

AVON VALLEY NEWS

Issue 203

November 2018



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Editor's note...

It is with great sadness, that AVR has been made aware of the passing of Ian Lawes - member of TRFC for 14 years and responsible for the beautiful flower displays at the club. He died on Saturday 1st December. The committee are currently in discussions to provide a donation of some kind to the club as a mark of respect for Ian. Thoughts are with his family at this difficult time.

Please remember to be bright to be seen during the darker nights. Lots of lights and fluorescent colours work best to help keep you safe out running.

Happy running,
Sarah

Wiltshire Half Marathon

363 runners lined up to take part in the AVR Wiltshire Half. First AVR over the line was Chris Roxburgh in an impressive time of 1:16:08 with the first female AVR of Jen Marlow in 1:40:47. AVR scooped the first female team prize with the help of Jen Marlow, Laura Hoskins and Debbie Ellis while the male team came in second with Chris Roxburgh, Stuart Sellers, James Mackinlay and Tim Burrell.



A huge thank you to all of the AVR marshals too, as well as their friends and family that may have been bribed into helping! Many thanks also to anyone who supplied cake to the mountain we had to sell at the finish. Your help was essential in helping the runners around the course and to keep them coming back again and recommending it to their friends as well.

There have been many positive comments on the dedicated Facebook page for the event too:

Huge thank you to AVR. Really well run event with tremendous support from the marshals, how you all kept so perky despite the cold, I will never know. See you next year.

Everyone involved in the event was great. Was a great boost having marshals taking the time to search our names and cheer us on.

Thank you to everyone involved. My 1st half and an experience I'll never forget! Great encouragement all the way round...thank you AVR!

The friendliest marshals and runners I've met in a race. Thanks so much, I really enjoyed it and will definitely do it again.

Thanks to all the marshals who were great. Was a lovely route and a fabulous medal and goody bag.

AVR runners



AVR marshals and volunteers



Over the Hills – by James Crawford



AVON VALLEY RUNNERS OVER THE HILLS SUNDAY 4th NOVEMBER 2018



RACE DIRECTORS REPORT BRADFORD ON AVON

Avon Valley Runners had an excellent 22nd Over the Hills – Armistice 18 race this Sunday with 286 finishers, including 10 entries on the day. We had 15 visiting teams (*more than two entrants*), and 23 Avon Valley Runners competed.

The race is in aid of [Alzheimer's Support \(Wiltshire\)](#). With a damp overcast mizzly day (12°C), the course was very wet, with excessive amounts of mud and slippery surfaces to test all the runners. Most importantly the Frome river was fordable at Iford Manor and enjoyed by all the competitors.

West Barn – Bradford on Avon



Starting at 10:00 'on the rocket' from the iconic West Barn, the 12-kilometre course took in Barton Farm Country Park, joining the Kennet & Avon Canal towpath at Avoncliff. After that the route ran the Avon river meadows, over the Freshford Inn Bridge, up and down hill past Sparkford Mill, up hill to the A36 layby Drinks Station, then through Friary Wood, back down again through the woods, and across the Iford Manor meadows.

Competitive leaders!



Fording at 'Iford', the route went up hill through the Iford Manor grounds, back in via Upper Westwood, down into Avoncliff, and finally flying back in along the canal towpath to the finish.

Trowbridge Lions and Avon Valley Runners marshalled the course.



The course record (44:27) is not broken as the course was very wet underfoot!

Results

Men:

1 st - 45:24	Damian Hall (125) Corsham Running Club
2 nd - 45:31	Harry Palmer (234)
3 rd - 45:58	Max Hazell (132) Total Fitness Bath

Ladies:

1 st – 52:45	Lizzie Wraith (333) Team Bath Athletic Club
2 nd - 54:36	Laura Backhouse (13) Team Bath Athletic Club
3 rd – 55:28	Ashia Ferwick (100) Winchester & District AC

1st Lady – River Frome.



Age category winners were in accordance with those notified in the Entry Central site:

Men:
MV40 - 50:00 Barry Awan
Team Bath Athletic Club
MV50 – 48:17 Alec Woods
South West Athletics Club
MV55 – 51:02 Mick O'Doherty
MV60 - 55:17 David Vaudin
Team Bath Athletic Club
MV70 -1:05:31 Stuart Arguile
Avon Valley Runners

Ladies:
FV40 - 58:02 Anita Mellodew
Avon Valley Runners
FV50 – 1:01:39 Samantha Kelly
Royal Wootton Bassett
Hounds RC
FV55 – 1:06:08 Hazel Anderson
Royal Wootton Bassett
Hounds RC
FV60 - 1:10:40 Daphne Marion
Royal Wootton Bassett
Hounds RC

Team Prizes:
1st Men: Team Bath Athletic Club
Chris Moore
Fredrick Webb
Michael Dooley
Alberto Lapedriza
1st Ladies: Team Bath Athletic Club
Lizzie Wraith
Laura Backhouse
Jade Littlechild

Avon Valley Runners:
1st Men: - 58:09 Ben Blackwall
1st Lady: - 58:02 Anita Mellodew

Our thanks go to Alzheimers Support who provided the splendid prize cakes and refreshments of cake and teas, and to the following sponsors for the generous prizes and support:

[IFORD MANOR ESTATES](#), Iford
[DUSTY APE COFFEE](#), Bath
[RUNNING BATH](#), Bath
[LOCK INN](#), Bradford on Avon

To the landowners around the course we are extremely appreciative of the permission, acceptance and tolerance of the 290 plus runners footfall through this beautiful countryside, and continued future use:

Iford Manor Estates
Wiltshire Council (Barton Farm Country Park)
Canal & River Trust (Kennet & Avon)
Bradford Preservation Trust (West Barn)
Pond House Farm, Freshford

Subject to permits Avon Valley Runners plan to run the next Over the Hills on Sunday 3rd November 2019, starting at 10 am.

Regards

James Crawford

Results are at:

<http://www.avonvalleyrunners.org.uk/index.php?page=results-3>

Pictures are at:

<https://www.flickr.com/photos/downlands/sets/7215770318064729>

5 courtesy of Marin Pearce

Star Vest Presentation

AVR star vests are presented in recognition of club members who break or set a club record for the first time. Chris Roxburgh ran a fantastic time of 1:57:59 at the Gloucester 20 miler this year, finishing in 4th place overall. He was awarded his star vest before the start of the AVR Wiltshire Half Marathon by club chairman, Warren Wade.

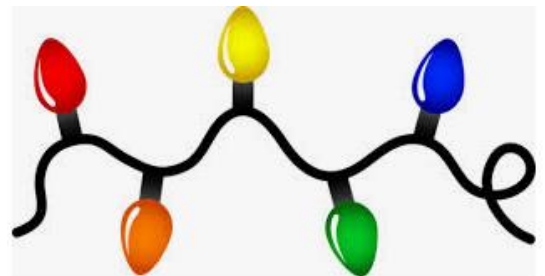


Chairman Warren Wade, presenting Chris Roxburgh with his AVR Star vest

Melksham Christmas Lights Run

The Annual Melksham Christmas Lights Run is Wednesday 19th December led by Richard Southgate. Much flashing of lights, tinsel and hats is the norm on top of the usual hi-viz, with a prize for best costume!

With a minimum distance of 5km, the start will be at the K&A Canal bridge on the edge of Semington at BA14 6JT, heading into and around Melksham town to take in the Christmas lights. A group photo will be taken in the Market Place and will end for post-Run drinks at The Milk Churn, Commerce Way, SN12 6AD by the A350/outskirts of Bowerhill. Food usually still available to order as well when runners arrive.



Wednesday Night Socials

In last month's newsletter, was the newly resurrected Tuesday night socials on the second Tuesday of every month but it neglected to tell you about the brilliant Wednesday night socials that are already going strong and have been for the last 5 years! These are held at the TRFC bar after training on the first Wednesday of each month (next one: 5th December.) However, there won't be one on the 5th January 2019. We hope to see you there.

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 – November

Castle Combe Chilly 10k (race 10) - 31 members ran at the final race of the season, taking on just over 3 full laps of the famous Castle Combe racing circuit. Michael Towler was the first AVR and won the race in a time of 32:21 with Ed Knudsen finishing 3rd overall in 34:58. First VAR female was Gemma Lawton in 41:58. 4 runners set a new PB and another 3 setting a new CPB on the course.



ROAD RACE REVIEW OF THE YEAR

(Gary MacAlister – Road Race Secretary)

Well what can I say, what a fantastic year of road running we have had in 2018. The club has gone from strength to strength in terms of the quality of running this past year. We have seen many club records fall, and some of our top athletes winning medals at local, regional, national and even international level!

I will be stepping down as Road Race Secretary at the end of 2018 after a fantastic 2 years in the role. In that time we have won back to back Wiltshire Road Race titles and seen attendances in the league races really increase. Personally I don't think I will top winning the Wiltshire League myself in 2017, but I know for sure that I would not have done that had I not have had this great club supporting me and all the runners wherever we go racing. There is no better sight than seeing a sea of AVR vests at the start line of races!

Unfortunately life is taking over a bit and I cannot commit as much time to the role as I feel I need to push the road racing forwards and to increase AVR's presence at a higher level regionally and nationally. You've probably noticed I am not getting to training as much as I'd like to, and I felt it was a good time to hand the role over to someone else with that fresh buzz of excitement and ideas into the role to make AVR an even greater club in 2019.



WILTSHIRE ROAD RACE LEAGUE

A massive thank you from me to everyone that took part in a League race this year, you have all helped play your part in the 2018 league. AVR were so dominant this year that we won all 10 fixtures in the league.

1. You'll need to cast your minds way back to the 8th April when we had 46 runners make the journey over the Highworth for their annual 5 mile race. The first 5km is always quick here as the race route is wide and mostly downhill, but what goes down usually has to come up and the final climb back into Highworth followed by that dreaded lap of the sports field at the end is always a tester for the legs, lungs and the mind. Mike Towler was 1st AVR home here (2nd Overall, behind a certain Mr Nott) supported by Max Davis (3rd overall), Damian Spreckley, Dominic Beddis and Rich Harding all rounding out the top 5. Bethan Francis was first AVR lady home (2nd overall) with Becky Beck, Phillipa Brewer, Fiona Price and Caroline Watson scoring the points for the AVR A team.



AVR Primed for the season ahead at Highworth 5mile.

1. Compton Bassett 5 mile was a brand new race for 2018, and was advertised as "fast and flat". Well it lived up to the hype with 24 recorded PBs for the 55 AVR runners who attended. It was so fast that Ed Knudsen recorded a new CLUB RECORD for 5 miles of 25:54 and Fiona Price set a new V50 CLUB RECORD of 34:10.



Leah, Beth and Becky (with a sneaky Denise Nott in the background) picking up their well-deserved team prize.

2. Keeping the 5 mile theme going in the league, the next fixture saw runners head up to Chippenham Rugby Club to take on the Chippenham 5 mile. A pattern of results for the men was starting to take shape. Ed Knudsen, Mike Towler and Damian Spreckley were 1st, 2nd and 3rd AVR, a finishing scenario we saw 4 times in total in the league this year. For the ladies Becky Beck took her only 1st AVR finish of the season (2nd overall) with Veryan Cranston and Anita Mellowdew rounding out the top three. 59 AVR Runners took part in total.



And it's "GO" at the start of the Chippenham 5.

3. After an endless sea of 5 mile races, runners finally got the extra 2km they were all looking for with the Great Chalfield 10k. A really warm and sticky Wednesday evening greeted the runners, and about a gazillion flies by the look of people's faces when they finished the race. The lure of an England v Belgium World Cup game on the TV was not

enough to keep 67 AVR runners (the season's highest attendance). AVR took home the team prize with Ed Knudsen, Damian Sprekley and Gary Day finishing as the top 3 AVR men. Not to be outdone, the ladies also took home the team prize with Veryan Cranston, Pippa Brewer and Fiona Price making sure AVR took all 3 places on the race podium.



AVR enjoying the summers haze at Great Chalfield 10km.

4. We headed out of Wiltshire for the next race, which saw the Bath Two Tunnels 10k make a return to the league for 2018. On an incredibly hot day 56 AVR runners sweated their way through the mostly underground race, enjoying all the shade the tunnels afforded them. AVR saw Fiona Price take the first AVR ladies place (2nd Overall), closely followed by Pippa Brewer (3rd Overall) and Gemma Lawton (5th overall). The men saw the Ed / Mike / Damian combo finish again but this was also the race 1-2-3.



AVR keeping cool in the shade at the Bath Two Tunnels race - the multiple race waves meant some runners had finished their race before others had even begun.

5. Frome 5km offered runners the shortest race on the calendar and the only 5km of this race series, but we didn't have that many runners take the chance with only 30 turning up on the day. Others chose the 10k and half marathons. Of the AVR that did race, the club top 3 were race winner Mike Towler, Damian Spreckley was 4th overall and Chris Suter was 8th and 1st V50 to finish. Pippa Brewer took home the AVR win at this race and was 2nd overall. The ever improving Gemma Lawton took 3rd overall and Fiona Price was 4th overall and 1st V50.



Andy Stanley floating over the line of the Frome 5k

6. Another new race for 2018 was the inaugural Hullavington 10k. A late replacement for the cancelled Trowbridge 10k, but set in the lovely rolling lanes of Hullavington. With plenty of cake on offer for the runners at the end, 46 AVR runners took the chance to try the new route. Mike Towler (2nd Overall) and Damian Spreckley again dominated the AVR results with Gary Day picking up another 3rd place club finish. The ladies results were always more varied with Veryan Cranston picking up the first AVR place (2nd overall) this time. Anita Mellowdew and Diane Hier made up the other top places.
7. Devizes 10k was another new race to most of our runners, but only 19 runners were able to make the trip. This raced clashed with the Brinkworth Bash in the Wiltshire Off-Road league and with the Road Race league all but guaranteed it was agreed to focus our runners to the muddy stuff instead of the tarmac. It didn't stop our runners doing the club proud and performing exceptionally on the day. Mike Towler (1st overall) and Damian Spreckley again topped the AVR results, this time assisted by Daniel Miles making his return back to club running with AVR. For the ladies Gemma Lawton managed her only 1st AVR placing of the year, beating Pippa Brewer into 2nd and Caroline Watson into 3rd. Despite the low numbers AVR won this fixture making it 8 wins overall and officially crowning us 2018 ROAD RACE LEAGUE CHAMPIONS!!! It wasn't all over yet though as some runners were still looking to get individual prizes. The final 2 races would decide where the counties and clubs silver wear would go.



Mike Towler leading from the front, as he did so much in 2018

8. With the season drawing to a close, we were finally treated to the only Half Marathon of the league campaign at the Salisbury Half Marathon. Described as a fast and flat 2 lapper finishing at the famous Cathedral, that race did not disappoint. Perfect conditions meant that the 32 runners that took part were all able to go all out for good times. Jackie Rockliffe not only won the ladies race but broke the CLUB RECORD with a 1:23:21. There were 10 recorded PBs from AVR runners, which is a great achievement. The top 3 AVR men were Damian Spreckley, David Warren and Gary MacAlister. Behind Jackie was Leah Sartain and Fiona Price.



© Spencer Mulholland Photography

AVR before the race

9. The final race of 2018 was the second leg of the Castle Combe Chilly 10k. Runner's best time from the February and November races were taken and points allocated accordingly. After February's race Ed Knudsen, Gary MacAlister and Rich Morgetroyd were sitting 1st, 2nd and 3rd AVR, with Ed's time of 31:37 setting a very high standard for everyone to follow! Bethan Francis took the ladies win in February with Becky Beck and Gemma Lawton rounding out the top 3. It was all to play for going into November.

Mike 32:21 wasn't enough to beat Ed's time, but was enough for the race win on the day and with that Mike Towler became the 2018 WILTSHIRE ROAD RACE LEAGUE CHAMPION. Damian Spreckley secured the V40 Wiltshire Title, and Andy Stanley did enough to secure the V50 Wiltshire Title. The ladies race could not have been any closer. Pippa Brewer had been leading the standing for the last few races, but a great run by Fiona Price ensured that she took the Overall Wiltshire Title by just 1 point. Tina Towler also wins the V60 Wiltshire Title.



Gemma Lawton putting the men to the test at Castle Combe

WILTSHIRE Road Race League - Final Standing MEN

- 1st Mike Towler (Overall Champion)
- 2nd Damian Spreckley (V40 Champion)
- 7th Ian McKee
- 8th Andy Stanley (V50 Champion)

WOMEN

- 1st Fiona Price (Overall and V50 Champion)
- 2nd Pippa Brewer (Senior Champion)
- 4th Gemma Lawton
- 7th Caroline Watson
- 13th Tina Towler (V60 Champion)

AVR ROAD RACE LEAGUE MEN

- 1st Mike Towler - 12pts
- 2nd Damian Spreckley - 18pts
- 3rd Ian McKee - 50pts

WOMEN

- 1st Pippa Brewer - 23pts
- 2nd Fiona Price - 27pts
- 3rd Gemma Lawton - 31pts

2019 Wiltshire Road Race League

Next year's fixtures have been announced this month as:



- Race 1:** Good Friday 10 Miler (19 April) – entries open just before Christmas
- Race 2:** Corsham 10k (28 April) – entries open on January 1st
- Race 3:** The Shrewton Bustard 10k (19 May) – entries open in the new year
- Race 4:** Broad Town 5 (15 June)
- Race 5:** NEW RACE UNDER ORGANISATION - YET TO BE ANNOUNCED (End June provisionally)
- Race 6:** Heddington 5k Series (14 May, 11 June & 9 July - as per 2017 when this event was last in the league, a virtual result will be calculated at the end of the series and your best time will count for the league/virtual result from which team points will be decided)
- Race 7:** Colerne Under the Posts 5 Miler (21 July)
- Race 8:** Two Tunnels Relay event (5 x 10km) - this will be a team event, all 5 runners must be from your club (18 August)
- Race 9:** Chippenham Half Marathon (tbc)
- Race 10:** Devizes 10k (tbc)
- Race 11:** Clock Change Challenge 10k (27 October)

AVR Off-Road League

There were no off road races during November. The final 2 races in the AVR off road league are:

Race 5 - Tri Counties XC Championships - 9th 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 - 30th 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 st Daniel Piper 6 points (4 races)	1 st Jo Farion 28 points (3 races)
2 nd Mike Sargeant 17 points (4 races)	2 nd Gemma Lawton 29 points (3 races)
3 rd Mark Harris 21 points (4 races)	3 rd 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 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 first Wednesday - **post training social** in the TRFC bar - next date: 8th Jan
- Every second Tuesday - **post training social** in the TRFC bar - next date: 11th Dec
- **Christmas Social** - Tuesday 11th December 8:15 after training, upstairs at TRFC - see poster below
- **AVR/TRFC Christmas Party** 15th and 22nd December @ TRFC. Tickets £15.
- **AVR parkrun championship - leg 1** at Melksham
- **Stan Farr 5k** 26th December - TRFC
- **AVR parkrun championship - leg 2** at Southwick (winners awards to e given out at the presentation evening)
- **AVR AGM** Tuesday 8th January @ TRFC
- **Presentation evening** - *new location* Trowbridge Civic Centre *date confirmed* Saturday 9th February 2019 - see poster below



This will be held upstairs at TRFC and will include the winners of this year's AVR London Marathon Ballot. Did you fit the criteria? Did you put your name into the hat? If yes, you should come along to see if you've been lucky! We'll also be playing silly games and eating lots of party food - why wouldn't you come?



This year's event promises to be bigger and better than ever before! The theme is black and white - which can include fancy dress if you wish - and ticket prices remain at £15 as last year.

Partners and family members are welcome to come and celebrate with us and tickets are now available here at a price of £15 each, to include food and entertainment:

https://www.entrycentral.com/event/109535?fbclid=IwAR1ZIZFM1-z20YJbu_uExgJYQaWwx4yOHtZdxuYlbaIwfFKiN87ZpbmvMMc

Buddy Runs

Did you know that you can still run with AVR even if you can't make it to organised club runs at TFRC or Bradford on Avon? These are known as 'buddy runs' as they don't have an official run leader but are a group of AVR runners who plan to meet at a designated time, either as a one-off or on a regular basis. Two of these regular buddy runs are:

- Thursdays at 9:30am - meet at the community rooms in the large Trowbridge Tesco carpark.
- Thursdays at 6pm - running from B&Q in Trowbridge.

Please note, that these runs are not covered by the club's insurance.

Volunteer Co-ordinator's Report – David Hyde

What a great month this has been! 2 of our biggest events and the feedback has been fantastic!

Thank you so very much for all your help throughout the year.

We are presently working on a few potential schemes to recognise volunteers and one of the ideas has been the 'Volunteer of the Month!'

I asked for feedback following the AVR half and the names below were all specifically mentioned to me:

Tina Vivian

Richard Vivian

Sue Kingdom

Christine McKenzie

Anne Slater

Mick Farrer

You are all heroes

Finally, may I wish you all a very merry Christmas and I look forward to all your offers to Marshall in 2019!!



WALL OF FAME

5 miles

<u>Sutton Benger</u>	Michael Guy (CPB)	40:43
	David Warren	29:13

10k

Castle Combe Chilly

Elizabeth Morris (CPB)	57:01	Ray Pemberton (CPB)	42:32
Fiona Newman	53:18	Gemma Lawton (CPB)	41:58
Sharon Firkins	53:02	David Bagshaw	43:41
Sarah Barker	51:54		

Half Marathon

<u>AVR Wiltshire Half Marathon</u>	Michael Guy (CPB)	1:59:18
	Ray Pemberton (CPB)	1:37:28

Southwick parkrun

Suzann Large (CPB)	26:16	Sharon Firkins (CPB)	26:14
Sarah Barker (CPB)	25:24	Gemma Lawton (CPB)	20:56
Cerys Powell (CPB)	20:25	Sandra Bayford (CPB)	41:41
Maria Harryman (CPB)	25:32	Niall Thorne (CPB)	17:32
Simon Woodhead (CPB)	26:22	Demi Yip (CPB)	25:15
Ben Price (CPB)	22:45	Darren Messen (CPB)	22:32
Joe Markey (CPB)	19:46		

Melksham parkrun

Jim Chalmers (CPB)	33:56	Louise Fearon (CPB)	32:56
Marie Chapman (CPB)	32:55	Sarah Nunn (CPB)	30:14
Alex Fearon (CPB)	29:18	Fiona Newman (CPB)	27:01
Catrin Pullinger (CPB)	26:31	Richard Newman (CPB)	24:15
Andy Cunningham (CPB)	20:57	Richard Harding (CPB)	18:08
Rachael Johnson (CPB)	35:00	Viv Lloyd (CPB)	29:18
Ben MacAlister (CPB)	23:53	Ben Phillips (CPB)	26:51

Other parkruns

<u>Braunstone</u>	Ian White (CPB)	27:35
<u>Ashton Court</u>	Helen Davies (CPB)	27:05
	David Bagsham (CPB)	23:00
<u>Fell Foot</u>	Frank Lamerton (CPB)	24:09
<u>Sheffield Hallam</u>	Ian White (CPB)	27:57
<u>Chippenham</u>	Fiona Newman (CPB)	27:20

AVON VALLEY TRIATHLETES



Five AVT/AVR entered the last DB Max Duathlon this year at Castle Combe. Ian Isaacs, Sara Robert, Liz Richardson, Sam Fairfield and Andrew Sharratt all competed with Ian coming in at 58.37.8 being the first AVT male and Sara at finishing as first AVT female at 1.10.42.

There have been four DB Max Duathlons at Castle Combe (summer/chilly) so far this year with fourteen AVT/AVR entrants. This included Simon Reeves, Elizabeth Morris, Leah Sartain, Martin Pearce, Richard Newman, Paul Banfield, Rosemary Barber, Tim Lowrie, Gary Day, Ian Isaacs, Liz Richardson, Sara Robert, Sam Fairfield and Andrew Sharratt.

Sara Robert at the Chilly Duathlon in November

The top male and female times throughout this year came from Tim Lowrie at 51.46.6 and Leah Sartain at 59.07.8 in her debut multi-sport event.

The next DB Max Duathlon will be held at Castle Combe on Sunday the 17th February at 11.30.

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 for this year's Triathlon, Duathlon, Aquathlon and TT to count towards your league points by the 31st December 2018.

Include your best performance from Triathlon, Duathlon, Cycling TT and Aquathlon and also include the place you came and the total number of entrants.

When entering events, it does really help if you enter any Multi-sport events as an **Avon Valley Triathlete**, this makes it easier to check results whenever needed.

Please remember that if you are a paid up AVR member, then you are already automatically a member of AVT.