

AVON VALLEY NEWS

Issue 208

April 2019



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Editor's note...

Spring is finally here! The temperature may still be variable, but the longer nights mean that many of us will be out for longer and more frequently. Some will be dusting off their bikes from winter hibernation while others will be taking part in the flurry of marathons that are around at this time of the year.

This all means that this issue is another bumper edition with huge successes from across the whole club with more club records being broken too.

Enjoy the sunshine! Sarah

New Club Record

Damian Spreckley has broken the V40 5km record at the Lakeside series in a very impressive 16:36. This is the first record that he has beaten and so will be awarded with an AVR start vest – congratulation Damien!

Bristol Half Marathon discount

The organisers have advised that there is a 15% discount for group bookings of 20 or more. This would mean if we get the minimum 20 the cost per entry will be £34 instead of £40.

Alan Button has set up the link ready for this, so could you confirm whether you wish to enter so that he can set you up with the link so that you can book your place with the 15% discount. (subject to a minimum of 20 people).

Contact Alan at roadrace@avonvalleyrunners.org.uk if you definitely wish to enter and pay, and he will then get back to you.



Melksham Town FC 10k discount

This new race by DBMax has 10% discount available if you enter 'AVR' at the checkout. The fast and flat route takes place on 30th June at 9:30am from the football club and will also be the 5th race in the Wiltshire and AVR road race leagues.

Dates for your diary

- Every first Wednesday – **post training social** in the TRFC bar – next date: 1st May
- Every second Tuesday – **post training social** in the TRFC bar – next date: 7th May
- **AVR summer BBQ** – Friday 5th July at TRFC
- **AVR 5x5** – 2nd May, 6th June, 4th July
- **AVR Westbury 5k** – 21st May, 18th June, 16th July, 20th August

Avon valley Runners Social Bingo – by David Hyde

We would like to thank you very much for attending the recent Social Chocolate Bingo Night. I think everyone who attended enjoyed the evening which was also supported by the rugby club and Westbury Runners.



On the night we raised £418 which was split 50:50 to AVR Coaching Funds and 'Hope for Tomorrow' which is a charity dedicated to bringing cancer treatment to people at home who are unable to make it to hospital.

Thank you to Sean Price for being our caller and for all the raffle donations from various members of the club

The plan is to repeat the night later in the year with funds this time being split with Mind, another worthy charity.

London Marathon

A healthy group of 13 AVR took on the London Marathon this month, including Andrew Jeffries and David Warren who won their places through the club ballot at the Christmas Social back in December. Most of the members are pictured at below.

David Bagshaw took on this event for the second time:



After a fall at mile 21 and a disappointing London Marathon in 2016, I came away from it frustrated and annoyed that I had let myself down, I said that I would never do another marathon.....

But time passes and I eventually decided to take another chance and ballot for London again for 2019 and I was gobsmacked to get a place and determined to do it differently this time.

With the help of Steve Williams, I took my training up a notch. I reviewed my nutrition and I found a whole different mind-set in my training making my journey to the start line far more relaxed and with me feeling more ready than I was before.

On the day I was happy that the race was finally here, I didn't get much sleep which was more excitement than nerves. During the race I felt nice and relaxed and I took it easy for the first couple of miles, then I started to build up my pace happily ticking off the miles and the landmarks. At the Cutty Sark, the crowds were so loud and enthusiastic - I fed off this, enjoying the moment. At Tower Bridge the pace was good and I still felt in control. Towards the end it was getting harder for me both physically and mentally, I just focussed on putting one foot in front of the other.



Getting closer to the finish it was great to see the AVR club support with Jay and Jasmine cheering me on - this really kept me going.

I finished in a time of 4.17.33, taking 12 min 9 seconds off of my previous best Marathon time.

I do feel that Marathons may not be my thing and I'm probably more suited to the half marathon distance, but never say never.

European Road Race Championships – By Max Davis

The last three days have been fantastic. All I have done is think about running, talk about running, watch running, and run. Best of all I didn't have to worry about boring anyone!

I've always dreamed about getting an England vest but if I'm honest never really thought it would happen. Steve Williams was more confident! He set this as a goal for me this year and with his support and guidance I started to think it might actually happen. Thanks Steve. Many others have helped along the way too, if Fiona hadn't got Rich to talk to me after my first Southwick Parkrun when I was 12, I probably wouldn't have joined AVR and would have missed out on all the support from everyone since.

My experience in Italy was great. Being part of a team, the opening ceremony, warm up runs in the countryside, trying new food, attempting to order things in Italian, the atmosphere in Odrezo on race day and then the race itself were all AMAZING. I ran as hard as I could and am really pleased with how things went. Coming away with a team

medal and all the memories will keep me going on the training runs to follow (Steve had already set new targets, gulp!)



JAVR 2k & Dash



A FREE monthly community sports event for all children under 16



Last Saturday of every month in Southwick Country Park

- JAVR 2k & Dash is a monthly free community sports event, organised by Junior Avon Valley Runners, for all children U16.
- Those aged 7-15 can run the 2k event and unders 7s can run the Dash.
- Registration is at 9:30am and the event starts at 10am.
- Points are awarded for attendance, position and personal achievement with an award presented each year based on the league table.

All welcome – just turn up and run!

For more information please email juniors@avonvalleyrunners.org.uk

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 2018 Road Race League was presented to former Road Race Secretary, Gary McAlister, and is now sitting proudly in the trophy cabinet at TRFC for all to see. Well done again to all who ran in the league last year.

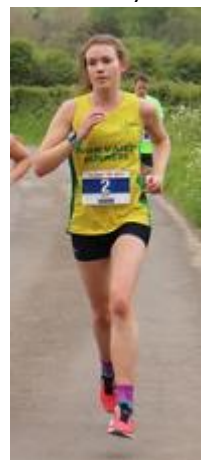


The 2019 league started up during April with 2 well attended events.



Good Friday 10 miler (race 1) - 22 members took part in this relatively flat course from Stanley Park Sports Ground in Chippenham, with Mike Towler (*pictured left*) finishing in 3rd place overall and Gemma Knudsen as the 3rd female finisher. All runners were awarded with a chocolate Easter egg at the finish line!

Corsham 10k (race 2) – A huge contingent of 61 members turned up to run around this undulating course while others were running around London. The first male AVR over the line was Niall Thorne in a time of 36:55 while Bethan Francis (*pictured right*) was first AVR female in a time of 39:51. The ladies of Bethan Francis, Gemma Knudsen, Veryan Cranston and Fiona Price took home the team prize for the club too.



The next race in the calendar is the Shrewton Bustard 10k on the 19th May. Entries are available here: <https://www.entrycentral.com/bustard10k>

AVR & Wiltshire Off-Road League



Race 6 – the Lungbuster – this final race had been postponed due to snow earlier in the year, so we have had a long wait to conclude this league! 24 members took part and was won by our very own Ed Knudsen with Ben Psalia and Dan Piper also in the top 10. The top 3 women overall consisted of AVR's Gemma Knudsen, Leah Sartain and Jen Marlow meaning that AVR also scooped both team prizes.

This was also the deciding race for the Wiltshire off-road champions – we entered the event only 1 point ahead of Chippenham Harriers.....and secured the title by 2 points! Congratulations to everyone who took part in any of the races in the 2018/19 season – you are all instrumental in bringing the trophy to the club!

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>.

Avon Valley Runners Volunteers – By David Hyde

Hello everyone, we are sourcing your assistance please for the below events

Westbury 5K - Tuesday 19th June & Tuesday 17th July
Many Different Roles

AVR Relay - Saturday 7th July
2 x first aiders
1 x set up, Winsley
2 x set up, Trowbridge
2 x running timers, 1 for leg 3, 1 for leg 4

Please can you help not forgetting it goes towards Goal Getters and the new reward scheme

A decorative border of tropical leaves in shades of green, yellow, and blue surrounds a central dark green circle. The leaves include monstera and palm-like shapes.

SUMMER PARTY

Friday 5th July @ Trowbridge RFC

BBQ

Karaoke / Disco

**Save The Date More
Information to Follow**

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

5km

<u>Yeovilton series</u>	Elizabeth Morris	27:18
	Holly Newman	21:25
	Chris Perry	21:16

10km

<u>Corsham</u>	Ray Pemberton (CPB)	42:22
	Jen Marlow	44:45

10 miles

<u>Good Friday</u>	Peter Valeski	1:02:29
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Half Marathon

<u>Devizes</u>	Peter Valeski (CPB)	1:25:52
<u>Paddock Wood</u>	Chris Perry	1:39:43

Southwick parkrun

Sandra Greenland (CPB)	29:50	Mark Edwards (CPB)	21:52
Michael Alerdice (CPB)	25:08	Mark Edwards (CPB)	21:44

Melksham parkrun

Laura Phillips (CPB)	24:59	Sarah Jewers (CPB)	23:46
Karen Holy (CPB)	27:36	Alan Burgess (CPB)	21:50
Stuart Macgragor (CPB)	20:50	Joan Carpenter (CPB)	31:47
Kelly Hibert (CPB)	29:47	Laura Newman (CPB)	27:23
Paul Leverington (CPB)	25:23	Robin-Mark Schols (CPB)	20:26

Other parkrus

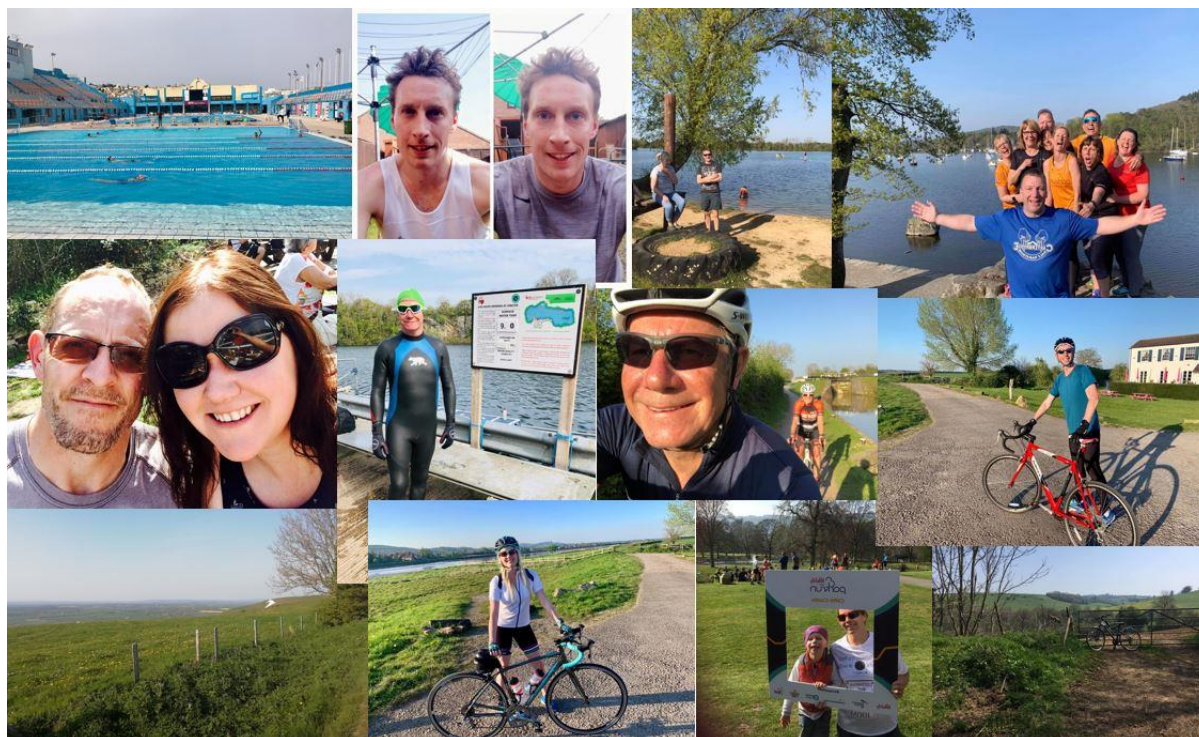
<u>Coventry</u>	Nick Bracey (CPB)	22:48
<u>Bath Skyline</u>	Barbara White (CPB)	36:28
	Ian White (CPB)	28:29
<u>Rubbenbruchsee</u>	Anne-Marie Gibson (CPB)	28:11
<u>Trelissick</u>	Katie Miles (CPB)	22:46
<u>Shepton Mallet</u>	Leo Harris (CPB)	20:12
	Toni Clark (CPB)	39:18

AVON VALLEY TRIATHLETES

By AVT secretary, Lil Morris



I can't review April without mentioning the fantastic weather for the Easter bank holiday weekend which saw many AVT members out in force!



As well as the Good Friday 10 miler, which saw many members entering as part of the Wiltshire Road Race League, there was plenty of parkrunning, open water swimming and cycling. Hayley, Clare, Helen, Sue, Linda, Caroline and Hayley were also out cycling over the weekend and Nick included a couple of 10 mile runs either side of his daughter's wedding!

Quite a few members have also been making use of the Andy Cook cycling sessions at Castle Combe on a Tuesday evening. If you're looking at getting into cycling these sessions are highly recommended, you need to register beforehand (link below) but then show up with any kind of bike and appropriate bike helmet!

[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)

April 2019 events

We had the last in the Calne Aquathlon Spring series on the 14th April, which witnessed an extremely close finish between Ben Psaila and Rich Ayling with Rich finishing slightly ahead by 7 seconds! 12 AVT members took part and there has been fantastic participation from AVT across all three of the events.

Steve and Anne Clark both took part in the Calne Aquathlon series for the first time this year and for Anne it was her first experience of a multisport event, both have kindly written a short piece below on their experience of the events:

From Stephen:

As for me, it was a fantastic low-key event, really well organised and friendly. Keith Bradshaw from Blue Planet was welcoming and helpful and took an interest in everyone taking part, from the fast ninjas to the beginners. Encouragement all round. From turning up to a friendly welcome, being shown how to set up transition, the race brief and the getting ready to start. No medals but a fab cupcake at the end was well worth making the effort to race!!! It reminded me of the races out in Saudi with Riyadh Tri Club, relaxed and friendly with support and encouragement from everyone.

From Anne:

Having watched Steve at most of his events it was the first time I have done a multi-event. I've taken part in some triathlon team races (only on my bike) but have never done the swim or the running. Not being a stronger swimmer (only doing breaststroke at the moment), I met Keith at the beginning and told him my concerns and he went through everything with me taking time to walk around and show me what's what and where to go and put me at ease. I just felt so much more comfortable and went and just "got on with it". Other athletes at the start, on the course and at the finish were really encouraging making my first time in a full event a happy experience and want to do more.



Two of our AVT members featured on the Calne Aquathlon Spring Series honours board:

Name	Result 3 Mar	Result 24 Mar	Result 14 Apr	Current Total Time
Anna Vincent	35:21.3	34:41.6	34:12.3	01:44:15
Benjamin Psaila	25:13.1	25:08.2	24:36.4	01:14:58

Huge **congratulations** to both Anna and Ben but also to everyone else who took part in any of the events in the series!

The first DB Max Kinetic-One TT Series also took place on the 17th April (it was a very busy week for some!) with 7 AVT members taking part in the first event of this popular series which saw many PB's being produced!

- **Tim Lowrie** achieved a new PB by a minute with an official time of 23:23 placing as first AVT member – congratulations!
- **Darren Wintmore** achieved a new PB with an official time of 24:39 (however, he said the negative was Tim going past him on his second lap, haha)
- **Steve Clark** achieved a new PB by 3 minutes with an official time of 25:53



- **Anne Clark** won her age category with an official time of 29:31
- **Rosemary Barber** won her age category with an official time of 34:33 (17.4mph!)

Congratulations to **Mark Sims** as this was his first TT achieving an impressive time of 29:12 with consistent lap times as well.

Upcoming events

- DB Max Kinetic-One TT Series (8th May & again on the 12th June)
- The Big T Triathlon (6/05/19) - Join us for a social "debrief" afterwards at the Black Horse pub in Trowbridge from 11am!
- #51Fiver Cotswold Tri (19th May)
- 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.

