

Avon Valley News

March 2018

Issue #196



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It's been another month where the weather has done its best to stop us in our tracks, either through snow or ice or flooding, but there have still been some great races attended by AVR members and some fantastic achievements to celebrate which include:

- Niall Thorne winning the 5km Clock Change Challenge in 00:17:17
- Mike Towler winning the Chippenham Good Friday 10 miler in 00:54:11
- Gary MacAlister winning the Bowood 10km in 00:40:46
- And finally, Ed Knudsen took on the USA and won the All American Marathon, Fayetteville, North Carolina, in a time of 02:34:07!

On a more somber note, this month the club learned of the sad passing of Gerry Fice who was a past member of the club. Thanks to Bob Ellis for the lovely piece about him below. The whole club send their condolences to his family.

Hopefully April will bring kinder conditions and warmer weather for us. Remember, if you want to include any race reports or fundraising quests, then email them to news@avonvalleyrunners.org.uk.

Sarah - Editor

GERRY FICE - THE FINAL LAP – By Bob Ellis, life member

As a founder member, I have had the unique position over the years of seeing many runners don the colours of AVR and few were better than Gerry Fice, who sadly died on Friday 9th March aged just 64.

During the late 1980s and early 1990s, I had the good fortune to train with, race against and coach Gerry during those halcyon days when the club was still in its infancy. Gerry was a frequent competitor on the local race circuit and also further afield, were in 1988 in Paris, he ran a remarkable 2:50 marathon in temperatures approaching 80°F. His other notable performances included a 33 minutes 10k in Cardiff and a 1:58 for 20 miles - all times which still rank highly in the AVR all-time records. Although Gerry had 'retired' from running some years ago, he will be fondly remembered as a fine athlete, great competitor and friend to those of us within the club all those years ago.



AVR at the 1986 Burnham-on-Sea Half Marathon. Gerry is seen here, second from the right.

WILTSHIRE ATHLETICS AWARDS – By Darren Wrintmore

Wiltshire Athletic Association hosted the 2018 Wiltshire Athletics Awards at Doric Park in Trowbridge. The event which was sponsored by Wiltshire and Swindon Sport (WASP) recognised the best athletes in the county and those that make athletics happen in Wiltshire.

The first awards presented were to the Highest individual scorers in the 2017 Wiltshire Road Race League which was won for the fifth time by Avon Valley Runners with club captain Gary MacAlister being the highest overall scoring male in the 10-race series, whilst the Ladies award went outside of the county for the first time with Katherine Uphill of Frome Running Club taking the honours. Other age category winners were: Highest scoring MV40: Peter Blake (Chippenham Harriers); Highest scoring MV50: Alwyn Royal (Chippenham Harriers); Highest scoring

MV60: Neil Tiley (Slinn Allstars); Highest scoring FV40: Julia Maddocks (Chippenham Harriers); Highest scoring FV50: Helen Davies (Avon Valley Runners); Highest Scoring FV60: Rosemary Barber (Avon Valley Runners).



AVR winners L-R: Darren Wrintmore, Gary MacAlister, Sean Price, Warren Wade, Rosemary Barber and Helen Davies.

Awards were also presented for the 2017/18 Wiltshire Off-Road Race League which was won by Chippenham Harriers and saw Ed Knudsen of Avon Valley Runners and Julia Maddocks of Chippenham Harriers as the highest individual scorers in the six race series. Other category winners were: Highest scoring MV40: Keith McCarthy (Royal Wootton Bassett Hounds); Highest scoring MV50: Heath Bampton (Royal Wootton Bassett Hounds); Highest scoring MV60: Neil Tiley (Slinn Allstars); Highest scoring Senior Lady: Anna Gardiner (Chippenham Harriers); Highest scoring FV50: Sandra Mylchreest (Chippenham Harriers); Highest Scoring FV60: Margaret Thompson (Devizes Running Club).

The Wiltshire Athletics Awards committee then presented the outstanding achievement awards.

The award for Young Male Athlete of the year was awarded to Thomas Holmes of Marlborough & District following a great season throwing the javelin. Niall Thorne of Avon Valley Runners and Ransford Ako'Nai of Team Bath AC were both Highly Commended. The Young Female Athlete of the year was awarded to Beatrice Wood from City of Salisbury A&RC with Freya Buglass of Avon Valley Runners and Delleah Belgrave of Swindon Harriers both highly commended.

The award for the Male Veteran Athlete of the year went to Heath Bampton of Royal Wootton Bassett Hounds with Ultra-distance runner Damian Hall of Corsham Running Club and Simon Gilbert of Devizes Running Club both being Highly Commended. The Female Veteran athlete of the year went to Calne Running Club's Denise Nott with the Avon Valley Runners pair of Anna-Marie Watson and Diane Hier both being highly commended.

The Coach of the year award went to Di Viles of Team Bath AC with Bryan Clinton of Swindon Harriers and Denise Nott of Calne Running Club being highly commended. Official of the year went to Graham Mattacks of Team Bath with club mate Steve Hutchinson and City of Salisbury's Andy Angell both highly commended for their work.

Unsung Hero of the year was awarded to Sean Price of Avon Valley Runners with Rich Keyzor of Shrewton Running Club and John Webster of Team Bath both being highly commended.

The Club initiative of the year award was presented to recognise an initiative setup by a club to improve athletics in the area and this went to Avon Valley Runners for the realisation of their two-year project to build a running track in Trowbridge. Calne SMaRTT introduced an interesting initiative to allow members to win back their entry fees whilst Corsham Running Club had a popular Beginners Course.

The first award presented was for the Senior Male athlete of the year and was awarded for the second year to Tom Gale of Team Bath with Simon Nott of Calne Running Club and Aaron Wilson from City of Salisbury A&RC both Highly Commended. The Senior Female athlete of the year was awarded to 2017 Bath Half Marathon winner Ruth Barnes of Avon Valley Runners with Caitlin Wosika and Zoe Mattocks both of Team Bath AC being highly commended.

The Race of the year was presented to the Race Director of the Tri-County XC Championships which despite the adverse weather conditions delivered a memorable event. The Roundway Revenge trail run hosted by Devizes Running Club and the SMaRTT Smasher at Calne were both recognised as highly commended.

The event showed that athletics is thriving well in Wiltshire and that we are producing a good number of athletes that are able to hold their own on a regional, national and for some an international level. Behind these athletes is a good community of coaches, officials and volunteers enabling the sport to progress in the county.



All of the winners of the Wiltshire Athletics Awards.

RENEWING MEMBERSHIP

Avon Valley Runners is pleased to announce that current members are now able to renew their club membership. Standard membership costs £25 and junior membership costs £12.50 but if you have already renewed between 1st-31st March, then the 2018 prices have been honoured. If anyone has signed up between 1st January and 28th February 2018, your membership is covered until March 2019. England Athletic affiliation is an additional cost of £15 which runs from April to March - the same as AVR membership - and can be added when you select your membership type on your application form. EA membership can take some extra time to process as it is sent to EA to deal with first.

AVR Membership benefits are:

- 10% discount on Places for People fitness membership
- Discounted ARC (Association of Running Clubs) races
- Training sessions at TRFC and BoA
- Club social events
- Access to closed club races
- Automatic membership to Avon Valley Triathletes at no extra charge
- Discounts for online retailers (all discount codes can be obtained from admin newsletters or contact the secretaries.)
 1. 30% online discount at More Mile
 2. 10% discount at Start Fitness
 3. 10% discount at My Protein 15% discount at BCH camping
 4. 10% discount at Paul Nash Cycles
 5. Discount at Anytime Gyms - Trowbridge memberships
 6. Discount at Sportsbug
 7. Discount at Running Bath
 8. Discount at Deka
 9. Discount at Sole Obsession - Salisbury



England Athletics membership benefits are:

- Discounted EA races
- Various discounts at all branches of Sweatshop
- A profile on the Power of 10 website
- It is mandatory for certain races

To renew your membership, head to Entry Central here: www.entrycentral.com/AVRMembership

AVR CLUB CHAMPIONSHIP

AVR LEAGUES 2018

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

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

The next road fixtures are the Highworth 5 miler on Sunday 8th April followed by the Compton Bassett 5 miler on Sunday 29th April.

Entries available here:

Highworth - <https://www.eventbrite.com/e/highworth-5-tickets-41991848750?aff=ebdssbcitybrowse>

Compton Bassett - https://www.entrycentral.com/comptonbassett5_2018

AVR MINIBUS

Did you know that part of your membership goes towards paying for the hire and use of a minibus from the Council? Any member of AVR is entitled to the use of this minibus as transport to and from far-flung events, but is currently not being used to its full potential.

- The minibus can seat up to 17 people, including the driver.
- The driver must have Category D1 on their license and should fill out a form for Trowbridge Town Council to allow them to drive it.
- For each trip, each passenger pays £2 for the journey. This should be collected by the driver and paid into the club account.
- The minibus should be returned with a full tank of fuel, the cost of which should be split equally between each passenger on the bus.
- At least 14 passengers makes each trip worthwhile.
- Contact Warren Wade at chairman@avonvalleyrunners.org.uk to make bookings or to request the form for drivers from Trowbridge Town Council.



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: Ray Pemberton

How long have you been with AVR? Joined in 2014

Age category: Vet 50

5k PB: 20:19 September '16

10K PB: 42:06 September '15

Half marathon PB: 1:34:48 September '15

Marathon PB: 3:28:18 October '16

Favourite race: I have two, is that allowed? Great South and Endure 24. Great South had a really good atmosphere and a nice course. Endure 24, brilliant atmosphere, great team event.

Favourite medal: I like them all!

Most proud running moment: I have two again, sorry! My first ever 10k at Bristol in May '14 - I ran for Macmillan Cancer Support, in memory of my Dad, and my first ever marathon - it was the Bristol to Bath Marathon in October '15.

Most embarrassing running moment: Fortunately, I haven't had one yet (!), apart from my first attempt at the Bath Half; I hit 'the wall', head on, at mile 11, felt dreadful, nauseous, heavy legs, thought I was going to pass out, in front of the crowds! Luckily I didn't and managed to walk/jog to the finish.

Best piece of running advice: Listen to your body! I've learnt the hard way by stupidly ignoring early signs of injury. It's disappointing to pull out of races, but it's not worth it. Rest and get it checked out. There's always another race.

Anything else? I'm running my 4th marathon on April 15th at Brighton for Alzheimer's Society and running at both Endure 24 events this summer, team of 6 at Reading and the pairs at Leeds!! In my past life I trained and competed three day event horses, representing GB on one occasion (proud moment). Now I work as a freelance gardener. Happy running!



VOLUNTEER CO-ORDINATORS UPDATE

MARCH 2018 – by David Hyde, volunteer co-ordinator

Firstly I would like to thank Cathy Warner, Fabrice Gagneux, Mandy Aston, Helen Davis, Paul Mariner and Maria Harryman who were successfully recruited to Marshall at Imber and worked alongside the Westbury Roundtable; thank you for doing a great job!

Future Events

The next event we have been recruiting marshals for is the April 5 x 5 x 5. We have a full contingency of 10 people for which is great and I will thank these in the next newsletter but we are going to be running a little competition on the night and will be asking the competitors as they finish who was in there view the most encouraging marshal and the winner will get a drink provided in the bar after.



We are now looking for volunteers for the events below:

- Spring mile on Thursday 12th April, requiring 3 Marshalls, 1 x timer, 1 x first aid and 1 x registration.
- 4 of 5 x 5 X 5 on 3rd May, 7th June, 5th July and 2nd August
- Are You Faster Than A Ten Year Old? on Tuesday 8th May
- Southwick handicap on 5th June
- Mob Match on 21st June

First Aiders

We are always looking out for first aiders so please, if anyone has the one day 'first aid at work' qualification please let me know as that is all that is required at a race event up to 10K. Your support would be greatly appreciated.

Training may also be an option through AVR. Please indicate by email if interested.



England Athletics Association Team Spirit Training

We are presently looking at putting on an AEO Team Spirit Training. These is work in progress and please look out for a future post on Facebook.

Finally again thanks for all your support and if anyone has any ideas please message me on Facebook, email me on volunteers@avonvalleyrunners.org.uk or speak to me anytime at training or event.

TAPERING FOR A MARATHON

– by Steve Williams, coach

Now that the spring marathon season is in full swing and London is on the horizon, here are a few tips regarding your final preparations.

There is nothing you can do, running-wise, within the last three weeks before a marathon to improve your performance on the day. The reason is that the training-effect of any session takes this time to feed through into your race performances. However, there are lots of things that you can do, within this period, to impair your performance and, unfortunately, a lot of people do.

Do not try and squeeze in any 'missed' long runs or sessions. Your last major long run before the marathon day should, ideally, be 3 weeks before. Thereafter, you are looking to arrive at the start line both physically and psychologically refreshed and strong, well-nourished and properly hydrated. If you have missed substantial parts of your intended programme then revise your expectations. For example, instead of a time target make completion and/or enjoyment (is that possible?) the goal.

For the last two Sundays (longer runs) before the marathon, I would suggest you do no more than 10 to 12 miles on the first and 6 to 8 miles on the second. (You will feel fantastic both mentally and physically as these runs will feel so easy after all the hard work you have put in.) The week of the marathon? Make sure you rest properly. Again, I would suggest Monday - rest, Tuesday - 30 to 40 minutes easy run with an optional 6 to 8 x 1 minute easy-fast (in the middle of the run) with 1 minute jog recovery, Wednesday - rest, Thursday - 20 to 30 minutes easy run, Friday - rest, Saturday - 15 minutes very easy 'loose' jog. You get the picture?

Getting nervous as race day approaches? Feel that you might not achieve your goal? Then reposition your thinking. Firstly, congratulate yourself on doing the training and getting fit enough to arrive at the start line of a marathon. That is a considerable achievement in itself. Tell yourself you are about to embark on a fantastic learning experience. No matter the outcome you will be better informed about yourself, what you did correctly and how to modify your training for future races. In terms of the general population, you are part of a small group of exceptional individuals who have had the determination to prepare yourself for the challenge of the marathon.

Finally, good luck to all of you who have risen to this challenge. Happy daze!

This is a revised version of an article that appeared in the AVR magazine in 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

5km

Filton Flyer David Bagshaw 00:21:29

10km

Clock Change Challenge Michael Guy 00:49:12

Westonbirt House Sara Robert (CPB) 00:59:04

10 miles

Chippenham Good Friday 10 Michael Guy 01:22:50

David Bagshaw (CPB) 01:13:33

Maidenhead Easter 10 Joby Hobbs 00:58:55

Half Marathon

Yeovil Richard Harding 01:21:17

20km

Fission 20/20 Judy Schols 01:56:01

Southwick parkrun

Pete Mclaughlin (CPB) 00:32:31

Lottie Brown (CPB) 00:22:25

Laura Hoskins (CPB) 00:22:26

Nichola March (CPB) 00:42:36

Sandra Sharratt (CPB) 00:33:02

Teresa Edwards (CPB) 00:27:47

Richard Wood (CPB) 00:21:15

Melksham parkrun

Andy Cunningham (CPB) 00:22:27

Anthony Hickson (CPB) 00:37:43

Heather Osak (CPB) 00:35:23

Ben Phillips (CPB) 00:29:11

Hayley Southgate (CPB) 00:27:26

Elizabeth Morris (CPB) 00:34:09

Other parkruns

Exeter Riverside Alan Tate (CPB) 00:22:31

Shepton Mallet Helen Davies (CPB) 00:25:38

Paul Manuel (CPB) 00:27:08

Elizabeth Morris (CPB) 00:32:26

Sarah Nunn (CPB) 00:32:24

Mike Tipple (CPB) 00:23:26

Robin-Mark Schols (CPB) 00:19:41

Leslie Unsworth (CPB) 00:23:46

Seaton Gary Day (CPB) 00:20:35

Helen Thorne (CPB) 00:34:09

AVON VALLEY TRIATHLETES



The 2018 AVT League will take your best results from each of the following disciplines

TT, Aquathlon, Duathlon and Triathlon

(The triathlon must not be an entry level Go Tri event)

You must have completed at least two of the disciplines by the end of the year in order to place in the end of year results.

All results must be submitted to Jay at avt@avonvalleyrunners.org.uk by the 1st January 2019





JAVR News

It's been a busy couple of months for the juniors, with some big championship cross country races; several athletes made the journey to Parliament Hill for the National Cross Country Championships and lots of juniors have raced for their counties as part of the Wiltshire and Avon/Somerset teams, and the Wiltshire and Avon schools teams. There was also a great turn out in the first run of the Wiltshire Junior Race League, and, on the same day, lots of young athletes competing in the first track meet of the season at Windsor for the beginning of the track season!

Windsor, Slough and Eton Open Track Meet: 25th March 2018



The track season started with an impressive number of PBs for junior athletes at Windsor. Several runners achieved personal bests in the sprint distances (Ben Hails (200m), Sophie Moore (300m) and Ethan Bolter (400m)).



There was a good showing by Avon Valley in the 800m: Ben Hails (PB) Sophie Moore, Ethan Bolter (PB) Holly Newman, Daisy Davies (PB), and strong performances in the 1500m Freya Buglass (PB), Orli Cranston, Alejandro Sanchez (PB), Thibault Swindells (PB) and Owen Lythell (PB)



There was a great turn out by the juniors at this event, despite many young athletes making the trip to compete at the first track event of the season at Windsor, Slough and Eton. While most juniors competed in the 1.5k race, a couple took on the 5k distance instead, with Niall Thorne finishing first male overall in a time of 17:17. Leo Harris also took on the longer event and ran a strong race to finish 5th Junior male.



In the 1.5k event, there were lots of strong performances: Josh Thorne was a convincing overall winner, Lottie Brown was first in the U13 girls, and Jacob Fleming won the U11 boys. Lewis Green and Malin Cranston were 2nd and 3rd respectively in the U13 boys category, Dan Wood was 3rd U15 boy, and Dylan Neale and Olivia Hails both finished strongly to take 4th in U13 boys and girls.

Other great runs by JAVR athletes included: Lola Harris (5th U13 girl), Harry Jerran and Zac Fleming (11th and 12th U11 boys), Danielle Ross (5th U15 girl), Harvey Payne (8th U13 boy), Louise Wood (9th U13 girl), and Lottie Jerram (8th U11 girl)



County Round Up

The following young athletes were all chosen to represent either Wiltshire or Avon at cross country. Many of these runners achieved the double honour of being picked for both the schools and clubs county teams.

Under 13 boys: Jack Webb, Freddie Billing, Malin Cranston

Under 13 girls: Freya Buglass

Under 15 boys: Joe Milton,

Under 15 girls: Orli Cranston, Jess Davies, Sophie Moore, Daisy Davis

Under 17 boys: Max Davis, Niall Thorne

Under 17 girls: Hannah Reynolds



Forthcoming Events:

AVR 5x5x5 race—Steeple Ashton: Thursday 5th April

Devizes Half Fun Run—Devizes: Sunday 8th April

Avon Valley Mile—Thursday 12th April

St George's 2K—Corsham: Sunday 22nd April

Yeovil Open track meet: Yeovil—Sunday 22nd April

Bristol and West Open—Yate: Wednesday 25th April

JAVR 2K & Dash—Southwick Country Park: Saturday 28th April

AVR 5x5x5 race—Steeple Ashton: Thursday 3rd May

Trowbridge Fairytale 5K—Trowbridge—Sunday 6th May

Avon County Track and Field Champs—Saturday 12th May

Wiltshire Track and Field Champs—Tidworth: Sunday 13th May

May Mile—Chippenham: Sunday 13th May

Bristol and West Open—Yate: Wednesday 23rd May