

# Avon Valley News

January 2018

Issue #194



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Hello and Happy January!

It's been another busy month to kick off 2018 which makes this another jam packed edition.

Remember, if there is anything you would like included in the next one, if you have any suggestions and feedback, or if you would like to be the next featured AVR member, then please email it to [sarahbarker87@live.co.uk](mailto:sarahbarker87@live.co.uk).

Thanks and 'cool runnings' to you all,

Sarah - Editor

## DATES FOR YOUR DIARY

- 16<sup>th</sup> February: AVR Presentation Night. **PLEASE NOTE THE NEW DATE.** Sign up online here: <https://www.entrycentral.com/event/107865>

## NEWSLETTER CORRECTION

In last month's newsletter, I included some statistics about the Stan Farr 5k which was out of date. The most wins of this closed race by a male runner is actually Mike Towler who has won it seven times in 2008, 2009, 2011, 2012, 2013, 2015, 2016.

## NEW CLUB RECORD!

Mike Towler has broken his own 10k PB by a staggering 34 seconds at the Telford 10k on 7<sup>th</sup> January finishing in a jaw-dropping 31:35, finishing 34<sup>th</sup> out of 880 runners. The whole club would like to congratulate Mike for his incredible achievement and look forward to seeing what other amazing things he can do in the future.



Mike Towler at the Telford 10k <sup>1</sup>

# NEW COMMITTEE MEMBERS

## Carole Alston



*"Last November I was asked whether I would be interested in joining the AVR Committee, as new members were needed to replace those stepping down. I'm a firm believer in the premise that if you take something out, you should be willing to put something back, so after exploring what was involved I agreed to give my support to the club and join the committee from January 2018. As a fairly level-headed person, I hope to be able to voice my thoughts and views at the regular committee meetings and have already volunteered to be on the Over the Hills Working Group. As a late starter in running, I'd like to be able to encourage others of a 'certain age' that it's never too late to give it a go. I can truly say that joining AVR is one of the best decisions I've made. There have been new friendships and many opportunities for buddy runs at weekends with like-minded people. I've also enjoyed some marshalling/first aid duties and promoting AVR to the public at the Active Trowbridge event. Just two years ago, I couldn't run down the road and now a 10 mile Sunday morning run with friends, incorporating the White Horse hill, is an enjoyable challenge. If I can do it, anyone can!"*

## Sarah Barker



*"I've been a member of AVR now for over 3 years. I started by joining the 'blue' runs on a Tuesday and signing up for a few races. In 2016 I did some of the races for the Club Championship and finished in 5<sup>th</sup> place - which was totally unexpected considering my very average speed - then winning the 'How Farr for AVR' award and setting the club record for my age category for kilometers covered in a year. In 2017 I entered more races and challenges than ever and have also really enjoyed marshalling and supporting other members in their challenges too. My involvement in the club stepped up last year when I joined the social committee to organise events and also in October when I took over the newsletter. Then in November I agreed to join the main committee. I'm really looking forward to taking ideas and feedback to the rest of the group and supporting the club in exciting new ventures."*

# PRESENTATION NIGHT – THE NOMINATIONS

The nominations for the Presentation Night have been revealed on the closed Facebook page during January, and it's safe to say that the competition is very close and anyone could be walking away with the awards on the night. The winners of the main categories are decided by the committee and the votes for the subjective awards - Best Race Face, Best 2 Footer etc - were completed at the AGM.



There are a couple of new awards for 2017: Outstanding Team (male and female) and one (yet to be named) that recognises people who have positively represented the club over the season but not necessarily been at the front of the races. The latter will be decided by a vote on the evening of the Presentation Night. Other awards, such as 'How Farr for AVR' and 'How Hard Did You Try' (AVT) are announced on the night too.

If you want to hear who wins and to have your say, then tickets are still available at: <https://www.entrycentral.com/event/107865> for the 16th February 2018.

## Nominations for the 2017 awards:

### Outstanding Senior Woman

Ruth Barnes  
Pippa Brewer  
Leah Sartain  
Anna-Marie Watson

### Outstanding V40 Woman

Mandie Bygrave  
Anita Mellowdew  
Jo Farion  
Clare Wood

### Outstanding V50 Woman

Ali Atkinson  
Helen Davies  
Diane Hier  
Sue Kingdon (Jeddi)

### Outstanding V60+ Woman

Karen Applegate  
Rosemary Barber  
Tina Vivian

### Most improved female

Sonia Bundy  
Helen Christine Davies  
Holly Newman  
Sarah Nunn  
Vicky Ody  
Clare Wood

### Outstanding Senior Man

Ed Knusden  
Gary MacAlister  
Dan Piper  
Chris Roxburgh  
Mike Towler

### Outstanding V40 Man

Geoff Goodway  
Richard Harding  
David Warren

### Outstanding V50 Man

Mick Farrar  
Martin Pearce  
Robin Schols  
Andy Stanley

### Outstanding V60+ Man

Stuart Arguile  
Phil Harding  
Frank Lamerton

### Most improved male

Michael Guy  
Richard Harding  
David Hyde  
Ed Knusden  
Gary MacAlister  
Richard Morgetroyd

**Female team of the year**

Gwent League promotion team  
Tri Counties XC, Wiltshire Gold Medal Team  
50x100m AVR Track opening team

**Male team of the year**

EA Road Race Champions (Exeter)  
Wiltshire Track & Field Men's record medal haul  
Gwent League Division 4 Champions team  
Tri Counties XC, Wiltshire Gold Medal Team  
50x100m AVR Track opening team.

**Outstanding AVR Beginner**

Carole Alston  
Jackie Hall  
Michael Hilton  
Steve Self

**The Bomb (for going over and above the call of duty)**

Karen Applegate  
Rich Ayling  
Jay Sims

# AVR CLUB CHAMPIONSHIP

**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>

The first off road fixture was at Slaughterford on Sunday 28<sup>th</sup> January. Ed Knudsen finished as first AVR and second overall while Joanne Mumford was first AVR lady home.

The first road race fixture is the Chilly 10k on February 18<sup>th</sup> at the Castle Combe race circuit. At the time of writing, there are still entries available for this race.

# 2017 ADVENTURES OF SHOEPERMAN

You can't have failed to notice the presence of a giant shoe at Southwick parkrun and various races around the country in 2017. It was none other than our very own Martin Pearce!

**What was the reason behind your challenges?** I was 50 early in 2017 and I wanted it mark the year in a special way. I normally do an event every year for a charity but for 2017 I wanted to do a whole set of activities in a special way. I also wanted to tick off as many bucket list items as possible.

**Why CHSW?** I wanted a local children's charity where I could see where the money was spent. Have run for some national charities and you really don't get a sense that the money is going to the people who need it. I worked with Paul, whose family receive benefit of the Hospice in Bristol as respite care for their daughter - Sophie



**Why a shoe?** One of my bucket list challenges was to get a Marathon World Record. Having looked at the World Records for that event, a shoe seemed one of the most likely that I was going to achieve. It fitted nicely in getting the hospices involved as we held a colour competition to design the shoe.

**What was the highlight of the year?** Definitely the London Marathon, the level of support was fantastic and presenting my medal to Sophie at Bristol Childrens Hospital. Its all very emotional now looking back.



**What was the low point?** Getting injured, which meant I had to miss the Royal Parks Half Marathon. I had been lucky that I hadn't picked up any major injury but at that time I would have put myself out for the rest of the year if I had run. Was still injured at Great West Run and Great South Run but I was improving.

**How much did you raise?** We have reached £7,100 for CHSW, which is a fantastic sum. I want to thank AVR members for all their support, it hasn't been solely about the funds. Have met some wonderful people along with way and also made some new friends for life. Awareness of the charity has increased significantly with appears in Running Magazines, National Newspapers and both National and local TV

**What's next?** My wife, Marie, and I are doing the Ride for Precious Lives in July. We start at CHSW Hospice in St Austell and cycle to the hospice in Barnstaple. From there we cycle to the Hospice in Bristol. It's a 210 mile bike ride over 3 days. I am donating the shoe to the Hospice and he will become their mascot at future events.



## 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:** Martin Pearce

**How long have you been with AVR?** 8 Years

**Age category:** MV50

**5k PB:** 23:12 (May 15)

**10k PB:** 48:55 (Mar 13)

**Half marathon PB:** 1:23:40 (Mar 93)

**Marathon PB:** 3:05:12 (Sep 93)

I never used to run a race less than a Half Marathon when I was at my fittest in my 20's

**Favourite race:** Paddock Wood Half Marathon - wonderful race around the Weald of Kent - reminds me of my early days of running. Used to rate in the top 5 Half Marathons in the UK.

**Favourite medal:** My London Marathon medal from 1994. I was really ill at the back end of 93 into 94 and this was my comeback to running, albeit very slowly

**Most proud running moment:** Have two. First was this year when I completed the London Marathon in the shoe and presented my medal to Sophie in Bristol Children's Hospital.

Second was lining up with Eamonn Martin at the Chemical Bank Corporate Challenge in London in 1994. We were part of the same team. The previous year he won London Marathon.

**Most embarrassing running moment:** Tripping over a log in an off road race and taking a tumble on a downhill section - ended up in A&E with a dislocated shoulder.

**Best piece of running advice:** Enjoy it. Running is one of those sports that can be as simple or as complicated as you make it - make it simple and have fun.

**Anything else?:** I am a qualified Reflexologist and Genealogist.



# **INJURY PREVENTION** - by Anna Gardiner, Sports Massage Therapist at [www.thetreatmentrooms.info](http://www.thetreatmentrooms.info)

Running is an addictive sport and a great way to get fit, lose or maintain weight and socialise with like-minded people. Like most sports, though, there are some risks of injury inherent within it and the following suggestions are ways in which to mitigate that risk. There's nothing more exhausting than an injured runner.

## **Running shoes**

Running is generally considered a cheap sport. By non-runners. And largely it is, although it is nice to have some proper running gear to reduce the chance of chaffing etc. One bit of kit that is worth investing in is running specific shoes. Running is such a high impact sport that most people benefit from some cushioning. It is preferable to go to a running shop such as Easy Runner in Bristol or Deka in Frome, where they will do a gait analysis to identify which type of shoe would suit you. Most of the shops offer this service at around £20 but will take that off of the price of the shoe if you buy from them. It is worth the initial investment as your shoes and feet can be primary contributors to injury. The key element in choosing shoes is putting a pair on and feeling as if you're not wearing any when you run. Comfort is key.

## **Strength and conditioning**

Many of us runners think that running is enough to keep fit, healthy and strong. However, studies have shown that incorporating exercises such as squats, single-leg hops, and core work into the week can help prevent lower-body injuries, and improve performance. Strengthening the muscles around the knees and hips is particularly important to reduce the risk of injury for runners. Increasing strength means that you can increase your joint stability, thereby lowering the chance of repetitive stress injuries. By using runner-specific strength exercises, you can increase structural fitness, which is the ability of your bones, ligaments, tendons, and muscles to withstand the impact of running.

## **Sports Massage**

Sports massage targets muscles and surrounding fascia, helping to realign the muscle fibres and connective tissue and reduce adhesions, which can make a muscle feel tight or sore. Regular sessions will increase joint mobility and flexibility, and reduce the risk of injury during exercise. Sports massage can help you increase the quantity and quality of running as it can catch niggles before they develop into an injury. If you're very sore, a massage can help ease the tightness in your legs and reduce pain. It can also speed recovery from a hard session such as a race or long run.

## **Mileage Increase**

It can be tempting to ramp up the mileage, increasing the long run particularly, by a couple of miles each week. If you are a beginner runner, your main priority is to run consistently and allow your body to adjust to running. This probably means running 2-3 days per week for 1-4 miles. Keep it the same for 3-4 weeks at a time to allow your body to

adjust and then build up a little more. If a bit more experienced, and/or training for a half marathon then it might be worth adding on a mile or so to your long run each week and incorporating some tempo/speed work.

### Warm up

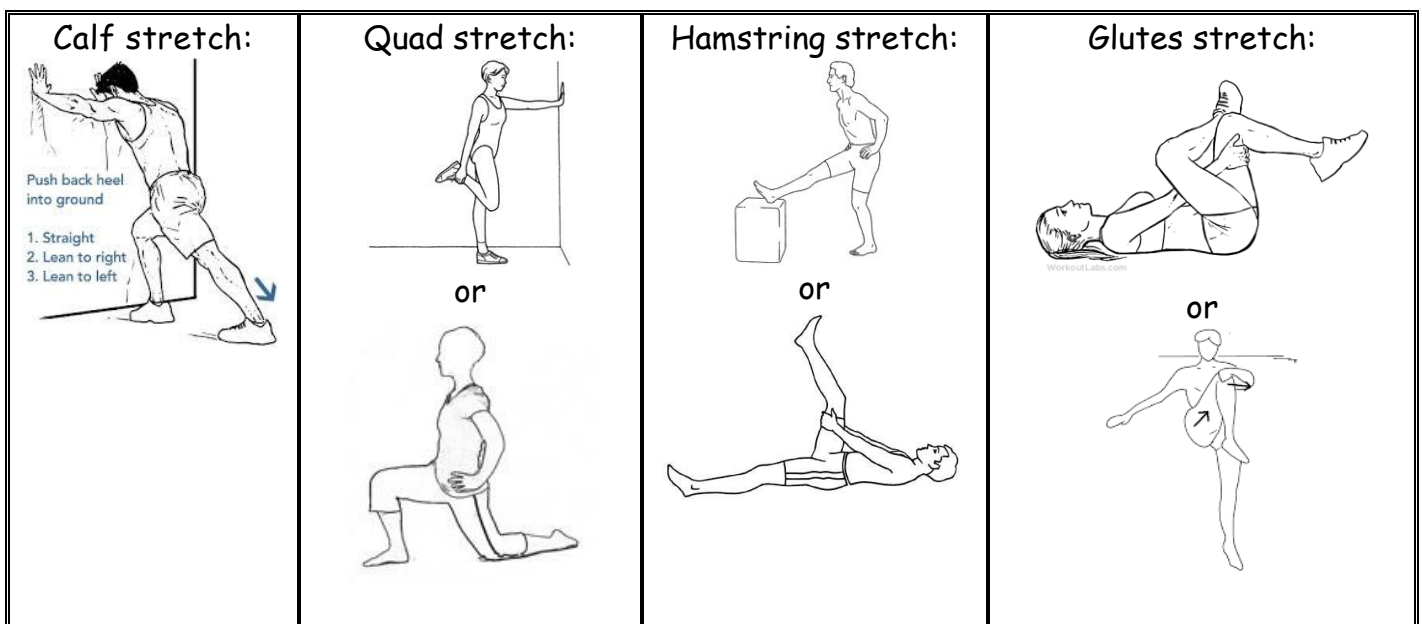
Many of us have quite sedentary lifestyles - office based and commuting are not friends to a runner's body. Even before the slow jog to meet a fellow runners or the initial mile from the front door, it is good to activate the glutes. Remember they have largely been compressed in a seated position and we can't expect them to just explode into action and power a run the way that they are supposed to. You can begin firing them by clenching your buttocks, initially both together and then, as you get better, one side to the other. At traffic lights is my favourite so that it becomes a habit! Bridges are also a good way to fire them, ensure you clench your glutes as you raise them up or else you'll just use your hamstrings



Warming up allows your muscles, bones, and joints to loosen up gradually and gently increases your heart rate to get the circulation moving. Warm up drills include high knees, heel flicks, bounding, lunges, sprints (accelerating gradually for a short period) and the grapevine.

### Warm down

Running is a high impact, repetitive sport and can cause muscles to shorten slightly; stretching helps them to return to their resting length. Stretches are most effective if held for 30 seconds and at a comfortable rather than painful stretch. The following are just a few you could be doing post run:



If you have any questions or comments, feel free to contact me.

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](mailto:results@avonvallyrunners.org.uk) or [results4toni@yahoo.com](mailto:results4toni@yahoo.com). Get ready to bang that PB gong...

## WALL OF FAME

### 10km

Telford 10k Mike Towler (00:31:35)

### 9 Miles MT

Slaughterford David Bagshaw CPB (01:20:28)

### Southwick parkrun

Jessica Hartrey CPB (00:44:51) David Bagshaw CPB (00:21:44)

Jo Masters CPB (00:34:03) Fabrice Gagneux CPB (00:21:47)

Vicky Ody CPB (00:28:58) Laura Hoskins CPB (00:23:03)

Lola Harris CPB (00:24:35) Emily Bailey CPB (00:27:51)

Lewis Green CPB (00:20:28) Teresa Edwards CPB (00:28:11)

Samantha Blanchard CPB (00:35:25) Carole Alston CPB (00:30:05)

Michael Hilton CPB (00:26:23) Joshua Thorne CPB (00:20:36)

Malin Cranston CPB (00:18:50) Alistair Brownlie CPB (00:27:03)

### Other parkruns

Chippenham Justine MacAllister CPB (00:34:03)

Sara Robert CPB (00:31:16)

Sue Jeddi CPB (00:23:19)

Shepton Mallet Elizabeth Morris CPB (00:33:46)

Bath Skyline Vicky Ody CPB (00:29:38)

Bushy Sam Franklin CPB (00:20:53)

Melksham Viv Lloyd CPB (00:31:12)

Richard Newman CPB (00:25:57)

Helen Thorne CPB (00:31:29)

Gareth Legg CPB (00:25:54)

Sarah Jewers CPB (00:25:00)

Ali Atkinson CPB (00:25:35)

Ethan Bolter CPB (00:24:29)

Sue Jeddi CPB (00:24:12)

Ryan Jones CPB (00:22:42)

Andy Cunningham CPB (00:22:30)

Richard Morgetroyd CPB (00:20:23)

Gary MacAllister CPB (00:19:29)

David Bagshaw CPB (00:22:03)

Simon Reeves CPB (00:23:21)

Laura Gregson CPB (00:28:31)

Nicola Clyde CPB (00:35:58)



# JAVR News

**Editor's Notes:** This month's edition focuses on the JAVR Awards presentation for 2017. Once again this year's presentation was held at Steeple Ashton Village hall and was well attended and a good time was had by all!

Also a quick summary of the 1st JAVR 2K. Enjoy!

Pete Slade

## JAVR 2K 1st Fixture—January 2018

The first of this years JAVR 2K races took place on Saturday 27th January. Although the weather wasn't particularly great, we did manage to see a total of 47 runners take part. First home for JAVR was Orli Cranston who finished 2nd overall and was first girl, in a time of 7 mins 32 secs. First JAVR boy home was the ever improving Lewis Green—he was 3rd overall in a time of 7 mins 35s secs. In all, we had 20 JAVR runners take part in the event. This race also includes a 300m dash, (ran just before the 2K) —for those runners who are 6 years and under—it'll be good to see these younger ones take part in the JAVR 2K when they are old enough! Overall, a miserable day for the weather but brightened up by some good performances throughout the field—well done to all those who turned out for the event!



So now we come to the annual awards presentation for 2017. Looking back on the year, there has been some outstanding performances both from an individual basis and from a team perspective. Once again, our runners have taken part in Cross Country events, track events, road races and a whole lot more! It's also nice to see some of our Junior runners start to progress into the Senior section of the club, for example Niall Thorne and Max Davis—2 of our most respected runners.



This was the 3rd JAVR presentation we have put on and it is really a celebration of all the achievements of our junior runners and to recognise individuals for their efforts not just in races, but also in training. We have also awarded “Club Captain” roles for 2 of our runners in 2018, again something we feel is appropriate to bring in to the club to further create a link with the runners and coaches and also for the Club Captains to become role models for their fellow teammates.



**Left: Club Captain (Boys)  
Ethan Bolter.**

**Right: Club Captain  
(Girls) Daisy Davis.**

**Pictured being awarded  
their specially  
embroidered hoodies  
from Niall Thorne**



The presentation was split into two sections, firstly the JAVR 2K awards were presented. Chris Brown ran through the awards and our very own Chairman, Warren Wade, presented the juniors with their awards. A summary of the winners was as follows:

JAVR 2K League, 1st Girl: Jasmine Martin (120 points, 6 PB's)

JAVR 2K League, 2nd Girl: Lottie Brown (105 points)

JAVR 2K League, 3rd Girl: Lola Harris (104 points, 2 PB's)

JAVR 2K League, 1st Boy: Lewis Green (123 points, 6 PB's)

JAVR 2K League, 2nd Boy: Leo Harris (114 points, 4 PB's)

JAVR 2K League, 3rd Boy: Ben Hails (107 points, 3 PB's)

JAVR 2K League, Most Improved Girl: Olivia Hails

JAVR 2K League, Most PB's Girl: Jasmine Martin (6)

JAVR 2K League, Most Improved Boy: Harry Jerram

JAVR 2K League, Most PB's Boy: Lewis Green (6)

JAVR 2K League, Girls U12 record: Freya Buglass (7:19)



**Above: Jasmine Martin: 1st Girl Overall - 2K League**

**Below: Lewis Green: 1st Boy Overall—2K League**

Runners who took part in all of the JAVR 2K League races (12 total):

Leo Harris, Callum Withers, Harvey Payne, Toby Withers, Dylan Neale, Jasmine Martin

JAVR 2K Club Championship awards (best set of results combined JAVR 2K and Wilshire Road race league):

1st Girl year 2-5 : Lottie Brown

1st Boy year 2-5 : Dylan Neale

1st Girl year 6-8 : Olivia Hails

1st Boy year 6-8 : Leo Harris

1st Boy year 9-10: Callum Withers

1st Boy year 11-12: Niall Thorne



Following the 2K League presentation, the main JAVR 2017 award winners were then read out by our Head Coach Rich Ayling, again Warren Wade gave out the awards

New Award for 2017: **JAVR Participation Award** (For attending 30+ Wednesday night training sessions: This demonstrates a high level of commitment from our runners: Ollie Davis, Ben Hails, Olivia Hails, Leo Harris, Luke Slade, Sophie Moore, Toby Withers, Lottie Brown, Orli Cranston, Malin Cranston, Jasmine Martin, Tom Gale, Niall Thorne, Daisy Davis, Max Davis, Ethan Bolter, Jordan Bygrave (Pictured Below):



**A run-down of the Award Winners for 2017:**

Most Improved Girl: Daisy Davis

Most Improved Boy: Malin Cranston

Best Training attitude Boy: Leo Harris & Callum Withers

Best Training attitude Girl: Hannah Reynolds & Jasmine Martin

Most Effort Girl: Louise Wood

Most Effort Boy: Tom Gale

Dedication to Club Boy: Niall Thorne

Dedication to Club Girl: Lottie Brown

Resilience Award Girl: Danielle Ross

Resilience Award Boy: Luke Slade

Mo Farah Award : Jack Webb

Paula Radcliffe Award : Sophie Moore

Track Achievement Boy: Max Davis

Track Achievement Girl: Freya Buglass

**Above Right: Louise Wood, winner of Most Effort Girl**

**Below: Right: Hannah Reynolds, winner of the best training attitude , Girl**



**Award Winners for 2017 continued:**

Best Newcomer Girl: Jessica Davies  
Best Newcomer Boy: Freddie Billing  
Memorable Moment: Josh Thorne, Jessica Davies  
Runners Runner of the year Girl: Daisy Davis  
Runners Runner of the year Boy: Dylan Neale  
Coaches Runner of the Year: Orli Cranston



**Above: Orli Cranston, coach's runner of the year**



**Danielle Ross: Resilience Award Girl**



**Dylan Neale: Runner's runner of the Year Boy**

The photos are just some of the award winners on the day, apologies if some runners are not included in the photos—there just wasn't enough room in the newsletter to fit you all in!

Well done to all the runners who won an award, but equally well done to those who represented the club and who narrowly missed out on awards for this year!

**Here is to even greater success for JAVR and its Runners in 2018!**



# AVON VALLEY TRIATHLETES

We are still finalising the results of the AVT league - please send any results from your events for 2017 by Friday the 9th February. [avt@avonvalleyrunners.org.uk](mailto:avt@avonvalleyrunners.org.uk)

The AVT league for 2018 will take your years best results for any Time Trial, Aquathlon, Duathlon or Triathlon as long as it is not an entry level Triathlon event like Go Tri events.

Please send your results to [avt@avonvalleyrunners.org.uk](mailto:avt@avonvalleyrunners.org.uk) or input them into the spreadsheet that will be updated on the AVT Facebook page on March 1st.

