

# AVON VALLEY NEWS

Issue 216

December 2019



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## Dates for your diary

- **AVR Annual General meeting** – 8:30pm, Tuesday 7<sup>th</sup> January upstairs at TRFC – this takes the place of the usual social on the second Tuesday.
- Every first Wednesday – **post training social** in the TRFC bar – next date is 8/1/20 at TRFC.
- Every second Tuesday – **post training social** in the TRFC bar – next date: 11<sup>th</sup> February
- **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...**



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.

It's been a busy month of festive runs and Christmas parties. Thank you so much to everyone who has organised or led groups around outside of our normal running timetable. Notable runs were the Melksham Christmas lights run (pictured right), the pre-Christmas party run with Carol Singing and the Christmas Eve run in Bradford of Avon. Thank you to everyone who attended too!



# Stan Farr Boxing Day 5k(ish)

**Event history (from the AVR website):** The Boxing Day Run was first staged in 1960 by Trowbridge & District AC and ran a course of 3.4 miles from the Castle Public House in Ashton Street, Trowbridge up to the West Ashton crossroads and back again, a shorter 2-mile event was held for the Ladies and a 1-mile race for Juniors and Colts. The 3.4-mile event also hosted a race walk. In 1985 the embryonic Avon Valley Runners took over the hosting of the event and saw a course record set by C. Murray in a time of 17:24. The Ladies 2-mile record of 11:53 was set by Judy Farr in 1979 with Rosemary Barber setting a ladies record of 21:28 in 1992 over the 3.4-mile course.

In 1999 (the 40th staging of the event) due to increasing traffic volumes along the West Ashton Road, Avon Valley Runners decided to relocate the event and moved it to a 3.2-mile course from the Longs Arms Public House in Steeple Ashton. Then in 2000 relocated the event to a 5K course from the Beehive Public House in Bradford on Avon. The 5K course from the Beehive had a course record time of 16:58 set by Michael Bryant in 2006 with Rachel Bown setting the Ladies record of 19:13 in the same year.

In 2008 it was decided to rename the Boxing Day run as "The Stan Farr 5K" in memory of the race founder and long serving club secretary. It was also 40 years since he had won the race in 1968.

Following the closure of the Beehive in 2008, alternative 5K courses have been run in Barton Farm Country Park, Bradford on Avon (2008) and Whaddon Lane, Hilperton (2009-2011).

This year, 45 members and 2 guests turned up to take part in this event which was won by Niall Thorne in a time of 20:16. The first female to finish, was guest Kiersty Rose in a time of 23:15 and the first AVR female was Jackie Rockliffe in 24:18.



## AVR AGM

**This will be held upstairs at TRFC at 8:30pm on Tuesday 7<sup>th</sup> January.**

Please do come along as this is your time to put forward your ideas, comment on the administration of the club, ask questions and discover who is on the AVR committee in person. It is a really invaluable event that gives time for all members of the club to celebrate achievements in 2019 and to look ahead to 2020.

# Christmas Party and London Marathon Ballot

A very festive evening was had by a large group of members at the Rugby Club to be led through a series of tasks by Games Master, Sean Price! A huge thank you to the Social Committee who organised the evening and to everyone who turned up with mountains of food to share with everyone.



This is also, always the event that the winners of the AVR London Marathon Ballot are announced. The club usually receives 2 entries which is dependent on the amount of members who are also paid up members of England Athletics. This year we were very close to having 3 entries, so it's worthwhile upgrading your membership in March when the time comes. Many of you may have already watched the reveal winner on Facebook but our two lucky winners were

picked out of a bag of 18 eligible members' names by Sarah Waugh and Sarah Barker.



Congratulations to **Jerry Clark** and **Josh Lay** who are going to London!



## 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>

## JAVR 2k and Dash – The Last One

On 28<sup>th</sup> December, JAVR organized their last ever 2k and Dash. Due to dwindling numbers and dwindling volunteers, the decision was made to make this the final one and start to signpost our juniors to the new King George V junior parkrun in Melksham instead. Volunteers can contact the core team via this link, to get involved:

<https://www.parkrun.org.uk/kinggeorgev-juniors/futureroster/>.



# Goal Getters 2020 – by Sean Price

For next year, after feedback received from the Goal Getters in 2019, we would like the project to split into two sections:

1. A non-time based challenge described as 'Completers', known as the "AVR Goal Getters Challenge".
2. A GG championship which will be time based and described as 'Competers', known as the "AVR Goal Getters Championship".

## **AVR Goal Getters Challenge**

The challenge is to complete a certain amount of challenges. At least half should be from the 'Non-Run' based category and half from 'Run' based category. All challenges count once (except those marked #). Awards as follows: -

10 challenges = Bronze

15 challenges = Silver

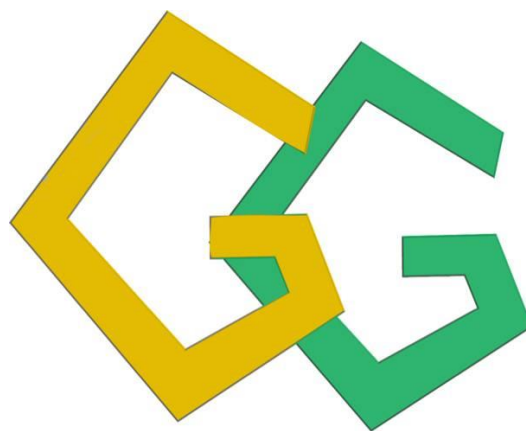
20 challenges = Gold

## **Non-Run based Challenges (# first three challenges can be performed twice): -**

1. Volunteer for an AVR open event #
2. Volunteer for an AVR closed event #
3. Volunteer for a JAVR event #
4. Attend an AVR social event
5. Join an AVR working group
6. Post on the AVR members only group
7. Contribute to the AVR Valley News (newsletter)
8. Volunteer for Southwick parkrun
9. Volunteer for Melksham parkrun
10. Volunteer at King George V Junior parkrun

## **Run based Challenges: -**

11. Run an off road league race
12. Run a road league race
13. Run your home parkrun
14. Run an AVR closed event
15. Run a tourist parkrun
16. Run a half marathon
17. Run a 5 mile event
18. Run a 10 mile event
19. Lead an AVR club run
20. Run an event outside Wilts/Somerset
21. Take part in multi-sport event for AVT
22. Run at an AVR coached session
23. Pace at parkrun
24. Enter Club Championship
25. Run a Gwent XC League race



The aim is to encourage more engagement with the AVR and the local running community.

## **AVR Goal Getters Championship**

Submit your 2019 'Season's Best' times for 5k, 10k and Half Marathon.

The goal is to beat your 2019 times in 2020, awards as follows: -

At any 1 distance = Bronze

At any 2 distances = Silver

At all three distances = Gold

**If you would like to be a GG mentor in 2020, please contact Sean Price from 1<sup>st</sup> January.**

**If you would like to be a Goal Getter with the aim of taking part in the Challenge or Championship in 2020, contact Sean from 1<sup>st</sup> February.**

**Any activity that you take part in from 1<sup>st</sup> January will count – you will just need to inform your mentor once you know who they are.**



## **5x5 race series**



The poster features a yellow circular logo with a runner silhouette and the text 'AVON VALLEY RUNNERS' and 'V'. The main title is 'AVR 5 X 5 - TRAIL RACE SERIES 2020'. Below the title, it lists event dates: 'Thurs 2nd April', 'Thurs 7th May', 'Thurs 4th June', and 'Thurs 2nd July'. At the bottom, it says 'The Longs Arms Steeple Ashton BA14 6EU'. There are two small photos of a runner on a trail.

The 5x5 series is back again for 2020: 4 races of 5km for £5. Sign up for the first one in April here: <https://www.entrycentral.com/5x5Apr20>

### **Outward route:**

Run straight down the wide grassy track to a signpost on the left and turn left. Cross the field to a wooden bridge, cross it and turn right. Keep straight on along the right hand side of the field. The route is along a winding trail which arrives at a junction. Turn right and start a gentle climb up to the turning point, where you will find a marshal.

### **The return route retraces the outward route:**

From the farm buildings (the turn-around point) follow a winding track which proceeds on downhill to a junction of tracks. Turn left here along the track. Follow this track. Cross a bridge (a couple of planks) and continue along the track. Follow the footpath and the track across the field. At the end of the field you should see a sign. Turn right here and follow the lane. Near the end of Butts Lane track turn right, as indicated by a marshal, and follow the track to the finish, near the Longs Arms in Steeple Ashton.

# AVR parkrun championships

This fun competition between different age groups within the club, took place during December at Melksham parkrun (7<sup>th</sup> Dec) and Southwick (28<sup>th</sup>). The quickest cumulative time from a female and a male runner in each category will be crowned as the champion at the Presentation

parkrunner	Gender	Age Group	Melksham Time	Southwick Time	Total
<a href="#">Ben MACALISTER</a>	Male	<a href="#">JM11-14</a>	00:24:22	00:25:21	0:49:43
<a href="#">Bradley ARBERRY</a>	Male	<a href="#">SM20-24</a>	00:22:42	00:23:35	0:46:17
<a href="#">Esther FRAWLEY</a>	Female	<a href="#">SW18-19</a>	0:30:59	00:29:45	1:00:44
<a href="#">Maria WALTERS</a>	Female	<a href="#">SW25-29</a>	0:29:19	00:28:09	0:57:28
<a href="#">Sarah BARKER</a>	Female	<a href="#">SW30-34</a>	0:28:34	00:28:58	0:57:32
<a href="#">Josh LAY</a>	Male	<a href="#">VM35-39</a>	00:21:29	00:21:04	0:42:33
<a href="#">Dominic BEDDIS</a>	Male	<a href="#">VM40-44</a>	00:20:00	00:18:43	0:38:43
<a href="#">David MUDFORD</a>	Male	<a href="#">VM45-49</a>	00:22:22	00:21:11	0:43:33
<a href="#">Richard MORGETROYD</a>	Male	<a href="#">VM50-54</a>	00:20:25	00:20:33	0:40:58
<a href="#">Andrew JEFFERIES</a>	Male	<a href="#">VM55-59</a>	00:22:19	00:21:55	0:44:14
<a href="#">Simon WOODHEAD</a>	Male	<a href="#">VM60-64</a>	00:24:14	00:24:08	0:48:22
<a href="#">Rebekah CARRIVICK</a>	Female	<a href="#">VW35-39</a>	00:21:52	00:21:00	0:42:52
<a href="#">Jolene FARION</a>	Female	<a href="#">VW40-44</a>	00:23:52	00:23:29	0:47:21
<a href="#">Paula FARRELL</a>	Female	<a href="#">VW45-49</a>	00:23:52	00:23:04	0:46:56
<a href="#">Jackie HALL</a>	Female	<a href="#">VW50-54</a>	0:30:38	00:29:32	1:00:10
<a href="#">Carrie ALMEIDA</a>	Female	<a href="#">VW60-64</a>	0:35:20	00:34:29	1:09:49
<a href="#">Catherine GREENLAND</a>	Female	<a href="#">VW65-69</a>	0:34:50	00:32:42	1:07:32
<a href="#">Rosemary BARBER</a>	Female	<a href="#">VW70-74</a>	0:29:12	00:29:22	0:58:34

Evening on 1<sup>st</sup> February 2020. Congratulations to the winners in the table. Well done to Rosemary Barber for winning the WAVA championship with an average score of 76.04%.

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



The minibus is now full for this event on 11<sup>th</sup> January. Please consider coming along anyway and car sharing or email [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk) to be put on the waiting list. This trip will also count towards the Goal Getters Challenge #15, run as a tourist at a parkrun. More information can be found on the Facebook event page: <https://www.facebook.com/events/455877141976691/>

## AVR radio star – by Gemma Knudsen

Earlier in December, I was invited to visit BBC Radio Wiltshire to talk about winning the Wiltshire road race league on their local sports show. It was one of those things that I agreed to at the time because it sounded exciting, then regretted when the day came around and the nerves kicked in! Luckily it turns out the studios are really quiet in the evening and the presenter and producer were very friendly so it wasn't too intimidating, though being told to 'wait in the green room until we go on air!' sounded a bit serious.

After heading into the studio and getting the microphones set up, we went live and the presenter started with some easy questions about what the Wiltshire road league was and why I'd decided to take part (because I did the first few races and they went pretty well, so it seemed like a good idea to keep going!) Then I got a break while they played some music and we then went on to talking about training and the benefits of being in a running club, giving me a nice chance to promote AVR and the great support the club provides. Eventually we finished the final few questions, and I think I made it through without saying anything too silly, plus as a bonus I managed to get a mention for Toby the dog!



# AVR Presentation Evening

The biggest night in the AVR calendar is coming soon on 1<sup>st</sup> February! Keep your eyes on the closed Facebook page as Nominations for some awards will be coming out throughout January and it would be great to see as many nominees on the evening as possible. Tickets are still available on Entry Central: [www.entrycentral.com/event/111281](http://www.entrycentral.com/event/111281)



## AVON VALLEY RUNNERS

# *Awards*

**SATURDAY 1<sup>st</sup> FEB 2020**  
**Doors at 7PM**  
DRESS CODE: BLACK, RED & GOLD  
TICKETS £20 BEFORE 31<sup>ST</sup> DECEMBER  
£25 FROM 1<sup>ST</sup> JANUARY  
TICKETS CAN BE BOUGHT AT  
<https://www.entrycentral.com/event/111281>

**THE CIVIC CENTRE, TROWBRIDGE**  
St Stephen's Place, Trowbridge BA14 8AH

# AVR Leagues

## AVR LEAGUES 2019

### 2020 Road Race league races:

<http://www.avonvalleyrunners.org.uk/index.php?page=road-race-series-2020>

### 2020 Off-Road Race league races:

<http://www.avonvalleyrunners.org.uk/index.php?page=off-road-race-series-2020>

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/>

### OFF-ROAD LEAGUE:

**Plain Crazy (race 6)** – 35 members of AVR took part in this end-of-year almost-half-marathon that starts and ends on the outskirts of Warminster and takes runners through restricted areas of Salisbury Plain including the tank graveyard leading out of Imber.

Ben Mees was the first AVR across the line in 1:21:58 in 5<sup>th</sup> place overall and the first AVR female was Jackie Rockcliffe in 1:35:11.



This saw the end of the AVR off road league and has decided the winners in the male and female categories...

### **FINAL standings in the AVR off-road league – CONGRATULATIONS!**

Men	Women
1 <sup>st</sup> Simon Taylor – 27 points (5 races)	1 <sup>st</sup> Jen Marlow – 11 points (5 races)
2 <sup>nd</sup> Paul Hosking – 35 points (5 races)	2 <sup>nd</sup> Adele Cooper – 24 points (6 races)
3 <sup>rd</sup> Frank Lamerton – 58 points (4 races)	3 <sup>rd</sup> Gemma Knudsen – 30 points (4 races)

# Ultra-Running - by Mick Farrar

Unlike road races, I learnt early on in ultra-running that no two races are alike, regardless of the distance, elevation and level of support. Trying to even compare two local 50k races highlights the minor, and major differences. Both the Imber ultra and Salisbury 54321 50k set side-by-side are two completely different beasts. You never hear anyone at ultra-races comparing times of different courses, every race is individual, and many that change due to both the current and recent weather.

*Imber is run in the spring, twice I've raced it during full-scale storms, the early miles are very "undulating" with over 1000 ft of climb in the first 7 miles and much of that distance has churned up tracks, there is normally lots of groundwater, making the going slow and extremely cold early in the race. The choice of shoes needs to be made carefully as grip and comfort are needed.*

The 54321 is run in early August, the height of the English "summer", and the track is often baked, allowing participants to run with road shoes for the duration. The early miles see the runners heading north along the River Avon, before looping back and encircling Old Sarum Castle, the busy kissing gate being more of a hindrance than the climb itself.

*The middle 10 "flatter" miles of Imber is often bleakest, the featureless terrain and rolling countryside giving the runners little cover from the elements. The wide and deeply rutted tank tracks often force the runners to make the decision to either press on through the middle of the waterlogged track or waste more time circumnavigating the said obstacle. Eventually, you arrive at Gore Cross at 21 miles and begin the 3-mile climb, past CP4, back up onto the range road where the wind and the rain are often in our face at this point.*

The lightly rolling hills around Salisbury set no real challenges, the countryside is beautiful, and the only major challenges are crossing main roads, albeit with the help of the many marshals, or where to stop to get the best photos. The middle miles include passing through the grounds of a private Longford Castle, as well as its sprawling gardens and boathouse, and the magnificent alpine lodge in the Great Yews at 18 miles.

*Once finally up onto the range road you are fully exposed to the elements, the crosswinds often strong enough to push you across the track as the undulating hardcore slowly draws more energy from your legs. Onwards west until at last, you reach Bratton Camp and the quarry fence with just over 2 miles to go.*

You pass through the Salisbury Racecourse at 23 miles and head north to Wilton, looping back along the busy main road before dipping into Quidhampton and following the picturesque River Nadder east again towards the spire.

*The last mile or so of Imber is mostly downhill, the same hill you climbed at the beginning of the race. Starting with a narrow and often slippery track, through a gate leading into steeper sand and rocks that are almost technical in places at speed, until it finally starts to even out along a muddy and deeply puddled track. A few hundred meters of road before dipping back through another woods and then the last little climb back up to the leisure centre. The Town Crier announces your arrival at the corner to the car park, his ringing bell alerting the marshals and focusing your mind on the last 100 meters, where you are greeted, congratulated and handed your goody bag with the near famous mug inside. By now you are wet to the core, cold and in need of a long hot shower and a hot drink.*

You pass the Cathedral, dodging the thousands of tourists and photobombing their carefully choreographed pictures, before following the River Avon footpath that runs through the town past more tourists, shoppers and a Greggs. Finished runners returning to their cars urge you on as your last mile ticks down into half-mile, and then out of the tree cover by the city Fire Station where you are greeted with a tunnel of supports and finished athletes. You are handed your medal,

bottle of water and then meander off to find an ice cream van willing to help you part with your pennies.

Road races are often graded by runners as PB quality and even the slightest of elevation. Even up to a half marathon, runners are out for a relatively short period of time, but there aren't many half marathons designed to push the competitors to their limits, Frome Half may be an exception! 50K is a starting distance for ultra-racing, as blase as it sounds, and the further you go the less each race can be likened to each other. The 50-mile Butcombe Ultra around the Mendips cannot in any way be measured against the Westcountry Ultra Flat 50 miler, they are different beasts, each with different teeth.

Likewise, endurance races, looping a given distance, around tracks or local trails with food and water always available at trackside cannot be likened to longer distance races that place checkpoints at 10 to 15-mile stages and limit the number times you could possibly meet any crew. While extremely fatigued you still need to think about your constant fuelling and navigating the course. Neither types of race are easy, both require an extremely high level of fitness, stamina and a certain amount of stubbornness (determination) to finish.

Trying to merit ultra-runners by different races, that are run at different times of the year, or by speed and distance alone is defeating the whole object of why most people run these distances. Unless you are in the top 5/10% you are there to enjoy the battle, you are about to undertake, it's not about who you beat. Many top runners, both in road, trail and ultra-distances, will retire rather than not meet or equal a goal, but me, I'm in it for the mug.



# 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

### Stan Farr Boxing Day Run 5k-ish

Sarah Barker (CPB) 31:16

### 10km

<u>Bromham Pudding Run</u>	Elizabeth Morris	56:09
	Martin Russam	56:57
	Gary Day	37:24

### 10 miles

<u>Secret Santa 10 - Hullavington</u>	Sarah Barker	1:34:07
	Jo Farion	1:20:21
	Andrew Jeffries	1:12:19

### Southwick parkrun

Sally Frawley (CPB)	32:36	Esther Frawley (CPB)	29:21
Toby Firkins (CPB)	19:26	Simon Woodhead (CPB)	24:08
Rebekah Carrivick (CPB)	21:00	Josh Lay (CPB)	21:04

### Melksham parkrun

James Waugh (CPB)	27:54	Martin Russam (CPB)	27:33
Sarah Waugh (CPB)	25:31	Paula Farrell (CPB)	23:52
Jolene Farion (CPB)	23:52	Bradley Arberry (CPB)	22:42
Warren Wade (CPB)	22:33	Neil Edmundson (CPB)	20:28
Nettie Holley (CPB)	33:50	James Mackinlay (CPB)	31:26

### The Old Showfield

Frank Lamerton (CPB)	23:42	Ken Pyper (CPB)	20:47
Teresa Edwards (CPB)	27:14	Helen Donnelly (CPB)	26:46
Sarah Barker (CPB)	27:47	Linda Unsworth (CPB)	27:23
Helen Donnelly (CPB)	25:03		

### Other parkruns

<u>Bath Skyline</u>	Jim Chalmers (CPB)	38:40
<u>Chippenham</u>	Linda Unsworth (CPB)	30:53

# AVON VALLEY TRIATHLETES

**By AVT secretary, Lil Morris**

Firstly may I take the opportunity to wish you all a Merry Christmas and a Happy New Year. I hope you are feeling rested ready for 2020!

December has been an exceptionally quiet month on the AVT front as there simply isn't that many multisport events at this time of year however there has been some activity.



## DB Max – Castle Combe Winter TT Series

Congratulations to Sarah Barker, Darren Wintmore and Paul Hosking who braved the exceptionally cold weather to complete the 10 mile TT on the 1<sup>st</sup> December. Apologies if I've missed anyone. When you enter events please mark the club as "Avon Valley Triathletes" to allow me to locate you in the results.

## Halesowen Aquathlon

Paul Hosking managed to squeeze in one last event for 2019 taking part in the Halesowen Aquathlon on the 15<sup>th</sup> December, the event consisted of 400m pool swim followed by a 5k run. In Paul's words it was freezing cold however highly recommended as a great event. Congratulations Paul on a fantastic time of 36:20.

## AVT Big Bobble hats

I still have a limited number available (only 9 left) 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 'How Hard Did You Tri?' (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 for 2020

- DB Max 10 mile Time Trial (5th January)
- DB Max Chilly Duathlon (16<sup>th</sup> February)
- Bath Duathlon (21<sup>st</sup> March)
- Avon Aquathlon (22<sup>nd</sup> March)
- Westonbirt Duathlon (29<sup>th</sup> March)

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.

