

Avon Valley News

December 2017

Issue #193



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Hello,

I hope everyone has had an enjoyable Christmas and new year - this month's newsletter celebrates those of us who have been racing despite the large amount of food that I think we have all encountered! Personally, it's made me somewhat of a plodder and I can't wait to get back to normal in January to try and chase some PBs in 2018.

Whether you've been at Santa runs, Boxing Day events or doing the parkrun double, there's something for us all to be proud of in December. Good luck to everyone next month, but first find a corner to curl up in and enjoy this month's installment.

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

Sarah Barker - Editor

DATES FOR YOUR DIARY

- 9th January: Annual General Meeting 20:30 at TRFC after training.
- 16th January: Post-run social in the TFRC bar area. Open to all.
- 28th January: JAVR Presentation 2-4pm Steeple Ashton Village Hall
- 16th February: AVR Presentation Evening. **PLEASE NOTE THE NEW DATE.** Sign up online here: <https://www.entrycentral.com/event/107865>

GIVE US OUR TROPHIES BACK! — by Darren Wrintmore - Vice-

President, Avon Valley Runners and Wiltshire Team Manager

Wiltshire Athletic Association have been hosting an annual Cross Country running championships since 1947 and if you look at the names engraved on the solid silver trophy you will see that for the first sixty two years of its staging the trophy for the most part passed back and forth between Swindon and Salisbury. Then in 2010 something fantastic happened - the name of Avon Valley Runners got engraved on the trophy! This was no one off as the name was engraved again in 2013, 2014 and 2015. Not to be outdone the Ladies of Avon

Valley Runners got their names on the county championship roll of honour too with county XC titles in 2009, 2010, 2011, 2013, 2014 and 2015. However in 2016 things went a bit awry with Chippenham Harriers grabbing both of OUR trophies. Our dearest rivals have been doing pretty well off-road recently having won the Wiltshire Off-Road Race League title in the 2016/17 season and so far are unbeaten in 2017/18 with both their 'A' and 'B' teams sitting above AVR in Division One.

Race #4 of the 2017/18 Wiltshire Road Race League was the Tri-County XC Championships being staged at Bath University and incorporates not just the Wiltshire XC Championships but also the XC Championships of both Avon and Somerset. To make things a little more interesting the event organisers have included a Tri-County Inter-Club championship race with six men and four ladies to score. Despite pitting AVR up against the likes of Bristol & West AC, Westbury Harriers, Wells City Harriers, Taunton AC and Team Bath we have done pretty well, with our Men taking the Bronze medal in 2010, 2011, 2013, 2015 and Silver in 2014 whereas our Ladies got the Bronze in 2014 and 2015. Just shy of 500 runners signed up for the 2017 edition of the race and among them were 64 Avon Valley Runners, making the club the best attended in terms of entries with Chippenham Harriers fielding 55 runners and Bristol & West AC 51 runners.

Then it started to snow!!!

Despite calls to cancel the event, the organisers held firm and provided a race setting that will be remembered for a good few years to come. First up to run in the snow were the Under-11 Boys with both Jacob Fleming and Ben MacAlister having good runs and cutting a path to be followed by the U13 Girls. Running well and getting AVR's first medal of the day was Freya Buglass who claimed the Silver. For the U13 Boys our club had five representatives with 12th placed Freddie Billing leading the way from 18th Malin Cranston, 27th Joe Markey, 38th Stuart Hearn and 39th Dylan Neale.



With a small blizzard now having been whipped up it was Orli Cranston who led the way for AVR in the Under-15 Girls finishing in 10th place with club mates Jessica Davies 14th and Daisy Davis 28th. In the Under-15 Boys race Joe Milton sneaked onto the podium to bag a

Wiltshire Bronze medal whilst Leo Harris and Ethan Bolter claimed 37th and 38th positions. Hannah Reynolds was the lone Avon Valley Runner in the U17 Ladies race and finished in 13th place. In the U17-Men Max Davis was able to claim a Bronze medal in the Avon county championships with Callum Withers and Joshua Thorne finishing in 29th and 30th positions respectively.

The Senior Ladies race had 19 Avon Valley Runners on the start line to face the now snow covered 6.6K course. Straight from the off the race appeared to be tight at the sharp end with strong groupings of athletes from Bristol & West, Taunton AC, Chippenham Harriers and Avon Valley Runners. Leading the way for AVR and coming home with a Wiltshire Silver medal was Bethan Francis followed by 12th placed Veryan Cranston who bagged a Wiltshire medal in the FV35 category, 13th placed Jackie Rockliffe who bagged a Wiltshire FV45 medal and 20th placed Diane Hier who claimed the Wiltshire Gold for FV55. Totting up the scores for those first four scoring Ladies we managed 52-points gaining the Tri-county Silver, 22-points behind Bristol & West and more importantly 4-points ahead of Chippenham Harriers, the Wiltshire County Championship trophy was coming back to the Valley!!!



Next up were the Senior Men and Avon Valley Runners again had 19 runners on the Start Line but only 18 of them started - one of whom shall remain nameless was so engrossed in his conversation at the start Line that he was oblivious to the gun firing and the pack were almost out of sight when Richard Newman noticed his error ☹️ Focusing on the task in hand it was our Ed Knudsen that was leading the pack as they embarked on their 10.3 Kilometre ordeal over four laps of the snow coated course. With defending champion Simon Nott of Calne Running Club and Ben Brewster of Southampton AC trying to close him down, Ed did well to preserve his lead until the end of the penultimate lap when Nott eventually overhauled him but Ed held on to claim the county silver medal. Just missing out on the podium was another former county XC Champion - Michael Towler of AVR who along with 21st placed Daniel Piper, 36th Richard Harding, 37th Gary MacAlister and 41st Nick Cranston gained enough points to not only reclaim the Wiltshire county championship title in its 70th year but for the first time win the Tri-County XC championship title ahead of Westbury Harriers and Chippenham Harriers.



As well as reclaiming our County XC title AVR also managed to get full points in the Wiltshire Off-Road Race League handing Chippenham Harriers their first defeat of the season. Next up is the South West Inter-County XC Championships at Yeovil's Aldon Hill on Sunday 8th January which will also be offering an Inter-Club championship too, so it would be good to see a good representation of yellow and green vests there too.

LONDON MARATHON BALLOT

The ballot is open to anyone who has held AVR and England Athletics membership for a year and who been officially rejected from the official ballot (like me!) The draw was made at the Christmas party by Sean Price and Ian Isaacs on 19th December and can viewed on the AVR closed Facebook page. The two winners were **Carrie Ameida** and **Anna Spiers**. Congratulations from everyone at AVR to both ladies and good luck with your training.



AVR CLUB CHAMPIONSHIP

OFF ROAD LEAGUE

Off Road secretary: Anthony Hickson

- ~~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~~



The Tri Counties XC was also the final race in the AVR off-road calendar so the off-road championship for AVR is over! The winners have been decided...

The men's Off Road Championship was won by Ed Knudsen who was the first AVR runner in four of these events. Dan Piper followed him closely only 3 points behind having finished first twice, once second and once third. 82 year old Anthony Hickson finished in 3rd place on 42 points, with an impressive 3rd place finish at Marshfield in October.

No lady could beat Jo Farion, but Adele Cooper and Gemma Lawton tied for second place just five points ahead of Justine Macalister.



OFF ROAD RACE FINAL RESULTS

| <u>MEN:</u> | | | | <u>LADIES:</u> | | | |
|-----------------|-----------------|-----------|-----------|------------------|---------------------|-----------|-----------|
| 1 st | Ed Knudsen | 22 points | (5 Races) | 1 st | Jo Farion | 10 points | (6 Races) |
| 2 nd | Dan Piper | 25 points | (5 Races) | =2 nd | Adele Cooper | 30 points | (6 Races) |
| 3 rd | Anthony Hickson | 42 points | (5 Races) | =2 nd | Gemma Lawton | 30 points | (5 Races) |
| 4 th | David Bagshaw | 57 points | (4 Races) | 4 th | Justine MacAllister | 35 points | (6 Races) |

AVR LEAGUES 2018

2018 Offroad league races: <http://www.avonvalleyrunners.org.uk/index.php?page=off-road-race-series-2018>

2018 Road league races: <http://www.avonvalleyrunners.org.uk/index.php?page=road-race-series-2018>

BOVINGTON HALF MARATHON – Michael Guy & Michele Platten

Michael's story:

On a chilly winter morning, at least 17 members of Avon Valley Runners joined nearly 700 other 'afferletes' for the last White Star Running Bovington Half Marathon(ish). This was taking place at the tank training ground making it truly multi-terrain with tarmac, grass, mud, sand, hills and HUGE puddles - this was going to be a fun one 😊



After an entertaining pre-race brief, where we were reminded not to pick up anything shiny (might explode apparently), we got on our merry way heading from the tank museum out towards the training grounds. Here began the mud and sand with a few measly puddles chucked in for good measure and being quite flat at this point it was all too easy. We had a small shock in store.

Once we had the first visit to the 'Lovestation' (where you could indulge in water, cakes, snacks and alcohol) so began the joy of the hills and the slightly larger puddles. Running was getting tough and walking the hills soon became order of the day. On we went for mile after mile and taking in the Lovestation for a second time - had to get some mulled cider and schnapps down - we were then on the run home. This was time for another shock to the system - We had been promised faithfully by the organisers, that whilst the Half Marathon was going to be a bit over prescribed length (14.4 miles), at no point did any one give us the heads up that we had all been sent off in the wrong direction at the start and the course was going to end up measuring in at a cool 16.5 miles.



Did we all deserve that epic bling and a bottle of beer at the end? Did we ever!!

All in all it was brutal but running round chatting to random people, some WAY more random than others, it made for a fantastically enjoyable day. For a couple of our number this was not only their first half but also their first White Star race and all want to go back for more. It's so sad that this race is never to be repeated but there are plenty of other races out there to take its place. Bring on 2018.

Michele's story:

On a cold damp winter Sunday morning, off went a few mad Avon valley runners to conquer the tank tracks, puddles and all and get that bling. We arrived in our yellow vests. No dressing up for us in camouflage as we knew that if we fell due to the elements, we needed to be found straight away and what the best colour for a rescue mission? Yellow!



It was cold, wet and with a hint of "what are we doing this for?" It was a brutal course of trails, woods and deep puddles. Fellow AVR David Hyde even felt the need to have a quick wash and went straight through one! Crazy person, but it was funny. Liz Bundy played in the puddles: us Bundys and Plattens don't really grow up: we age disgracefully! On a personal note, I DNS this race last year due to a car crash 6 days beforehand and had unfinished business. So with a sprained ankle taped up we started the 'get that bling' mission.

There were a couple of newbies to off road half marathon; Micheal Hilton and Chris Ridout who came and conquered and lived to tell the tail. But at mile 16.25 I lost the plot and burst into tears, throwing my toys out of the pram and not wanting to play anymore. Thankfully Chris Ridout and David Hyde supported me to get over that finish line (pictured right).



It was a brilliant day full of laughter, tears, and awesome bling. Here's to the next white star off road race!

STAN FARR BOXING DAY 5K

I have to admit that this year was the first time I have run this event and, while I was aware of its important history, I didn't realise just how much of a significant event it was until I read the information on our website. Plus, seeing the title of the '58th San Farr 5K' on the results made it even more special.

Event History:

The Boxing Day Run was first staged in 1960 by Trowbridge & District AC and ran a course of 3.4 miles from the Castle Public House in Ashton Street, Trowbridge up to the West Ashton crossroads and back again, a shorter 2-mile event was held for the Ladies and a 1-mile race for Juniors and Colts. The 3.4-mile event also hosted a race walk. In 1985 the embryonic Avon Valley Runners took over the hosting of the event and saw a course record set by C. Murray in a time of 17:24. The Ladies 2-mile record of 11:53 was set by Judy Farr in 1979 with Rosemary Barber setting a ladies record of 21:28 in 1992 over the 3.4-mile course.

In 1999 (the 40th staging of the event) due to increasing traffic volumes along the West Ashton Road, Avon Valley Runners decided to relocate the event and moved it to a 3.2-mile course from the

Longs Arms Public House in Steeple Ashton. Then in 2000 relocated the event to a 5K course from the Beehive Public House in Bradford on Avon. The 5K course from the Beehive had a course record time of 16:58 set by Michael Bryant in 2006 with Rachel Bown setting the Ladies record of 19:13 in the same year.

In 2008 it was decided to rename the Boxing Day run as "The Stan Farr 5K" in memory of the race founder and long serving club secretary. It was also 40 years since he had won the race in 1968. Following the closure of the Beehive in 2008, alternative 5K courses have been run in Barton Farm Country Park, Bradford on Avon (2008) and Whaddon Lane, Hilperton (2009-2011).

The most wins of the Boxing Day Run is by Martin Connor who recorded five victories in the Men's race (1989, 1990, 1991, 1995 & 1996) and for the Ladies, Judy Farr has notched up 17 victories (1964, 1965, 1966, 1967, 1969, 1971, 1973, 1977, 1978, 1979, 1981, 1983, 1984, 1985, 1986, 1987 & 1989). The most appearances at the Boxing Day Run is by Ian Stan Farr who completed every run from 1960 through to 2005.

This year saw a less problematic run to last year, (in 2016 the swing bridge over the canal was open, 'forcing' the front runners to wade across the water to keep up their pace!) with the 2 juniors of Max Davis (1st Man) and Niall Thorne finishing in the top 2 and our first female finisher went to Anna Spiers.



WESTONBIRT HOUSE 10K

On Saturday 30th December, 10 Lemons took on the course at the re-scheduled Westonbirt Christmas 10k having been snowed off 3 weeks earlier. After tackling the wind and undulations (twice), Geoff Goodway was the first AVR home in 4th place overall with an impressive time of 40:33 and was also the first MV40 to finish. The female team, consisting of Barbara Gerhat, Sarah Barker, Michelle Gibbs and Kathryn French finished in fifth place over all.

MEMBER PROFILE

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

Name: Mick Farrar

Time with AVR: Joined in 2015

Age category: MV50+

5k PB: 24:32 (June 2016) - Faster in training runs

10k PB: 52:41 (May 2015) - Faster in training runs

Half marathon PB: 1:58:23 (March 2015) - Faster in training runs

Marathon PB: 4:22:22 (April 2016)

Favourite race: 'Race to the Stones 100k' (2017). Running through the day into the early hours, with a friend's inspiration I finished very strong (not fast, I don't do fast!) and could have continued.

Favourite medal: 'Giant's Head Marathon'. Really enjoyed the race and had the energy to push hard over the last 3 or 4 miles. You'll have to look up the medal! *(Editor's note: the medal features the Cerne Abbas Giant - for those that know, you'll understand why I haven't included a picture!)*

Most proud running moment: Leading 'The Warriors' team on the London to Cardiff relay, twice achieving sub 24 hours.

Most embarrassing running moment: Before I learned how to breathe properly while running I sounded like Darth Vader out for a jog!

Best piece of running advice: Push yourself and discover what you can really do, there is more to running than roads and chasing PBs.



TAPERING FOR NON-MARATHON RACES — by Steve

Williams

Tapering is the decreasing of the volume and/or intensity of your training as you approach a race event. For a marathon this will normally start some 3 weeks before the race. For shorter races the general rule of thumb is to start tapering some 2 weeks prior but this all depends on how seriously you wish to take the particular race. More on this later.

To some of you, these may seem like inordinately long periods. However, research has shown that a training effect takes some 2 to 3 weeks to feed through into your race performance. Therefore, and this is very important, **there is nothing you can do to improve your race day performance in the two weeks or so preceding it.**

Whilst you cannot improve your performance during the last week or so prior to a race you can certainly do a whole lot of things that can adversely affect your performance. Not easing down early enough on the volume/intensity of your training; squeezing in a couple of extra runs 'just in case'; doing a long run the week before just to make sure that you will be OK on race day...

The whole point of tapering is to make sure that you arrive at the race start properly nourished and hydrated; physically and mentally refreshed and raring to go; without any vestiges of fatigue or tiredness in your legs or body. If you haven't done the training you expected to do for an event then either don't start it or reassess your objective for it e.g. forget about a 'time' and make finishing it the objective.

The main difficulty for athletes during the tapering period is psychological. Because you aren't doing your 'normal' volume of training then there is a tendency to worry about losing your edge or some fitness. In a two week period this will not happen unless you radically alter your lifestyle e.g. suddenly start consuming 12 pints of Guinness and 6 meat pies every day! Providing this doesn't happen then it will take 3 to 4 weeks of 'resting' before there is any significant deterioration in fitness levels.

To return to the point raised previously, regarding how long to taper for, if the race is a significant key target for you i.e. you are looking to do a PB, then a 2 week taper is called for. If the race is important as a stepping stone, but not one of the half dozen or so that you have identified as key targets for the current 6/12 months, a week's taper will do. If the race is seen as an integral part of the training week and is to be used for conditioning purposes then there is no need for a taper but you may consider doing slightly easier runs the couple of days or so preceding it.

The type of running undertaken during the taper will depend on what you have been doing up to that point. Certainly some fast running, such as intervals, can be included but the volume will be greatly decreased. Normally, you would reduce the length of your weekly long run. How the taper is constructed can also help address some of the psychological 'issues' referred to above. There are a lot of variables to consider when planning a taper including your experience and running capability. If you would like advice on this aspect of racing then please feel free to talk to me.

This article is a slightly edited/updated version of one that appeared in the AVR magazine 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. Get ready to bang that PB gong...

WALL OF FAME

10km

| | | |
|----------------------------|------------------|------------|
| <u>Bromham Pudding Run</u> | Liz Bundy | (01:04:55) |
| | Judy Schols | (00:51:53) |
| | Helen Davies CPB | (00:50:58) |
| | David Bagshaw | (00:45:21) |
| | David Mudford | (00:42:29) |

Southwick parkrun

| | | | |
|--------------------|------------|---------------------|------------|
| Darek Bujak CPB | (00:46:05) | Helen Davies CPB | (00:24:13) |
| Vicky Ody CPB | (00:29:46) | Joe Milton CPB | (00:18:42) |
| Jackie Hall CPB | (00:29:35) | Anna Spiers CPB | (00:22:48) |
| Owen Lythell CPB | (00:18:59) | Malin Cranstone CPB | (00:24:33) |
| Mark Watters CPB | (00:34:31) | Emily Bailey CPB | (00:27:56) |
| Liz Mason CPB | (00:31:47) | Clare Vanstone CPB | (00:34:51) |
| Michael Hilton CPB | (00:27:14) | Kirsty Tozer CPB | (00:35:42) |
| Gil Stockley CPB | (00:23:32) | Joe Milton CPB | (00:19:09) |
| Dawn Ellams CPB | (00:39:23) | Veryan Cranston CPB | (00:21:02) |
| Kiri Burns CPB | (00:33:14) | Fabrice Gagneux CPB | (00:22:01) |

Other parkruns

| | | |
|-------------------------|------------------------|------------|
| <u>Weymouth</u> | Richard Morgetroyd CPB | (00:20:02) |
| <u>Chipping Sodbury</u> | Arthur Pease CPB | (00:17:24) |
| <u>Poole</u> | Ruth Barnes CPB | (00:16:40) |
| <u>Congleton</u> | Callum Withers CPB | (00:19:38) |
| <u>Bath Skyline</u> | Richard Harding CPB | (00:19:15) |
| <u>Braunstone</u> | Ian White CPB | (00:29:33) |
| <u>Knowlsey</u> | Gemma Lawton CPB | (00:24:54) |
| <u>Melksham</u> | Sarah Barker CPB | (00:29:28) |
| | Leah Sartain CPB | (00:21:14) |
| | Richard Morgetroyd CPB | (00:20:28) |
| | Nicola Clyde CPB | (00:37:48) |



JAVR News

Editors Notes: Now we are very much in the festive period and the short, cold days, then what better race to report on than the Cross Country Championship held at Bath Uni in early December. The snowy conditions didn't put some of our runners off!

Well done to everyone who took part!

Pete Slade

Wiltshire, Avon & Somerset XC Championship Race—Bath Uni Sunday 10th Dec

We are now well in to the Cross Country season and it was that time of year again when our junior runners get the chance to run around the Bath University cross country course for Wiltshire, Avon and Somerset. It's amazing how quickly the year passes and before we know it, it's almost the last race in the calendar year!

Unlike previous years, the weather this year was bitter cold, snowing and not nice to run in or watch for that matter! However the following brave souls ran in their yellow vests:

U11 Boys: 21 runners took part. Highest finisher was Jacob Fleming, (6th place), finishing in a time of 8 mins 16secs, with Ben MacAlister finishing in 18th place, in a time of 10 mins 6 secs



U13 Girls: Just the one JAVR girl taking part in this race— Freya Buglass, who pulled off another memorable display by finishing in 2nd place out of a field of 30. Freya completed the 2.8K course in 12 mins 19 secs—22 secs off first place!



U13 Boys: 44 runners in total, with 6 boys running for JAVR! Freddie Billing was first JAVR home—in 12th place, in 11 mins 54 secs, with the ever improving Malin Cranston just 18 seconds behind Freddie in 18th place. Joe Markey finished in 27th place in 12 mins 38 secs.

Stuart Hearn (38th place), Dylan Neale (39th place) and Toby Withers (41st place) rounded off the 6 runners for JAVR



U15 Girls: The course was 3.8km in length for the U15's. And a total of 31 runners took part in this category. Orli Cranston was first home, (10th place), in 15 mins 55 secs, with Jessica Davies not far behind Orli in 14th place (16 mins 26 secs). Daisy Davis came home in 28th place in just over 20 minutes

U15 Boys: Joe Milton was the highest finisher for JAVR—he finished the course in 14 mins 53 secs, earning him 20th place. Our 2 other JAVR—Leo Harris and Ethan Bolter finished in 37th & 38th place respectively.

U17's Girls: The U17's and U20 categories ran together. In the girls' category, Hannah Reynolds was our sole Runners - She completed the 4.7K course in 23 mins 16 secs. Which gave her 13th place out of 14 runners.

U17 Boys: Finally, the Boys/Men's U17 and U20 combined race.: Max Davis completed the 5.8km course in 20 mins 36 secs, which was good enough for 9th place out of 30 runners. He was the 4th U17 boy to finish. Our other 2 JAVR boys in this race were Callum Withers and Josh Throne—they came home in 29th & 30th place respectively.



Junior Avon Valley Runners
Presentation event
Sunday 28th January
2-4pm at Steeple Ashton Village Hall



Other updates:

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

BAND

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S.W. basketball Team
3 Members - Invite

#feedback #suggestions #team-m

Notices
Important [peter's 8 day party] event has created.

Brian Feb 16
Hi all. how's it going xD Andrew and I are planning to play video today's practice. Anyone would like to j

C.O.C MAD CLAN | S.W. basketball Team

Fellowship Youth Group | Marketing Team

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