

AVON VALLEY NEWS

Issue 212

August 2019



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Dates for your diary

- Every first Wednesday – **post training social** in the TRFC bar – next date: 4th September
- Every second Tuesday – **post training social** in the TRFC bar – next date: 10th September
- **New 12 week beginners course** – 4th September from TRFC
- **AVR Over the Hills** – 3rd November at 10am
- **AVR Half Marathon** – 11th October at 11am
- **Bingo Night** – 15th November at TRFC from 7pm
- **Christmas Party** – Friday 13th December from 7pm at TRFC
- **JAVR dates...**



Dates for your Diary.

Below are the currently known dates for important events and venue changes for the rest of 2019 and start of 2020. Please remember that we may need to alter some venues at short notice or make further announcements on other events, and we will communicate these via the BAND app. If you are not already using BAND, please speak to one of the team who will assist you in getting connected.

For further information on these events please keep an eye on our website and Facebook pages as well as the Band app. Feel free to ask any of the team with any questions.

August: 14th, 21st & 28th Training at TRFC not Bath Uni
31st JAVR 2K & Dash at Southwick Country Park

September: 1st New fee structure will be introduced
2nd Parents evening – To discuss and answer any questions.
11th Yeovilton 5K social with chips.
14th JAVR Cross Country – part of Wiltshire Junior Race League (WJRL).
29th JAVR 2K & Dash at Southwick Country Park & part of WJRL.

October: 12th Gwent Cross Country Fixture – Llandaff Fields
19th Chippenham Youth Challenge – part of WJRL.
23rd Training at TRFC not Bath Uni.
27th JAVR 2K and Dash at Southwick Country Park.

November: 9th or 10th (TBC) Gwent Cross Country Fixture – Pembrey Country Park.
20th & 27th Training at TRFC not Bath Uni.
30th JAVR 2K & Dash Southwick Country Park.

December: 4th, 11th & 18th Training at TRFC not Bath Uni.
7th Gwent Cross Country Fixture – Blaise Castle, Bristol.
11th Open fun training session – 12 Days of Christmas.
18th Final Training session of 2019
18th JAVR Christmas social – meal after training.
28th JAVR 2K and Dash at Southwick Country Park.

January 2020: 8th First session back for the year at Bath Uni
26th JAVR 2K and Dash at Southwick Country Park.

February: 8th or 9th (TBC) Gwent Cross Country Fixture – Chepstow Race Course.
19th Training at TRFC not Bath Uni.
29th JAVR 2K and Dash at Southwick Country Park

March: 4th Training at TRFC not Bath Uni
28th JAVR 2K and Dash at Southwick Country Park
29th Gwent Cross Country Fixture – Singleton Park, Swansea.

New Club Record

Fiona Price has set a new FV50 10k club record! At the Two Tunnels event in Bath (pictured right at the half way turn-around point), she ran a brilliant time of 41:38, beating the previous record by 24 seconds! This record adds to Fiona's growing collection of club records at 5k, 5 miles and half marathon distances. Congratulations Fiona!



AVR making history in Penang



Helen Davies is well known to members of AVR for running with guide as she has a condition which means she now only has 6% vision. She has consistently impressed and inspired other runners by recording fast times over many distances including a sub 4 hour marathon time at Newport this year.

For the last 3 months, Helen and her husband Paul (pictured left) have been living in Penang in Malaysia and signed up for a 10k Massters event on 4th August. Running with Paul, she finished in 56 minutes to finish first in her age category!

Congratulations to Helen from the rest of the club!

The full press release can be seen here: https://www.buletinmutiara.com/blind-runner-makes-history-in-penang/?fbclid=IwAR0rlw3cSlA2nLxrppP5khlq1_iHaF0EC43Q0P2A4hMnH_lppRNfYrdedg

New Beginners course

A new course is starting on Wednesdays in September led by Jay Sims and Sean Price.

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>

Not long to go now!

A flyer for the AVR Beginners 2019 course. It features a green and yellow color scheme with the AVR logo in the top right corner. The text is as follows:

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

Bingo Night – By Vicky Bodman

Come along to another of our popular bingo nights at TRFC! This is a fun event aimed at all the family. Most games will award chocolate prizes and there will be one cash prize for adults only. It's sure to be a fun night!



Funds raised from tickets sales and on the night will be split as 50% to the charity Mind, 25% to JAVR and 25% to AVR. The social committee hope to see as many of your there as possible at what is sure to be a fab event.



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:

Two Tunnels Relay (race 8) – this event was a first for the league as it was a relay of 5x10k with each of the 5 members in the teams completing the Two Tunnels 10k route. AVR entered four teams and finished 4th (Burrell, Suter, Lehmann, Miles, Green), 5th (Edwards, Burgess, Button, Best, Gagneux), 10th (Marlow, Dye, Brown, Freeman, F.Price) and 20th (Southgate, Taylor-Laird, Bodman, Guy, S.Price) out of a total of 26 teams.



This relay event does not gain individual points for the AVR league but is used to gain more club points in the Wiltshire league. Therefore, there is no change to the points table below until after the running of the Chippenham Half Marathon.

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)

FUTURE ROAD LEAGUE RACES

The next race in the road calendar is race 9 at the Chippenham Half Marathon on 8th September: <https://register.primoevents.com/ps/event/ChippenhamHalfMarathon> followed by the Devizes 10k on 28th September: <https://www.entrycentral.com/devizes10k>

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)

FUTURE OFF-ROAD LEAGUE 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>.

Hilly Helmet 2019

Last month 45 members turned out for fellow Avon Valley member Robin-Mark Schols' annual charity event *The Hilly Helmet Challenge* held in Westbury. Joby Hobbs (pictured right) led the Valley charge finishing second closely followed by David Warren in third place. Jen Marlow was first lady over the line and Jenna Lovelock taking the prize for the best helmet (pictured below).



The 4 (ish) mile multi terrain route takes in a cracking hill and offers a stunning view across Westbury and beyond once at the top before descending down in a loop to join the barbeque and relax with a drink at the finish. All finishers get a goody bag containing a piece of pottery made in Westbury as the event memento.



The event now in its third year, was once again a sell out over a week before event night and recorded the biggest ever turnout with 18 running clubs represented on the night. It's a sociable, friendly run as well as a race and entrants are requested to run in a helmet like Robin did for almost a year over 2015-2016 when he was recovering from a brain infection and waiting for a titanium plate to be fitted in place of the piece of skull that had to be removed.

During that time Robin became a familiar figure in the helmet keeping the running going at Southwick parkrun and also entering races like the Avon Valley Railway 10k, The Two Tunnels (with an age category win), Slaughterford 9, the Pudding run (the day after running in the Gwent league) and even Bath half marathon where he got round in just under 90 minutes. He certainly challenged himself which is partly where the name for the event came from.

This Hilly Helmet Challenge is held to raise money for the charity Brain Tumour Support and this year the total raised through entry fees, raffle ticket sales, sponsorship for runners and other donations from various sources has exceeded Robin's wildest expectations at over £4000!

Robin would like to thank all our members who took part or supported him in other ways to help the event and would like to offer a date for your diary next year with Wednesday 12th August being the date set for Hilly Helmet 4.



AVR Westbury 5k

After the success of the inaugural series in 2018, the Westbury 5k series was run once again in 2019 with the final installment of the series taking place this month. Last month saw the target female time of 16:40 beaten by Verity Ockenden of Swansea Harriers, setting a new female course record of 16:02 and earning her a £150 bounty. This month saw the male target time of 14:45 toppled by Harry Allen of Bristol and West AC in a time of 14:30 setting a new course record and also earning him the £150 reward.

There was a huge turn-out of 40 AVR members for the final one, as well as the AVR volunteers, making it a really social event for the club too. Mike Towler (*below*) was the first AVR male home in 15:38 and Bethan Francis (*below*) was the first AVR female over the line in 18:52.



Avon Valley Runners Volunteers

Firstly, thank you to everyone who helped out at the final Westbury 5k of the season. As always, we have lots of events coming up that need your help to put them on.

Can you help at any of these events? No experience necessary, just a friendly and encouraging attitude. All jobs and roles are explained on the day by lead marshals.

- **JAVR XC** - Saturday 14th September
- **AVR Wiltshire Half Marathon** - Sunday 13th October
- **Over The Hills** - Sunday 3rd November

These events cannot happen without your support so please drop an email to volunteers@avonvalleyrunners.org.uk if you can lend a hand.

Wiltshire Athletics Junior League

The junior league is coming to an end in October in Chippenham but the next two races are hosted by JAVR! The XC race held on the 14th September can be signed up to here: <https://www.entrycentral.com/JAVRXC-2019> while the 2k is free to take part in on 28th September.

Currently, the JAVR A team are sitting in 3rd place overall behind Chippenham Harriers A and B teams while in the boys' league, Dylan Neale is sitting in 7th place.

JAVR XC 2019



A fun cross country event for all U17 athletes in Southwick Country Park – now back for a third year!



Saturday 14th September 2019, 10.30am (Register from 10am)

- Distance: approx. 1.5 miles (the event will take place around the fields in the Country Park and not on the gravel track used for the monthly 2k).
- Age limits: all runners must be U17.
- Entry fee: £7 – all runners will receive a goody bag.
- Age category awards will be given as well as a selection of spot prizes.
- Photo opportunities for all runners as well as on course photos provided free of charge.

This event will be part of the 2019 Wiltshire Junior Race League

To book visit: www.entrycentral.com/JAVRXC-2019
For more information please email juniors@avonvalleyrunners.org.uk

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

Full details of the league can be found here: <https://wiltshire-athletics.org.uk/juniors/junior-race-league/junior-league-fixtures/>

Would you like to write for the newsletter?

The club is looking for a regular writer for the JAVR section of the newsletter. Each month, we'd like to share the achievements of our younger runners and let them know what races are upcoming. It would be the perfect opportunity for the parents of the club to get involved.



We would also encourage members of JAVR to write race reports too! Your published work can be celebrated and shared at school as well as with the whole club.

Email news@avonvalleyrunners.org.uk to register your interest or to send articles through.

AVR on Social Media

There are a few pages on Facebook for members to find out about events and chat about running...

- ❖ **Avon Valley Runners** – an open page for anyone to join. This page has nearly 1500 members from AVR, family members and other running clubs. <https://www.facebook.com/groups/21164262450/>
- ❖ **Avon Valley Runners – Members only** – a closed page that requires membership to be accepted by the admins. This page is generally for chat and news that we don't want other members of the public to see about the club. <https://www.facebook.com/groups/1863487890568546/>
- ❖ **Avon Valley Triathletes – members only** – a closed page that requires membership to be accepted by the admins. You are automatically a member of AVT if you have paid for AVR membership. This page is for all news about multi-sport, local race and training runs, rides and swims. <https://www.facebook.com/groups/dbmaxtri/>
- ❖ **Avon Valley Performance** – this page is updated weekly with the different speed sessions for a Tuesday at TRFC and information about the location of the different sessions. These posts are often shared on the closed AVR page. <https://www.facebook.com/AvonValleyRunners/>
- ❖ **Junior Avon Valley Runners** – this page is for news all about JAVR. <https://www.facebook.com/JuniorAvonValleyRunners/>
- ❖ **Spotted AVR** – a fun page based on the 'spotted' pages for different towns. If you see a member training, whether it's running, cycling, swimming, at the gym (or even at the pub!), post about it here. <https://www.facebook.com/groups/494203994052885/>

AVR is also on Twitter. This open page is used to promote our events, other local events associated with AVR or to congratulate our members on their achievements. It is also a great way to interact with members of the public who have taken part in our events, completed a course or other running clubs. Find us here: <https://twitter.com/AvonValleyRun> or tag us in your posts using @AvonValleyRun.



Avon Valley Runners & Triathletes
2,069 Tweets



Avon Valley Runners & Triathletes
@AvonValleyRun Follows you

Avon Valley Runners are a club based in West Wiltshire. We have over 500 members of all abilities including a multi-sport group as well as Juniors aged 11+

West Wiltshire [avonvalleyrunners.org.uk](https://www.avonvalleyrunners.org.uk) Joined July 2011

224 Following 885 Followers

The Running of the Bulls - by Martin Bull

Around mid-1986, something strange started happening in the Bull household in Bath. My almost 40-something Mum, Ann Bull, started to go out for runs at night and the weekend. Then, just approaching the age of 50, my dad, Vic Bull, started to join her, and by 1987 they were regularly disappearing from the house at some ungodly hour on Sunday mornings (well it was aberrant for an 'A' level student like me).

Looking back it was obviously something they could do 'together', especially now that their three slightly mad sons had almost grown up, and had partly left home (all parents will know what that means...).

To be honest, this transformation was all a bit over my head, and although I always had a vague respect for their new 'hobby' it wasn't until recent years that I've REALLY appreciated what they achieved, especially in an era without gels and gyms, when my dad's perpetual Hi-Tec Silver Shadows from Sportshoe in Bath were one of the very few easy local options, and all in an epoch when managing to find a thin 100% cotton T-shirt to wear was pretty much the height of kit envy amongst many runners.

This carried on for about six years, and I remember the runs got more regular and more adventurous, and even resulted in my taxi driving dad's first trip outside of the UK since his National Service in Cyprus, where incidentally he had almost been killed by a bullet grazing his head and had his general service medal presented to him by an incredulous Duke of Edinburgh.

But that's a story for another day...

You Want a Picture of the Future?

Some of the race names I remember certainly had a romantic appeal surrounding them. The 'Snowdonia Marathon' (really? WHY?!), 'Race The Train' (er, why? can't you just leave inanimate objects alone?), 'Man vs. Bike vs. Horse vs. Woman' (ditto x 10, plus inserting innocent equines into the mix), the 'Hangover 10' (self-explanatory) and the 'Neolithic Marathon' are amongst my memories of those quirky names, and although I was away studying Modern History & International Relations at Uni for a lot of that era, I did live slightly vicariously through their medals, their memories and the photos of sweaty people pushing themselves until it hurt.

I had always been a cycling fan and one of my strongest EVER memories of sheer awe was in the days when the ½ hour Tour De France highlights were shown on Channel 4 not long after the day's racing had finished and also well before Ceefax had been able to report on the results (if indeed they cared; well they didn't care, I can guarantee you that! How times change...).

So, although the programme was not actually live it retained that special touch of 'live' television and the commentary was certainly as they had experienced it, with the genuine emotion and confusion that accompanied sport before the world had wall-to-wall communication devices and cameras.

George Orwell wrote in '1984', "If you want a picture of the future, imagine a boot stamping on a human face – forever".

For me, if you want a picture of pure suffering and endeavour watch the supposedly 'blown' Stephen Roche startlingly coming out of the mist at the top of the La Plagne ski station in July 1987 to almost catch Pedro Delgado, for it will always be my touchstone of drama, endurance and the spirit of man.

Since then I've had a healthy, but benign, interest in any 'punishing' sport, and having lived for some time in Ethiopia (working/volunteering, NOT running) I have a great respect

for marathon runners, and for the history I imbibed via my favourite forgotten trail blazers such as Abebe Bikila and Belayneh Dinsamo.

I digress...

The AVR Years

So, in mid 1988 my parents, Ann and Vic Bull, joined Avon Valley Runners, and although they could never join the AVR training runs (we lived on the far side of Bath), they wore the AVR shirt with real pride. My dad's family (one of 11 children in a minuscule two room cottage) were proper old skool moonrakers; Colerne born and bred, and certainly 'strong in the arm and thick in the head'. #potentialmarathonrunner

Although by contrast my maternal grandfather was the opposite to the Wicker Man villagers who never went further than Marshfield and Box (he was in the RAF and moved all over the UK - my Mum had even been born out in Gibraltar), they did finally settle down in Wiltshire via RAF Upavon and RAF Colerne.

Sadly, my grandmother was not with them for all of the journey, having died of the then almost unknown Motor Neurone Disease on Valentine's Day 1962 - in her later running 'career' my Mum used races to raise money for MND research.

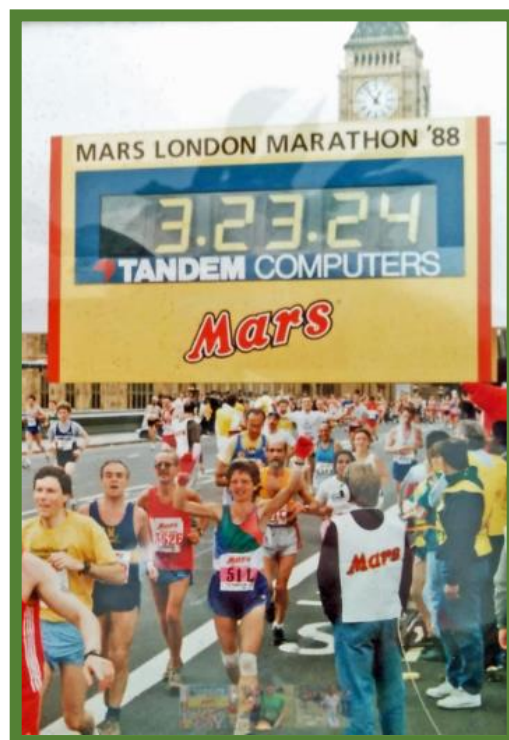
Mum became especially inspiring at the longer distances, utilising a light frame, latent fitness from decades of dog walking and an almost catholic non-rock and roll lifestyle to full effect. In 1989, aged 42, she set the AVR record for the women's marathon at Sandwell [3.26.23], although her PB was actually set the previous year, before a marriage with any running club, when a gun time of 3.23:24 in the London Marathon was not far off from qualifying her for an elite start the following year (*pictured right*).

I've only just comprehended that Mum actually won [first female] several races in those early days, including the Shepton Mallet HM in 1988, Devizes Marathon 1989, Calne HM 1989 and the Pewsey HM 1989, in addition to being first FV40 in several races and 33rd female in the Bath HM in 1989 with 1:32:44.

The Pewsey HM must have been a favourite for them both as Dad had been 1st V50 there in 1989, and AVR's own obituary stated that on a bright September Sunday in 1992, "Vic had a very good run [1.38], and Ann was first woman over 45 [1.45]".

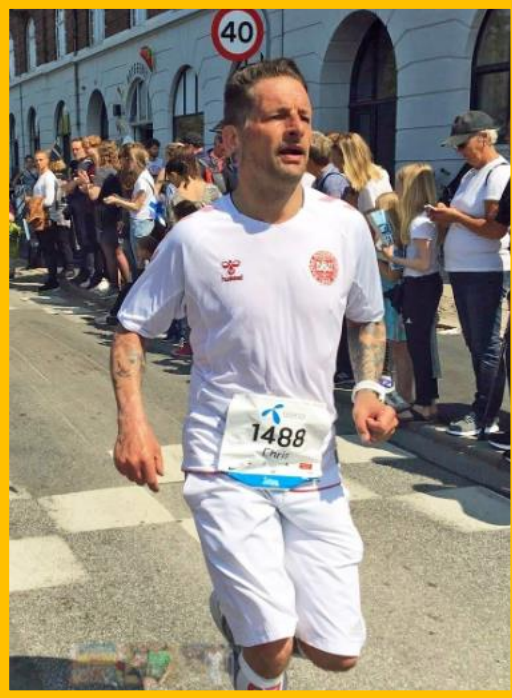
But just two days later Dad died of a heart attack in his sleep, despite my best efforts of revival. Our world was ripped apart, and my Mum was a widow at the age of just 45.

Mum carried on running for a year or so after, including being the 5th woman overall at the Lochaber Marathon in April 1993 [3.44] but slowly fell away from it, restricting her appearances to a few special events, usually to raise money for heartfelt charities. Dog walking certainly continued though, and she must have racked up several weekly ultra-marathon distances at that, especially with a retired racing Greyhound later added to the Pointers.



My Generation

Fast forward a few decades and one of my brothers took up running (*pictured at the 2019 Copenhagen Marathon*). He's now been doing it for nine years and eventually helped inspire me to take it up as well.



I'm a real novice but did have a sensible trajectory planned.

Preferring to stay local and smaller wherever possible my plan was the Corsham 10k (April 2018), Chippenham HM (Sept 18) and the Newport Marathon (May 19). It was a brilliant plan if I say so myself, and consciously respectful of the history and heritage of 'proper' running events, led by running clubs and not huge businesses.

What I didn't plan for though was a fall / head injury whilst out running in August 2018 and waking up in hospital with no memory of the entire day (don't ask; complicated!), resulting in missing not only Chippers but also many months of essential fitness work and running experience (I have never been particularly sporty).

As I'd already paid for Chippers and Newport, missing the former meant I was determined not to let the latter get my coinage for free. Probably against the rules of common sense I just about managed it [4 hours and 36 minutes of sheer hell] and am happily back to more running and hoping to get better at it.

Looking at my dad's times in the archived AVR newsletters has got me conspicuously worried though; he was far faster than I gave him credit for. The beard, bottle top glasses, old referee shorts and aforementioned Hi-Tec Silver Shadows clearly concealed a turn of speed and stamina I had not expected!

Which finally (yes I hear you shouting FINALLY...) brings me onto precisely why signing on the dotted line for AVR membership has occurred this month.

It took me a while because I can be a bit of a grinch who loves the Marx Brothers and remembers Groucho's famous remark that he 'wouldn't want to be a member of any club who would have me as a member'.

Also, like my poor Mum and Dad, I will find it tough to turn up at AVR training sessions. Running is often a solitary and flexible experience for me, something to help chase the demons away, and that out-of-worldliness peace is hypnotic; a rare offering that you can just step out of your door and 'do'; no permission needed, no rules, no cost, no appointment.

But whilst volunteering to marshal at the inaugural Melksham Town FC 10k I watched in wonderment as Ed Knudsen flew past us, followed by a huge array of canary yellow and green vests, so I finally decided to investigate taking the plunge and joining the family history.



Martin and his son, Kaleb, after completing the 2019 Savernake 10k together in 1:08:49.

But the story isn't over. No, you won't get away from my verbosity that easily. Being an antiquarian one of the first pages I devoured on the AVR website was the club history, written by Tim Northwood one of the hallowed founder members. As I merrily consumed the toddler steps of the AVR and the amazing people and principles behind it (history is FAR more social than many people realise), my heart entirely skipped a beat as I saw my beloved dad's name, in bold, at the bottom, as part of a beautiful closing memorial paragraph. AND it even said that there is/was a Vic Bull Trophy for the 'Best Over 50 Marathon'.

Strangely enough I begin to qualify for that at my next birthday.

I better get my daps on...

Christmas Party – By Vicky Bodman

It may only be August, but the social committee have been hard at work planning for the festive season. This year we thought it would be fun to go on a fun Christmas themed run before the party. Wear your Christmas hat, jumper, suit or tinsel for the run, then join us for a party at the rugby club after. Everyone is welcome.



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>Pilot Inn</u>	Chris Perry (CPB)	21:32	Holly Newman	20:00
	Elizabeth Morris	27:03		
<u>Westbury</u>	Peter Veleski (CPB)	17:44	Toby Firkins (CPB)	20:55
	Jen Marlow	20:27	Ethan Bolter (CPB)	20:06
	Sara Robert	25:36		

10km

<u>Bath Two Tunnels</u>	Jo Farion	47:23		
<u>Bath Two Tunnels Relay</u>	Jen Marlow (CPB)	44:20		
	Fiona Price	41:38	*NEW CLUB RECORD*	
	Ethan Bolter (CPB)	20:44		
<u>Malmbsury 10k</u>	Jo Farion	47:17		

Southwick parkrun

Sarah Waugh (CPB)	23:32	Jolene Farion (CPB)	23:11
Gemma Knudsen (CPB)	19:50	Holly Newman (CPB)	21:29
Darren Messen (CPB)	21:39	Gary Day (CPB)	18:39

Melksham parkrun

Liz Richardson (CPB)	41:12	Peter Dyer (CPB)	20:20
Sue MacGregor (CPB)	27:38		

Other parkruns

<u>Seaton</u>	Niall Thorne (CPB)	17:52
<u>Shipley Country</u>	Zoe Yeomans (CPB)	24:44
<u>Marlborough</u>	Gemma Knudsen (CPB)	22:35
<u>Minehead</u>	James MacAlister (CPB)	36:52
<u>Bath Skyline</u>	Robin-Mark Schols (CPB)	20:12
	Marek Miszta (CPB)	21:57
<u>Brokenhurst</u>	Simon Evans (CPB)	22:27
<u>Ellesmere Port</u>	Ben MacAlister (CPB)	24:54
<u>The Old Showfield</u>	Jackie Hall (CPB)	28:34
	Frank Lamerton (CPB)	23:44
	Lilou Gagneux (CPB)	25:23
	Fabrice Gagneux (CPB)	25:24

AVON VALLEY TRIATHLETES

By AVT secretary, Lil Morris

And just like that we found ourselves in August! We have not only had some fantastic weather, a bank holiday weekend thrown in but also many holidays and events with AVT members still taking their training very seriously. Many members have been making the use of Vobster Quay for some open water swimming training and you can look out on the Facebook page to see when members are going.



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 at avt@avonvalleyrunners.org.uk if you are interested.

August 2019 events

The Frome Sprint Triathlon took place on Sunday 18th August consisting of a 400m pool swim, a 23km bike ride finishing with a 5km run. We had a great turnout from AVT with seven of our members taking part in this event. Well done again to Rebecca Hex, Gary Jardine, Amanda Whayman, Caroline Tassell, Paul Banfield, Brian Yates and Rich Ayling.



Special congratulations to Caroline who not only achieved a course PB of 01:35:42 but also an impressive finish as second in her age category. Gary Jardine finished third in his age category and Rich Ayling finished ninth overall out of the 212 competitors. Congratulations again everyone!

Stephen Clark took part in the LPS Olympic Distance Aquabike event on the 11th August finishing with not only an impressive 19th place but also second in his age category! Congratulations Steve!

Although not a race, quite a few of our AVT members took part in the Stampede Sports sportive supporting Youth Action Wiltshire, a local charity based in Devizes. Martin Pearce (pictured) took part in the 50k course on the 18th August.

A few of our members also took part in the LPS Cotswold events this month. Paul Hosking has been going with multisport events this year and completed the Cotswold Middle distance (half-Ironman distance) triathlon in 06:09:50 – a fantastic time!



Both Rich Ayling and Scott Green took part in the Standard Distance triathlon with the former finishing 10th out of the 253 entrants.

Holly's Birthday Swim

It has become a tradition for AVT members to get together at Vobster Quay for an open water swim, as well as Colin the Caterpillar cake, on the August bank holiday Monday to celebrate Holly Newman's birthday with this year being a special landmark – 21! The day started off looking a little grey and damp however soon brightened up with everyone being treated to glorious sunshine.



Upcoming events

- Chippenham Tri Club Summer Duathlon series (4th September)
- Cotswold Triathlon on the (8th September)
- Bowood House Duathlon (13th October)
- DB Max Chilly Duathlon (24th November)

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.

