

AVON VALLEY NEWS

Issue 205

January 2019



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Editor's note...

Happy new year to everyone! I hope you all enjoyed the festive period and that you have already enjoyed some training and racing in 2019.

There has been a hive of activity this month in preparation for the annual AVR/AVT awards. This is a great evening for all members of the club to celebrate the success of 2018, have a few drinks and dance the night away. You will even get to influence the winners of some of the awards on the night. Entries are open until 3rd February here: <https://www.entrycentral.com/event/109535>

You may have noticed that the JAVR newsletter hasn't appeared for a few months, so we are now looking for someone to take this over to accurately report on the successes of our younger members and to promote local races for them. If you are interested, please get in contact at news@avonvalleyrunners.org.uk.

Happy running, Sarah.

AVR AGM
















This year's AGM took place at the start of the month and was well attended by the committee and other members of the club. Chariman, Warren Wade, talked through the success of the year and shared secretary's reports from the different areas of the club.







Minutes from the meeting can be found at the end of this month's newsletter with financial information removed as this newsletter appears on our website for anyone to read, including non-members. If you have any questions the club's finances, please email treasurer@avonvalleyrunners.org.uk. Any other questions can be directed to a member of the committee.



AVR Committee 2019

The committee has gone through a few changes this year and we are proud to present the line-up for 2019:

President: Ted Rockliffe 	Vice President and Webmaster: Andrew Hoddinott 	Vice President: Bob Washbourne 
Vice President: Darren Wrintmore 	Chairman: Warren Wade 	Vice Chairman and membership secretary: Jamie Morrison 
Hon Secretary: Jay Sims 	Co- Secretary: Vicky Ody 	Minutes Secretary: Jo Farion 
Committee member and Volunteer Co-ordinator: David Hyde 	Treasurer: Simon Reeves 	Assistant Treasurer: Dot Reeves 
Multi-sport Secretary: Lil Morris 	Road Secretary: Alan Button 	Off Road Secretary: Anthony Hickson 

<p>JAVR Secretary: Holly Newman</p> 	<p>Welfare officer - female: Linda Ladner</p> 	<p>Welfare Officer – male: Richard Newman</p> 
<p>Committee member and Newsletter editor: Sarah Barker</p> 	<p>Committee member: Carole Alston</p> 	<p>Committee member and Vice President: Denise Ellis</p> 

New Some of the new members:

Alan Button: *I have been running with AVR for over 2 years and the first thing I noticed was how friendly and welcoming everyone was. Add to the fact that I love running anyway, this makes being part of AVR just so rewarding to me.*

When I was asked to consider being Road Race Secretary, I was honoured, and am looking forward to continuing the great work done by Gary MacAlister in this role. There is a decent Wiltshire Road Race league fixture list in 2019 for you to enjoy, and I hope to see many of you at these events. Can't wait!

Dave Hyde: *I volunteered to join the main AVR committee due to the roles I already assist with within the club. My role as volunteer lead, with my working group behind me, needs a constant feed of information on races, accurate information and discussion. It will help very much gaining this on the coal face. With the operation of the volunteer reward scheme, regular feedback will be required. I am also on the social working group which requires regular consultation. The club gives me such a positive outlook and it's a pleasure to be there help others and give back what others have given me.*

AVR runs the Jurassic Coast



Our social committee have been hard at work planning an AVR away weekend to the new White Star Running Jurassic weekend. The whole weekend consists of an Ultra and a Marathon on Saturday 28th September followed by a 10k and Half Marathon on Sunday 29th September.

The club are targeting the Sunday races as they are the manageable distances for many of our members, however, if you are desperate to do the Saturday distances then please do not hesitate. It is up to the individual runner to book their own race places. The accommodation would be at Freshwater holiday Park and it would be great to know how many of us will be there so the committee can plan a few social activities too. If there is enough interest, we can ask that we all camp together but if not, there will be plenty of opportunity to socialise in the surrounding area.

If you are interested, please email myself at news@avonvalleyrunners.org.uk with the number of members taking part and which race you will be entering. Look out for a Facebook post on the closed page too after the Presentation Evening to gather interest.

We would love this event to have a similar atmosphere to the Endure 24 events from the last few years

Book your race place here: <https://runjurassic.co.uk/whats-going-on/>

Book your accommodation with Freshwater Holiday Park here if you want to secure it early: <https://runjurassic.co.uk/accommodation/> If not, wait until the social committee can book it as one group.

AVR CLUB CHAMPIONSHIP

AVR LEAGUES 2019

2019 Road Race league races:

<http://www.avonvalleyrunners.org.uk/index.php?page=road-race-series-2019>

2019 Off-Road Race league races still TBC

AVR Road League 2019

The road league starts up again on 19th April 2019 with the Good Friday 10 miler in Chippenham followed closely by the Corsham 10k the next week.

- Entries for the 10 miler (race 1) are already open here: <https://cadence-events.co.uk/product/good-friday-10-miler-19-apr-2019/>
- Corsham 10k (race 2) is open here: <https://corsham10k.co.uk/> and usually sells out quickly.
- Entries for the Colerne 5 miler in July (race 7) are already open here: <https://cadence-events.co.uk/product/colerne-5-miler-21-jul-2019/>
- Entries for the Two Tunnels relay (race 8) are open here: https://ojeoarcyls.formstack.com/forms/two_tunnels_10km_relay_2019-v3 but speak to Alan Button first if you are interested. He can sort out teams and club discount.
- Chippenham Half Marathon entries for September (race 9) are open here: <https://register.primoevents.com/ps/event/ChippenhamHalfMarathon>

Wiltshire Off-Road League

Race 6 – the Lungbuster

Due to a clash of events this year (with our very own AVR Wiltshire Half Marathon) the Lungbuster was not included in the AVR off-road league but remained in the Wiltshire League. This is the last race in the Wiltshire league and is due to take part in February; AVR are 1 point ahead of Chippenham Harriers and in need of as many runners, of any ability, to take part so that we can retain our county title and bring home the trophy. Watch this space!



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

- Female Workshop – Renee McGregor – Monday 4th February 18:45 @ TRFC
- Every first Wednesday – **post training social** in the TRFC bar – next date: 6th Feb
- Every second Tuesday – **post training social** in the TRFC bar – next date: 14th February – Valentine's Day!!
- **Presentation evening** – Trowbridge Civic Centre - Saturday 9th February 2019 – see poster below – The biggest night in the AVR calendar!



This year's event promises to be bigger and better than ever before! The theme is black and white 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, to include food and entertainment.

This link closes at 6pm on Sunday 3rd February as the Civic Centre need to know numbers a week in a advance:

https://www.entrycentral.com/event/109535?fbclid=IwAR1ZIZFM1-z20YJbu_uExgJYQaWwx4yOHtZdxuYlbalwffKiN87ZpbmvMMc

Raffle for Diabetes UK

The AVR social committee have organised a raffle at the Presentation Evening in aid of Diabetes UK. This charity is important to so many of our members, so we're giving something back. Lil Morris's employers, Vodafone, will be doubling the amount raised on the night so it's well worth coming along and buying your strip of tickets. Prizes include:

- Free membership for a year to Avon Valley Runners
- Entry into the DBMax Westonbirt House 10k – *Easter 19th April*
- Entry into the DBMax Westonbirt House 10k – *Christmas date TBC*
- Entry into the DBMax Battle of Lansdown OCR – *30th March*
- DBmax bundle of clothing – hoody, tech t-shirt (sizes medium) and buff
- Entry into the Stampede Sports Hullavington Half Marathon – *12th May*
- Entry into the AVR Wiltshire Half Marathon – *date TBC*
- Entry into AVR's Over The Hills off-road race – *3rd November*
- Entry into a Westbury 5k of your choice in 2019 – *21st May, 18th June, 16th July or 20th August*
- 'The Treatment Rooms' in Chippenham massage voucher
- 2x Speedo swim kickboards
- 2x Earmuffs with in-built headphones
- Bobble hat with in-built headphones
- AVR themed merchandise from Sporting Billy in Chippenham
- Bottle of Wine
- Hamper of 'Nerds' sweets
- Hair voucher for a colour and finish at 'Hair by Jo' in Trowbridge
- Plus a few more that will be confirmed at the start of February!



Volunteer Co-ordinator's Report – David Hyde

Hello and 'happy new year' to you all.

I am presently seeking volunteers for the below requirements at **Imber Ultra** on Sunday 3rd March:

Role	Distance (miles)	Grid Ref	Name	Open Time	Close Time = cut off time
Checkpoint 1 team (with 3-4 Rotarians)	7.4	910447	Scratchbury	09:30	10:45
Checkpoint 2 team (with 3-4 Rotarians)	13.7	987439	Chitterne	10:15	12:20
Checkpoint 3 team (with 3-4 Rotarians)	18.9	22474	Tilshhead	10:40	13:30
Checkpoint 4 team (with 3-4 Rotarians)	22	996509	Highland Cottage	11:00	14:20

The Club also wants to set up a working group to Assist with JAVR 2K and the Westbury 5K

AVR Westbury 5k

A team of people are required to assist Ian Issacs and Liz Richardson in organising and running the club 5k seriesc

Things to be done: licencing, Council approvals, sponsorships, venue organisation, prizes, results admin, marshall co-ordination.

Number required – 1 to 2 more allowing or who have volunteered already

JAVR 2k

A team are required to run popular junior event which is presently really struggling for volunteers. It is run once a month on a Saturday morning after parkrun.

Things to be done: licensing, results admin, on the day set up and promotion

Number required – as many as Possible.

If you are able to assist with any of the above please email me on volunteers@avonvalleyrunners.org.uk

WALL OF FAME

10k

Beyond the Farside Jo Farion (course record) 55:35

Southwest XC Championships

Gary MacAlister (CPB)

Plain Crazy - 12.5 OR miles

Southwick parkrun

Maria Harryman (CPB)	25:30	Ceres Powell (CPB)	20:08
Laura Hoskins (CPB)	22:22	Jen Marlow (CPB)	22:46
Louella Kenny (CPB)	35:15	Paula Bray (CPB)	33:27
Letitia Hyde (CPB)	49:28		

Melksham parkrun

Marie Chapman (CPB)	31:55	Joan Carpenter (CPB)	33:26
Elizabeth Morris (CPB)	30:42	Vicky Bodman (CPB)	28:48
Karen Holt (CPB)	29:32	Alex Fearon (CPB)	28:12
Ben Phillips (CPB)	25:46	Paul Leverinton (CPB)	25:57
Diana Hier (CPB)	21:47	Dominic Beddis (CPB)	17:53
Stuart McGregor (CPB)	21:51	Ben Phillips (CPB)	25:28
Gemma Lawton (CPB)	21:31	Paul Hosking (CPB)	26:15
Marie Worley (CPB)	34:17		

Other parkruns

<u>Chippenham</u>	Paul Leverington (CPB)	26:52
	David Mudford (CPB)	21:28
	Richard Harding (CPB)	18:38
	Elizabeth Morris (CPB)	32:55
<u>Shepton Mallet</u>	Sean Price (CPB)	26:02
	Leo Harris (CPB)	21:30
	Fiona Price (CPB)	21:16
	Linda Unsworth (CPB)	28:21
<u>Wimpole Estate</u>	Alan Burgess (CPB)	22:21
	Marie Worley (CPB)	35:12
<u>Plymvalley</u>	Frank Lamerton (CPB)	23:08
<u>Bath Skyline</u>	Ian White (CPB)	29:18
	Barbara White (CPB)	37:11
<u>Milton Keynes</u>	Demi Yip (CPB)	26:02
<u>Southend</u>	Sam Franklin (CPB)	21:12
<u>Lanhydrock</u>	Sean Price (CPB)	29:44

AVON VALLEY TRIATHLETES



By AVT secretary, Lil Morris

Wow – what a month! My first month as AVT Secretary has been a busy one however also a great one for so many reasons and I want to take the opportunity again now to thank Jay Sims for all of her support whilst we transition the role.

I'm enjoying my multisport journey hugely and if you've yet to take the plunge yourself I strongly urge you to give it a go. I have had nothing but support from all those within AVT and you'll be made very welcome.



New Kit

Jay has been working in collaboration with Halo Sports to produce some excellent high quality new kit for AVT. January saw the launch of not only our new Tri-Suits ("modelled" by me below) but also long and short sleeved cycling jerseys, which have had a fantastic response from our existing members. We do have some Tri-Suits we are holding in stock, please pm me for more information if you are interested. We do have more kit in the pipeline and when launched the details will be added to the AVT Members Facebook page.

Events coming up for 2019

As a group we have a number of target events coming up for the first half of the year, it's a busy time of year as many of our members are also training for half marathons, marathons and even longer distances! Runners can use cross-training to rehabilitate injuries, improve fitness, promote recovery as well as enhance motivation with having a different goal in mind.

- **Calne Aquathlon Spring Series**

£7.50 per race or £18 for all three, please email keithbradshaw16@hotmail.com to enter and identify yourself as being part of Avon Valley Triathletes.

The first event is on Sunday 3rd February, the next is on Sunday 3rd March and the third event is on Sunday 14th April.

So far we have 16 athletes entered across all three events, can we make it even more?



BIG T TRIATHLON

- **The Big T Triathlon – Sprint & Enduro**

The event takes place on the 6th May, which is a bank holiday Monday, at Clarendon swimming pool. As AVT we have a 20% discount for both races making them £38.40 for the Enduro and £30.80 for the Sprint distance.

The response to entries has been overwhelming with 16 athletes entered for the Sprint and 3 athletes entered for the Enduro at this moment in time.

- **The Westonbirt Sprint Tri**

This event takes place on the 27th May, which is a bank holiday Monday, at the very picturesque Westonbirt House. DB Max have been provided AVT members with a 10% discount code, "AVT" which you can use at checkout on the website.

<https://www.dbmax.co.uk/events/the-westonbirt-sprint-tri-27th-may/>

- **The Chilly Duathlon**

DB Max hold this event on the same day as the very popular 10k race on Sunday 17th February, you can enter at <https://www.dbmax.co.uk/events/chilly-duathlon-17th-february/>

When entering events, it really does help if you enter any multisport events as **Avon Valley Triathletes**, 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.



Avon Valley Runners
Annual General Meeting
Tuesday 8 January 2019

Minutes and Records of Decisions

2018 committee members in attendance:; Warren Wade (Chairman); Robert Washbourne (Vice Chairman); Ian Isaacs (Hon. Secretary); Simon Reeves (Hon. Treasurer); Dot Reeves (Assistant Treasurer); Anthony Hickson (Off-road Race Secretary); Jay Sims (Multisport Secretary); Holly Newman (Juniors Secretary); Jamie Morrison (Membership Secretary); Sarah Barker (Newsletter Secretary); Denise Ellis (Committee Member); Carole Alston (Committee Member); Liz Richardson (Minutes Secretary).

Apologies: Gary MacAlister (Road Race Secretary).

Chairman's Welcome

WW welcomed everyone and thanked the club for a good turnout.

Previous AGM minutes

These were agreed as an accurate record.

Secretaries' reports

Membership:

There are 556 members. Membership in 2018 is down from 2019, as is the new member uptake. Despite this, the renewals rate is up on the previous year. The shape of renewal throughout the year was very different with a lot more members renewing earlier into the season. EA affiliation rate is very slightly (less than 1%) down.

Road:

What a fantastic year 2018 was for road racing. We retained the Wiltshire Road Race League! – We won all 10 fixtures and scored the maximum 160 points (8 x 20pts), ahead of Chippenham. Our AVR B team finished 3rd overall on 140 points, showing that we supported the league in great depth in 2018. As with 2017, the winning formula has been reverting back to having the AVR road race league mirror the WAA league.

Some Stats: 86 ladies and 77 men took part in at least one League race in 2018 (163 in total, which is down from 189 different individuals that took part in at least one race in the 2017 league, and 177 in 2016). This may be down to the large support the 2017 5-10km progression group gave to the league this year where they supported three separate races. This same level of race support was not in place during the 2018 campaign. The largest league attendance was Great Chalfield (61 runners).

Individual league successes:

- Mike Towler and Fiona Price were crowned Wiltshire Champions.
- Damian Spreckley was 1st V40 and 2nd overall.
- Andy Stanley was 1st V50.
- Phillippa Brewer was joint 2nd Overall and 1st Senior Female in Ladies League
- Tina Towler was 1st V60.

Club Records:

- Max Davies - 10k (Telford), 5k (Yeovil)
- Mike Towler - Half Marathon (Devizes)
- Jackie Rockliffe - Half Marathon (Salisbury)
- Chris Roxburgh - 20miles
- Holly Rush - 20 miles, Marathon

2019 will see the club league mirror the Wiltshire League again.

2019 Priorities remain similar to 2018: To promote activity in the Wiltshire and AVR leagues again for 2019, with the aim of retaining our Wiltshire title. The club will look to encourage members to run in regional events, such as the ARC and EA Road Relays, to give runners the chance to race against a higher quality of opposition and to give AVR exposure to a larger audience.

Off-Road:

Wiltshire Off-road League. Last year (2017/2018) our 'B' team was promoted from Division II to the top division with a total of 100 points (the maximum possible). Our 'A' team finished second to Chippenham Harriers (92 points to 99). This year (2018/2019), after the fifth race, our 'A' team is first with 98 points to Chippenham's 97 points whilst our 'B' team is placed fifth with 76 points (out of twelve teams).

In spite of the clash of events with our Half Marathon, eleven members of our club were able to participate in the third event, the Wickstead Wander where Ed Knudsen and Mike Towler finished first and second overall, respectively (6 men and 5 ladies, so complete 'A' teams for both genders). This included the marvellous performances of Leah Sartain and Gemma Lawton who finished 2nd and 3rd Ladies.

To have a successful 'B' team all we need is YOURSELVES! Not all clubs are able to field full 'B' teams, so all we need to do is to take part. Running is why we join the club and we run for pleasure, so even if you expect to finish near the back of the field, please come and run these Championship events with us.

AVR Off Road Championships

The AVR Championships run from January to December, but use, where possible, the same events as the WAA (WORLD). The Wickstead Wander has not been included. Only the best five races are included, so missing one event does not spoil your chances.

The top 3 men are Dan Piper (8 points), Mike Sargeant (23 points) and Mark Harris (25 points). The top three ladies are Gemma Lawton (13 points), Jo Farion (18 points) and Adèle Cooper (35 points).

Next year we will add in the first (April) 5x5x5 trail event to the AVR Championship along with the first five WAA/WORLD events.

JAVR:

Rich Ayling, Ian Isaacs, Richard Newman, Holly Newman, Pete Slade (who stepped down in April), Chris Brown, Clare Wood and Veryan Cranston have all supported the coaching programme for JAVR in 2018.

The current JAVR Working Group is no longer sustainable due to the commitments each person has – children, studying, other interests or simply wanting to do less. It is crucial we have volunteers to step forward to replace us in order to keep JAVR running. Our drive for volunteers for the JAVR Working Group continues, however we have had several people who have come forward, willing to help support JAVR in 2019 in various forms – Elizabeth Morris, Jackie Rockliffe, Jo Farion and David Bagshaw.

Wednesday evening sessions at Bath University still gather large popularity despite not always having access to the track. Juniors, parents and leaders alike have adapted to the sessions well when that has been the case.

Monday sessions have once again seen an increase in numbers as more juniors start to become eligible to be able to run on a Monday.

We are still finding the use of the new TRFC track on a Monday incredibly useful. It allows coaches to set up more elaborate warm ups with equipment and eliminates the safeguarding risks of children running near the road.

JAVR continues to try and provide a varied offering with juniors participating recreationally, in multi-sport/track events and many juniors have competed for Wiltshire and Avon in Schools/Club competitions.

Monthly sessions for 7-10 year olds were stopped due to a lack of interest/numbers. JAVR is now for runners aged 11-17.

JAVR have become tighter on safeguarding – signed permission slips are now required for juniors who are accompanied by coaches/volunteers on trips and before a new volunteer is introduced to the team they must show evidence of an up to date DBS.

JAVR hosted the JAVR XC in September at Southwick Country Park which once again proved to be popular. We plan to host the event again in 2019.

Gwent Cross Country Fixtures attracted large interest from juniors earlier in the year but now numbers are starting to dwindle. Many do not have the time, patience or transport to travel to fixtures in Wales.

Moving forward the plan is to discuss with JAVR parents what races they would like to see promoted in 2019 and discussing the possibility of a closer cross country fixture.

The monthly JAVR 2km often struggles for volunteers. A volunteer spreadsheet was launched but had limited success. More sustainable options are currently being investigated

JAVR has promoted the club culture of volunteering by helping to support the AVR Half Marathon. This involved providing and selling cakes on the day of the AVR Half Marathon.

JAVR have now started using the BAND app to communicate with parents.

Whether it's driving the minibus, organising social events, helping to lead sessions, devising specific coaching sessions with a purpose or uploading information to the website, the JAVR Committee work very hard to keep everything going. However, we need more people to now come forward and volunteer (thank you to those few who have who've already volunteered). We expect that in the New Year there will be members of the working group who will have to step down or do less so unless we get more volunteers we may struggle to continue the good work. Our aim is for JAVR working group to be "succession planned" so the same people aren't always helping out.

Multisport:

The combined force that is Ben Psaila and Anna-Marie Watson achieved many things this year, including Ben winning the Calne Aquathlon Series (3 wins out of 3). Ben was 3rd individual at the Super League Jersey Triathlon, 2nd at the Super League Malta Aquathlon, 32nd in his Age Group at the World Champs in South Africa, and he took first place at AVT's very own Aquathlon. During his Army events Ben was 3rd at The Royal Signals Sprint Triathlon and 15th at the Army Sprint Triathlon. Anna-Marie was 3rd at the Feb Chilly Duathlon, 7th at the Army Sprint Triathlon, 2nd in her age group at the Ironman 70.3 Staffordshire (making her the 16th Female including the Professionals); 13th in her age group at Ironman 70.3 World Champs in South Africa (106th Female Overall out of 1333).

In 2018 Diane Hier made a move over to Zoot Athlos Triathlon club but, as we always recognise our AVR/AVT members great achievements, Diane excelled at the ETU Middle Distance Triathlon Championships in Ibiza in October taking bronze in her age group category.

On the 21st July, AVT hosted its first ever Try-a-Tri Aquathlon in Bradford on Avon. 24 competitors took part with some achieving their first finish in a multi-sport event. Callum Withers and Jasmine Martin led the field in the junior event with Ben Psaila and Melanie Ward Nicholls taking the top positions in the adult event.

Individual multisport successes:

- Vanessa Lucas came third lady at the Big T Triathlon in May and won her age category prize at the Frome Triathlon in August.
- Melanie Ward-Nicholls was First Lady at the April Calne Aquathlon.
- Holly Newman was First Lady at the short course aquathlon in Cheltenham in June.
- Rosemary Barber won the VF60 award at the July DB Max Kinetic One 10 mile TT (South West Championship Race).

In 2018, we have tried the league being open to any Aquathlon, TT, Duathlon and Triathlon and more people have attempted to complete the 4 events due to this change. However in 2019 we will return to targeting key events in the year and a list will be become available after the presentation evening.

After some difficulty with kit suppliers we now have a new kit supplier and our on line web site launch will take place in January 2019 with Halo.

Volunteers:

The people who assisted the club most in volunteer roles in 2018 are: Warren Wade, Michelle Platten, Louise Fearon, Ken McCall (non-Member), Jay Sims, Ian Isaacs, Dot Reeves, Denise Ellis, Dave Hyde, Clare Langdon, Charlotte Cook, Cathy Warner, Anthony Hickson, Jo Farion, Richard Hudson and Liz Richardson.

We also need to acknowledge all the hidden roles and work that goes on behind the scenes to put events on, such as organising trophies etc.

Next year we will be rolling out a new reward scheme for volunteers. This will be very similar to the park run volunteer scheme for a special club top but it will include all roles within the club including juniors training, group run leaders, coaches etc. as well as event volunteers. This is planned to commence on the 1st April. More information will follow.

AVR successes of 2018

WW highlighted examples of the groups and initiatives that had supported AVR's races and events during 2018:

- Over the Hills (James Crawford plus working group)
- AVR Half Marathon (Warren Wade plus working group)
- Imber Ultra (Richard Hudson, Westbury Rotary plus working group)
- New 5x5x5 event (Anthony Hickson and working group) series
- New AVR Westbury 5K series (Ian Isaacs)
- Avon Valley Relay (Holly and Richard Newman, Ian Harryman plus others)
- Beginners and 5-10K group (Ian Isaacs, with Andy Stanley)
- Valley News (Sarah Barker)
- GoalGetters Scheme (Sean Price plus working group)

AVR Goalgetters

WW presented the Goalgetters plan for 2019. The GoalGetters aims are:

- A team to hold yourself accountable
- A process to achieve more than you thought possible
- A network to share your journey
- A community to make the club the best it can be

The Goalgetters programme for 2019 will be launched at the Presentation Night in February.

New Club Records

Max Davies	1 Mile	4:31
	5Km	15:15
	10Km	31:20
Ed Knudsen	5 Mile	25:54
Mike Towler	Half Marathon	1:10:28
Chris Roxburgh	20 Mile	1:57:59
Fiona Price	5 Mile (FV50)	34:10
Ruth Barnes	10 Miles (FV40)	57:43
	Half Marathon	1:14:59
Holly Rush	20 Mile	2:08:52
	Marathon	2:47:33
Jackie Rockliffe	Half Marathon (FV40)	1:23:21

Conclusion

WW concluded. The club has continued to improve over the past year with the addition of a range of new resources and events. We have a committee and volunteers dedicated to improving the club and bringing new ideas to facilitate that, with new people entering on an annual basis. We have many working groups which are given responsibility to run smaller sections of the club such as juniors, multi sports, volunteers and organise races. We still have areas to improve especially in coaching and volunteering but we are definitely heading in the right direction.

In 2019, the will club focus on several areas including:

- an increase in training and support provisions to allow runners to progress
- coaching provisions – separate coaching working group
- volunteers. The whole club is run by volunteers. We will only to continue to be successful in everything we do due to the work of its volunteers.

Current/new working groups looking for support:

- Social
- JAVR
- AVT
- AVR Half
- Over the Hills
- AVR Westbury 5K
- Volunteers
- 5x5x5

Proposed Conditional Amendments

None

Non-Constitutional Amendments

None

Membership fees

The committee proposed to keep the membership fees for 19/20 the same as agreed since 17/18.

Junior/Student - £12.50

Adult - £25

EA membership will remain optional for those people who require or wish to sign up for it.

Life memberships

No proposals

Presidential Roles

No proposals

Current roles are:

- | | |
|------------------|------------------|
| • President | Ted Rockcliffe |
| • Vice President | Andrew Hoddinott |
| • Vice President | Bob Washbourne |
| • Vice President | Denise Ellis |
| • Vice President | Darren Wrintmore |

Outgoing committee members

Gary Macalister – Road Race Secretary

Bob Washbourne – Vice Chairman

Ian Isaacs – Honorary Secretary

Liz Richardson - Minutes

WW stated that the committee and the whole club thank them for their contribution. Their continued support in other roles within the club will continue and is much appreciated.

Election of Committee

WW welcomed Ted Rockcliffe to introduce the 2019 committee who are

Warren Wade	Chairman
Jay Sims	Hon. Secretary
Vicky Ody*	Co. Secretary
Simon Reeves	Hon. Treasurer
Dorothy Reeves	Vice Treasurer
Alan Button*	Road Race Secretary
Anthony Hickson	Off-road Secretary
Jamie Morrison	Membership Secretary and Vice Chairman
Elizabeth Morris*	Multi-Sport Secretary

Denise Ellis	Committee Member
Carole Alston	Committee Member
Sarah Barker	Committee Member
David Hyde*	Committee Member

* New committee members

Presentation Night

WW outlined the arrangements for the Presentation Night on 9 Feb. Tickets are currently on sale until 3 February via Entry Central.

Close

WW thanked everyone for attending. AGM closed: 21:09