

AVON VALLEY NEWS

Issue 210

June 2019



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Dates for your diary

- Every first Wednesday – **post training social** in the TRFC bar – next date: 3rd July
- Every second Tuesday – **post training social** in the TRFC bar – next date: 9th July
- **AVR 5x5** - 4th July
- **AVR Westbury 5k** – 16th July, 20th August
- **AVR summer BBQ** – Friday 5th July at TRFC
- **AVR relay 10th anniversary** – 6th July 13:00 from BoA Rugby Club
- **Over the Hills** – 3rd November at 10am
- **AVR Half Marathon** – 11th October at 11am

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>.

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:

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

June was a busy month for events from the league:

Heddington

This was the second of three Heddington races, of which members' best result will count towards the AVR league. 21 AVR turned out for this race with Dan Miles as the first male AVR over the line in a time of 17:18 while Holly Newman (*pictured right*) was the first female in a PB time of 20:12.



Broad Town 5 (race 4)



Unfortunately I have found it difficult to find the full results for this race, so I have used our Road Race Secretary's information from Facebook. Gemma Knudsen (*pictured left*) finished as the 3rd female overall. There were lots of age category prizes too to Jen Marlow for being the 2nd FV35, Holly Newman for coming 3rd in the senior category and Chris Suter who was the first MV50. Congratulations to everyone!

Melksham FC 10k (race 5)

36 members turned out for this inaugural race at Melksham Town Football Club. Ed Knudsen (*pictured right*) won the race in 33:07 followed closely by Daniel Miles in 5th place. Veryan Cranston was the first female across the line in 41:01 and AVR won the mixed team prize too thanks to Ed Knudsen, Chris Suter and Veryan Cranston.



Current standings in the AVR road league:

Men	Women
1 st Tim Burrell – 28 points (5 races)	1 st Gemma Knudsen – 7 points (5 races)
2 nd Gary MacAlister – 45 points (4 races)	2 nd Jen Marlow – 18 points (5 races)
3 rd Fabrice Gagneux – 49 points (5 races)	3 rd Holly Newman – 27 points (5 races)

The next race in the calendar is the Heddington 5k on 9th July (SOLD OUT) and Colerne 'Under the Posts' 5 mile race on the 21st July. Entries for Colerne are available here: <https://cadence-events.co.uk/product/colerne-5-miler-21-jul-2019/>

Avon Valley Runners Volunteers – By David Hyde

Thank you everyone who has volunteered recently.

I still urgently require various positions filled at the **Westbury 5K** on Tuesday 16th July Please can you assist?

The **AVT Duathlon** on Sunday 28th July required approximately 20 volunteers across the board.

The **JAVR XC** is happening on Saturday 14th September at 10 am again many different requirements across board

We are now heading slowly towards our big club events as below. I will shortly be commencing recruitment for these but any offers in advance please email me over.

1. **AVR Half Marathon** Sunday October 13th
2. **Over the Hills** Sunday 3rd November

None of these events can ever happen without your help!

Please email me on volunteers@avonvalleyrunners.org.uk



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

Westbury

Gary Day	18:30	Victoria Bodman	25:42
Sara Robert	26:12	Jerry Clark (CPB)	32:39
Toni Clark	32:40		

Yeovilton

Sara Robert	26:38		
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Heddington

Holly Newman	20:12	Fiona Newman	25:46
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5 miles

Broad Town

Holly Newman	34:55	Ray Pemberton (CPB)	34:54
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10km

Melksham FC 10k

Jen Marlow	43:28	Holly Newman	42:48
Charlotte Cook	58:53		

Great Chalfield

Pete Vleski (CPB)	28:25	Gary Day	38:54
Sara Robert (CPB)	59:04		

Southwick parkrun

Holly Newman (CPB)	21:35	Cerys Powell (CPB)	19:47
Vicky Bodman (CPB)	26:44	Sarah Waugh (CPB)	23:53
Sam Franklin (CPB)	19:59		

Melksham parkrun

Fabrice Gagneux (CPB)	22:08	Philomena Fisell (CPB)	28:33
Heather Donnelly (CPB)	29:17	Daniel Miles (CPB)	17:42
Richard Morgetroyd (CPB)	19:39	David Mudford (CPB)	21:09
Jerry Clark (CPB)	34:33		

Other parkruns

Princes

Linda Unsworth (CPB)	28:41
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Westpark

Alexander Russell (CPB)	21:04
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Hillsborough

Barbara White (CPB)	36:49
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Shepton Mallet

Jo Finch (CPB)	31:54
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AVON VALLEY TRIATHLETES

By AVT secretary, Lil Morris



June 2019 events

With the weather warming up significantly this month our AVT members have still been out and about not only taking part in events but doing some great training as well, many members have been making the use of Vobster for some open water swimming training. Look out on the Facebook page to see when members are going.

TRY A TRI!

Avon Valley Triathletes' Duathlon 2019



Sunday 28th July Registration open 13:00-13:45

Odd Down Cycling Circuit BA2 2PR

Super Sprint (1km run / 15km bike / 1km run) – start 14:00

Sprint (3km run / 24km bike / 3km run) - start 15:15

- An ideal event to try the exciting world of multi-sport – and a great opportunity to cycle on this smooth, traffic-free cycling circuit.
- All road legal bikes are permitted, including mountain bikes.
NB: bike helmets are mandatory.
- Refreshments available, as well as a café, toilets and shower facilities.



Odd Down Cycling Circuit

A 1.5k closed road cycling circuit 6-8m metres wide located on the edge of the Odd Down playing fields in Bath.

Closed training event for Avon Valley Triathletes members only
Entry is £5 per person to cover costs, payable prior to the event to the AVR bank account
For further information contact: avt@avonvalleyrunners.org.uk



Nick Bracey absolutely smashed the 70.3 triathlon distance taking part in the Ultimate Half Ironman on the 1st June finishing in a time of 05:44:44 and coming 6th in his age category – Boom!

Tim Lowrie and Darren Wintmore both braved the elements at this month's 10 mile TT at Castle Combe both posting fantastic times despite the very English weather conditions. Tim also took part in his first 25 mile TT doing the Malmesbury loop in 1:04:45 placing 15th. Congratulations Tim!

Anne Clark has been going great guns on her multi sport journey taking part in her first triathlon at the Cotswold Water park. Anne only went and gained a podium result with third place in her category – congratulations Anne!



Diane Hier finished in a whopping 2nd place in her category at Ironman 70.3 in Staffordshire this month. This event consists of a 1.2 mile swim in Chasewater reservoir, 56 mile bike course and finally a 13.1 mile run. Diane will be racing the best in the world later this year in Nice, France. Congratulations again Diane!



Finally, last but not least, Rich Ayling secured a first place finish at the Cardiff Aquathlon at the beginning of June. This particular Aquathlon event consisted of a 500m swim followed by a 3.5 mile run – congratulations again Rich!

Upcoming events

- DB Max Kinetic-One TT Series (10th July)
- Chippenham Tri Club Summer Duathlon series (3rd July)
- AVT Duathlon at Odd Down Circuit, Bath (July 27th)
- Frome Sprint Triathlon on the 18th August
- Cotswold Triathlon on the 8th September

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.

