C). However, the course had been soaked within 24 hours to give the right amounts of mud and slippery surfaces to test all the runners. Once again, the popular fording of the Frome River at Iford Manor was enjoyed by all the competitors.

Bradford on Avon - Tithe Barn start



Starting at 10 am 'on the rocks!' outside the iconic Tithe Barn, the 12-kilometre course took in Barton Farm Country Park, skirting the Kennet & Avon Canal towpath at Avoncliff. After that the route ran the Avon River meadows, over the Freshford Inn Bridge, up and down hill past Sparkford Mill, up-hill to the A36 layby Drinks Station through Friary Wood, back down again through the woods, through the Pig marshals (a hazard not seen before!) and across the Iford Manor meadows.

Pig Stop!



Iford Manor - River Frome



Max Hazell (136)



Fording at 'Iford', the route went up hill through the Iford Manor grounds, back in via Upper Westwood, down the 'boggy' field into Avoncliff, and finally flying back in along the canal towpath to the finish.



Despite the course being now well established going out via the muddier Barton Farm Country Park, the course record (44:27) remains unbroken

Full results are at: <http://www.avonvalleyrunners.org.uk/index.php?page=results-3>



AVON VALLEY RUNNERS

21st - OVER THE HILLS

SUNDAY 5th NOVEMBER 2017



Results

Ladies:

1 st - 48:42	Ruth Barnes (23) Avon Valley Runners
2 nd - 54:03	Clare Prosser Wells City Harrier
3 rd - 55:19	Jade Littlechild Team Bath Athletics Club

Men:

1 st - 45:56	Damian Hall (126) Corsham Running Club
2 nd - 46:28	Max Hazell Zoot Athlcs Race Team
3 rd - 48:18	Doug Hall T3 Triathlon

Age categories were in accordance with those notified in the Entry Central site:

Ladies:

FV40 - 55:47	Victoria Ratcliffe Somerset Athletics Club
FV45 - 58:02	Jo Mumford Avon Valley Runners
FV50 - 1:01:21	Ann Kelly Langport Runners
FV55 - 1:02:18	Yvonne Cox Somerset Athletics Club
FV60 - 1:09:31	Teresa Lovem Somerset Athletics Club

Men:

MV40 - 51:36	Trevor Batey Chippenham Harriers
MV45 - 49:46	Guy Landon Team Bath Athletics Club
MV50 - 52:07	Mark Mackintosh Team Bath Athletics Club
MV55 - 52:35	Niall Urquhart Team Bath Athletics Club
MV60 - 52:39	David Vaudin Team Bath Athletics Club
MV70 - 1:28:34	Peter Lee Frome Running Club

Team Prizes:

1st Ladies:	Avon Valley Runners Ruth Barnes Jo Mumford Vanessa Lucas
1 st Men:	Team Bath Athletics Club Guy Landon Mark Mackintosh Niall Urquhart David Vaudin

Avon Valley Runners:

1 st Lady - 48:42	Ruth Barnes
1 st Man - 58:58	Stephen Gotobed

We thank the 55+ volunteer marshals from Trowbridge Lions and Avon Valley Runners for their excellent encouragement and support along our tough course, swept thoroughly by our two sweeps.

MV70 sweeps & founding members (1986)



Youngest runner (F17) no 287



Our thanks go to Alzheimer's Support who provided the splendid refreshments of cake and teas, and to the following sponsors for the generous prizes and support:

Running Bath, Bath
Dusty Ape Coffee, Trowbridge
Iford Manor Teas, Iford
The Lock Inn, Bradford on Avon
The Association of Running Clubs

To the landowners around the course we are extremely appreciative of the permits, acceptance and tolerance of the 300 plus runners footfall through this beautiful countryside, and continued future use:

Canal & River Trust (Kennet & Avon)
Bradford Preservation Trust (West Barn)
Iford Manor
Wiltshire Council (Barton Farm Country Park)

Subject to permits, Avon Valley Runners plan to run the next Over the Hills on Sunday 4th November 2018; starting at 10 am.

Full results are at: <http://www.avonvalleyrunners.org.uk/index.php?page=results-3>



AVR Wiltshire Half Marathon

This year, 39 club members ran and over 100 members turned out to help run and marshal this very popular and successful race. The course takes in the beautiful countryside around Edington, Steeple Ashton and Great Hinton along undulating country roads. The fantastic marshals helped 335 runners complete the



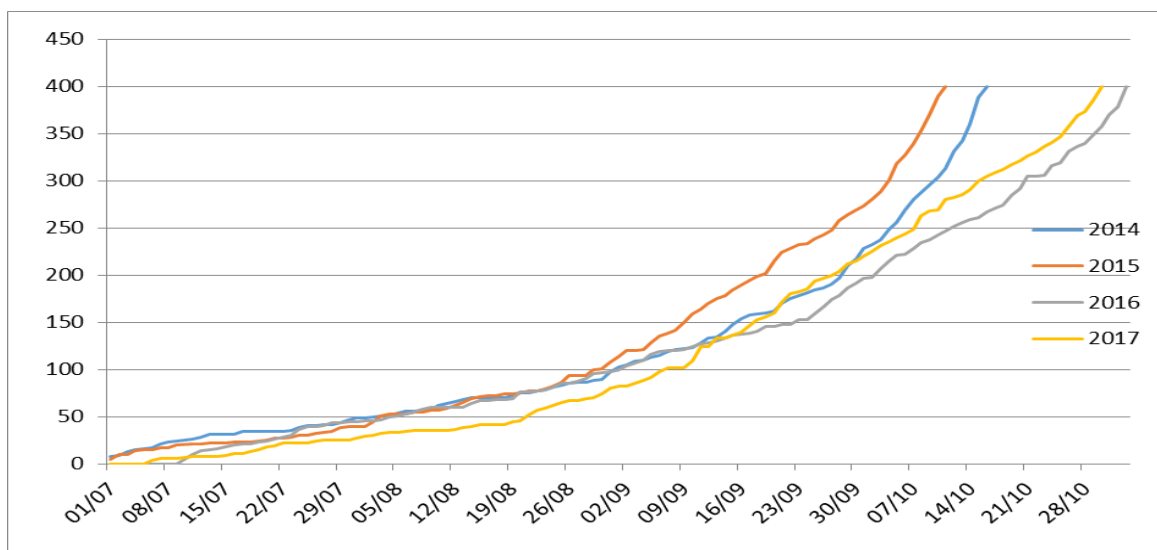
course on a chilly November morning with the first AVR male finisher of Chris Suter in 01:26:45 and first AVR female of Caroline Gale in 01:43:09. With so many club members marshaling, AVR did not feature in the top teams but the male team did come a respectable 5th place with Chris Suter, Andy Stanley and Alan Best while the females came in 3rd place with Caroline Gale, Laura Hoskins and Ali Atkinson.

AVR Wiltshire Half Marathon from a different perspective – The Power of Social Media – by Martin Pearce

The AVR Half Facebook page and Twitter operate throughout the year but obviously increase in activity in the lead up to the AVR Half. It really started to kick off in July when we opened for entries. We normally see an initial set of entries which then tail off, which is where the social media starts to kick in to remind people that we are still there and not to miss out.



AVR Half has sold out every year before the event. We did better than last year in sales but behind the previous couple.



Again this year we featured runners who had provided detail that they were running a race for a charity, a cause, or someone special. Post were timed to appear from 4.30pm onwards as this is when the majority of people are looking at our page.



Of those we featured, Ali Vaz had the biggest reach on Facebook - 1,200 facebook users. This comes from tagging and sharing of the post, plus links to the charity.

Twitter reach was slightly less:

Race Day was an awesome team event, were activity on Social Media went through the race - particularly after the event with runners looking for their results and photos. This year for the first time we put up an album on Facebook - this was really well received. With tags and shares, the reach has been just short of 2,000 Facebook users.

Views of the photos on the day, topped 155,000



Twitter for November was significantly up:



Feedback from AVR Half is coming in on Facebook and Twitter but we have also now joined up with Racecheck (www.racecheck.com) where all our races can be featured and rated. Take a look at the AVR Half page: <https://www.racecheck.com/races/avr-wiltshire-half-marathon>:



'My favourite half marathon...well done AVR on organising a great race!!' - Paul Marchant

'I love the AVR half. As it's organised by club runners, they understand the needs of all the competitors. Thank you to all the marshals, their encouragement was fantastic on the course.' - Simon Gilbert

'The marshals were fantastic and supported us well. The AVR runners were also very helpful and friendly too which made this first-timer very happy.' - Roushka Jane



Our wonderful sweeps!

Rest and Recovery and Adaptation – by Steve Williams

Rest and recovery is a key part of any training programme. Without it you will overstress your body. This can result in injury and possible burn-out.

When you do an intense training run you are placing your body under stress. The first time you do such a run your body will find it hard or feel uncomfortable. But by repeating similar sessions your body learns to adapt and gradually you find it a lot easier to accomplish them. This process of adaptation will only work if you give your body time to recover from placing it under stress. So a fundamental rule is to alternate hard sessions with easy sessions or rest days to give your body a chance to recover.

Once your body has adapted to the demands you have placed upon it then you need to increase the stress you subject it to, in order to improve your performance further. This could include doing a slightly shorter run at a faster pace and once you are comfortable with this extending the run back to the original distance. Or if you are doing an interval session, increasing the number of reps or reducing the recovery between them or increasing their intensity. The key to this process of adaptation is knowing by how much to increase the intensity without overstressing the body. (Please feel free to ask me about this aspect as this article is not long enough to do the subject justice.) Needless to say, the rest and recovery days are key to the effectiveness of this increase in training intensity.

The increased stress that you put your body under is fundamental to improving your fitness. The benefit of a specific training session diminishes over time. If you continuously do the same session then after 6 weeks or so your fitness level will plateau. This isn't necessarily a bad thing if you wish to maintain a level of fitness but if you want to improve then you won't.

In a similar vein, if you want to improve your 10K race time don't continually race 10Ks. After several such races the (racing) adaptation process will be complete and your performance will begin to plateau. You need to subject the body, within race conditions, to increased/different levels of stress. For example, if I had a key 10K race in the offing I would do a 10 mile road race (4 weeks or so beforehand) at 10 to 15 seconds per mile slower than my target 10K pace. A couple of weeks beforehand I would do a 5K at 10 to 20 seconds per mile faster pace. This notion of one over-distance and one under-distance race as preparation for a key event benefited me and many of my contemporaries.

Finally, it is worth planning a couple of breaks within your running year to let your body have a rest. This will have both a physiological and a mental benefit as you step off what would otherwise be a year-long racing/training treadmill. The break should be for a couple of weeks or so and could include non-running exercises as part of it. All top athletes adhere to this concept - traditionally taking their breaks late winter/early spring (post- cross country season/heavy winter training) and late summer/early autumn (post- track/road season). Whilst this might not be suitable for your running calendar you could plan to take yours when you have no foreseeable races scheduled.

This article originally appeared in the AVR magazine in early 2014.

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@avonvallyrunners.org.uk or results4toni@yahoo.com.

WALL OF FAME

5 mile

<u>Sutton Benger</u>	Toni Clark CPB	(00:58:22)
	Michael Guy	(00:42:29)

Half Marathon

<u>Bath Hilly Half</u>	Sarah Barker CPB	(02:36:46)
<u>AVR Wiltshire Half</u>	Sarah Barker	(02:03:19)
	Helen Davies	(01:49:50)

Southwick parkrun

Olivia Zych CPB	(00:32:07)
David Bagshaw CPB	(00:21:45)
Liz Mason CPB	(00:32:42)
Arthur Gage CPB	(00:25:15)
Anna Spiers CPB	(00:23:09)
Richard Wood CPB	(00:21:54)
Leo Harris CPB	(00:21:47)
Joe Markey CPB	(00:21:47)
Jackie Hall CPB	(00:30:23)
Bathan Francis CPB	(00:19:40)

Other parkruns

<u>Seaton</u>	Gary Day CPB	(00:22:02)
<u>Bath Skyline</u>	Vicky Ody CPB	(00:30:59)
<u>Shepton Mallet</u>	Linda Unsworth	(00:30:19)
	Leslie Unsworth CPB	(00:24:07)
<u>Delta</u>	Richard Hudson CPB	(00:21:38)
<u>Worcester</u>	Andrew Sharratt CPB	(00:23:13)
<u>Poole</u>	Ruth Barnes CPB	(00:16:58)

AVT end of season open TT event



Saturday the 16th December 2017

Odd Down Cycle Track
Chelwood Drive, Bath BA2 2PR



The Events

Event one

Mixed 5 lap event

(Men and women will start together but results will be logged separately)

Event two

Men's 10 lap event

Event three

Ladies 10 lap event

This is a **FREE** event open to all

(If your name has been put down to take part it is an expectation that you compete on the day or you contact the organisers at least two days prior to the event to inform them you won't be competing)

All participants must complete waiver forms, AVT cannot be responsible for each participant's wellbeing during the event

Please email your interest to:

secretary@avonvalleyrunners.org.uk



JAVR News

Editors Notes: For this issue, I have focused on the 2nd cross country fixture in the Gwent League. Our Junior runners are running in very competitive fields and once again there were some outstanding results. Thank you to all the 20 runners who represented the club and made the long trip up to Brecon! (Thanks to parents too for Driving!). We have seen a steady increase in the numbers of runners taking part in Cross Country events—which is great to see!
Pete Slade

Gwent XC— 11th November—Brecon Leisure Centre, Penlan

Once again, we found ourselves returning to the Brecon Leisure Centre for the second of this seasons Gwent Cross Country League. This was the venue of a very memorable fixture back in March 2016, when Freya Buglass became the first runner in the club to win a Gwent Cross Country fixture—in the Novice Girls race.

The course itself offers what you'd expect from a Cross Country event—winding sections, short sharp hill sections, longer flatter sections and of course some very boggy/muddy sections. Put this together and the runners are left with a tough decision—which spikes to put in? 12mm or 15mm? Does it really make much of a difference! Anyway, as normal, the Novice Boys and Girls started off the event:

In the Novice Boys event, Dylan Neale, (pictured right), finished in 20th place in a time of 6 mins 22 seconds—a high placed finish considering there were 115 runners in the field. He also put in a strong sprint finish! For the Novice Girls, there were similar numbers: 121 runners to be precise. We had two girls represent JAVR in this race: Lottie Brown who finished in 10th place in a time of 6 mins 35secs, just 29 secs behind the winner! Olivia Hails put in a strong run to finish in the top half of the field, finishing in 52nd place in a time of 7 mins 30 secs.

Moving up to the U13's category, (88 runners in the Boys race), we had a good number of runners for the Boys, with Jack Webb, our highest finisher coming home in 4th place, in a time of 10 mins 18secs—just 27 seconds off first place! Freddie Billing, was the 2nd



Jack Webb: 4th place

JAVR runner to finish, 18th place in a time of 10 mins 54 secs. Next was Malin Cranston who was 41st in a time of 11 mins 38 secs, closely followed by Ben Hails in 50th place in a time of 11 mins 48 secs. And finally, Callum Slade who finished in 65th place in a time of 12 mins 34 secs.

A great team performance which has led to JAVR being 4th team overall out of 38 in the U13 Boys league. Jack Webb lies in 2nd place overall!



Dylan Neale



Freddie Billing: 18th overall—U13 Boys

For the U13 Girls, Freya Buglass (Pictured Right), was our sole runner in a field of 71 runners. From the start of the race Freya led the way and kept a comfortable margin between her and the 2nd placed runner but towards the end the gap started to close. It was a tense finish, but despite a big final effort, Freya had to settle for 2nd place—posting the same time as the winner—once a again a brilliant effort from Freya. Which leaves her in overall 2nd place in the U13 Girls category!



Freya Buglass—on her way to 2nd place

The U15 Boys race saw 74 runners finish. For JAVR, Alejandro Sanchez finished in 17th place in a time of 13 mins 29 secs.

Next was Thiabault Swindells who finished in 45th place in a time of 14 mins 22 secs. Next was Ethan Bolter: who finished in 55th place in 15 mins 11 secs and Dan Wood, 65th place 15 mins 58 secs. Once again good to see 4 JAVR runners in this category!



Jessica Davies

For the Girls in the U15 Category, (66 runners in total), we once again had 4 runners in this race. A very tight battle saw Jessica Davies come home in 11th place in a time of 14 mins 45 secs, which means she is now 8th place overall in the league with 137 points! Orli Cranston was just behind Jessica in 12th place, clocking a time of 14 mins 49 secs. Sophie Moore was 17th place (15 mins 5 secs) and Daisy Davis was 61st, in a time of 18 mins 29



Daisy Davis

secs. The U15 Girls team are 5th overall out of 32 teams in the league! Great stuff!

Last but certainly not least the U17 Boys, with 47 runners taking part overall. Our highest finisher was Niall Thorne who came home in 8th place in a time of 21 mins 42secs putting in a great finish at the end! Niall is currently 5th overall in the U17 Boys league. We also had Josh Thorne and Luke Slade run in this race: finishing 46th & 47th place respectively. The U17 Boys team are currently 6th overall out of 27 teams in the U17 Boys league.



Niall Thorne

A huge well done to all our Juniors once again, some outstanding performances and as usual they stole the limelight from the Senior runners!

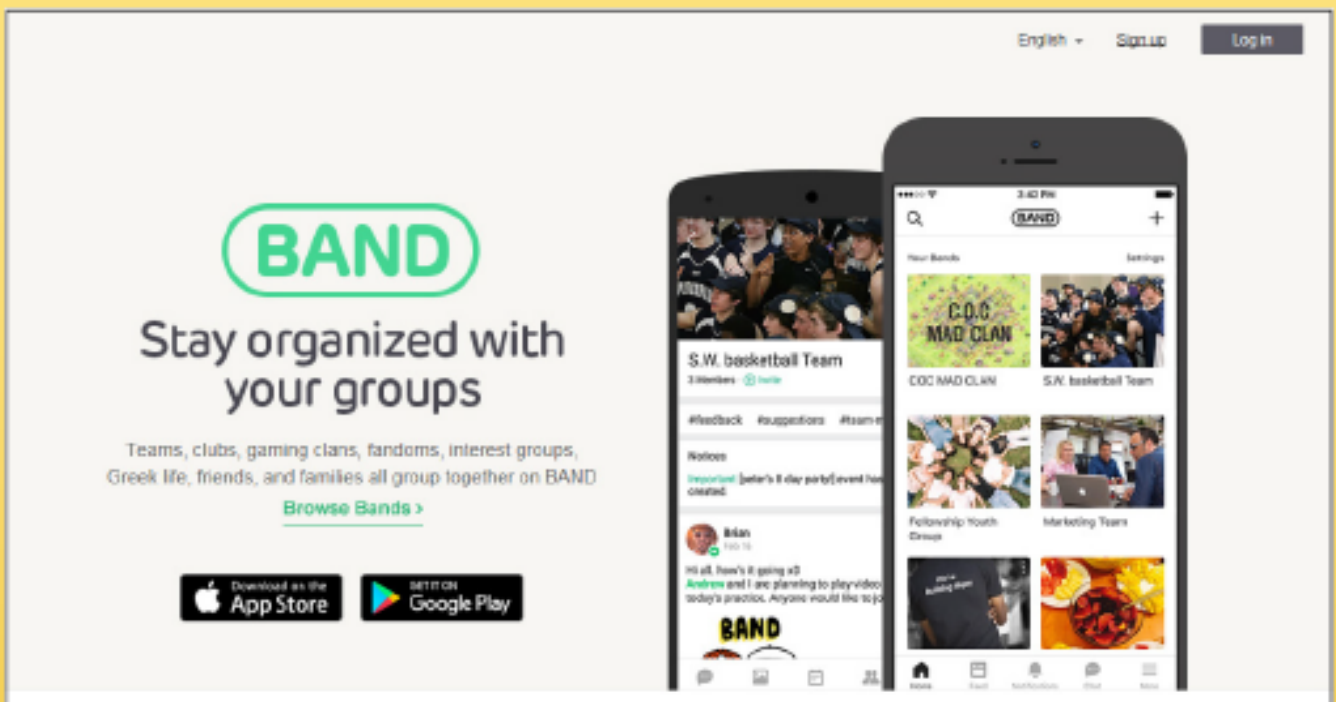
2017 Forthcoming JAVR organised Events:

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>



The image shows a promotional graphic for the BAND app. On the left, the BAND logo is displayed in a green rounded rectangle. Below it, the text reads "Stay organized with your groups". Underneath, a short paragraph states: "Teams, clubs, gaming clans, fandoms, interest groups, Greek life, friends, and families all group together on BAND". A link "Browse Bands >" is provided. At the bottom left are the "Download on the App Store" and "GET IT ON Google Play" logos. On the right, two smartphone screens are shown. The left screen displays a group page for "S.W. basketball Team" with 3 members, a notice about a party event, and a user profile for "Alan". The right screen shows a home view with "Your Bands" including "C.O.C MAD CLAN" and "S.W. basketball Team", and other groups like "Fellowship Youth Group" and "Marketing Team". The top right of the app interface includes "English", "Sign Up", and "Log In" options.