

AVON VALLEY NEWS

Issue 207

March 2019



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Editor's note...

I don't often get many ideas for original articles, but this month I really enjoyed writing about one of my favourite past times of parkrun tourism. I hope you enjoy reading about the huge array of different courses locally and further afield.

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.

Happy running, Sarah.

AVR History – By Bob Washbourne

Right: It was taken at the start of the Queens Silver Jubilee Road Race in 1977. I am number 42 which is appropriate as it was 42 years ago. I am wearing a Trowbridge Athletic Club vest, which was the club some of us left at the end of 1985 to found AVR.



Left: After talking to Jackie Rockcliff, we both agreed it was taken about 25 years ago, around 1994. We decided to have a club photo, so all got together one Thursday evening at BoA. There are still a few in the photo still running with the club, but sadly there are a few no longer with us.

New Club Records

Ed Knudsen has broken two AVR records. Firstly he shaved 50 seconds from the Half Marathon record at Fleet by running 1:09:38. Then at the Titanic Belfast 10k, he broke the record by only 2 seconds to run 31:18! Congratulations from everyone at AVR.

Parkrun Tourism

A few years ago, there used to be leaderboards for runners attending parkrun. Runners would be awarded 100 points for being the first male or female over the line right down to 1 point for being the 100th male or female over the line. You'd also get maximum 100 points for volunteering for up to 3 times in a year. However, this was eventually deemed not to be in the parkun spirit and was ended a couple of years ago. At first I was disappointed as I loved the leaderboard and once came second for the year over at Chippenham parkrun (they even awarded me with a specially engraved medal for my efforts!) but it meant that I would only visit other parkruns when Chippenham was cancelled. Since the end of the points system, I've been to 30 different locations around the UK! It gave me an idea and some of you responded to my Facebook request to send in your favourite courses and hopefully it'll encourage some more of our members to visit other locations around the UK. I've started off with the 3 closest parkruns to AVR and let you do the rest...

Southwick Park - Wiltshire

The most local to AVR and organized by lots of them too! It's 2 full laps and 2/3 around the park on gravel tracks with the infamous Forrest statue at the entrance to commemorate the event.

Melksham - Wiltshire

Relatively new and set in the centre of town. It's on a mixture of tarmac paths and grass and offers a PB drum, music while you run, the River Avon and sometimes even briefings performed in rhyme!

Chippenham - Wiltshire

This one offers tarmac paths, a couple of smooth inclines, a beautiful run along the River Avon and a lot of mud in the winter. The Tenth Hole Tearooms are very friendly and offer a very tasty hot chocolate on the menu. They also love a bit of rhyme in the briefings.



Burgess - London

By Liz Richardson
Burgess Park, London is a hidden gem which feels like it was made for parkrun. The fab single-lap route boasts lake views and historic rail bridge. With the exception of a small dip under a road, it is totally flat. A rather cool spot to chase a PB!



Wepre – North Wales

By Gary MacAlister

We've completed a few tourist parkruns, with a few different options close to parents up in North Wales. Wepre parkrun is listed as the 3rd greatest elevation for any UK parkrun, and is set in lovely forests with a start by a waterfall. Well worth a visit.



Withenshawe – Greater Manchester

By Rosemary Barber

The course is 2 laps but much muddier than Southwick, using more of the fields than paths. However it made a nice change, and I was made to feel welcome. Their system for sorting the finish tokens was good - they had a large board with hooks on, and everyone was responsible for hanging their tokens on the appropriate one in groups of ten, ie 1-10 11-20 etc. I must have really looked like a first timer because the chap at the finish said 'Aye Lass I don't want the token, 'ang it up on 'ook over theer!' Ok then will do!



Frimley Lodge – Surrey

By Lil Morris



I visited Frimley Lodge parkrun, in Surrey, with Sarah in 2017 on our Cow Cowl

Quest. It's one of the older established parkruns with permanent parkrun signage & boasts a flat scenic varied 2 lap course composed of grass, park paths & canal towpaths. There is even a miniature railway in the middle!

Lullingstone – Kent

By Sarah Barker

This is a very hilly, all off-road, 2 lap parkrun situated close to Brands Hatch racing circuit in Kent. The day I ran it in April 2017, there were only 52 runners – the smallest parkrun I've ever attended! I was the 6th female and 31st overall. It was hard work but had lovely views from the highest point.



Cassiobury – Watford

By Chris Perry

Having been strategically 'pushed' into the world of parkrun over the last few months, I've quickly become addicted though my love of stats, travel and hot chocolate! Unbelievably, even though I've been a 'runner' for 5 years now, I'd never thought to journey the 4 miles from mum and dads to the Cassiobury parkrun; which was 'technically' my local event before moving to the West Country. So, on my birthday weekend, with my brother-in-law in tow, we joined the 400-odd other runners on an unseasonably warm November morning. 3 laps of a pancake flat loop of a section of the park on tarmac paths. Bliss! Only 20 seconds off my PB and if I hadn't had consumed a couple of buckets of white wine the night before, who knows what I might have done. Finished off with a fabulous bacon sarnie and a hot chocolate in the park cafe, it was a great way to burn off a few birthday calories. I'll be back. Love parkrun!

Woolacoombe Dunes – South coast

By Jenna Lovelock

Brutal but beautiful!!!

You start at the car park and head down to the dunes, being teased by the beautiful view of the sea. The sandy pathways become sheltered from the sea winds before you descend onto the beach. Once on the beach you turn to run alongside the water's edge (in



warmer weather I'm sure the thought of splashing through it is probably quite appealing) which feels like it goes on for miles.

You then turn to climb up the steep, sandy hill which takes you back into the grassy dunes. While I was there, I had the pleasure of meeting the local cows who graze among the dunes. In true style, these girls were curious and happily strolled across the path. You are then faced with the final hill to take you back up to the finish line. Not a course for chasing PBs, but the beauty and the fab terrain more than makes up for the rather tough uphill bits. A must for any park run tourist.



Mijas Half Marathon – By Robin-Mark Schols

We were on holiday in Benalmádena in Andalusia, Spain last week when I said my wife Judy I fancied looking for a local race to do if there were any available. We always have our running kit with us and we were both training for Bath Half. As I'm also doing my 5th London marathon (my 10th in total) this April I thought a no pressure holiday race would help me keep me sharp. I'd expected a local 5k or something but found a half marathon in Mijas, a pretty local village around 6km from our digs. It would be a challenge but I got us entered into it anyway. What could go wrong?

The race is held on a public holiday and was the regions' big annual event, making it even more exciting. As the word rural



appeared in the title of the event, I knew it was going to be on the trails, slightly outside of the comfort zone most people are used to seeing me run in. On the day it was very warm and tough conditions both through the heat and the surfaces we ran on. I promised myself I wasn't going to race it but once the starting gun went, I set off pretty quickly though I soon had a word with myself and settled into a rhythm at a more sustainable pace for the temperature.

It was a really nice off road route with 500 feet of climb and once over the worst of it I could see I was pretty well placed to finish quite close to the pointy end of the field. As it turned out I was 24th overall and runner up in the vet 55 category and Judy was 2nd in the FV50 category and having a big prize giving on a big podium was a great experience we'll never forget. A great holiday memory.

Viva El Valley!



Dates for your diary

- Every first Wednesday – **post training social** in the TRFC bar – next date: 3rd April
- Every second Tuesday – **post training social** in the TRFC bar – next date: 9th April
- **Easter Bingo social event** at TRFC – 12th April
- **Asthma Awareness session** – Monday 29th April 8:30pm upstairs at TRFC
- **AVR 5x5** – 4th April, 2nd May, 6th June, 4th July
- **AVR Westbury 5k** – 21st May, 18th June, 16th July, 20th 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.

Easter Bingo



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 19th 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 28th April is now SOLD OUT.
- The Bustard 10k (race 3) is a new race for 2019 on 19th 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> 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 7th 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 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>.

5k to 10k progression – By Sean Price

I am currently studying for my Coach in Running Fitness (CiRF) at the moment and I need to put in some training sessions on the Track.

Michael Guy and I hope to run a 5k to 10k progressive course as follows (all start times 7pm):-

Week 1 (17th April) – Track session at TRFC (SP/MG)
Week 2 (24th April) – Track session at TRFC (SP/MG)
Week 3 (1st May) – Track session at TRFC (SP/MG)
Week 4 (8th May) – LiRF led run at TRFC (MG)
Week 5 (15th May) – TBC ongoing

I also hope to have a post training meet up to discuss the following:-

- 10k race options
- Post training nutrition
- GPS devices

Please let me know if you are interested in taking part in any of the above sessions.



NEW AVON VALLEY RUNNERS 5K IMPROVERS COURSE

On Monday 29th April, David, Jon and Hayley will commence running the next 5k improvers course following the 12 week Run Together Program.

We'll be starting from the usual place 7pm TRFC. Please arrive at 6.45 if possible, to ensure plenty of time to sign in.

The course is open to all and was a huge success last time. So, if you're looking to improve your 5k time come along and join in the fun!

Please send an email to volunteers@avonvalleyrunners.org.uk with the subject heading '5k Improvers' and include your current 5k time.

See you there!

Dave, John and Hayley.

Avon Valley Runners Volunteer Rewards Scheme 2019

I am delighted to announce from 1st April 2019 the AVR volunteer rewards scheme stage 1. This will be similar scheme to the parkrun volunteer scheme of which you have to volunteer 25 times and be rewarded with a t-shirt.

The AVR scheme is similar but there is a point tally instead of number times and the reward is based on a score of 10.

Volunteer or be on a working party for an event. The reward is:
Up to and including 5k = 1 point
Up to and including 10K = 2 points
Up to and including half Marathon = 3 points.

It will only include events from 1st April 2019 to 31st March 2021 so runs in line with yearly membership and will be refreshed every 2 years.

The reward t-shirt will be unique and not available to buy.

This is quite a considerable offer from the club as we are all volunteers at the end of the day and also lead busy lives.

Launch 2 is planned for 1st September and will extend to other roles within the club including JAVR, run leading, coaching etc so in the end anyone who gives up their time to help others will be rewarded. These t-shirts will be of a different design or colour of some sort.

Any questions please email me
on volunteers@avonvalleyrunners.org.uk and I will happily answer.

Regards
Dave Hyde – Volunteer Coordination Lead

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

WALL OF FAME

9.3km XC

Blaise Castle Gary MacAlister (CPB) 38:03

10km

Bowood Gary MacAlister (CPB) 40:42

Titanic Belfast Ed Knudsen 31:18 *NEW CLUB RECORD*

Half Marathon

Roma Ostia Emily Dye 1:46:41

Surrey Chris Perry 1:40:42

Reading Ray Pemberon 1:36:08

Fleet Ed Knudsen 1:09:31 *NEW CLUB RECORD*

Bath Sandra Sharratt 2:45:04 Natalie Freeman 1:38:01

Carly Hodgson 1:37:59 Josh Lay 1:32:55

Sam Franklin 1:31:52 Peter Valeski (CPB) 1:24:25

20 miles

Fission 20/20 Leah Sartain 2:26:18

Southwick parkrun

Fabrice Gagneux (CPB) 20:59 Jen Marlow (CPB) 22:00

Leo Harris (CPB) 20:41 Louella Kenny (CPB) 32:50

Becci Mees (CPB) 24:30

Melksham parkrun

Natalie McLaren (CPB) 27:37 Holly Newman (CPB) 22:08

Kelly Hilbert (CPB) 30:52 Joshua Davis (CPB) 26:12

Catrin Pullinger (CPB) 25:54 Sarah Jewers (CPB) 24:41

Owen Lythell (CBP) 17:28

Other parkruns

Lyme Park Anne-Marie Gibson (CPB) 34:22

Eastville Sarah Barker (CPB) 27:02

Shepton Mallet Katy Nickless (CPB) 38:34

Chipping Sodbury Paul Manuel (CPB) 26:08

Gloucester North Chris Perry (CPB) 23:49

Southsea Damian Spreckley (CPB) 16:46

Salisbury Gemma Lawton (CPB) 19:42

Ed Knudsen (CPB) 19:43

AVON VALLEY TRIATHLETES

By AVT secretary, Lil Morris

March has seen even more of a ramp up in activity for our multisport athletes; spring has well and truly sprung!



2019 AVT League - amendment

The AVT league for 2019 will take your years best results for any TT, Aquathlon, Duathlon and Triathlon. Triathlon **does** include entry-level Triathlon events like Go Tri and Aquathlon events **do** include super-sprint distances, i.e. only 400m swim distances & above apply. However, this will change for the 2020 league and will not be counted.

To calculate your score I need the following emailed to 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

March 2019 events

March has witnessed not one, but two Calne Aquathlon events! The second, taking part on the 24th was the rescheduled event from February.

Firstly, the Calne Aquathlon on the 3rd March saw the biggest entry numbers they have ever had despite the damp and blustery conditions! There was a brilliant Mens competition with a new course record from Ryan Jones at under 24 minutes but chased all the way by the current record, our very own Ben Psaila, for second place and Phil Vale finishing 10th. Anna-Marie Watson finished first in the Ladies competition with Melanie Ward-Nicholls chasing down the fifth position. It was great to see so many huge efforts by all at the event as well as those supporting others who are not so experienced at multisport including myself. I think it's safe to say we all enjoyed the experience!



The second Calne Aquathlon event took place on March 24th. Anna-Marie Watson & Ben Psaila (pictured below) had a great time with Ben finishing in first place with a time of 25:08 & Anna-Marie finished first for the Ladies with a time of 28:39! Fantastic performances also from Holly Newman, Anna Spiers, Stephen Clark & a special **congratulations** to Anne Clark who completed her first Super-Sprint Aquathlon at Calne. I know how daunting your first multisport event can be and the Calne Aquathlon series is perfect for first-timers and experienced athletes alike.



Sunday 24th March was also a busy day for Tim Lowrie (finishing 23rd with a category position of 4th) & Paul Hoskings (with a category position of 14th) who both took part in the new Westonbirt Duathlon with 440 entrants, which was a 5k run followed by a 22k cycle and then another 5k run. Tim described the route as fast and flat as well as being suitable for all abilities. Paul confirmed this describing the great trail runs and the rolling road for the bike – definitely one for AVT next year!

Tuesday nights at Castle Combe

The Andy Cook Cycling Castle Combe Tuesday nights are starting up again on the 9th April running through until September. You will either need to renew your sign-up, or sign-up, to make use of the track. It's £2 for adults & £1 for juniors, see more info on the link below:

[https://www.riderhq.com/groups/castle-combe-cycling?fbclid=IwAR2u15q53FahcE7XBUUrrqjK65btC-i4\\$slaoAqsOEH-meLNJZbqk1C-3oo](https://www.riderhq.com/groups/castle-combe-cycling?fbclid=IwAR2u15q53FahcE7XBUUrrqjK65btC-i4$slaoAqsOEH-meLNJZbqk1C-3oo)

Upcoming events

- Calne Aquathlon Spring Series (14th April)
- DB Max Kinetic-One TT Series (17th April & again on the 8th May)
- The Big T Triathlon (6/05/19) (There is a Big T orientation cycle on Saturday 13th April however we'll also organise some other group cycling sessions)
- The Westonbirt Sprint Tri (27/05/19)

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.

