



# AVON VALLEY NEWS

Issue 202

October 2018



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Now that the weather has definitely turned colder and the clocks have gone back, winter running has set in with the addition of many layers, lights and cold toes but it's lovely to still see such a brilliant turn out at club each week.

Also, a huge congratulations to Diane Hier who has won Bronze in her age group category at the European Triathlon Middle Distance Championships in Ibiza. Well done Diane!

Happy running, Sarah - Editor

## Team Spirit training

This event was open to all AVR members interested in improving the volunteering experience for club members and for the runners who take part in our events. Rich Ayling from AVR and England Athletics, led the session with a focus on personalizing the outcomes for the club and how to make sustainable improvements over time. It was well attended by 15 members who worked together to pinpoint changes that could be made for the whole club. They discussed incentives to encourage people to volunteer, training for the more obscure roles and the barriers that stop people from volunteering and how to overcome them. There were a fantastic amount of suggestions that you will hopefully start to see implemented over the coming months.



# 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 – October



**Salisbury Half Marathon (race 9)** - This was a very well attended race of 32 members in the beautiful city of Salisbury with a very flat, 2 lap course finishing in the cathedral grounds. Jackie Rockcliffe was the first female finisher securing a time of 1:23:21 that puts her 6<sup>th</sup> in the F45 category on the Run Britain rankings for the whole country! Damien Spreckley was the first AVR man over the line in a time of 1:17:39 and finishing in 11<sup>th</sup> place.

This means that the top 3 men in the AVR league remain unchanged, however Fiona Price is now up to 3<sup>rd</sup> in the female standings.

**Race 10 - Castle Combe Chilly 10k 18<sup>th</sup> November (best time from this and the February event to count towards points)** <https://race-nation.com/the-castle-combe-chilly-10k-18th-november-2018>

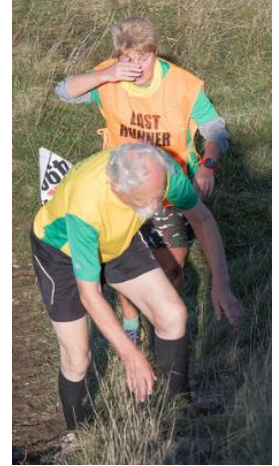
Fast, flat and traffic-free racing on the famous Castle Combe racing circuit.

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

Male	Female
1 <sup>st</sup> Damian Spreckley 18 points (9 races)	1 <sup>st</sup> Pippa Brewer 23 points (9 races)
2 <sup>nd</sup> Mike Towler 42 points (7 races)	2 <sup>nd</sup> Caroline Watson 41 points (9 races)
3 <sup>rd</sup> Ian McKee 75 points (7 races)	3 <sup>rd</sup> Fiona Price 69 points (7 races)

# AVR Off-Road League

**White Horse Gallop (race 4):** 19 members of the club took on the hills of Westbury in this tough, 8 mile race that includes a mad scramble up the 'mountain' next to the White Horse. Daniel Piper finished second overall in a time of 52:16 and Leah Sartain was the first AVR female in 60:07, finishing 20<sup>th</sup> overall. Leah also helped Avon Valley Runners to the female team prize along with Gemma Lawton and Jo Farion. Gary MacAlister was also awarded the MV40 prize with a fantastic time of 56:01.



The final 2 races in the AVR off road league are:

## **Race 5 - Tri Counties XC Championships - 9<sup>th</sup> December**

<https://www.entrycentral.com/XC2018>

This is a great event with events for all ages (U11, U13, U15, U17, U20 and Vet races.)  
There will always be lots of mud and last year there was even snow!

## **Race 6 - Plain Crazy - 30<sup>th</sup> December**

<https://www.entrycentral.com/event/108128>

An almost half marathon across Salisbury Plain.

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

Male	Female
1 <sup>st</sup> Daniel Piper 6 points (4 races)	1 <sup>st</sup> Jo Farion 28 points (3 races)
2 <sup>nd</sup> Mike Sargeant 17 points (4 races)	2 <sup>nd</sup> Gemma Lawton 29 points (3 races)
3 <sup>rd</sup> Mark Harris 21 points (4 races)	3 <sup>rd</sup> Fiona Gibbs 30 points (3 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.

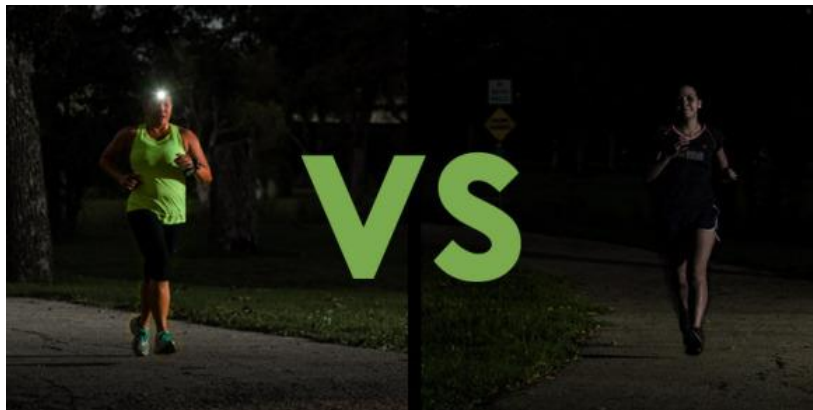
Email your results to [results@avonvalleyrunners.org.uk](mailto:results@avonvalleyrunners.org.uk) with a link to the official race results page and keep an eye on the AVR results page on the website at <http://www.avonvalleyrunners.org.uk/index.php?page=results>.

## Dates for your diary

- Every second Tuesday - post training social in the TRFC bar.
- Celebration for winning the 2019 Road League - 6pm Sunday 18<sup>th</sup> November @ Red Admiral, Trowbridge.
- Christmas Social - Tuesday 11<sup>th</sup> December 8:15 after training, upstairs at TFRC - see info later in newsletter.
- AVR/TRFC Christmas Party 15<sup>th</sup> and 22<sup>nd</sup> December @ TRFC. Tickets £15.
- Stan Farr 5k 26<sup>th</sup> December - TRFC
- Presentation evening - TRFC - 2019 date TBC

## Lights please!

Whether you're running out with an AVR group or running elsewhere on your own, please make sure you can be seen now that the clocks have gone back. It's so important to be seen and wearing bright clothing at a minimum.



At this time of year, Aldi often have cheap flashing arm bands in their Special Buys and discount store like Primark and Sports Direct sometimes have reflective jackets and bibs. You may also find that investing in a good quality head torch will also help you to see where you're going, especially in more remote areas where street lighting can be sporadic. I find the Unilite Sport H1 very useful and reasonably priced for pounding the pavements <https://www.torchdirect.co.uk/unilite-head-torch-range/unilite-sport-h1-neon-led-head-torch.html> but if you're running trails in the dark, you may need something more powerful.

# Volunteer Profile

For the next few issues, the Member Profile will take a look at the various volunteer posts available within the club and what is involved.

## WARREN WADE

**Club position:** Chairman 2014 - present (previously Road Secretary 2012 - 2014)

**How long have you been with AVR?** I joined in March 2010

**Age category:** V40 (but only for a few more weeks!)

**5k PB:** 18:00 (Melksham 2011), 17:48 parkrun (Southwick 2011)

**10k PB:** 36:20 (Bromham 2011)

**Half marathon PB:** 1:20:44 (Stroud 2011)

**Marathon PB:** I've never run one ☹️

**What are your key roles within the club?** Chairing the monthly committee meetings and the AGM, supporting the efficient running of the club, assisting with any funding applications and being the Race Director of the 'AVR Wiltshire Half Marathon'.

**What is your favourite volunteer role within a race?** Overseeing the organisation of the 'AVR Wiltshire Half'; it's quite a lot of work but it's extremely rewarding when the day finally comes and all the runners set off (and hopefully come back too! ☺️) I also really enjoy marshalling the river crossing for 'Over The Hills' even though I do end up getting drenched! (Pictured below.)



**What advice would you give to anyone who has never volunteered before?** Don't be scared off by thinking volunteering is a difficult task. There are roles which are more involved and which take up a fair bit of time but most of the roles we ask for volunteers for are as easy as standing on the side of a road pointing runners in the right direction while cheering them on.

# Volunteer Co-ordinator's Report – David Hyde

Firstly, a huge thank you to everyone who has volunteered to help with 'Over the Hills' and the 'AVR Wiltshire Half Marathon' and also to those who have recruited friends and family to help out too. Both events now have enough volunteers so, bring on race day!

However, we are in need of some cake donations for finishers to buy after the 'AVR Half' 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.



Also, a thank you from Sean Price as Southwick run director, for the amazing pacers who helped fill the pacing spots. Thanks to Liz Richardson for organising the pacers and to Jay Sims for sorting them out on the day.



Finally, a huge thank you to the Volunteer Working Party who support me every month to make sure we have enough people to put on our fantastic events:

**Clare Langdon**



**Carole Alston**



**Michele Platten**



**Fabrice Gagneux**



# AVR Social Committee

The AVR Social Committee is once again up and running, with the aim of providing fun events throughout the year to help everyone get to know each other a little better and to strengthen the AVR community.

Meet the team...

Jon Williams



Elizabeth Morris



Sarah Barker



Liz Richardson



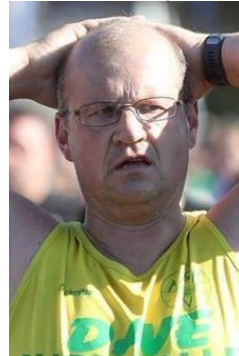
Sara Robert



Letitia Hyde



David Hyde



Alison Moore



Did you know that there is a monthly social on the second Tuesday at the TRFC bar? Why not come along after training at the next one on **Tuesday 13<sup>th</sup> November?**

Keep an eye on the events of the 'members only' Facebook page for updates, but here are a few of the upcoming events that will be organised by the social committee:

## AVR Christmas Social - Tuesday 11<sup>th</sup> December

**CHRISTMAS SOCIAL**

- Tuesday 11<sup>th</sup> December from 20:15 after training upstairs at TRFC
- Christmas music, party games and quizzes!
- Secret Santa Lucky Dip: Bring a small, unisex gift up to the value of £5. Will you be naughty or nice?
- Prize for the cheesiest Christmas jumper
- Buffet: Bring a bit of what you fancy to share with others

**AVR Presentation Evening** - We will support the main committee with this one. A 2019 date and location will be announced soon. Come and celebrate the achievements of all of our members with food, trophies and dancing!

**AVR Night Out** - Friday 1<sup>st</sup> March 2019 at Bath Racecourse (TBC).

**Easter Egg Chocolate Bingo** - Friday 5<sup>th</sup> April 2019 (TBC) with proceeds to a local charity.

**AVR Weekend Away** - Friday 31<sup>st</sup> May-Sunday 2<sup>nd</sup> June (TBC) Lots of discussion surrounding this and investigations are underway concerning location (UK) and accommodation. Watch this space!

# TRFC Christmas Party

Last month we encouraged AVR members to buy tickets for the 15<sup>th</sup> December but these have now sold out. If you would like to attend but don't have your ticket yet, we have a selection of tickets saved for AVR for the 22<sup>nd</sup> December so get them before they're gone! If you have already bought a ticket for the 15<sup>th</sup> but you would like to change, please call or email the contacts on the poster below.



**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

### 10k

<u>Southend</u>	Sam Franklin	41:25	
<u>Westbury</u>	Elizabeth Morris (CPB)	58:52	Fiona Newman (CPB) 57:00
	David Bagshaw (CPB)	44:38	
<u>Calne Clock Change</u>	Sarah Barker	52:58	
	Jo Farion	47:26	
	Rich Harding (CPB)	36:56	

### 8 miles (MT)

<u>White Horse Gallop</u>	Jo Farion (CPB)	1:09:44
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### 10 miles

<u>Great South Run</u>	Chris Perry	1:15:57
	Ray Pemberton	1:10:44

### Half Marathon

Chippenham Last month, I incorrectly listed Gary MacAlister as running a PB of 1:21:04. Apologies to David Warren who actually ran that time!

<u>Cricklade</u>	Mandie Bygraves	1:50:37	
	Peter Valeski (CPB)	1:27:25	
<u>Salisbury</u>	Sarah Barker	1:57:12	Gary MacAlister 1:23:33
	Gemma Lawton	1:34:46	Pippa Brewer 1:36:14
	Ray Pemberton	1:33:22	Jon Williams 2:31:03
	Leah Sartain	1:30:59	David Warren 1:18:45
	Gary McAlister	1:23:33	Stuart Bennett 1:34:33
<u>Stroud</u>	Sam Franklin	1:33:08	

### Marathon

<u>Abingdon</u>	Peter Veleski	3:16:10
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### Southwick parkrun

Sarah Barker (CPB)	25:58	Christopher Middup (CPB)	24:13
Gemma Lawton (CPB)	20:37	Tim Burrell (CPB)	20:25
Lynette Buckland (CPB)	27:07	Darren Messen (CPB)	22:44

### Melksham parkrun

Sarah Jewers (CPB)	24:54	Sarah Nunn (CPB)	30:57
Ed Knudsen (CPB)	16:49	Fiona Newman (CPB)	27:32

### Other parkruns

<u>Swindon</u>	Sarah Barker (CPB)	26:11
<u>Poole</u>	Andrew Sharratt (CPB)	21:41
<u>Salisbury</u>	Pippa Brewer (CPB)	19:58
<u>Widnes</u>	Gemma Lawton (CPB)	20:19
<u>Weymouth</u>	David Mudford (CPB)	20:55
<u>Chipping Sodbury</u>	Arthur Pease (CPB)	17:02
<u>Minehead</u>	Jon Williams (CPB)	29:07

# AVON VALLEY TRIATHLETES



AVT HIGHLIGHT ON.....

## TRIATHLON

Triathlon is a multi-discipline sport consisting of swimming, cycling and running.

There's opportunities for all ability levels and ambitions.

New to the sport:

- **GO TRI** events and training sessions are the perfect way to taste the triathlon experience, get active and have fun.

Compete with the best:

- Age-group triathlon offer the opportunity for anyone between 16-80+ to represent Great Britain at events across the world. Find out more about the Age-Group triathlon and how to qualify at <https://www.britishtriathlon.org/gb-teams/age-group/about-age-group-triathlon>
- **GO TRI** distances vary depending on the venue
- Super sprint distance: 400m (swim), 10km (bike), 2.5km (run)
- Sprint distance: 750m (swim), 20km (bike), 5km (run)
- Standard (Olympic) distance: 1500m (swim), 40km (bike), 10km (run)
- 70.3/middle/half-Ironman distance: 1.9km (swim), 90km (bike), 21km (run)
- Full/long/Ironman distance: 3.8km (swim), 180km (bike), 42km (run) - Ironman is a long-distance triathlon organised by the World Triathlon Corporation (WTC).

Some local Triathlons of interest are:

- Big T Triathlon
- Frome Triathlon
- Westonbirt Triathlon
- Bowood Triathlon

Don't forget AVT hold their own closed multi-sport event each year!!

## 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

The JAVR newsletter is taking a break this month and will return in November.