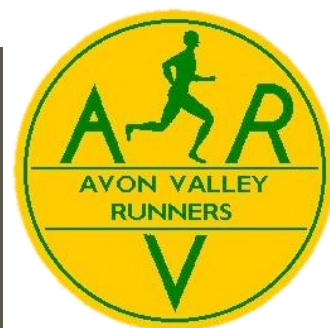


AVON VALLEY NEWS

August 2018



Issue
200!

In this issue

- Caption Competition
- Newsletter #1
- Road and off road leagues
- Westbury 5k
- Member profile: Michael Guy
- BernCol Relay
- The Hilly Helmet
- Welfare Officers
- Gazebo Donation
- Active in our Park Day
- Race the Train
- Volunteer Co-ordinator's Report
- PB Corner
- JAVR

The Valley News began life in the summer of 1986 and was originally produced bi-annually. Many members have taken on the role of writing the newsletter with the 200th edition landing with me.

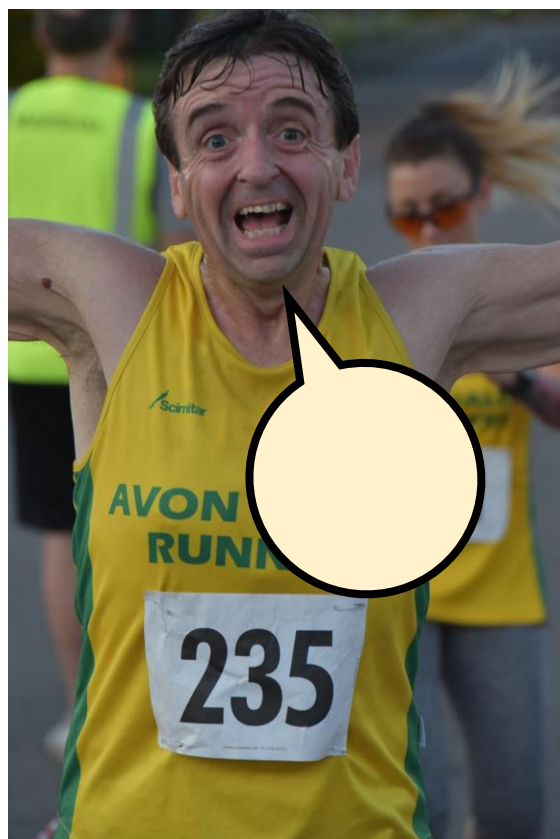
The very first incarnation by Stan Farr, can be seen on the next page. The use of postal entries for races now seems very alien with the invention of the Internet and the inclusion of committee telephone numbers would probably contravene all of today's GDPR guidelines, but I think my favourite part of the original, is the price of the t-shirts! I hope you enjoy the 200th and any feedback for improvements are always welcome.

Happy running, Sarah - Editor

Caption Competition

When Darren Wrintmore wrote the 'Valley News', he included regular competitions. So the 200th edition sees the revival of the caption competition and depending on its success in this edition, may see it making a more permanent comeback in the future. This picture was taken by Richard

Clarke at the final Westbury 5k of the series and features Michael Guy at the finish line, who had just smashed his PB in a time of 23:39. Send suggestions to news@avonvalleyrunners.org.uk with 'Caption Competition' in the subject line. The best ones will feature next month, and for the winning suggestion is a pair of Enertor Heel Cups. Good Luck!



AVR Closed Races

- Tim Northwood Autumn Mile 6th September - BonA
- Track 2k/5k Time Trials 3rd October - Bath uni
- Stan Farr 5k 26th December - TRFC

Dear Member,

Welcome to "AVON VALLEY RUNNERS". The Club was formed on 2nd January 1986 by a mixture of experienced athletes and local fun runners looking for a low key running club without the hassle of track and field athletics.

The following members were elected to fill the key positions:-

President - M. Holland Snr.

Vice-Presidents - O. Swansbury, C. Eddy.

Secretary - I. S. Parr, 24 Victoria Gdns., Trowbridge, Tel. 5605

Treasurer - M. Holland Jnr. 20 The Rank, North Bradley, Trowbridge,
Tel. Trowbridge 62743

Chairman - P. Morgan. Tel. Lavington 3289

Captain - T. Northwood, 45 Hilperton Road, Trowbridge. Tel. 69929

If you have any queries ring any of the above or area contacts:

T. Roberts Bradford on Avon 6764, M. Connor Melksham 705558,

R. Ellis Westbury 827138 and R. Merritt Bath 859173.

It was agreed to affiliate to the bodies governing Road Running and it is hoped to enter local cross-country leagues for the 86/87 season for any member who is interested in this sport.

Training for members bored with their own company is as follows:-

Tuesdays 7.30pm at the Judo Club, Innock Road, Trowbridge.

Thursdays 7.30pm at the Culver Close Pavillion, Pound Lane, Bradford on Avon. (near the Tythe Barn). Afterwards members can be found in the club Headquarters "The Three Horseshoes" near the station replacing their carbohydrates.

Sundays 10.30am meet in Pound Lane changed.

Club vests and T shirts are available from the Secretary at £3 and bobble hats at £2

If you wish to take advantage of the Club postal system please pass your race entries to the secretary or captain. Entry forms for many races can be obtained from the secretary.

Any member who competes in a race where the captain is not present and would like their performance included in the athletic notes of the local newspapers please notify the captain before the following Tuesday. The secretary would also like to enter your performance in the club activities book.

The club will be presenting a perpetual trophy to the fastest club Marathon runner of the year. Leader at the moment is Bill Thomas with 2hr-58-04 in the Bristol Marathon.

A donation of £10 was sent to the "Kennet & Avon Canal Trust" as so many members are using the cinder towpath which leads all the way to Bath amid stunning scenery through the Avon Valley.

Members are reminded that Bath $\frac{1}{2}$ Marathon forms which will be available in the Autumn must be sent in immediately to gain a place.

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 – August

Hullavington 10k (race 7) - 258 runners lined up, with 45 of them being AVR members, to run at the inaugural Hullavington 10k by Stampede Sports. The race was won by Calne RC's Simon Nott with AVR's Mike Towler finishing 2nd overall in a time of 34:04. The first AVR female to cross the line was Veryan Cranston in 42:11.

Race 8 - Devizes 10k 30th September - CLASHES WITH BRINKWORTH BASH OFF ROAD LEAGUE RACE - SEE BELOW

Race 9 - Salisbury Half Marathon 7th October - AVR discount 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 18 points (7 races)	1 st Pippa Brewer 21 points (7 races)
2 nd Mike Towler 41 points (6 races)	2 nd Caroline Watson 39 points (7 races)
3 rd Gary Day 69 points (6 races + CC Chilly)	3 rd Fiona Price 66 points (6 races)

NEXT FIXTURE PLEA – from Gary MacAlister (Road Race secretary)

AVR have now won all 7 fixtures this season in the Wiltshire League and have almost secured the 2018 title. The next race is the Devizes 10km on 30th September, but the date also clashes with the first fixture of the Off-Road season the Brinkworth Bash. We are calling all members to run the Off-Road race to help really give ourselves a chance in the off-road league this season. Chippenham Harriers have always comfortably won that, so it would be great to give them a run for their money. Obviously, if you are battling for individual honours in the road race league, or you'd just prefer the road, then please do run at Devizes but if you consider going off-road on the 30th Sept it would be great!

Off-Road League

The first 2 races in the AVR 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:

Race 3 - Brinkworth 10k Bash - 30th December - CLASHES WITH DEVIZES 10K FOR THE ROAD RACE LEAGUE

Race 4 - The White Horse Gallop - 21st October

Race 5 - Tri Counties XC Championships - 9th December

Race 6 - 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>.

AVR Westbury 5k

This series, in association with Places for People and Proto-col, came to an end this month with the fourth instalment which attracted athletes with some very impressive times. Coach Steve Williams, had promised a £150 prize each to a male and female runner who could beat or equal the times he set; 14:45 (male) and 16:20 (female). The race was won by Jack Bancroft of Bristol and West AC in 15:02 and the first female finisher was our own Ruth Barnes (pictured right) in 16:50, so Steve's money was safe this year!

There were also prizes on the night for series winners who were:

Senior

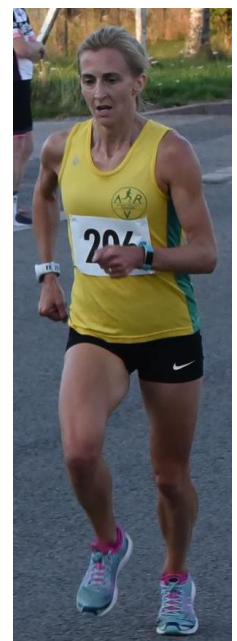
Male - Ian McKee

Female - Jackie Rockcliffe

Junior

Male - Owen Lythell

Female - Orli Cranston



BernCol Relay

This closed event is a firm favourite on the AVR calendar with the promise of free chips afterwards, courtesy of the club. Conceived in 1993 by Bernie Hobbs and Colin Williamson, the relay puts 3 random runners together on the night to pass a baton around the 1.6 mile course. Team members can run in any order they choose but the third runner gets the pleasure of doing a second lap around the cricket field before crossing the line at the end.



Congratulations to this year's winners Gary MacAlister, Holly Newman and Demi Yip who each won a bottle of wine and also to Robin-Mark Schols who ran all 3 legs on his own and came in overall first place and won a box of chocolates for his efforts.

The Hilly Helmet



This race began life last year to raise money for Brain Tumour Support and was started by AVR's Robin-Mark Schols. Runners are challenged to run over a 4 mile multi-terrain course wearing a helmet - the more decorated and silly looking, the better (see Sean Price pictured left!) This year, 150 runners took part with 46 AVR members donning their helmets and setting off from the Leighton Recreation Centre in Westbury. Joby Hobbs was the first AVR home and second overall in a time of 27:45 while Mel Ward-Nicholls was the first AVR female in 36:17.

Avon Valley Runners also provided a prize for the raffle after the race of entry into the AVR Wiltshire Half Marathon.

"We have been really honoured to have clubs like Avon Valley Runners take an interest and support the event with prizes like yours. This year we were able to give away something like 11 race entries and numerous other prizes including massages and sport related items like SIS products as well as chocolate and wine.

A big thank you is also due to the membership for their participation and enthusiasm to run whilst wearing a helmet with some great imaginative headwear on show.

All the support we have received has enabled the event to raise almost £2600 for Brain Tumour Support after event expenses have been deducted." - Robin-Mark

For the full story behind the Hilly Helmet Challenge, follow this link to Robin's Champion Fund page: <http://www.braintumoursupport.co.uk/robin-mark-runs-champion-fund.html>

Gazebo Donation

Member Ron Whittle, has very kindly donated an event gazebo for the club to use. The committee and the club would like to extend their heartfelt thanks to Ron.



Welfare Officers

Did you know that AVR have 2 welfare officers? Richard Newman and Linda Ladner have been appointed by the committee to look out for members in times of need? If you are worried about a club member, then Richard and Linda can be contacted at welfare@avonvalleyrunners.org.uk.



Their roles and responsibilities are to:

- Act as the first point of contact for member/volunteers, where concerns about a person's welfare, poor practice or abuse are identified.
- Implement the organisation's reporting and recording procedures.
- Promote the organisation's best-practice guidance and/or code of conduct within the club.
- Represent welfare on the club's committee.
- Promote anti-discriminatory practice.
- Promote an anti-bullying practice.
- Ensure appropriate confidentiality is maintained.

Taste Fitness, Active in our Park Day

This event, on Saturday 15th September, is a free event for the community offering 'taster' style fitness classes in Trowbridge Park from a number of instructors. It's aimed at members of the public who don't regularly exercise and who may not really know how to start. At the same time, the organisers will be using the event to springboard their new 'fitness partner' scheme.

Avon Valley Runners have been asked to represent the club on the day to introduce beginners to running. Depending on numbers, this could involve taking small groups on a 2.5km route around the park at a steady pace. This will also be a great way to promote AVR's new beginners course which will have started on the 3rd September.



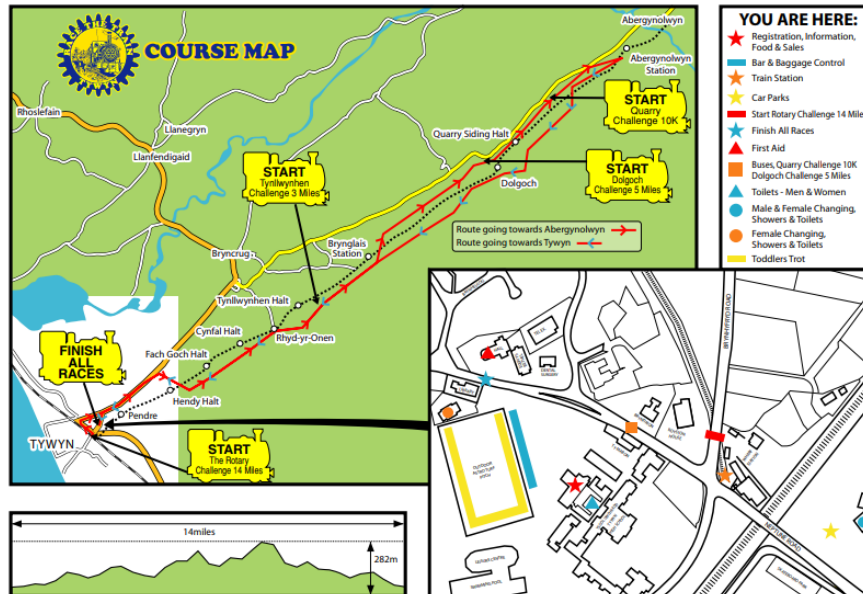
If any members are interested in helping out on the day, please contact Richard Riley the Facilities Support Officer at Trowbridge Town Council on 01225 765072.



Race the Train

This is a tough, 14 mile, Welsh off-road event that started in 1984 and has attracted runners as far afield as New Zealand, Australia, America, Hong-King and Africa. The website describes the run thus:

Race the Train takes place alongside as far as practicable the route taken by the Tallylyn Railway on its journey to Abergynolwyn and back. In order to do this all courses use a mixture of public roads, lanes, un-metalled roads, tracks, agricultural land, and rough grazing pastures. The terrain varies all the time and can be very wet & muddy in places, the routes also ascend and descend quite steep terrain and runs on narrow footpaths with little chance of overtaking.



This year's race was won by AVR's very own Chris Roxburgh who entered on a whim whilst on holiday and in a pair of borrowed trainers! While he doesn't advocate preparing for a race in this way, he was over the moon to come first in a time of 1:28:47 and beat the train by a whopping 20 minutes. Well done!



Chris setting off at the start of the race (left) and crossing the line in first place (right)

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: Michael Guy

How long have you been with AVR? 4 Years, seems like longer

Age category: MV40

5k PB: 23:39

10k PB: 49:12

Half marathon PB: 1:57:03 (done much quicker in training)

Marathon PB: 4:38:16

Favourite race: White Star - Bovington Half Marathon (ish). Hills, mud, sand and a shed load of laughs. The fact it ended up being 16.5 miles paled into insignificance.

Favourite medal: This one (below). Imperial Series medal for completing Lychett 10 mile, Bournemouth 10 mile and Larmer 10 mile races.



Most proud running moment: Winning the How Farr for AVR 2017 award.

Most embarrassing running moment: Turning up for a Sunday training run in Bradford on Avon only to find 'Over the Hills' race being on and ended up doing that. At the time it was further than I had ever run before over quite a challenging course.

Best piece of running advice: Look after yourself and listen to your body. If it hurts, STOP!

Anything else?: It's been a momentous 4 years (and counting) since I started running with the club. My running has improved massively over that time and this is in no small part due to the amazing support that I got from the club and its members in that time. I've also seen things and been to places that I'd have never seen and this is continuing with a trip to Berlin during September.

Volunteer Co-ordinator's Report – David Hyde

A huge thank you to everyone who has volunteered this month for the Westbury 5k and the BernCol Relay. These events were a huge success and it's down to our fantastic members that help them to be so enjoyable and well-run.



On Saturday 15th September, the JAVR Cross Country event will take place at Southwick Country Park after parkrun. The club need a few marshals to make sure all of the children get round the course safely, so if you would consider staying on after your run or turning up to help in the day then that would be great.



Finally, 'Over the Hills' has a full quota of marshals, so we are now looking forward to our next big race of the year; the 'AVR Wiltshire Half Marathon' on 25th November. We need around 100 volunteers for this event, so if you can offer any help on the day it will be gratefully received. Look out for forthcoming Facebook posts regarding this or email:

volunteers@avonvalleyrunners.org.uk

WALL OF FAME

5km

<u>Warmley</u>	Jo Farion (CPB)	25:03		
<u>Heddington</u>	Michael Guy (CPB)	24:25		
	Rich Harding	17:34		
<u>Westbury</u>	Toni Clark (CPB)	34:51	Sarah Barker (CPB)	26:03
	Vicky Ody	29:26	Michael Guy	23:39

4 miles

<u>Hilly Helmet</u>	David Bagshaw (CPB)	36:02		
---------------------	---------------------	-------	--	--

10km

<u>Hullavington</u>	Gary Day	39:51		
---------------------	----------	-------	--	--

Southwick parkrun

Alex Bryant (CPB)	29:44	Christopher Middup (CPB)	27:20
Liz Bundy (CPB)	32:05	Alan Button (CPB)	20:03
Dave Brown (CPB)	21:38	Helen Donald (CPB)	24:46
Leslie Unsworth (CPB)	23:31	Tina Towler (CPB)	25:04

Melksham parkrun

Adele Cooper (CPB)	25:24	Peter May (CPB)	32:18
Gary Jardine (CPB)	31:06	Ian White (CPB)	28:06
Richard Southgate (CPB)	25:37	Richard Southgate (CPB)	25:28
Gareth Legg (CPB)	24:33	Ethan Bolter (CPB)	21:57
David Mudford (CPB)	21:21	Daniel Miles (CPB)	18:31
Jon Williams (CPB)	30:42	Kay Bligh (CPB)	26:34
Gemma Lawton (CPB)	21:36		

Other parkruns

<u>Forest of Dean</u>	Helen Donald (CPB)	25:49
<u>Salisbury</u>	Zoe Yeomans (CPB)	23:12
	Richard Hudson (CPB)	21:03
<u>Torbay Velopark</u>	Jon Willimas (CPB)	29:43
<u>Seaton</u>	Helen Davies (CPB)	25:50
<u>Bath</u>	Neil Payne (CPB)	22:44
<u>Bushy</u>	Sam Franklin (CPB)	20:50
<u>Greenwich</u>	Fabrice Gagneux (CPB)	22:29
<u>Ellesmere Port</u>	Ben MacAlister (CPB)	26:07
<u>Chipping Sodbury</u>	Vicky Ody (CPB)	29:33
	Paul Manuel (CPB)	27:15



JAVR News

Out and About with JAVR!



JAVR athletes have been competing far and wide this summer! Freya Buglass achieved a fantastic 1st place in the 800m in the South West track and field championships in Exeter this summer in a time of 2.17.5, making her the fastest Under 15 in the South West this season!

Meanwhile, a little further afield, Ben MacAlister and his brother James raced in the Reykjavik 3k! He then raced back to Britain in time for the Cilcain mountain race on Bank Holiday Monday. He was supposed to compete over 2k but was enjoying it so much that he missed his turn around point and ended up running most of the U14/16 route by mistake! All of this rounded off a season that saw Ben take the JM10 at the Melksham parkrun in June in a time of 23.57. What a season!!!!



Early June saw some strong AVR performances in the Chippenham fun run (part of the Wiltshire Junior Race League from Ethan Bolter (2nd boy), Josh Thorne (3rd boy), Lottie Brown (2nd girl) as well as Dan Wood, Lewis Green, Elliot Firkins, Ben Hails, Jacob Fleming, Malin Cranston, Dylan Neale, Freddie Pickford, Danielle Ross, Jasmine Martin, and Louise Wood.



The 2 Tunnels Colour run in Bath (Jasmine Martin and Louise Wood pictured) was a great (if messy) event on another really warm day!

Multi-sports Round Up: AVR Aquathlon (July) and Frome Aquathlon (August)



JAVR has several talented multi-sports athletes, who have competed this summer in a range of events. There were some strong performances by junior athletes in the AVR Aquathlon in July. The boys' race was won by Callum Withers, with Alex Hearn taking second, while Jasmine Martin won the girls' race, followed by Kelsie Bell. Dylan Neale (pictured left) also ran a very strong race and described it as his "favourite race of all time".



In the Frome Aquathlon in August, there were wins for Lewis Green in Tri Stars 2 Boys, (pictured right) Malin Cranston (Tri Star 3 boys) and Orli Cranston (Tri Star 3 girls).

AVR Relays—July 2018



On an extremely hot day in early July (which happened to coincide with England playing in the world cup quarter finals), several members of the junior club joined senior athletes from AVR and beyond, to compete in the AVR relays. With legs ranging from 3 miles to just under 6, this fun event was particularly challenging this year given the heat. The junior event was won by "Of We Go. We're not Slow!" comprised of: Dan Wood, Josh Thorne, Leo Harris and Max Hopcroft. The women's title went to 'Happy Feet', a team made up of 3 junior athletes: Orli Cranston (13), Daisy Davis,(14) Freya Buglass(13) and one slightly more mature runner: Veryan Cranston (45).

Forthcoming Events:

Avon Valley Mile - Bradford on Avon - Thursday 6th September

Yeovil 5K - Yeovil - Wednesday 12th September

JAVR XC - Southwick Country Park - Saturday 15th September. Entries at WWW.entrycentral.com/javrxc-2018

JAVR 2k & Dash - Southwick Country Park, Southwick - Saturday 29th September

2K/5K Track Time Trials - Bath Track - Wednesday 3rd October

Gwent League Cross Country— Llandaff, Cardiff—Saturday 13th October

JAVR 2k & Dash - Southwick Country Park, Southwick - Saturday 27th October

Clock Change Challenge Fun Run- Calne- Sunday, 28th October

