

# AVON VALLEY NEWS

Issue 206

February 2019



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## Editor's note...

This month we celebrated the successes of our athletes at our Presentation Evening. All winners are listed below to whom we send huge congratulations.

We are still looking for someone to take over the JAVR Newsletter 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](mailto:news@avonvalleyrunners.org.uk).

There is still also time to register your interest in attending the Jurassic Coast weekend away in September 2019. Use the same email address to get in contact and to get more information.

Happy running, Sarah.

## Annual Presentation Evening

What an evening! In a break from tradition, this year's ceremony was held at the Civic Hall in Trowbridge and was well received by the members who came along. The social committee would like to thank everyone who came and hope that everyone had a good time.

The raffle (photo below) that was held on the night in aid of Diabetes UK, raised a tremendous £385 just through ticket sales.



Through a fund matching scheme at Vodafone UK, they will boost the amount by £350 making a final total of £735! Many thanks to Matthew Robert, representative of Diabetes UK and son of Sara, who spoke on the night of the importance of fundraising to support the charity and people living with the condition around the UK.

## And the winner is...

AVR RUNNERS CHOICE AWARD – Sara Robert  
MOST IMPROVED MAN - David Bagshaw  
MOST IMPROVED WOMAN - Gemma Lawton  
OUTSTANDING SEN MAN - Max Davis  
OUTSTANDING SEN LADY - Anna-Marie Watson  
OUTSTANDING V40 MAN - Damian Spreckley  
OUTSTANDING V40 WOMAN - Jackie Rockliffe  
OUTSTANDING V50 MAN - Andy Stanley  
OUTSTANDING V50 WOMAN - Fiona Price  
OUTSTANDING V60 MAN - Frank Lamerton  
OUTSTANDING V60 WOMAN - Tina Towler  
BEST AVR BEGINNER - Alison Moore  
TEAM OF THE YEAR - AVR Wiltshire Off-Road League Squad  
TONY BARTLETT PERSEVERANCE - Ken Pyper  
THE BOMB - Martin Pearce  
GOOFY - Fiona Gibbs  
BROKEN COMPASS - Daniel Piper  
TWO FOOTER - Jackie Rockliffe & Gary MacAlister  
RACE FACE - Niall Thorne  
WAVA LEAGUE - Mike Towler & Jackie Rockliffe

HOW FARR FOR AVR –  
SEN MALE – Peter Veleski  
V40 MALE – Gary MacAlister  
V50 MALE – Andy Marchant  
V60 MALE – Andrew Sharratt  
SEN LADY – Sarah Barker  
V40 LADY – Vicky Ody  
V50 LADY – Ali Atkinson  
V60 LADY – Carrie Almeida

### FASTEST MARATHON

MAN – Chris Roxburgh (2:40:07) – Amsterdam  
WOMAN – Holly Rush (2:47:33) – Manchester

Stan Farr Boxing Day – Men Mike Towler

Stan Farr Boxing Day – Women Jackie Rockliffe



*Team of the Year pick up their awards*

## AVT awards

### AVT League

Ladies:

1st Anna-Marie Watson

2nd Melanie Ward-Nicholls

3rd Sara Robert

Men's:

1st Ben Psaila

2nd Paul Banfield

3rd Rich Ayling

### HHDYT (How Hard Did You Tri?)

Men's Winners:

Ben Vincent and

Ian Isaacs

Ladies Winner:

Anna-Marie Watson

### Triathletes of the Year

Anna-Marie Watson

And

Ben Psaila



*Ben and Anna-Marie accepting their Triathlete of the year awards*

## **parkrun championships**

AVR parkrun Champion 2018 JM 11-14

**Dylan Neale**

AVR parkrun Champion 2018 JM 15-17

**Owen Lythell**

AVR parkrun Champion 2018 SW 20-24 **Holly**

**Newman**

AVR parkrun Champion 2018 SW 30-34

**Sarah Barker**

AVR parkrun Champion 2018 VM 40-44

**Dominic Beddis**

AVR parkrun Champion 2018 VM 45-49 **Alan**

**Burgess**

AVR parkrun Champion 2018 VM 50-54

**Richard Newman**

AVR parkrun Champion 2018 VM 55-59

**Robin Mark-Schols**

AVR parkrun Champion 2018 VM 60-64

**Stuart MacGregor**

AVR parkrun Champion 2018 VM 70-74

**Frank Lamerton**

AVR parkrun Champion 2018 VW 40-44

**Paula Farrell**

AVR parkrun Champion 2018 VW 45-49

**Sarah Waugh**

AVR parkrun Champion 2018 VW 50-54

**Fiona Price**

AVR parkrun Champion 2018 VW 55-59

**Diane Hier**

AVR parkrun Champion 2018 VW 60-64

**Christine McKenzie**

AVR parkrun Champion 2018 VW 65-69

**Rosemary Barber**

AVR parkrun Champion 2018 WAVA 82.99%

**Diane Hier**



*Diane Hier receiving her parkrun WAVA trophy from President, Ted Rockliffe*

# Goal Getters

The following members took part in the inaugural AVR Goal Getters. They each set a 2018 running goal and received a medal for achieving it during the year.

## **Kim Brown, SenF**

Mentor: Richard Southgate  
Goal: Run 5km/parkrun PB 27:21  
Date Achieved: 8th Dec 2018 ran 27:16 at Southwick Country parkrun

## **Gretchen Tucker, VF40**

Mentor: Richard Southgate  
Goal: Run parkrun in under 35 mins  
Date Achieved: 29th Sept ran 34:47 at Bushy parkrun

## **Alexandra Faller, SenF**

Mentor: Sara Robert  
Goal: Run Cardiff Half Marathon  
Date Achieved: 7th Oct 2018 Completed

## **Adele Cooper, VF50**

Mentor: Sara Robert  
Goal: Achieve 53 mins for a 10k.  
Date Achieved: 18th Nov 2018 Swindon 10k ran 49:17

## **Jen Marlow, SenF**

Mentor: Jay Sims  
Goal: Run Bournemouth Marathon in September in under 4 hours  
Date Achieved: 7th Oct 2018 ran 3:42:51 (9th in Age Category SEN 35-39)

## **Helen Donald, SenF**

Mentor: Mark Tucker  
Goal: Run Southwick parkrun in sub 25 mins  
Date Achieved: 25th Aug 2018 ran 24:46

## **Sharon Firkins, VF40**

Mentor: David Bagshaw  
Goal: To run 5km in 25:50  
Date Achieved: 3rd Oct 2018 AVR 5000m 25:18

## **Liz Bundy, VF50**

Mentor: Holly Newman  
Goal: Run 10km in under 1hr 10mins  
Date Achieved: 18th Nov 2018 Chilly 10k 1:04:37

## **Fiona Newman, VF50**

Mentor: Ian Isaacs  
Goal: Run 10km in 54:53  
Date Achieved: 18th Nov 2018 Chilly 10k ran 53.18

## **Liz Mason, VF50**

Mentor: Ian Isaacs  
Goal: Run a half marathon  
Date Achieved: 25th Nov 2018 AVR Wiltshire Half Marathon 2:31:17

## **Robin Mark Schols, V50**

Mentor: Fiona Price  
Goal: Run Bristol Half Marathon in under 86 minutes  
Date Achieved: 23rd Sept 2018, ran 1:25:58 at Bristol Half

## **Jenna Lovelock, SenF**

Mentor: Fiona Price  
Goal: Run 10km continuously without walking  
Date Achieved: 2nd Dec 2018 2018 Bromham Pudding Run 1:14:33

## **Jon Williams, Sen**

Mentor: Fiona Price  
Goal: Achieve a PB for Salisbury half marathon (Current PB 2:35:40 Chippenham Half 2016)  
Date Achieved: 7th Oct 2018, ran Salisbury Half 2:31:04

## **Robert Faller, Sen**

Mentor: Richard Ayling  
Goal: Run a registered 5km race in under 24 minutes  
Date Achieved: 19th June 2018, ran the Westbury 5k in 23:30

## **Maria Harryman, VF40**

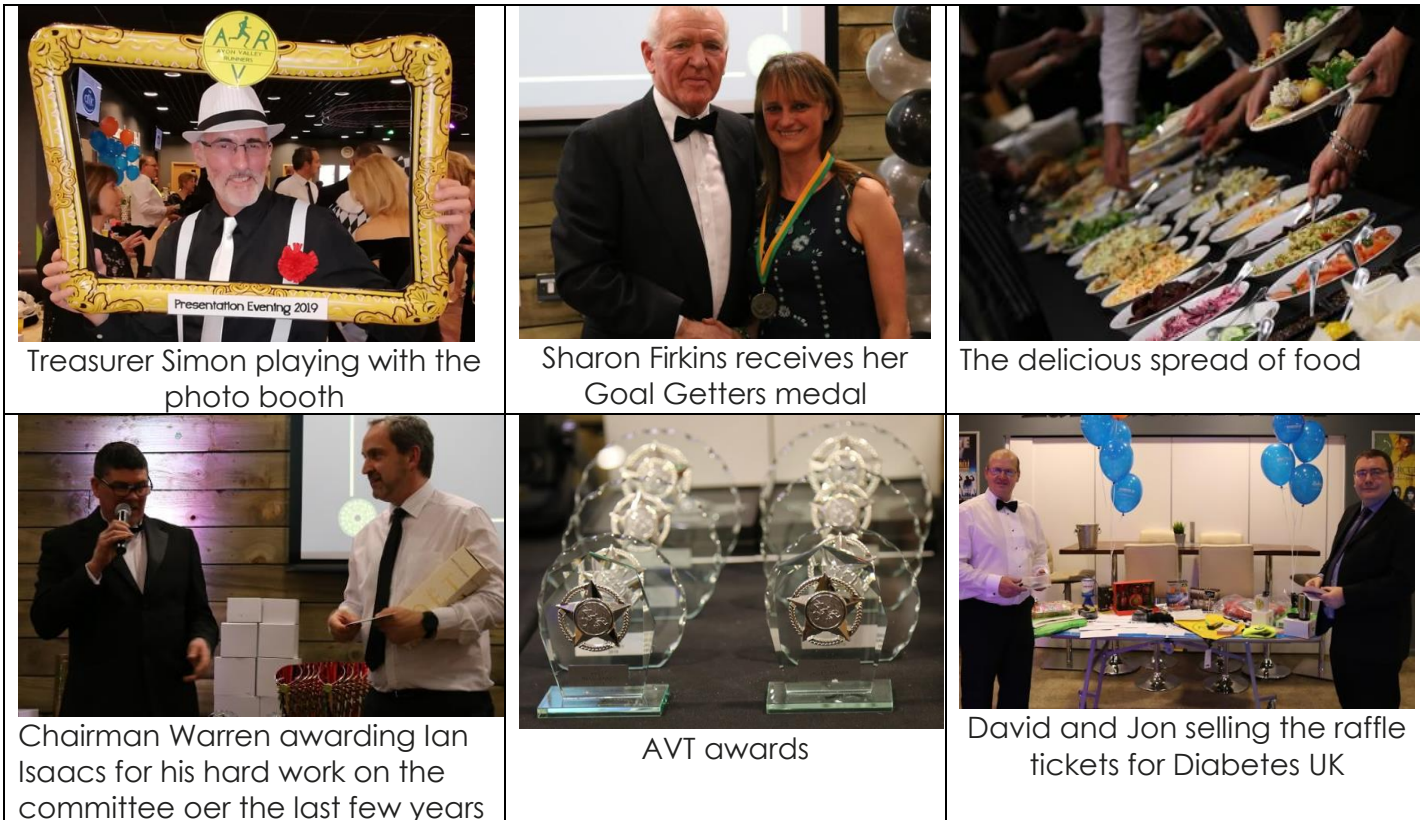
Mentor: Richard Ayling  
Goal: Finish Holdenby Standard (Olympic) distance triathlon (28th Oct) in under 3 hrs 6 mins.  
Date Achieved: 28th Oct 2018 in a time of 3:04:21 - 2nd female

## **Liz Richardson, SenF**

Mentor: Richard Ayling  
Goal: Run Great South run continuously.  
Date Achieved: 21st Oct 2018 ran GSR non-stop.

## **Helen Thorne, VF45**

Mentor: Sean Price  
Goal: Complete the Cotswold Super Sprint Triathlon in September  
Date Achieved: 9th Sept 2018 in a time of 01:32:03 although Helen punctured on the bike, she fixed it and finished.



Treasurer Simon playing with the photo booth

Sharon Firkins receives her Goal Getters medal

The delicious spread of food

Chairman Warren awarding Ian Isaacs for his hard work on the committee over the last few years

AVT awards

David and Jon selling the raffle tickets for Diabetes UK

Many thanks to all who attended. The social committee would like to encourage all members to fill in the Survey Monkey forms to say what you enjoyed about the evening or why you didn't go. This will help them to plan for future presentation evenings.

## Monday evenings with Anthony

On Monday evenings Anthony takes out a group of members who are not confident to run with any other group because they think they are too slow. This is not always the case, it may be a lack of confidence. The group contains runners of different speeds, but they are never left to run on their own, the faster runners loop back when the gap begins to grow and Anthony always keeps all runners within range by running to the back or running to the front. If some of the group want to walk this is fine but they will never get left behind. We are a very friendly, sociable, group who run as far as we are able and then turn back together. We welcome beginners, so you don't need to wait until the autumn when the next "couch to 5k" sessions are expected to begin again.

# AVR Leagues

## 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 19<sup>th</sup> April 2019 with the Good Friday 10 miler in Chippenham followed closely by the Corsham 10k the following 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/> This is a great event with a free Easter egg as a reward for finishing!
- Corsham 10k (race 2) on 28<sup>th</sup> April is open here: <https://corsham10k.co.uk/> and usually sells out quickly.
- The Bustard 10k (race 3) is a new race for 2019 on 19<sup>th</sup> May. Entries are open here: <https://www.entrycentral.com/bustard10k>
- 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](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>

## AVR & Wiltshire Off-Road League

**Race 6 – the Lungbuster** – After its cancellation due to snow, this final race in the league has been rescheduled to 7<sup>th</sup> April. This race is now full. Fingers crossed we can bring home the trophy!



# 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 first Wednesday – **post training social** in the TRFC bar – next date: 6<sup>th</sup> March
- Every second Tuesday – **post training social** in the TRFC bar – next date: 12<sup>th</sup> March
- **AVR Imber Ultra** – Sunday 3<sup>rd</sup> March
- **RunFestRun** – 31<sup>st</sup> May – 2<sup>nd</sup> June at Bowood House. More info to follow.
- **AVR 5x5** – 4<sup>th</sup> April, 2<sup>nd</sup> May, 6<sup>th</sup> June, 4<sup>th</sup> July
- **AVR Westbury 5k** – 21<sup>st</sup> May, 18<sup>th</sup> June, 16<sup>th</sup> July, 20<sup>th</sup> August

## Using the running track at TRFC

If you wish to use the running track outside of training sessions, please call the rugby club first to check its availability on 01225 767765.

Please can we also remind users not to cut the corners as this speeds up the wear and tear in these areas which results in lots more maintenance.

# Volunteer Report February 2019

Dave Hyde, Carole Alston and Clare Langdon

Hello all, firstly thank you to those who have volunteered for the Imber Ultra, It is greatly appreciated.

The race season is now just starting to pick up and the first event we are looking for support is the AVR 5 x 5 Series. Clare will be looking after sourcing the volunteers for this. If you can help preferable for the series please drop an email to [volunteers@avonvaleeyrunners.org.uk](mailto:volunteers@avonvaleeyrunners.org.uk).

Requirements left to fill for the 4<sup>th</sup> April are those highlighted in Yellow.

Role Type Required	Required Experience	Time Required from	Approximate Time Completion
Race Director		17:00	20:00
Race Set Up 1		17:00	18:00
Race Set Up 2		17:00	18:00
Marshal Co-ordinator		17:45	18:00
Registration/time keeper	Confident recording	18:00	20:00
Registration/time keeper	Confident recording	18:00	20:00
First aider	Qualified	18:30	20:00
First aider	Qualified	18:15	20:00
Marshal 1	None	18:15	20:00
Marshal 2	None	18:15	20:00
Marshal 3	None	18:15	20:00
Marshal 4	None	18:15	20:00
Marshal 5	None	18:15	20:00
Sweep	Able to run 5k	18:30	20:00
Referee		18:00	20:00

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

## **AVR Westbury 5k**

Team of people required to assist Ian Issacs and Liz Richardson in organising and running the club 5k series.

*Things to be done:*

- Licencing
- Council approvals
- Sponsorships
- Venue organisation
- Prizes
- Results admin
- Marshall coordination.
- Number required – 1 to 2 more allowing or who have volunteered already

## **JAVR2k**

Team required to run popular junior event which is presently really struggling. It is run once a month on a Saturday morning after parkrun.

*Things to be done:*

- Licencing
- Results admin
- On the day set up and promotion
- Number required – as many as possible.

# PB CORNER

If you want to be recognised on the wall of fame, then make sure you send your results, position, time plus a link to your race results to [results@avonvalleyrunners.org.uk](mailto:results@avonvalleyrunners.org.uk)

## WALL OF FAME

The wall is a bit sparse this month due to an issue with the uploading form to the website. If you have had a PB or a CPB in February that you can't see here, let me know at [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk) and I'll put them in next month.

### 10k

Castle Combe Chilly          Emily Dye          46:55

### 10 miles

Wiltshire 10                  Holly Newman          1:17:43

### 20 miles

Bramley                  Peter Valeski          2:25:14

### Southwick parkrun

Kelly Rowles (CPB)	35:38	Jennifer Marlow (CPB)	22:04
Christopher Middup (CPB)	23:14	Gemma Lawton (CPB)	20:28
Becci Mees (CPB)	25:48	Fabrice Gagneux (CPB)	21:20
Leo Harris (CPB)	21:17		

### Melksham parkrun

Joan Carpenter (CPB)	32:08	Holly Newman (CPB)	22:48
Alan Burgess (CPB)	21:58		

### Other parkruns

<u>Cannon Hill</u>	Vicky Bodman (CPB)	28:30
<u>Horsham</u>	Sam Franklin (CPB)	20:31
<u>Westpark</u>	Alexander Russell (CPB)	21:15
<u>Minehead</u>	Mark Tucker (CPB)	25:46

# AVON VALLEY TRIATHLETES

By AVT secretary, Lil Morris

Following the disappointment of the first event in the Calne Spring Aquathlon series being cancelled (bloomin' snow!) we've seen in a ramp up in activity for our multisport athletes with the first DB Max Chilly Duathlon event as well as a couple of other Aquathlon events. We also announced the AVT League for 2019 as well as our target events for this year.



## 2019 AVT League

The AVT league for 2019 will take your years best results for any TT, Aquathlon, Duathlon and Triathlon.

You can email them across as you complete an event as your cumulative distance goes towards the HHDYT (How Hard Did You Tri?) award, or you can choose your best results for the league & send only these.

To calculate your score I need the following emailed to [avt@avonvalleyrunners.org.uk](mailto:avt@avonvalleyrunners.org.uk):

- Details of where you placed in the event
- The number of entrants
- Times for each leg, distances and also time in transition

**Triathlon does not include entry-level Triathlon events like Go Tri.**

## AVT Target events for 2019

AVT Target events are simply a list of events where we would like to see a strong AVT presence; you do not need to complete these events to be in the AVT League for 2019.

- Calne Aquathlon Spring Series (various dates)
- Westonbirt Duathlon (24/03/19)
- DB Max Kinetic-One TT Series (various dates)
- The Big T Triathlon (6/05/19)
- The Westonbirt Sprint Tri (27/05/19)
- AVT Multisport event (**date & details to be announced**)
- Frome Triathlon (19/08/19)
- Midsomer Sprint Triathlon (01/09/19)
- Thruxton Mass Attack Duathlon (6/10/19)
- DB Max Chilly Duathlon (24/11/19)
- 

## February 2019 events

We had the first of the DB Max Chilly Duathlon events on the 17<sup>th</sup> February comprising of a 2 mile run, 10 mile bike ride and another 2 mile run with five AVT members taking part; Liz Richardson, Ian Isaacs, Sarah Barker, Paul Hosking and Tim Lowrie. Sarah achieved a new course PB knocking 5:30 minutes off her previous time with Liz and Ian taking part in the duathlon as part of a year of challenges raising funds and awareness for Bloodwise. You can read more about their 2019 on their JustGiving page:

<https://www.justgiving.com/fundraising/liz-and-ian-bloodwise-2019?fbclid=IwAR2P6nU8X-RvLFP0qYllrvplbO9ThHJneiAl6FI-9i3tYZPvZQ0RpnVBmhM>



Ian Isaacs & Liz Richardson (above)



Sarah Barker (above)

Rich Ayling also made a storming return to multisport this February taking part in two Aquathlon events. The first was the Tewkesbury Aquathlon, where Rich finished 2<sup>nd</sup> in a field of 30 entrants, followed by the Taunton Deane Aquathlon placing 5<sup>th</sup> out of 77 entrants. A fantastic start to the year!

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.

