

AVON VALLEY NEWS

Issue 211

July 2019



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New Club Records

Max Davis has done it again! He has broken a further 2 club records in July. At the Compton Bassett 5 miler, he ran 25:09, beating the old record by 45 seconds and at our own Westbury 5k, he ran an impressive 14:52, beating the old record by 34 seconds! These records are added to his existing records at 1 mile and 10k distances – what an athlete!



ABOVE: Max running at the Compton Bassett 5 and receiving his trophy for winning the race from race director Denise Nott.

Dates for your diary

- Every first Wednesday – **post training social** in the TRFC bar – next date: 7th August
- Every second Tuesday – **post training social** in the TRFC bar – next date: 13th August
- **AVR Westbury 5k** – 20th August
- **New 12 week beginners course** – 4th September from TRFC
- **AVR Over the Hills** – 3rd November at 10am
- **AVR Half Marathon** – 11th October at 11am

MEMBER PROFILE

Name: David Warren	Age category: V40
5k PB: 17:52	10k PB: 36:46
Half marathon PB: 88:45	Marathon PB: 2:49:54



How long have you been with AVR? 4.5 years, roughly when I started running properly, around my 40th birthday

Favourite race: In terms of a race I love to return to, Exe to Axe in Devon is definitely at the top of the list, with the SW coast path being one of my favourite places to run, closely followed by Snowdondia.

Favourite medal: A tricky one to answer, as I have collected a fair few. The Giant's Head Marathon medal by White Star Running is definitely a conversation starter - complete with spinning willy! (See Michael Guy's review of the race on page 10 for an example of this year's medal.) My favourite however, is probably the one I got for finishing the Jurassic Coast 100k, given the physical effort involved and time taken in achieving, fairly early in my running career.

Most proud running moment: Another tough question, as a few spring to mind, including various individual and team wins. Getting asked to represent Wiltshire at XC is definitely up there, even if I didn't ultimately get to run the race.

Most embarrassing running moment: Getting to know every porta loo intimately around the National XC champs course in Nottingham following a stomach issue, which only manifested itself on the starting line.

Best piece of running advice: Learn to listen to your body and understand the difference between DOMS, niggles and injuries where more drastic action or intervention may be required. If you're new to running then go steady and build up pace and mileage very gradually as your body adapts. Like many, many others I've learnt this the hard way and admit to still making mistakes (regularly.)

Anything else?: I'd like to add that joining a running club has definitely been one of the most rewarding things I've done in a long time and something I wish I had done sooner - as well as starting running at a younger age. As you're reading this you'll probably already appreciate the range of benefits you get as a member including access to training, races/leagues and use of facilities. To me though, equally as important and beneficial has been meeting like-minded people that share your passion and become good friends, supporting you in your running journey, through the highs and the lows.

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

Avon Valley Runners

Volunteers – By David Hyde

Hello Everyone! Thank you for all of your amazing help this month. There was some tremendous feedback, particularly from Westbury 5k.

I am now actively recruiting for the below events:

- **Westbury 5K** August on Tuesday 21st August
- **JAVR XC** on Saturday 14th September
- **Over the Hills** on Sunday 3rd November
- I will also be shortly launching the **AVR half marathon** on Sunday October 3rd.

We really need your help especially for the larger races towards the autumn. Please drop me an email to volunteers@avonvalleyrunners.org.uk if you can lend a hand.



On another note, Clare Langdon has had to step down from our working group – I would like to thank her for all she has done especially with the 5 x 5 series.

Guess what? We need a new Clare please!! Anyone who can assist, please drop me an email to the volunteers address or speak to me in person and I can discuss better what's required. I look forward to hearing from you.

Volunteering at the Westbury 5k series – by Katy Nickless



I have marshalled at all events in the Westbury 5K series this year and have thoroughly enjoyed the experience. The event itself is very well organised. All of the marshals are taken around the course and given clear instructions of what to watch out for and where the runners should be going. If anyone is looking at volunteering at an event this would be a good one to do.

I like volunteering as I feel like I am giving something back to the club. I like getting involved and meeting different people from AVR. It is really rewarding as you shout out encouragement to the runners on the way round. They really appreciate it and you always get a thank you. I am always happy to give up my time for this event and I am looking forward to doing it again at the last race in August.

Above photo from Westbury 5k 18th June 2019

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>

All information on the **Wiltshire leagues** can be found here:

<https://wiltshire-athletics.org.uk/road-running/wiltshire-road-race-league/>

<https://wiltshire-athletics.org.uk/cross-country/wiltshire-off-road-league/>

ROAD LEAGUE:

Colerne 'Under the Posts' 5 miler (race 7) – 18 members of AVR took part in this race by Cadence Events. Daniel Miles was the first member over the line in 8th place overall in a time of 30:58 while the first AVR female was Gemma Knudsen in 34:06 and 24th overall. In the 1.2km fun run on the same day, Dylan Neale of JAVR came 6th overall out of a field of 57 runners in a time of 04:28.

Right: Scott Green and Gabrice Gagneux on the start line.



Current standings in the AVR road league:

Men	Women
1 st Tim Burrell – 39 points (7 races)	1 st Gemma Knudsen – 10 points (7 races)
2 nd Gary MacAlister – 53 points (6 races)	2 nd Jen Marlow – 62 points (6 races)
3 rd Fabrice Gagneux – 65 points (7 races)	3 rd Holly Newman – 69 points (6 races)

The next race in the road calendar is race 8 at the Two Tunnels relay event on the 18th August (please contact our Road Race Secretary, Alan Button, for more details on roadrace@avonvalleyrunners.org.uk) followed by race 9, the Chippenham Half Marathon on 8th September: <https://register.primoevents.com/ps/event/ChippenhamHalfMarathon>

OFF-ROAD LEAGUE:

Current standings in the AVR off-road league:

Men	Women
1 st Simon Taylor – 8 points (2 races)	1 st Gemma Knudsen – 2 points (2 races)
2 nd Alan Button – 10 points (2 races)	2 nd Jen Marlow – 6 points (2 races)
3 rd Paul Hosking – 18 points (2 races)	3 rd Adele Cooper – 10 points (2 races)

Two of the league races were held in April and has taken a break for the summer. The next race in the off-road calendar is race 3 at the Brinkworth Bash on the 29th September <https://www.fullonsport.com/event/the-brinkworth-bash-10k-multi-terrain/profilen>.

HOW THE POINTS WORK

For the past few years, the AVR road league has followed the same races as the Wiltshire road league, to encourage more members to take part (rather than having a separate league where attendance would drop off as members chose a preference over AVR and Wiltshire.) Our off-road league doesn't quite follow the same Wiltshire format but has some overlapping races. But the points systems between AVR and Wiltshire differ.

For the AVR leagues, the aim is to get the lowest points possible. If you are the first AVR male or female over the line in a race, you are awarded 1 point. If you are second, you are awarded 2 points and so on. If you do not attend a race, then you are given a number of points as a forfeit. This is 5 points plus the number of points for the last runner in the most numerous race. Currently, this is 11 (male off-road), 20 (female off-road), 27 (male road) and 34 (female road.)

Your 8 best road results out of 10 count towards your points total. Your 5 best off-road results out of 6 count towards your points total. This means that you do not need to run every race but if there is a tie, then the other races will be looked at to determine the order in which those runners finish in the league.

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 <https://www.avonvalleyrunners.org.uk/index.php?page=results>.

Social Working Group Update – by David Hyde

I would personally like to thank everyone who attended the Summer Party and also Jay Sims for coming on board and helping with the sports games etc.



There was some concern leading up to the event with low ticket sales but I think on the night it was really good and a lot of fun. Some hidden vocal talents were also discovered!!!

We have had a few changes on our working group and I would like to thank Jon Williams and Sarah Barker who have decided to take a break from our group for the time being, but would like to welcome the below who have volunteered to join us:

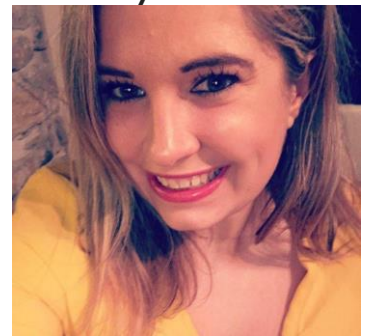
Sean Price (we can never say no to this man!!)



Mandy Moore



Katy Nickless



Katherine Partington



Vicky Bodman



It's really refreshing to have some new faces and we hope to be able to offer more events and different events.

We shall announce more next month but please watch out for Katy's Social media updates.

Many Thanks – The Social Working Group

New Beginners course

A new course is starting in September! If you know anyone who is interested in starting their running journey then please spread the word and ask them to sign up on the link: <https://groups.runtogether.co.uk/AvonValleyRunners/Runs>

Maybe you'll be inspired to try distances you'd have never thought possible through the beginners course, just like in Katy's story on the next page...

A promotional poster for the AVR Beginners 2019 course. The poster features a green and yellow color scheme with a circular logo in the top right corner. The logo contains a running figure and the letters 'AVR' above 'AVON VALLEY RUNNERS' and a large 'V' below. The main text is in white on a dark grey background, listing the course details. The bottom section is on a yellow background, including the welcome message, sign-up link, and support information.

AVR BEGINNERS

2019

- Starts Wednesday 4th of September
- 12 week Course
- 18:45 at TRFC
- Following a couch to 5K plan

Everyone welcome!

To join follow the link below

<https://groups.runtogether.co.uk/AvonValleyRunners/Runs>

Supported by Jay Sims and Sean Price

For any further information contact Jay Sims at secretary@avonvalleyrunners.org.uk

My Journey from 0 to 26 Miles – by Katy Nickless

I have never been much of a runner, I find it difficult and I am not very quick. That said I have always wanted to give it a go. I have tried to take it up many times but have always failed to keep it going for more than a couple of miles.

I was encouraged to try my first parkrun in October 2017; at this point I had never run 5K before. I attended a few more during late 2017 and early 2018 but didn't do much running beyond this. In September 2018 I signed up for the beginners 5K course with AVR and I really enjoyed it. I did find the pace quite slow at first because I had run 5K in the past but it was good to start from the beginning, getting the encouragement and great advice from the coaches and run leaders. I would highly recommend the beginners course to anyone that is keen to take up running but is lacking motivation or doesn't enjoy running by themselves.

At the beginning of 2019 I lost my running motivation (for a few reasons) and stopped attending Monday night sessions. It wasn't until I saw the post about Goal Getters on the Facebook page that I got excited about running again. I signed myself up and got myself back to running.

I had the bug again and got myself signed up for Chippenham Half Marathon as my main focus for the year and would then fit a 5 and 10K as part of the training. I ran my first 10K in June and beat my Goal Getters target by 4 minutes.

My boyfriend ran in the London Marathon in April and I loved the atmosphere and everything about how everyone was so proud with their achievements. I kept saying "I wish I could run this". I then thought 'why can't I?' I put myself in for the ballot the same evening. Not satisfied with a slim chance of getting in I applied for a charity place through Brain Tumour Research. A close friend of mine was diagnosed with a brain tumour in 2017 this is therefore a charity close to my heart. I was offered a place. So I'm in.

This is where the hard work begins. I am focusing on Chippenham and have been running 3-4 times a week. Once this is complete I will put a plan in place for London. I don't think I will ever be a natural runner or be breaking any records but my determination gets me through. I have days where I hate running and days where I love it. I think people think I am crazy, maybe I am, but I am proud of myself every time I get out there because I am long way from where I was a year ago.

For anyone wanting to take up running but lacking the motivation to do so. If I can go from a complete non-runner to running a marathon in 18 months anyone can do it. The AVR beginner's course is a great place to start and I highly recommend it, you will help inspire each other.

Giants Head marathon and Unicorn Frolic in review – by Michael Guy

Giants Head Marathon



Congregating on the village green in Sydling St Nicholas, Dorset on a warm sunny June day. Ahead of us, according to the briefing, was a tough-ish slightly hilly race (understatement of the day) where the terrain was mixed from a bit of tarmac to woods, to fields where the crops are as tall as you. We were also reliably informed that when our GPS devices clicked over 26.2 miles we were still a way off from being finished – something to do with country miles I guess, or the RD being a bit sadistic. As it was it was just a mile over at 27.2.

We started off on the High Street on what was pretty much the only flat part of the course and then promptly headed up the seemingly never-ending tarmac hill, trying to avoid the horseflies, before dropping back down to reach the start of the off-road.

Winding our way up and down the hills of the Dorset countryside, ringing the Sydling Bell en-route and seeing some of the best views the county has to offer, including the Cerne Abbas Giant (just about, as it needs cleaning and re-chalking). I only wish I'd remembered to take the phone with me on the run to get some pictures.

This was my 7th marathon but my first on trail and the one that I enjoyed way more than the others, this run was never about times so long as I was ahead of the sweep then it didn't matter. I would recommend this race to everybody that wants a go at a trail marathon, sadly you will have to wait at least until 2021 as next year's race sold out in just 14 minutes.



Unicorn Frolic

It felt like forever since this race was first touted, the Unicorn Frolic which is a 12 hour race that runners can take on solo or as part of a team. The setting was Moreton Equestrian Centre near Dorchester which is possibly the flattest part of Dorset. That however, didn't stop them finding one or two hills. The terrain went from flat grass to gnarly technical trail through the woods with just about everything in between.



In a team of 4 I was the first to go and what a sight and sound that was. You get issued with a relay baton to run with and for this race it was a squeaky unicorn (*pictured left*) so, you can only imagine! The sight was a number of runners in fancy dress and tutus...and that was just the blokes.

As the day rolled on and we took our turns, the temperature got even hotter which was great for sunbathing but not for running. On

my second lap I thought I was hallucinating or seeing a mirage, but it was just the organizer who had set up a pop-up Gin Bar which along with the 'Lovestation' was a very welcome sight. After a tot or two, (rude not to really,) I carried on my merry way to the end of the lap refreshed and a bit more relaxed.

Despite it being hot, we kept pushing on right until the bitter end - the latter laps being noticeably devoid of other runners and the gin bar had gone but that still didn't stop us. Team SMRC (Sado Masochistic Running Crew) came sixth out of twenty five teams of four! We'll take that Kat French, Lil Morris, Michael Guy (AVR) and Robbie Newton (DRC – Boo Hiss!) The 'Team with no Witty Name' (Rebecca Hex, Jenna Lovelock, Michele Platten and Jon Williams) came in 13th.



Team SMRC - Lil, Kat, Robbie and Michael

A great day out for all of us. One to repeat? Yeah why not! To join in next year and have a go, see this page for more details.

<https://www.facebook.com/events/879733805731548/?ti=c> It's a lot earlier in the year so with any luck we won't all be going home with sun/heat stroke.



Team With No Witty Name – Bex, Jon, Michele and Jenna

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>Bishop Cannings</u>	Ben MacAlister (CPB)	28:39
<u>Westbury</u>	Max Davis	14:52 *NEW CLUB RECORD*
<u>The Pilot Inn</u>	Elizabeth Morris	27:16

5 miles

<u>Compton Bassett</u>	Max Davis	25:09 *NEW CLUB RECORD*
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Southwick parkrun

Cerys Powell (CPB)	19:40	Gemma Lawton (CPB)	20:04
Joe Milton (CPB)	17:53	Katy Nickless (CPB)	35:14

Melksham parkrun

Marie Worley (CPB)	33:57	Claire Balecke (CPB)	38:34
Kelly Hilbert (CPB)	27:27	Simon Woodhead (CPB)	25:09

Other parkruns

<u>Poole</u>	Simon Evans (CPB)	21:33
<u>Bath Skyline</u>	Fabrice Gagneux (CPB)	23:33
	Peter May (CPB)	38:56
	Jon Williams (CPB)	29:34
<u>Shepton Mallet</u>	Robert Sales (CPB)	30:51
	Teresa Edwards (CPB)	28:45
<u>Ellesmere Port</u>	Ethan Bolter (CPB)	20:22
<u>Chippenham</u>	Teresa Edwards (CPB)	28:32

AVON VALLEY TRIATHLETES

By AVT secretary, Lil Morris

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.



Unfortunately, we have had to postpone the AVT 'Try a Tri' Duathlon event, which was scheduled at Odd Down for the end of July, due to low entrant numbers and volunteers. We are looking to reschedule for later on in the year and are currently working on a revised date with Odd Down at the same time ensuring there is no clash with other AVR events.

AVT Big Bobble hats

Despite it being delightfully warm we still have one eye on the cooler mornings and evenings later on in the year, why not purchase a bespoke AVT Big Bobble hat to keep you warm! Stock is due in at the end of September, we still have a limited number available at £18 per hat. Please contact me if you are interested.



July 2019 events

Another fantastic win for Rich Ayling! Rich finished first at the long distance Aquathlon at the Triathlon Training Centre in Bristol earlier this month with a time of 01:03:00, this was approx. a 2600m swim followed by a 5k run. Congratulations Rich! *(Pictured left on the right.)*



Paul Hosking completed the (fantastically named) Salty Sea Dog Super Sprint triathlon in Boscombe at the beginning of the month. The event consisted of a 375m sea swim, an 11.5k bike section followed by a 2.5k run. Paul not only completed the event dead on 50 minutes but was also 9th overall and finished as 5th male describing it as a great event.

Tim Lowrie has been pushing himself more and more pulling out some fantastic results for cycling events. This month saw Tim moving even further out of his comfort zone by completing his first 50 mile TT at the U86/50 Malmesbury, the course is known to be quite "lumpy" however he still finished with an impressive time of 2hrs 16 minutes and 13th overall.

Since recovering from a nasty dislocated shoulder earlier in the year, Sara Robert has literally been going from strength to strength claiming a course PB of 1:06:42 at the Castle Combe duathlon and 1st V50. Sara also completed the Castle Combe TT this month in 32:36 and then the Clevedon Aquathlon in 48:37 claiming 2nd V50. Go Sara!

Clevedon Aquathlon, a splash and dash staged at the marine lake and along the seafront at Clevedon. Picture by MARK ATHERTON



Clevedon Aquathlon, a splash and dash staged at the marine lake and along the seafront at Clevedon. Picture by MARK ATHERTON

And whilst we're talking about the Clevedon Aquathlon.....Sara, Clare Langdon and Rich Ayling all made the papers (left) – AVT is famous! Congratulations also in order to Rich who placed first with an impressive time of 34:42 – well done Rich!



Above: Clare, Rich and Sara

Upcoming events

- DB Max Kinetic-One TT Series (14th August)
- Frome Sprint Triathlon on the (18th August)
- Chippenham Tri Club Summer Duathlon series (4th September)
- 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.

