

# AVON VALLEY NEWS

Issue 215

November 2019



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## Dates for your diary

- **AVR parkrun champs round 1** – Melksham parkrun – 7/12/19
- Every first Wednesday – **post training social** in the TRFC bar – this is **postponed** until the following week on 11/12/19 (see below) – January date is 8/1/20 at TRFC.
- Every second Tuesday – **post training social** in the TRFC bar – next date: 10<sup>th</sup> December
- **Melksham Christmas Lights run** – Weds 11<sup>th</sup> December 7pm. Meeting in Semington, close to the Air Ambulance HQ
- **Christmas Party** – Friday 13<sup>th</sup> December from 7pm fancy dress run and 8pm party at TRFC
- **Christmas Eve Run** – 9:00 from BonA club house at Culver Close
- **Stan Farr Boxing Day 5k** - 11:30 from TRFC – register from 11:00. Free to members.
- **AVR parkrun champs round 2** – Southwick parkrun – 28/12/19
- **Cardiff parkrun trip** – 11<sup>th</sup> January – minibus booked (see more info in newsletter)
- **Awards Night** – Saturday 1<sup>st</sup> February – Civic Centre Trowbridge
- **JAVR dates...**

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



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

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

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

## New Club Record

Last month, Ed Knudsen wrote about his experience at the Nato 10k in Budapest. His finishing time of 30:46 was a PB from him and also a new club record (he kept that quiet!) Congratulations once again Ed.

## AVR parkrun championships

Back by popular demand, the opportunity to take part in a 2-leg championships with the chance to win one of nearly 30 different age category and WAVA trophies at the Presentation evening in February.



To take part you must complete Melksham parkrun on 7<sup>th</sup> December and Southwick parkrun on 28<sup>th</sup> December and wear your AVR vest or t-shirt to promote the club. Your total time will be added to find the winner in each parkrun age category. The aim is to be seen out in force at our local events to encourage new members to join and to demonstrate how amazing our club members are.

## Melksham Christmas Lights Run

The yearly jaunt around Melksham to see the Christmas Lights will be taking place again this year on Wednesday 11<sup>th</sup> December organised and led by Rich and Hayley Southgate. This will take the place of the usual Wednesday social at TFRC on the first Wednesday of the month.

Meet at 7pm in Semington on the road close to the Air Ambulance base. If travelling from Trwobridge, enter the village and drive almost as far as you can go before the road stops. If approaching from Melksham, enter from the Police HQ end of the road.



Meet at the Milk Churn afterwards for food, drink and chat.

## Street 5k (11<sup>th</sup> Dec) – By Liz Richardson



The minibus for this trip is now full and a waiting list is in operation. If you would like to be considered for a place on the bus if someone drops out, please contact Liz at ([liz.richardson@yahoo.co.uk](mailto:liz.richardson@yahoo.co.uk)).

Did you know, AVR has an agreement with Trowbridge Town Council for our members to make use a community minibus?

This is the perfect opportunity for group trips to events at a fraction of the cost of the fuel for one or two people to travel by car. Anyone wanting to use the minibus should contact [chairman@avonvalleyrunners.org.uk](mailto:chairman@avonvalleyrunners.org.uk) to check availability.

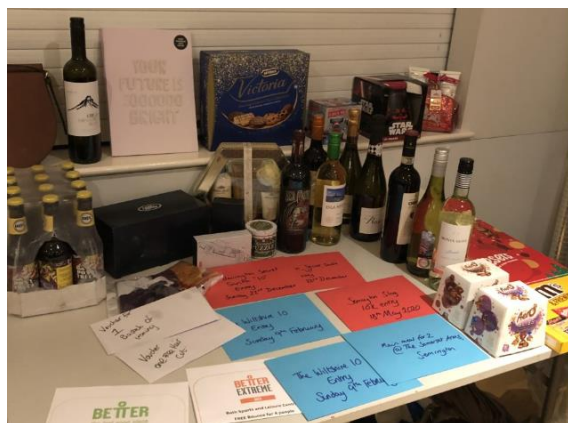
## Bingo Night – By Katy Nickless

On the 15th November, AVR held a bingo night at Trowbridge Rugby Club. We were raising money for Wiltshire Mind, AVR and JAVR.

There was a good turn out with members of AVR and others in attendance such as partners and members of TFRFC. Sean Price did an excellent job as bingo caller and got everyone in the spirit!



As well as the bingo, we had a couple of games of 'head and tails' (put your hands on your heads or your bottom and wait for the flip of a coin to see if you make it to the next round) and also a raffle. There were plenty of good raffle prizes from chocolate and alcohol to race entries and haircut vouchers. Everyone spent lots on the raffle and we sold out on the tickets.



In total, we raised £769: £384.50 for Wiltshire Mind and £192.25 each for AVR and JAVR.

The Social Working Group would love to organise more events like this next year and would love you as members to have some input as to what events you would like to attend. If you could email ideas to [katynickless@hotmail.co.uk](mailto:katynickless@hotmail.co.uk).



## Club Discount

A new club discount code for Proviz has been agreed with Carole Alston. Shop the whole range at [www.provizsports.com](http://www.provizsports.com) and enter 'avon20' to receive 20% off all year round.

# Fundraising Superheroes

The main committee would like to recognise and celebrate the charity work of our members at the presentation night in February. If you'd like to tell us about a friend (with permission) or yourself, then please drop an email to [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk). Send information about the charity, how much has been raised and some background information for a new part to the event.

Don't forget to book your tickets too and you can hear all about what fundraising our members have been getting up to and celebrate with them:  
<https://www.entrycentral.com/event/111281>

## Volunteer of the month – by David Hyde

A huge thank you to everyone who has volunteered in November for Over the Hills and the JAVR 2km and Dash.

This month I would like to nominate Anne-Marie Gibson as the AVR volunteer of the month. She stepped in as the director (a role she has never done before) and without her, the 2km and Dash was on the verge of being cancelled. She was also dealing with a poorly child at home but still put herself forward to help so that it could go ahead. Thank you!

[volunteers@avonvalleyrunners.org.uk](mailto:volunteers@avonvalleyrunners.org.uk).

## AVR do Cardiff parkrun – by Lil Morris, Vicky Ody & Sarah Barker

Email [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk) to secure your place on the mini bus. Please do not comment on Facebook.



**Avon Valley Runners trip to Cardiff parkrun!**

Saturday 11<sup>th</sup> January 2020

A number of people have expressed interest in a group trip to run at a non-local parkrun, after consideration the Cardiff event has been selected. Not only is this parkrun known as a fast & flat course with PB potential it's also less than 1.5hrs drive from The Civic Centre in Trowbridge. A huge thank you to Richard Newman who has agreed to be driver. If you don't gain a seat on the minibus please consider lift sharing and still joining us, it would be great to see as many from the "Lemon Army" there as possible in your AVR vests and t-shirts. Plus a hot drinks/cake/snack stop at the café afterwards with general chit-chat 😊

The minibus can seat up to 17 people, including the driver. 1-10 people would be £8 each, 11-13 people would be £7 each and 14 people upwards would be £6 each. This covers fuel, hire and post-parkrun refreshments for Richard as he has kindly offered to drive.

# New York Marathon – by Robin-Mark Schols

Avon Valley Runners member Robin-Mark Schols completed his 10<sup>th</sup> marathon at London back in April this year and after a tough time with injury problems along the way felt like 10 just might be a good number at which to stop running the marathon distance. Having run some good times at the distance he didn't feel he had anything left to prove and had considered focussing on shorter distances for some time.

Here's his account in his own words.

I'd made a decent start to the year in my quest to try to get some 'good times' back onto my record. Always setting myself high standards (sometimes too high), I've struggled to be where I want since recovering from the brain operations back in 2015/2016 and subsequent recoveries. I'd hoped for a good run at VLM in April only to be injured for my last 4 weeks of training. Fortunately, I was able to run during my final week before the event and taking things carefully in the final week, I was able to start and completed in 3:09 which given the circumstances I was happy with.

On my return to work I learned of a competition to win a place in the 2019 New York City marathon and when prompted to enter did so saying "Well somebody has to win", not believing for one minute I'd be one of the lucky winners. A few weeks later and the draw was made and I was astounded to learn my name was pulled out as a winner. New York City awaited and the excitement was massive. The biggest marathon in the world and I was going to be a part of it.

My wife Judy was equally excited about it but she had to organise herself with friends Sara and Claire to come separately as my prize also included my accommodation and there was no room at the hotel for her too. I then spoke to Alan my coach who was perhaps a little disappointed I'd decided to run another marathon but continued to structure my training and give good advice along the way and keep me motivated.

In the lead up months I was running quite well and ran a really good 10 mile race in Gloucester but then a week later while doing a Sunday long run my calf broke down once again and I had to be rescued and had to stop running completely. I had a schedule of massage and treatment and tried a number of comebacks including running in GB colours at the European Masters Championships in Italy but with no improvement and some 15 minutes off the time I would have expected to do there. I was devastated and seriously worried about even starting at New York at all.

Two weeks later I was due to run at Salisbury half marathon which had been one of my target races for the year. I'd been in good form a few weeks before and would have been in a position to really do well there but sadly, lining up only about 70% fit I was unable to continue after around 7 miles and had to drop out and walk back. What made it worse were the patronising words from the event director when collecting my bag and one of the helpers offered me a t-shirt which I'd not even asked for and he advised I wasn't to have one or a medal as I wasn't entitled as I'd not completed. I've enjoyed some brilliant experiences since I started running and without doubt this was my all-time low. He had no idea why I didn't finish and no idea of what I'm capable of and it left me feeling rubbish and I didn't want his stupid t-shirt anyway. What I did know was I wasn't going to forget this experience.

We were now into October and I decided to put all my eggs in one basket by not running and started cycling or using the turbo to at least keep the legs moving and try to retain some aerobic fitness. This mixed with more massage and dry needle treatment got me to a position where once again I had a week before the event but was able to run again. Once again, I was going to have to take care and know pretty much on the day if it was going to happen or not.

I went to New York determined to have a memorable time. I didn't want to fail but I did want to enjoy it. I went to the expo on my own and was able to pootle around at my own pace and not worry how long I took which was nice. I even got to meet Paula Radcliffe (*pictured right*) and she was just charming. I spoke with Runners World who were really interested in my running story and took the opportunity to speak to them about Hilly Helmet too. They loved it. On the morning before I ran a route called the high line, an old railway track which has been turned into a park and a lovely run.

On the morning of the race I was up at 4am and on my bus to Staten Island at 5am. It really was happening, I really was running NYC! At the start corrals I sat with a lady from Wisconsin and we chatted for an hour or so before going to our starts, wishing each other good luck.



I was at the front of the start and we were sent on our way after the countdown by two cannons and the voice of Frank Sinatra singing New York, New York and straight onto the Verrazzano Narrows bridge for the first 2 miles before we dropped into Brooklyn. Boy, they were excited to see us! High fives, low fives, high tens, anything went. Humorous signs and fancy dress adorned the route too and some real sights. Going through a neighbourhood that was very quiet and populated by orthodox Jews standing and staring but showing no emotion was a surreal moment.

Next we hit Queens and they too were absolutely jumping with excitement to see us all. Spectators were looking for anything on us so they could encourage us. As I wore my GB kit I got many shouts of "Go England", "Go GB", even "God Save The Queen", it was just fantastic.

We exited Queens via the Queensboro bridge, a tough climb for around a mile, before dropping down into Manhattan and the noise of enthusiastic spectators once again. I saw Judy, Sara and Claire at around mile 16 and it brought a lump to my throat, it was exciting to see them. As I ran along 1<sup>st</sup> Avenue for what seemed an eternity you realised the route is anything but flat. When you look at the course profile, it's quite surprising just how much climb there is and after a quick trip through The Bronx and skirting Harlem, we were back in Manhattan and heading for Central Park and the finish line.

My run went well until around 21 miles and at that point it was clear my lack of miles in training were going to cost me. Up to that point I was on for around 3:12-3:15 but I knew I was low on energy now and had to make a couple of stops to stretch and get my head back into it. I was also starting to get aches around my kidneys. Once in Central Park, I struggled and just wanted to see the finish line. I was buoyed though as once again I saw

Judy, Sara and Claire and this time realised Debbie Ellis was with them too. It really was great to see them and fantastic to have had their support and I dived in for hugs before making my assault on what was left of the course up to the finish line. My last 2 miles were the slowest I've ever run and almost as soon as I got over the finish line I was sick. I'd been taking the energy drink Gatorade at the aid stations on the course and I clearly didn't enjoy it. It's true what they say about nothing new on race day as once it was out of my system I started to feel much better.



Once over the line and in possession of my prized medal, the biggest and heaviest I've ever had, I had another 2 miles or so to walk before I was out of the park and into my poncho to keep warm. I then walked down the road and found a café to have a coffee and shared a table with a couple from Chicago while I waited for Judy, Sara and Claire to join me. They were so kind and gave me chocolate and a sandwich and I was soon feeling very sprightly given I'd just completed my longest run since April.

All in all, the whole experience was simply amazing and I just had the best time. My race time was 3:26, not my best but just about not my slowest either, but it really didn't matter, I loved it so much. I feel very lucky to have had the opportunity and the Americans were so welcoming and genuinely pleased to greet us. The support was second to none, especially when I was struggling when everybody was willing me on and gave me the energy I needed to keep going. If I

could afford it, I'd like to go back as there really is nothing like it. I've done London 5 times and it comes close but New York really is up there as the pinnacle for me. Of course now I'm wondering about the other great races across the world while I can still run at a level I want to and having done NYC feel I can go anywhere. I've had an exciting year with London, another great Hilly Helmet, GB racing in Italy, and New York being the icing on the cake. Do I love New York? You bet I do!

## JAVR 2k and Dash – The Final Countdown

The JAVR 2km has been a great event that we've organised for several years. However, the time has come where we have to be realistic about the amount of juniors and volunteers we have.

So sadly, the last JAVR 2km event ever will be on Saturday the 28th of December. After that we will signpost junior runners to King George V Junior parkrun (Melksham) and will signpost our JAVR runners to go there.

We want to go out with a bang and celebrate the running of this brilliant race. So please, we need AS MANY children there as possible - members and non-members. Spread the word! And if you're a year or two too old for it, I think we can let that go for the last race. Just please, come and support the JAVR 2km one last time.

Contact [volunteers@avonvalleyrunners.org.uk](mailto:volunteers@avonvalleyrunners.org.uk) if you can lend a hand.

# 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/>

The Road Race League for 2019 is over and the 2020 Wiltshire league has been released this month. AVR follows the same races as Wiltshire so we can reveal that next year we will be running:

**Race 1:** Devizes Half Marathon (5 April)

**Race 2:** Highworth 5 (19 April)

**Race 3:** Westbury 5k Series (19 May, 16 June, 21 July & 18 August) – fastest time counts

**Race 4:** Shrewton 10k (17 May)

**Race 5:** Compton Bassett 5 Mile (31 May)

**Race 6:** Great Chalfield 10k (25 June)

**Race 7:** Melksham 10k (12 July)

**Race 8:** Frome 10k (19 July)

**Race 9:** Two Tunnels 10k (16 August)

**Race 10:** Devizes 10k (27 Sept)

### OFF-ROAD LEAGUE:

**Roundway Revenge (race 5)** – This off-road 10k was attended by 31 members with the men taking the team prize thanks to Ben Mees, Gary Day and Stuart Sellers.

Jen Marlow was 3<sup>rd</sup> FV35 and first AVR female over the line in 1:11:30, Adele Cooper was 3<sup>rd</sup> FV55, Gary Day was 2<sup>nd</sup> MV40, Ben Mees was 2<sup>nd</sup> MSEN and 2<sup>nd</sup> overall in 54:00.



L-R: Gary Day, Tom Edwards, Natalie Freeman, Neil Payne, Gareth Legg, Adele Cooper, Teresa Edwards and Jackie Hall

## Current standings in the AVR off-road league:

Men	Women
1 <sup>st</sup> Pauk Hosking – 35 points (5 races)	1 <sup>st</sup> Adele Cooper – 23 points (5 races)
1 <sup>st</sup> Simon Taylor – 36 points (4 races)	2 <sup>nd</sup> Gemma Knudsen – 30 points (4 races)
3 <sup>rd</sup> Frank Lamerton – 53 points (4 races)	3 <sup>rd</sup> Jen Marlow – 33 points (4 races)

### FUTURE OFF-ROAD LEAGUE RACES

Race 6 in the league is Plain Crazy on 29<sup>th</sup> December in Warminster. Enter here: <https://www.entrycentral.com/event/109723>. At the time of writing, there were 33 places left.

## Christmas Party – By Vicky Bodman



This month sees our annual Christmas 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. This is also the event when the club ballot for the London Marathon is announced too. To be in with a chance of being in the ballot you must:

- Have been declined from the main public 2020 ballot and have the proof.
- Have NOT previously won the AVR VLM ballot.
- Have more than one year's continuous AVR membership.
- Held a year's continuous membership to EA before the 2020 ballot.

You must put your name forward by 10pm on 1<sup>st</sup> December.

Save the date! The awards night is coming in the New Year. This year's theme is black red and gold!

Tickets are available now on Entry Central at £20 each – get them quick to beat the price rise on 1<sup>st</sup> January to £25.

Price includes a buffet dinner and amazing entertainment. All AVR members and their partners are welcome.

A discount code will be available to allow any nominees to take advantage of the pre-January price.

<https://www.entrycentral.com/event/111281>



# PB CORNER

If you want to be recognised on the wall of fame for your Personal Bests (PBs) or Course Personal Bests (CPBs), then make sure you send your results, position, time plus a link to your race results to [results@avonvalleyrunners.org.uk](mailto:results@avonvalleyrunners.org.uk)

## WALL OF FAME

### 10km

<u>Gloucester</u>	Rich Harding (CPB)	35:54
<u>Castle Combe Chilly</u>	Martin Bull	50:22
<u>Nato</u>		
<u>(missed off October's wall)</u>	Ed Knudsen	30:46 *NEW CLUB RECORD*

### Half Marathon

<u>Marden</u>	Sara Robert	2:05:21
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### Southwick parkrun

Toby Firkins (CPB)	19:45	Ben Mees (CPB)	17:50
Jo Guy (CPB)	29:46	Rebekah Carrivick (CPB)	21:34
Cerys Powell (CPB)	19:23	Simon Evans (CPB)	21:39

### Melksham parkrun

Holly Newman (CPB)	22:01	Nettie Holley (CPB)	34:01
Simon Woodhead (CPB)	24:13	Matthew Walker (CPB)	28:57
Sophie Williamson (CPB)	35:17		

### The Old Showfield

Helen Donnelly (CPB)	27:55	David Hyde (CPB)	29:58
Mark Bygrave (CPB)	30:19	Teresa Edwards (CPB)	27:25
Simon Evans (CPB)	20:58	Sharon Firkins (CPB)	26:20
Sarah Jeffries (CPB)	24:44	Stephen Jeffries (CPB)	22:11
Andrew Jeffries (CPB)	21:15	Toby Firkins (CPB)	19:00

### Other parkruns

<u>Woodhouse Moor</u>	Peter Dyer (CPB)	19:50
<u>Seaton</u>	Anne-Marie Gibson (CPB)	29:14
<u>Kingsway</u>	Elizabeth Morris (CPB)	30:47
<u>Swansea Bay</u>	Niall Thorne (CPB)	17:30

# AVON VALLEY TRIATHLETES

By AVT secretary, Lil Morris

November has been an exceptionally quiet month on the AVT front however congratulations to Andrew Sharratt for completing the Chilly Duathlon on the 24th in a time of 1:05:02 and finishing 5<sup>th</sup> in his category!



## AVT Big Bobble hats

I still have a limited number available (about 6!) at £18 per hat. Please contact me at [avt@avonvalleyrunners.org.uk](mailto:avt@avonvalleyrunners.org.uk) if you are interested and I will add you to the Facebook Messenger group where you will find details on how to make payment and collection.

## Multisport training/workshops

I want to gather members' feedback/ideas on multisport training sessions and/or workshops for the New Year. There is a discussion thread on the AVT Members Facebook group and we have already received some fantastic feedback with ideas such as:

- Beginners cycling/social bike ride
- Brick sessions including transition skills
- Swim training
- Bike maintenance

Please keep the ideas coming and your eyes peeled for news in 2020!

## Multisport awards 2020

As a reminder, for members who haven't already, please can you submit your results to me at [avt@avonvalleyrunners.org.uk](mailto:avt@avonvalleyrunners.org.uk) for this year. There is not only the AVT league but you could also be in with a chance of winning HHDYT or Best Newcomer or Most Improved!

When submitting your results please include:

- Total number of finishers
- Your overall position
- Your category position
- The time for each sport discipline
- The time for each transition

## Upcoming events

- DB Max 10 mile Time Trial (1<sup>st</sup> December)

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.

