

# AVON VALLEY NEWS

Issue 201

September 2018



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This month's newsletter has been one of my favourites so far. There have been so many incredible achievements within the club and numerous personal bests to report on, it has made me think about how great we are at supporting talent across the board.

With this in mind, we are actively hoping to support members in leadership and volunteering roles too so that we can transfer this to the running community who take part in our races. If you are interested, please register your interest with David Hyde whose details are in the volunteer section of this edition.

Happy running, Sarah - Editor

## EA Junior Volunteer Award

Holly Newman has been awarded this well-deserved award after being nominated by club members for her hard work for the club. After joining AVR in 2010, Holly has been volunteering regularly at beginner's courses, JAVR, parkrun, club runs and on the club committee ever since. She has also completed her 'Coach in Running Fitness' (CIRF) award and now leads speed sessions on a Tuesday.

The England Athletics award was presented by Jo Pavey at an evening at Exeter Golf Club! Congratulations Holly!



## Club Insurance

The club's insurance has been renewed once again for the year. Please note that any members over 70 years of age are only covered for club training sessions but not in races and any over 80s are not covered at all. If you are concerned about anything regarding insurance, please contact the club treasurer, Simon Reeves [treasurer@avonvalleyrunner.org.uk](mailto:treasurer@avonvalleyrunner.org.uk).

## AVR Star vests

These prestigious vests are awarded to any member of the club when they break their first club record and feature the addition of a small green star above the club logo. This month, three of our members have been awarded their vests by Chairman Warren Wade (right) at Pound Lane, for records in marathon, 20 miles, 5 miles and 1 mile events.



Ed Knudsen (left) holds the male 5 mile record of 25:54 at this year's Compton Bassett event. Max Davis (second left) broke the male 1 mile record at the AVR Spring Mile this year in 4:31 and Holly Rush broke both the female 20 mile and marathon records this year; 2:08:52 (20 miles) at Gloucester and 2:47:33 (marathon) at Manchester. Congratulations to you all for some fantastic achievements.

## New club records

Chris Roxburgh ran 1:57:59 to break the male 20 mile record at Gloucester and Mike Towler ran 1:10:28 to break the male half marathon record at Bristol. Max Davis also broke the club 5k record by running an incredible 15:15 at Yeovil this month. Congratulations to all!

## Track condition

Now that the track is almost a year old, it has been noticed that there is a large amount of wear appearing on the inside of the bends. Coaches and leaders will put cones down on these areas to remind users to run on all of the track in these areas to minimize the need for a large amount of running repairs which falls to the caretaker at TRFC.

# First Aid Kit

Avon Valley Runners have bought and installed a new First Aid kit at TRFC that is for the sole use of AVR; its contents includes such things as plasters, wipes, bandages and foil blankets. It is situated on the wall, as you walk in, to the right of the main front door to the building, where Richard Southgate can sometimes be found selling the club kit. The key is



kept behind the bar for any club member to access. In an emergency or in a situation where there is no one from TRFC behind the bar, the spare key is taped out of sight on top of the box. If you notice that stock is low in the box or if you use the last of something, please inform a member of the committee so that it can be replenished.

## Gwent League – Steve Williams

This popular cross country series starts again on Saturday 13<sup>th</sup> October at Llandaff Fields in Cardiff. There are races for all age groups with the astronomical entry fees of £1 for juniors and £4 for seniors. Every AVR person who takes part will count towards a club team as the league is structured to ensure this. (Full details of this and the other fixtures can be found <https://www.gwent-league.org.uk>)

Last season the women finished a fantastic 6th in the 1st division and the men were easily promoted to the 2nd division. It is important, that we maintain this, and in the men's case strive for promotion to Division 1 which is well within our capability. BUT, I must stress again, the League caters for all abilities. So if you haven't experienced the delights of a truly off-road race - no bits of road - in delightful environments then why not give it a try?

Once again, if you wish to compete in the first fixture, I need your name and date of birth/age category sent to me by email (not text or messaging) to [stwconsultancy@hotmail.co.uk](mailto:stwconsultancy@hotmail.co.uk). (You must also be EA registered for these fixtures.) This allows me to prepare the entries for the race that have to be made on the day, when you then pay your entry fee to me. Juniors should contact Holly Newman/Rich Ayling regarding their entries.

Unfortunately, we no longer use the minibus for these fixtures as it is not viable due to the length of the race day programme and the different times of arrival and departure by AVR runners to accommodate this. If you can offer transport or need transport then let me know when you send your details. I will ensure that all those who want to compete will get there.

Let us continue the AVR tradition of making our trans-national sorties as successful as they have been in the recent years. Avanti the Valley!

## Caption Competition

Thank you to those who took the time to take part in this bit of fun from the last newsletter. There were some great suggestions to go with this brilliant photo of Michael Guy crossing the line at the final Westbury 5k of the series back in August.

All of the suggestions were put into a pot, mixed up and picked out at random by myself, and the winner is...

**Sean Price**

Sean's George Ezra caption has won him a set of Enerator heel cups to keep his feet comfy all day. Well done!



## AVR Closed Events

- Track 2k/5k Time Trials 3<sup>rd</sup> October - Bath uni
- AVR Team Spirit - Thursday 25<sup>th</sup> October @TRFC (see volunteers section below)
- Celebration for winning the 2019 Road League - after the Chilly 10k Sunday 18<sup>th</sup> November. Details to be confirmed.
- Stan Farr 5k 26<sup>th</sup> December - TRFC
- Presentation evening - TRFC - 2019 date TBC

# 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 – September

**Devizes 10k (race 8)** - 18 members of the club took on this hilly 10k in Devizes by Devizes RC in conjunction with LPS events. Mike Towler was the overall winner of the race in 34:40 and also took home the men's team prize with Damian Spreckley and Ian McKee. The AVR ladies of Gemma Lawton, Pippa Brewer and Caroline Watson also took home the team prize for the club.



Above: Mike Towler powering home into first place and Gemma Lawton finishing as the first AVR female.

**Race 9 - Salisbury Half Marathon 7<sup>th</sup> October - AVR discount code: AVR15OFF**

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

### Current standings for the AVR road race league:

Male	Female
1 <sup>st</sup> Damian Spreckley 20 points (8 races)	1 <sup>st</sup> Pippa Brewer 23 points (8 races)
2 <sup>nd</sup> Mike Towler 42 points (7 races)	2 <sup>nd</sup> Caroline Watson 42 points (8 races)
3 <sup>rd</sup> Ian McKee 75 points (7 races)	3 <sup>rd</sup> Tina Towler 106 points (7 races)

# AVR Off-Road League

**Brinkworth Bash (race 3):** 24 members of the club took to this race in a strong initial attempt to fend off Chippenham Harriers in the first race for the 2018/19 Wiltshire off road title. However, it was the 3<sup>rd</sup> race in the AVR league in which Dan Piper was the first AVR male home in fourth place in a time of 38:42 while Jo Farion was the first AVR female across the line in 50:45.



The final 3 races in the AVR off road league are:

- Race 4 - The White Horse Gallop - 21<sup>st</sup> October**
- Race 5 - Tri Counties XC Championships - 9<sup>th</sup> December**
- Race 6 - Plain Crazy - 30<sup>th</sup> December**

## Current standings for the AVR off road race league:

Male	Female
1 <sup>st</sup> Daniel Piper 5 points (3 races)	1 <sup>st</sup> Fiona Gibbs 11 points (3 races)
2 <sup>nd</sup> Mike Sargeant 10 points (3 races)	2 <sup>nd</sup> Adele Cooper 20 points (3 races)
3 <sup>rd</sup> Mark Harris 13 points (3 races)	3 <sup>rd</sup> Jo Farion 25 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.

**IF YOU LEAVE THE CLUB, YOU MUST NOT CONTINUE TO SIGN UP AS AN AVON VALLEY RUNNER AS THIS WILL GIVE YOU DISCOUNT THAT YOU ARE NOT ENTITLED TO. YOU WILL ALSO CONTINUE TO APPEAR ON OUR RESULTS PAGE, WHICH WILL SKEW THE RESULTS FOR THE PRESENTATION EVENING. IT IS ALSO EXPECTED THAT YOU AMEND YOUR CLUB ON YOUR PARKRUN PROFILE.**

Email your results to [results@avonvalleyrunners.org.uk](mailto: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>.

# 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. This month, it's your newsletter editor's turn...

**Name:** Sarah Barker

**How long have you been with AVR?** 4 years

**Age category:** Female Senior

**5k PB:** 25:04 (Yeovil 2018)

**Half marathon PB:** 2:03:18 (Wiltshire HM 2017)

**10k PB:** 53:03 (Bromham Pudding run 2015) **Marathon PB:** Not yet



**Favourite race:** Endure 24 at Wasing Park. I've taken part 3 times now, and each time just keeps getting better.

**Favourite medal:** My White Star medal for the Dark Larmar. It's an 8 mile off-road event that takes place in the dark around the Larmar estate which has peacocks wandering around it. The medal features a beautiful peacock but when I realised that it also glows in the dark, it made me love it even more! My favourite non-running ones are my 3 Ride London medals; they're also well designed but my favourite for just being able to complete 100 miles on my bike.



**Most proud running moment:** Being an average speed, I never get any prizes at races so I was chuffed to win the AVR 'How Farr for AVR' award for my age category 2 years in a row. Last year I was also surprised to get a trophy for finishing 3<sup>rd</sup> in the ladies AVT league. I'm also really proud of myself every time I get a new PB.

**Most embarrassing running moment:** During the Chippenham Half Marathon 2016, I was aware of some quite painful chafing from about mile 6 as I'd decided to wear shorts because the weather was very hot but I'd never worn them for a long run before (big mistake to try something new for the first time on race day!) When I had finished and got my breath back, I noticed that the 'chafing area' was bleeding quite significantly down my inner thighs. I quickly ran to the St John's Ambulance volunteers to get myself cleaned up before anyone thought I was in real trouble!

**Best piece of running advice:** Don't try something new on race day! Also, look after yourself, both physically and mentally. Sometimes, constant racing can build pressure to be consistent. Make sure you run the races that you want to do and don't feel like you have to take part in everything you see. Quality down-time can make a world of difference to your outlook on running.

# *Volunteer Co-ordinator's Report* – David Hyde

Hello again all, hope you are all enjoying the slightly cooler air for running than the summer months, but as always, there is a but...



## **AVR Half Marathon Sunday 25th November**

We need lots of volunteers:

- Marshalls
- Car Park Marshalls
- Water Station

Can you please help at this great club event?

Please drop me an email on [volunteers@avonvalleyrunners.org.uk](mailto:volunteers@avonvalleyrunners.org.uk)

Are you a budding cake baker? We are in need of some cake donations for finishers to buy after the event as our usual providers cannot support us this year. Bring any cakes along to the event in the morning of the 25<sup>th</sup> and please consider labelling ingredients for those with food intolerances and allergies.



Thank you in advance to all of those who have already offered to help, it's highly appreciated.

### AVR Team Spirit session - Thursday 25<sup>th</sup> October 19:30 @ TRFC

Funded by our partner, Spirit of 2012, we have developed a unique two-hour session, completely free of charge for you to attend, designed to help clubs and groups to create greater experiences for volunteers, make it easier for volunteers to carry out their roles, and easier for new people to get involved. We're always on the lookout for volunteers so, if you have interest in any aspect of volunteering for our club, then please consider coming along to this event. We are actively looking for people to fill roles such as being on the Junior working group, social working groups, race marshalling and volunteering.

# World Masters Athletics Championships, Malaga

Two club members, Fiona Price and Robin-Mark Schols flew out to Malaga to take part in the World Championships in the half marathon and 5000m distances at the start of September.

Robin (pictured second from left) finished the half marathon as the fifth GB athlete in 1:31:49 in the M55 category and was also part of the silver medal team for GB and NI. This then led to Robin completing a 3-year best time later on in the month at the Bristol half marathon, clocking an impressive time of 1:25:58 and finishing 2<sup>nd</sup> in his age category. He would like to return to the WMAC next year to see if he can improve on his time.



## Fiona Price

I set off comfortably at 7'04 with the intention of averaging 7'10 to 6 miles as planned and doing a review to push on from there. Hmm I wish!

Anyway, I linked up with a great Spanish guy who picked up on my pacing and Sean's cheers to let me know I was 3<sup>rd</sup> GB W50. He ran with me to 8 miles pointing to the left or right to shelter behind him for the breeze, great encouragement from him with the odd shout of Medal and come on!! At 48 mins in I took 1/2 a gel but was 2 miles away from water. My first mistake. I didn't feel quite right as soon as I took it so didn't give a thought to taking the 2<sup>nd</sup> one. When I got to the water station at 9 miles everyone was taking 2 bottles and runners started walking and pulling out. At this point the temperature had suddenly gone from 23 to 33 degrees. I didn't realise, not that I could've done anything about it. I knew I was slowing and dehydrating. I poured so much water over my head it ran down in to my shoes which seemed to absorb like a sponge! Mistake 2. I was now running in, what felt like Wellies!

My Spanish friend slowed up and a W50 came past so I made the decision to run just behind her but I couldn't do the pace. I then saw 2 more W50 walking! When I passed them they got going again and ran past me. It was really distracting. I knew everyone was suffering and the thought, "It's the same for everyone" came to mind. I wasn't happy with the drop in pace mile 9 was 7'38! I stopped checking and focussed on checking at the cone turns that I was keeping enough distance between me and 4<sup>th</sup> GB W50 to hold the team place.



At 11 miles I overtook a Spanish W50. I knew that could be crucial to getting any medal. Sean had moved places to see the finish so hadn't clocked that but knew we would get a podium spot.

It took 4 hours for the results to come in but boy had it been worth the wait!

Fiona finished in 9<sup>th</sup> place in an amazing time of 1:36:38 in the W50 category and won the team Gold Medal for GB and NI along with Susan McDonald, Samantha Woodward, Cathy Ulliott and Julia Wylie. Fiona also competed in the 5000m, finishing 4<sup>th</sup> in a time of 21:49.

# TRFC Christmas Party

The theme at Trowbridge RFC this year is 'Now! That's What I Call A Christmas Party 2018' and will feature live music (80s, 90s, 00s and today) from two bands on the night and a buffet for only £15 per head (tables of up to 10 people can be booked, while availability lasts) with special offers on drinks on the night - tickets are available for Saturday 15th December and Saturday 22nd December.

AVR have always enjoyed joining in with these parties and members are being encouraged to book the 15<sup>th</sup> December so that there are lots of us there at the same time. To buy tickets, call or email the contacts on the poster below.

**TROWBRIDGE R.F.C.**

**NOW!**

**THAT'S WHAT I CALL A**

**CHRISTMAS PARTY 2018**

**DECEMBER 15TH & 22ND**  
**FROM 7:30PM TIL LATE**

**LIVE MUSIC, DISCO & BUFFET**  
**- TICKETS ONLY £15 EACH -**

**TROWBRIDGE RUGBY CLUB - DORIC PARK - HILPERTON -**  
**TROWBRIDGE - WILTSHIRE - BA14 6JB**  
**TO BOOK, CALL OR EMAIL**  
**(01225) 767765 - FUNCTIONS@TROWBRIDGERFC.COM**

## WALL OF FAME

### 5km

<u>Yeovil</u>	Sarah Barker 25:04	Gary MacAlister 17:55
	Ray Pemberton 20:01	

### 5 miles

#### Foxtrot

Fiona Newman (CPB)	45:38	Sara Robert	45:12
Sharon Firkins	44:11	Amanda-Jayne Bygrave	40:04
David Bagshaw	36:30	Rich Harding	29:14

### 7 miles

<u>Mells Scenic 7</u>	Gemma Lawton (CPB)	56:57
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### Half Marathon

<u>Chippenham</u>	Gary MacAlister	1:21:04		
<u>Bristol</u>	Rich Harding	1:19:55	Mike Towler	1:10:28

### Marathon

Berlin	Michael Guy	4:11:54
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### Southwick parkrun

Gary MacAlister (CPB)	18:40	Liz Bundy (CPB)	31:27
Owen Lythell (CPB)	18:22	Maria Harryman (CPB)	25:52
Hayley Bolter (CPB)	34:57	Lynette Buckland (CPB)	27:43
Ben Price (CPB)	23:10	Neil Payne (CPB)	22:09
Joshua Thorne (CPB)	20:07	James MacAlister (CPB)	37:30
Caroline Barham (CPB)	34:36	Charlotte Cook (CPB)	27:49
Maria Harryman (CPB)	25:40		

### Melksham parkrun

Tim Burrell (CPB)	20:53	Gary MacAlister (CPB)	19:01
Owen Lythell (CPB)	18:27	Viv Lloyd (CPB)	29:52
Sarah Barker (CPB)	26:04	Leah Sartain (CPB)	20:43
Anthony Hickson (CPB)	37:05	Paul Leverington (CPB)	26:29
Michael Guy (CPB)	25:38	David Bagshaw (CPB)	21:52
Ben Phillips (CPB)	28:15	Sharon Firkins (CPB)	26:38

### Other parkruns

<u>Parkrun du Lac de Divonne</u>	Anthony Hickson (CPB)	33:41
<u>Seaton</u>	Anita Mellowdew (CPB)	20:36
<u>Poole</u>	Andrew Sharratt (CPB)	21:56
<u>Bath</u>	Daniel Miles (CPB)	18:09
	Max Davis (CPB)	16:20
<u>Chippenham</u>	Fiona Newman (CPB)	27:26
	Sarah Nunn (CPB)	33:13
	Adele Cooper (CPB)	25:10
<u>Grangemoor</u>	Andy Marchant (CPB)	21:17
<u>Yeovil Montacute</u>	Daniel Miles (CPB)	18:10
<u>Gloucester North</u>	Gretchen Tucker (CPB)	37:05
<u>Shepton Mallet</u>	Elizabeth Morris (CPB)	31:31
	David Bagshaw (CPB)	21:45

# AVON VALLEY TRIATHLETES



## AVT HIGHLIGHT ON.....AQUATHLON AND TT

### Aquathlons

An aquathlon is a multisport race combining swimming and running. The event is over either two stages, one swim and one run, or three - a run, swim, then another run. Most aquathlon events are the two stage swim-run format, using triathlon standard or sprint distances.

The simple format makes aquathlons ideal for both beginners and for seasoned amateurs to train and mix up their events as it doesn't require any expensive kit or months of preparation. You can choose pool or open water, your favourite running surface, and your ideal distances.

Aquathlon top tip - "After you have settled in to the swim, try to swim on the feet on the person in front of you (but don't hit their feet!) to conserve energy and get into a nice rhythm."

[https://www.britishtriathlon.org/events/search?race\\_type=7](https://www.britishtriathlon.org/events/search?race_type=7)

### **TIME TRIALS**

The minimum distance for a time trial is generally 10 miles but shorter races are permitted and alternative fixed times and distance TTs.

Riders start at one-minute intervals, or sometimes more, and cover the course alone without taking pace from other competitors or vehicles. If one competitor is caught by another, technical regulations require the overtaken rider to fall back behind the other to a distance where they receive no shelter or help from the faster rider. At least 20 yards/metres is suggested.

There are plenty of closed circuit, open road and hill climb TT's locally.

#### Top Tip

Get Aero - Even without any aero equipment, try to get used to riding on the drops or with hands on the lever hoods with flat forearms. Wear tighter fitting clothing. Also make sure your tyres are pumped to the recommended pressures & take any unnecessary bits off your bike, like saddle bag, water bottles etc

<https://cyclingtimetrials.org.uk/find-events>

## AVT League

Don't forget to get your AVT Results in for this year's league competition - awards will be presented at the AVR presentation evening.

Please send your best results to [avt@avonvalleyrunners.org.uk](mailto:avt@avonvalleyrunners.org.uk) for this year's Triathlon, Duathlon, Aquathlon and TT to count towards your league points.

You have to be in it to win it!



# JAVR News

## Plea for Photos, Times and News!!!

September's newsletter is a little low on pictures, and news in general, so this is a general request for any news, PBs and photos of junior members in any events across the month. It would be wonderful if parents and/or juniors themselves could send me results and pictures as soon as they happen, so that I'm not madly chasing people on Band at the end of the month. You can either post news on Band, or email it to me direct at [veryancranston@yahoo.co.uk](mailto:veryancranston@yahoo.co.uk)

Thankyou!

## Yeovilton 5K: 12th September 2018

There was an amazing turnout of JAVR athletes at the final 5k in the Yeovilton series. This is renowned as being a fast flat course, and there were no shortage of PBs to prove it!

Max Davis ran 15.15 for a new club record, while Daisy Davis knocked an amazing 1min 46 seconds off her PB to finish in 21.28. Other notable PBs included Ethan Bolter (19.53), Joe Milton (17.27), Lewis Green (19.31), Malin Cranston (20.14), Imogen Gray (20.48) and Callum Withers (18.39).



Other runners putting in strong performances were Niall Thorne (16.43), Owen Lythell (17.22) Josh Thorne (19.07), Luke Slade (21.20) Toby Withers (21.25), Dan Wood (21.33), Dylan Neale (22.26), Lottie Brown (24.01). Erin Tarrant (28.02) Louise Wood (28.21)

## Forthcoming Events:

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

Gwent League Cross Country— Llandaff, Cardiff—  
Saturday 13<sup>th</sup> October

JAVR 2k & Dash - Southwick Country Park,  
Southwick - Saturday 27<sup>th</sup> October

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

Gwent League Cross Country—Pembrey Country  
Park—10th or 11th November

JAVR 2k & Dash - Southwick Country Park,  
Southwick - Saturday 24th November

AVR Half Marathon - volunteering opportunity -  
Sunday 25th November