

Avon Valley News

June/July 2018

Issue #199



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Firstly, I must apologise for not having a June issue ready for you last month as work life got in the way. However, I really hope you enjoy the bumper June/July issue here instead.

It's been another scorching couple of months with every event seemingly bathed in glorious sunshine. This obviously comes with a few downsides, so there's some common-sense heat advice later on. Despite the soaring temperatures, there have been lots of great achievements from AVR runners yet again and AVT also held their first aquathlon open to all club members.

There are a number of large scale AVR events coming up in the next few months that require a large group of volunteers; the main 2 being Over the Hills and the Wiltshire Half Marathon. If you are able to offer any help to your club, please contact David Hyde (info on page 6.)

Happy running,
Sarah - Editor

DATES FOR YOUR DIARY

AVR closed events:

- BernCol Relay 23rd August - teams are mixed ability and organized on the night. Meet at Pound Lane BonA.
- Tim Northwood Autumn Mile 6th September - BonA
- Track 2k/5k Time Trials 3rd October - Bath uni
- Stan Farr 5k 26th December - TRFC

AVR SPEED SESSIONS – update by Steve Williams

From 31st July, the speed session will be split into 2 groups.

Group 1 (supervised by me - Steve) will be for sub 20 minute 5k runners (male and female). The 20 minutes is not a hard and fast rule and those of you who are improving and approaching this target will be welcomed to this group provided you have both the experience and the conditioning to undertake the increased training load that it will entail. (I have already spoken to relevant individuals regarding this.)

Group 2 (supervised in rotation by Jay Sims, Dave Bagshaw, Holly Newman and Phil Harding) will be for those runners who do not meet the criterion for Group 1. However, we expect runners to make the future transition to group 1 as they improve accordingly.

In order to facilitate this change all the Group 2 sessions will be on the TRFC track from now until the beginning of September. The Group 1 sessions will be in Bradford on Avon, where I have a number of established training venues that can accommodate the speed session requirements. This group will meet in the Sainsbury's car park, adjacent to Domino's Pizza, ready for a 7 pm easy jog/warm up prior to the session proper.

From September onwards, and as the nights draw in, both groups will alternate the use of the TRFC track and other nearby venues such as Paxcroft Mead to accommodate their sessions.

The splitting of the group is to deal with the disparity of running experience(s) within what is now quite a large group. This has sometimes meant a compromise on some sessions to accommodate this. In order to move the club onwards, we need sessions that are a better match in terms of delivering a more specific provision for attendees of varying abilities. This will ensure that runners at either end of the speed spectrum are getting the developmental opportunities they require.

Avanti the Valley!

HOT WEATHER AND RUNNING



We are all aware of the current heat wave at the moment and the effect it can have on our bodies. Please make sure you are taking precautions while training and racing such as taking on plenty of fluids, wearing sun cream, sunglasses and hats and avoiding the hottest parts of the day to go for a run. Look after yourself and look out for others.

General advice from Public Health England:

The top ways for staying safe when the heat arrives are to:

- look out for others, especially older people, young children and babies and those with underlying health conditions
- close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors
- drink plenty of water as sugary, alcoholic and caffeinated drinks can make you more dehydrated
- never leave anyone in a closed, parked vehicle, especially infants, young children or animals
- try to keep out of the sun between 11am to 3pm
- take care and follow local safety advice, if you are going into the water to cool down
- walk in the shade, apply sunscreen and wear a hat, if you have to go out in the heat
- avoid physical exertion in the hottest parts of the day
- wear light, loose fitting cotton clothes
- make sure you take water with you, if you are travelling



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>

ROAD LEAGUE ROUND UP – JUNE/JULY

Chippenham 5 mile (race 3) - 59 AVR took part on a scorching hot day to tackle the 5 mile loop from Chippenham Rugby Club. The race was won by Calne's Simon Nott with AVR taking 3 of the top 5 positions. Ed Knudsen was the first AVR male home in 26:25 with Rebecca Beck over the line as first AVR female in 32:47.

Great Chalfield 10k (race 4) - setting off from Broughton Gifford, this undulating race was won by Ed Knudsen in a time of 34:22 with AVR's Veryan Cranston as first lady in 42:49.

Two Tunnels 10k (race 5) - 56 AVR ran through the cool tunnels along the Two Tunnels cycle path. Ed Knudsen was the overall winner in 32:50 followed very closely by Mike Towler 11 seconds later in 33:01. Damian Spreckley finished in 4th place overall in 35:12. First AVR female finisher was Fiona Price in 43:05

Frome 5k (race 6) - 28 club members took on the course on another scorching day. Mike Towler finished in second place and first AVR in 16:15 with Pippa Brewer as first AVR lady in 20:44.

Race 7 - The next race on the AVR and Wiltshire Road Race League calendar is the Hullavington 10k on Sunday 19th August. This replaces the Trowbridge 10k.

Race 8 - Devizes 10k 30th September

Race 9 - Salisbury Half Marathon 7th October - AVR code: AVR15OFF

Race 10 - Castle Combe Chilly 10k 18th November (best time from this and the February event to count towards points)

Current standings for the AVR road race league:

Male	Female
1 st Damian Spreckley 16 points (6 races)	1 st Pippa Brewer 16 points (6 races)
2 nd Mike Towler 40 points (5 races)	2 nd Caroline Watson 33 points (6 races)
3 rd Gary Day 66 points (5 races + CC Chilly)	3 rd Fiona Price 62 points (5 races)

OFF ROAD LEAGUE

The first 2 races in the off road league happened back in January and February of this year at the Slaughterford 9 and The Terminator. The final 4 races have been announced as:

- Brinkworth 10k Bash - 30th December (*clash with Devizes 10k for the road race league*)
- The White Horse Gallop - 21st October
- Tri Counties XC Championships - 9th December
- Plain Crazy - 30th December

Current standings for the AVR off road race league:

Male	Female
1 st Daniel Piper 4 points (2 races)	1 st Fiona Gibbs 2 points (2 races)
2 nd Mike Sargeant 6 points (2 races)	2 nd Gemma Lawton 3 points (2 races)
3 rd Mark Harris 8 points (2 races)	3 rd Adele Cooper 16 points (2 races)

SUBMITTING YOUR RESULTS

The majority of race times are picked up automatically so long as you enter 'Avon Valley Runners' as your club when you sign up (not 'AVR'), but it is always helpful to send them in, especially if you have any course personal bests (CPB) or personal bests (PB).

Your mileage is then entered into the AVR database which helps the committee decide who wins the 'How Farr for AVR?' award at the Presentation Evening in the New Year, so it's important that you check that you're up to date.

Email your results to results@avonvalleyrunners.org.uk with a link to the official race results page and keep an eye on the AVR results page on the website at <http://www.avonvalleyrunners.org.uk/index.php?page=results>.



JAVR News

The JAVR newsletter is taking a break until the August edition. Make sure you let Veryan Cranston know of anything you would like including in the next issue.

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: Daniel Piper

How long have you been with AVR? July 2016, 8 months after taking running up

Age category: senior male

5k PB:17.52 at Heddington 2017

10k PB:38.27 at Melksham 10k 2016

Half marathon PB:1.24.52 at the AVR half 2016

Marathon PB: skipped the marathons and went straight into ultras

I have done better times in training but I don't do many road races to post better times. My love is for the off road and challenging terrains.

Favourite race: I'm torn between the Jack and Jill and the Dorset ooser half marathon. Both amazing off road races.

Favourite medal: Bovington half marathon (wouldn't really call it a half at 16.4miles but I loved it), it's a pure beast of a medal.

Most proud running moment: Got 2 really proud moments. Coming 3rd in the Imber ultra after only been running for 14 months and 2 months of training and the second one is winning the Dilton Dash. The Dilton Dash was the first ever race I entered and it was a great feeling to come back the next year and win it.

Most embarrassing running moment: There are too many of them, but I would have to say my hernia popping out at the Heddington 5k last year!

Best piece of running advice: Just enjoy yourself, sometimes it's nice to just go out and run. Forget about the miles and the times and just run around.

Anything else?: It's been a great pleasure being apart of AVR. When I took up running I struggled with a lot different things, mainly the complete change in lifestyle. I drifted away from my friends and felt very alone and wondered if it was worth it to keep running. That's when I made the decision to join a running club and after looking around online I decided to join AVR. I'm so happy I made that decision you guys made me feel so welcomed into the club, helped me understand the different aspects of running and just been amazing towards me. Thank you for letting me into your club and it's honestly a pleasure to pull on the club colours and I'll keep trying to do my best for the club and thank you to all the people that have helped me become a better runner I really appreciate it.



Left: Dan winning at the Dilton Dash & Right: taking part in the Jack and Jill race

VOLUNTEER CO-ORDINATOR'S REPORT – David Hyde

First and foremost, I would like to thank you all for the tremendous support you have offered in last couple of months volunteering for all our events. We all lead busy lives so much appreciated.

It would be amazing to say that every AVR member from whatever section of the club has volunteered once this year.

Can I please set this as a challenge to you all?

We are now heading to the time of year where our race series are coming to an end and we have two of our major events to fill:

- 1. Over the Hills- Sunday 4th November - 40 Plus volunteers*
- 2. AVR Half Marathon – Sunday 25th November – Total TBC*

I would really like to be now promoting for help at both of these events and your assistance would be extremely appreciated. Please can you drop me an email on if you can assist with the above or any general questions –

volunteers@avonvalleyrunners.org.uk

We also have BernCol event on Thursday 23rd August I need volunteers for please.

Thank you again for your support and please remember the challenge to set yourselves to volunteer at least once this year.

Enjoy the Summer!



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

WALL OF FAME

5km

<u>Lacock Road Races</u>	Sharon Firkins (CPB)	27:51
<u>Heddington</u>	Rich Harding	17:35
<u>Yeovilton</u>	Clare Wood	20:56
<u>Westbury</u>	Emma Day (CPB) 35:11	Toni Clark (CPB) 35:08
	Andrew Huggins (CPB) 32:40	Bianca Huggins (CPB) 32:39
	Danielle Baxter (CPB) 28:41	Sharon Firkins (CPB) 25:51
	Keith Withers (CPB) 24:52	Jennifer Marlow (CPB) 21:56
	Zoe Yeomans 21:53	Fabrice Gagneux (CPB) 21:51
	David Bagshaw 21:09	Diana Hier (CPB) 20:55
	Robin-Mark Schols (CPB) 19:05	Jackie Rockliffe (CPB) 18:55
	Gary Day 18:50	Ian McKee (CPB) 18:04
	Niall Thorne (CPB) 17:30	Dominic Beddis (CPB) 16:55
<u>Frome</u>	Gemma Lawton 21:00	

5 miles

<u>Chippenham 5</u>	Gary Day	31:35
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10km

<u>Chew Valley</u>	David Mudford (CPB)	42:54
<u>Great Chalfield</u>	Gemma Lawton	45:30
	Josh Lay	45:28
	Gary Day	40:42
<u>Two Tunnels</u>	Charlotte Cook	58:13
	Helen Davies (CPB)	52:14
	David Bagshaw (CPB)	45:22
	Gemma Lawton	44:51
	Pippa Brewer	43:20
<u>Frome</u>	Charlotte Cook (CPB)	59:11

Half Marathon

<u>Swansea</u>	Joby Hobbs	1:17:36
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Southwick parkrun

Louise Wood (CPB) 28:41

Clare Wood (CPB) 21:17

Kiri Burns (CPB) 32:08

Liz Mason (CPB) 30:37

Kathryn Sinclair (CPB) 26:50

Robert Faller (CPB) 23:58

Niall Thorne (CPB) 17:38

Hayley Bolter (CPB) 35:12

Mark Edwards (CPB) 22:12

Richard Wood (CPB) 21:25

Helen Donald (CPB) 25:07

Dawn Whiting (CPB) 24:55

Stuart Bennett (CPB) 20:18

Tina Hills (CPB) 35:11

Dominic Beddis (CPB) 17:12

Maria Harryman (CPB) 25:57

Dave Brown (CPB) 21:59

Gary Day (CPB) 18:59

Tim Burrell (CPB) 20:34

David Bagshaw (CPB) 21:22

Gemma Lawton (CPB) 20:57

Alex Bryant (CPB) 30:20

Melksham parkrun

Jennifer O'Connor (CPB) 24:17

Peter May (CPB) 32:25

Heather Osak (CPB) 30:50

Adele Cooper (CPB) 26:31

Josh Lay (CPB) 21:28

Robin-Mark Schols (CPB) 20:28

Peter May (CPB) 32:21

Ian white (CPB) 28:46

Sarah Barker (CPB) 27:50

Michael Guy (CPB) 26:17

Richard Ayling (CPB) 17:22

Richard Hudson (CPB) 21:56

Natalie McLaren (CPB) 28:56

Dale Morgan (CPB) 24:57

Mandie Bygrave (CPB) 26:03

Dale Morgan (CPB) 25:08

Hannah Jordan (CPB) 22:43

Sandra Sharratt (CPB) 37:27

Holly Newman (CPB) 25:10

Warren Wade (CPB) 22:35

Owen Lythell (CPB) 18:48

Zoe Yeomans (CPB) 22:43

Ben MacAlister (CPB) 23:57

Ian White (CPB) 28:21

Other parkruns

Salisbury

Sharon Firkins (CPB) 26:08

Newbury

Mandie Bygrave (CPB) 27:55

Greenwich

Fabrice Gagneux (CPB) 22:50

Bath Skyline

Neil Payne (CPB) 22:51

Chippenham

Anna-Marie Watson (CPB) 20:29

Richard Morgetroyd (CPB) 20:25

Tom Frost (CPB) 18:35

Sharon Firkins (CPB) 26:26

Poolsbrook

Gary MacAlister (CPB) 18:53

Lyminster Woodside

Jennifer O'Connor (CPB) 25:48

Seaton

Niall Thorne (CPB) 18:49



AVON VALLEY TRIATHLETES

AVT AQUATHLON

The first AVT aquathlon took place on Saturday 21st July at Bradford on Avon swimming pool for members of the club only. 17 members took part in the adult event with a mixture of experienced athletes and many who were trying it out for the first time. After a 400m swim (16 lengths) and a 5km run, Ben Psalia was the first male home in a total time of 28:20 followed by Brian Yates (35:39) and Paul Banfield (42:40). The first female was Melanie Ward-Nicholls in a total time of 35:49 followed by Sara Robert (44:06) and Rosemary Barber (47:22). In the junior edition, 7 took part with the first boy across the line being Callum Withers and the first girl was Jasmine Martin. Congratulations to everyone who took part.



*Left & centre: Ben and Mel finishing as first male and female at the AVT aquathlon
Right: Sara coming in as second female*

Alexandra Faller

When I saw that there was going to be an aquathlon event, I immediately wanted to sign up. Having never done any form of multi discipline event before, I felt that it would be fun to have a go. However, as the event drew near, my anxiety became quite bad and I started to panic as I had no real idea what to expect. Jay to the rescue! Jay took the time to give me a call to talk through exactly what was going to happen as well as the running route. This put me completely at ease and I felt ready.

The day of the event I was pretty nervous, a lot of people looked to have already competed in multi-disciplined sports before which made me feel a bit like a fish out of water, but, as soon as the event started all my worries disappeared and I got on with what I needed to do. The event itself was fun, and although I knew my legs would feel like jelly after the swim, I didn't quite anticipate it for the entire run!

My experience of my first aquathlon was a fantastic one. The event was well organised and the support was brilliant. It has spurred on my enthusiasm and I am now looking forward to hopefully trying out a super sprint triathlon and doing more aquathlons in the future.



Elizabeth Morris

Being completely honest when I rocked up at Bradford-on-Avon swimming pool on Saturday 21st July the fear was real! Having never taken part in a multi-sport event, I had no idea how it would go but also I'm terrified of Bradford-on-Avon swimming pool (insert laughing emoji here) having been thrown in at the deep end when I was about 7. I found myself questioning why I had signed up!



After registering, Adam took me over to the transition area and gave me some tips on how to lay out my kit for the run. If I hadn't have known better, I would have put everything out on my towel despite needing that first. I liberally applied talcum power to my trainers putting them back along with my sunglasses, visor and water bottle placing my towel on top. Following that me and Laura then got changed into our tri suits and waited at the side of the pool, all the while I was eyeing up that deep end knowing I was going to have to tackle a fear I had carried for almost 30 years - I actually felt sick!

When it was my time to swim I actually felt good going into the pool, I did two warm up lengths (and the deep end wasn't as bad as my childhood memory) and felt happy. When we set off and I felt like I was swimming well, although it became apparent I was a lot slower than the others as needed to stop a few times at the end to allow the others to pass. I was so relieved to see the float go into the pool signalling two more lengths and I was disappointed to see I was the last out of the pool meaning, once I had done transition, I would be running on my own. Still, the transition itself was a good experience and I've now made a note to get some tri laces as I was fiddling around doing my trainers up. I felt quite strong on the run and the route was beautiful running alongside the river, turning at Avoncliff and then running back alongside the towpath. It soon became apparent I had headed out too quickly as I struggled to get my breathing in check for the first mile. After taking short breaths when swimming, I should have taken more time with my breathing in transition - advice Adam did give me but I completely forgot when I got going.

I was the last person back in from the run and therefore had absolutely no idea how I had done time wise, all I know is that I felt absolutely elated to have completed my first multi-sport event and had such a positive experience. I think I was on a high for the rest of the afternoon, or that could have been the post-event cider at the Lock Inn.....

I later found out I came 5th, out of 10, in the ladies group! No one could have been more surprised than me. I now have my eye on doing more events and am looking at a triathlon next. I was training for Ride London however had to defer to next year so it seems a shame not to put my road bike to use. I urge anyone to give multi-sport a chance, everyone on the AVT group is super supportive and since then I've gone on to do my first TT at Castle Combe as well.



Lil (centre) before her first multi-sport event

SOUTHWEST TT CLUB CHAMPIONSHIP

There was a huge turnout of AVR/AVT and JAVR club members at Castle Combe as some joined forces representing their local cycling club, Westbury Wheelers, who went on to win the club event.

Lots of notable achievements including several PBs and some great times and individuals competing for the first time at a TT event, including Rosemary Barber who won her age group category of V65 for AVT.



Westbury Wheeler, with many AVT representatives, accepting their prize at the Southwest TT Club Championships



Left: Rosemary Barber Right: Lil Morris

