

AVON VALLEY NEWS

Issue 217

January 2020



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Dates for your diary

- **Awards Night** – Saturday 1st February – Civic Centre Trowbridge
- Every first Wednesday – **post training social** in the TRFC bar – next date is 5th February 2020
- Every second Tuesday – **post training social** in the TRFC bar – next date: 11th February
- **JAVR dates...**



- 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.

AVR AGM

Thank you to everyone who attended the AGM earlier this month. The new committee were announced and, being an Olympic year, there was also a vote for the club's President (see below). The club secretaries celebrated the successes of 2019 and shared the club's financial situation too.

The AGM always takes place on the first Tuesday of January and is a great way to start the year.



AVR committee 2020

WARREN WADE CHAIRMAN



I joined AVR in March 2010 following some persuasion by Jackie Rockliffe. I love seeing people who join with limited running ability flourish and become extremely accomplished athletes. I joined the AVR committee in 2012 as the road race secretary and was honoured to become the Club Chairman in 2015. I was AVR Half Marathon course director form 2015-2019.

chairman@avonvalleyrunners.org.uk

VICKY BODMAN HONORARY SECRETARY (NEW)



I think I've now been with AVR a couple of years although I was a member before for a year but then had a year out. What I love most about AVR is the encouragement and support you get when racing. I feel proud to wear my AVR top and be recognised as an AVR runner 😊

I became the AVR Honorary Secretary in January 2020 and am on several working groups.

secretary@avonvalleyrunners.org.uk

SIMON REEVES

TREASURER



I have been on the AVR committee as Treasurer since 2016, I had been on the committee previously in the 90's.

I first joined AVR in Feb 1991 after I moved to the area and getting over a long term injury (leaving my former club Andover AC). I was a member up until 2005 – when I left only because AVR did not do juniors so I was taking my son up to Team Bath twice a week and to competitions at weekends, so ran with them for a few years. Once Sam gave up on the athletics, I left Team Bath and was unattached for a couple of years as I drifted out of running a bit. I then re-joined AVR in late 2011 or early 2012 (not sure of exact date) with rekindled enthusiasm for running. I have been a member ever since.

I love the friendly welcoming atmosphere and the support from other members. I have made many new friends over the years through the club.

treasurer@avonvalleyrunners.org.uk

VICKY ODY

ASSISTANT TREASURER (NEW)



I have now moved across from Assistant Secretary to Assistant Treasurer for 2020 - some may know that I am also an accountant by trade, so this is the logical spot for me on the committee. I also have experience from other leadership roles, for example as a former trustee of Hope Nature Centre (got involved via parkrun.) I look to bring this and my

perspective as a slow runner to the committee. I've been running since 2003, and have done most local races as well as popular national ones like London Marathon and the Great North. These days I mostly parkrun and particularly enjoy tourism such as the recent AVR trip to Cardiff. Personally I run for the social side and to promote my mental wellbeing, but I also enjoy cheering on club mates across our ages and abilities.

ALAN BUTTON ROAD RACE SECRETARY



I have been a member of AVR for approximately five years and I love anything running, so being part of a friendly and successful club is fantastic. As Road Race Secretary, the main purpose of my role is to promote the Wiltshire Road Race League. I enjoy seeing members enter the Wiltshire Road Race League, which to me is amazing, as this provides members the opportunity to enjoy competing against local clubs in the area, all contributing to securing points in the league in both our A team and B teams, there is always something for everyone. Seeing people enjoying their running, smiling, (most of the time), wearing club colours, supporting their club, achieving their personal goals, PBs etc and seeing plenty of AVR members at these league events is extremely rewarding. In 2019 my other main focuses were organising teams for the Bath two tunnels relay race and the Bristol Half Marathon which were really well supported by members. Seeing members running at AVR's own races is a great thing, as well as those and all who are involved in organising AVR events, volunteers etc, all of whom help to support the club and make it great. I always love turning up at club training sessions, where our coaches and run leaders all do such an excellent job, learning techniques, and catching up with club mates, sharing stories about races, running experiences, hills and learning about training hints and tips etc, is something that I continue to love.

Here's to hopefully another great year for AVR in 2020. Happy running!
roadrace@avonvalleyrunners.org.uk

ANTHONY HICKSON OFF-ROAD RACE SECRETARY



Together with Jo Farion, my committee role is to encourage members who want to, to take part in off road events, especially Championship races. We select some of the events to include in the AVR Championship, seeking the races which others would like included. My role also includes keeping the AVR Off-Road Championship tables up to date.

Another side to my activities involves helping the slower runners by leading (from the back or from the front), training runs twice a week.

I am the Race Director of the 5x5 trail race which is a series of 4 or 5 events during the year. I also try to keep part of the website up to date, but need help from others, especially to provide information.

I am, together with anyone else who wishes to attend, the AVR representative on the Wiltshire Athletic Association. Finally I love volunteering at events as well as taking part. For the record, my slowest marathon is 3 hours, 15 minutes.

offroad@avonvalleyrunners.org.uk

JO FARION ASSISTANT OFF-ROAD RACE SECRETARY (NEW)



I first started running with my dog to stop her from chewing the house! When she got too old I thought I would join a club AVR, where not only did I gain confidence in my running I meet some wonderful people who without running would never have met. I soon learnt that without volunteers, clubs like ours can't go on forever so I got more involved with volunteering, then I joined the 5x5 working group.

I joined the club committee in 2019 as minutes secretary and moved over to support Anthony as the assistant road race secretary in January 2020.

HOLLY NEWMAN

Junior AVR SECRETARY



I have been a member of AVR since May 2010 and I made the transition from being a JAVR member to an AVR member. Originally, I joined because my Dad was a member and I wanted to beat him! Shorter the distance the better for me! 800m, 400m, 5km and aquathlons are what I really like.

As well as running for the club I coach the juniors twice a week and the adults once a month and organise the AVR Relay and the annual Track Championships. I love that no matter what ability you are or what running experience you have AVR has something for everyone and is a very inclusive club.

I love that I have made life-long friends within the club. Being a member of AVR means more to me than just running.

LIL MORRIS

AVT SECRETARY



I've been a member of AVR since October 2016 joining 6 months after I first started running. I love AVR for many reasons. Primarily it's a running club open to all abilities and although I'll probably never trouble the podium spots I've received nothing but encouragement from fellow club members. There's a real sense of camaraderie within AVR when you're at a race and I'm fortunate to have made many friends from the club.

Lastly there are also many ways to get involved and I've enjoyed becoming more familiar with the world of multisport over the last 12 months as AVT Secretary.

LOUISE FEARON

MEMBERSHIP SECRETARY (NEW/ADMIN)



In December 2019 I started in the role as the AVR Membership secretary, I had been on the committee previously. I have taken on the RD role for AVR Half 2020.

I have been a member of AVR for 6 and a bit years. I love the friendships you make and when you turn up, however you are feeling, there is always someone to run with.

membership@avonvalleyrunners.org.uk

DAVD HYDE

VOLUNTEER COORDINATOR



I joined AVR I believe in February 2017. In January 2018 I became the Volunteer Coordinator for all AVR races. This led me to join the main AVR committee in January 2019 due to the roles I already assist with in the club. The coordinator role needed a constant feed of information on races, accurate information and discussion.

In April 2019 I launched the AVR Volunteer reward scheme to assist promotion of volunteering and the positive aspects of it. I am also on the social working group assisting with the planning and running of social events within the club. In January 2019 undertook my LiRF to enable me to take regular club runs and in April 2019 I ran a 12-week 5K improvers course.

AVR is a big family to me whether at events or training and I get great pleasure in helping and supporting others. The club gives me such a positive outlook and it's a pleasure to be there help others and give back some of what other people have given to me.

volunteers@avonvalleyrunners.org.uk

SARAH BARKER

AVR NEWSLETTER – ‘THE VALLEY NEWS’



I joined AVR in 2015 after starting running in the New Year and getting into parkrun. I decided to join a club for advice, guidance and to improve my running and it was the best decision I've ever made.

I joined the main committee about 3 years ago after being asked by Warren, then I took over the newsletter from Gary MacAlister a year later. I am also part of the Social working group and AVT working group.

I love how amazing and supportive the club is. I've made some fantastic friends and tried so many new things that have all challenged me, such as half marathons and triathlon. I'm now on the road to my first marathon which I would never have thought possible without the support of such a wonderful club.

newsletter@avonvalleyrunners.org.uk

JAY SIMS

SAFEGUARDING LEAD (NEW)



I joined AVR as a complete non-runner and a beginner in 2015 and I was persuaded by Denise Ellis to join the committee in 2016, I am still unsure of how exactly how I became the AVT secretary but I ended up doing it for three years. I stepped in as Honorary Secretary for 2019, then in January 2020 I changed role to become the new safeguarding lead.

I am very proud to be the Race Director for Over the Hills taking this role for 2019. I'm a LiRF and CiRF and I currently look after the club night runs, the initiatives and I support at various coached sessions throughout the week. In 2020 I will also be helping out more with the volunteering working group.

Being a beginner myself I really enjoyed the challenge of leading the 2019 AVR beginners along with Sean Price and seeing these runners integrating into the club.

When it comes to running, I really love the variety within AVR and of course the people. I am however still working hard on my patience whilst waiting to return to running properly due to a back problem.

CAROLE ALSTON COMMITTEE MEMBER



I joined AVR in Sept 2016 at the age of 60 when I signed up to the Beginners Course having decided to challenge myself to try running. After completing beginners, I followed on with the 5 - 10k Improvers Course and am grateful to all the run leaders for supporting me successfully through these courses. I joined the AVR committee in January 2018.

Within AVR I've found friendship, support, encouragement and enjoyment of a new fitness activity. I think what I love most about AVR is the fact that it caters for runners of all ages and abilities making everyone feel part of the club. I am now a qualified LIRF so to anyone who thinks they've left it too late to start, I can show you that age is certainly no barrier to learning to run.

KATHRYN PARTINGTON MINUTES SECRETARY (NEW/ADMIN)



I started running with AVR in November 2018 doing C25K. I've enjoyed the continued support from everyone at the club and how helpful everyone is.

I took on the role of minutes secretary for the club in January 2020.

**AVR CLUB WELFARE OFFICERS:
RICHARD NEWMAN**



**AVR CLUB WELFARE OFFICERS:
LINDA LADNER**



**JAVR CLUB WELFARE OFFICERS:
SARA ROBERT**



**JAVR CLUB WELFARE OFFICERS:
MARTIN DAVIS**



DENISE ELLIS CLUB PRESIDENT



I became a member of AVR as an absolute beginner in 1987, 1 year after the formation of the club. But as my husband Bob Ellis was a founder member I have been involved from the start. It took me a long time to get to running any distance and I always ran on road. The club was very small with no coaches but a wealth of experience to draw on from other club members. I quickly became involved in committee issues, 1st supporting Bob and then becoming a committee member myself. I have been Chairman twice but our club had far fewer members then and the issues covered in meetings were nowhere near as technical and challenging as our esteemed chairman and secretary have to cope with now. In all, with 2 maternity breaks I think I have served as a committee member for over 25 years. Time for new blood.

I decided to run my 1st marathon in 1996, it was that or give up running as I was bored, and I have gone on to run a further 10 after realising distance events were my forte (I have a marathon pb of 3.36) Later, struggling to motivate myself on tarmac, I discovered off road running about 15 years ago and was hooked. I now enter off road events to complete not compete. I don't attend club nights as often these days, but rest assured, if you slice me down the middle, AVR is there all the way through like a stick of rock.

TED ROCKLIFFE VICE PRESIDENT



Ted originally started running just to keep fit for playing squash however he has had a great running career. One of AVR's great supporters with a wicked sense of humour and also one of the founder members of the club, sadly Ted had to give up running himself after having knee surgery in 2009.

Ted was the AVR Club Chairman from 1992-1995 and again in 2006-2008. He was Club President from 2012-2019 and became Vice President in January 2020.

BOB WASHBOURNE VICE PRESIDENT



I have always enjoyed running, I've never been a good runner but I've never been a bad runner. The one thing that is constant, I've always enjoyed running. That's what running is all about, it means different things to different people.

I am proud to be a founder member of a great club, but it is the people that make the club what it is, from the serious runners chasing times to the runners who use it as a means to keep fit and de-stress. The club is made and run by the Committee and the people who get involved in the activities organisation - this is something we should always be thankful for.

I have been a lifelong vegetarian and believe in the sanctity of all life. My activities as you would guess are, running, swimming, cycling and walking. Other interests include travelling, Buddhism, and trying to get a recognisable tune out of my Yukulele.

ANDREW HODDINOTT VICE PRESIDENT



I joined AVR in 2006 after taking part in many AVR organised events - Over the Hills, Trowbridge 10K etc. I became a committee member the following year and then stood as Chairman for 5 years before handing this over to the current chairman, Warren Wade.

I trained and raced regularly with AVR taking part in many local races and also triathlon. For me running has been about personal goals and fitness rather than competition. I've always combined it with circuit training and gym work to aid other interests such as climbing. I had shoulder injury in 2009 which took nearly 2 years to recover from, during this time I started coaching AVR with Alan Hayes. We had a great bunch of athletes and ran sessions in Trowbridge Park on Tuesday nights or Southwick Country Park on Saturdays. I will always be thankful to Alan for his time, encouragement, humour and sarcasm, helping me to become a Level 2 coach.

These days I just about keep fit with a variety of fitness classes and gym work. I have been learning to fly a microlight and hope to qualify as a pilot early in 2020.

AVR is a great club that I am very proud to be involved with. When I stepped down as Chairman I was given an Honorary life membership, this was not only a great surprise but also a great honour, I treasure the tankard to this day. Although I don't get to club I am still involved in the back office helping with the website and IT.

webmaster@avonvalleyrunners.org.uk

Goal Getters 2020 – by Sean Price



Follow the AVR Goal Getters on Twitter at **@AVRGoal**

Goal Getters in 2020 will be 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

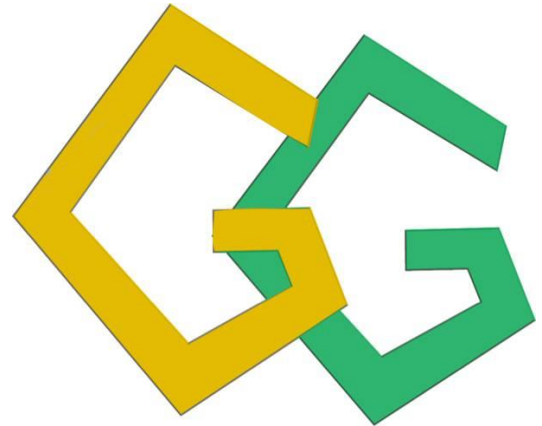
15 challenges = Silver

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 Goal Getter with the aim of taking part in the Challenge or Championship in 2020, contact Sean Price from 1st February.

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

South West Cross Country Championships – by

Gemma Lawton

On 5th January, a collection of AVR runners headed down to Yeovil for the South West cross country championships, over the short but 'lumpy' course at Aldon Hill.

The men's race was at the start of the programme (the opposite way around to most events and I wasn't impressed as I prefer getting the running over with then enjoying watching everyone else!) and it was a tough start for them with two big hills to climb in the first lap.



We had excitement at the front as Ed got into a competition with a mystery man from outside the area. Unfortunately the mystery man was Jake Smith, who recently smashed the British under 23 half marathon record, so not a great person for Ed to try to chase! Despite using a lot of energy in the first half of the race, Ed ended up in a respectable 4th place and Mike Towler also had a great run to place 16th in a very competitive field. There were lots of other strong performances and with a great turn out from AVR, it was a fun race for those of us watching.

Then on to the juniors races, with some fantastic performances from the JAVR athletes across all the age groups!

Finally it was time for the ladies race, and again we had a good club turn out. It's much more fun starting a race surrounded by other AVR ladies and also helps to make sure you don't go off too fast - though we're also not allowed to chat to each other while we run as apparently that means we're not going fast enough! The first lap was fine but by the second lap it was getting tougher to get up the big hill, especially knowing that we still had to do it one more time. By the third lap, we were really grateful for the AVR members who'd stayed behind to support, in particular Chris Suter who was waiting to cheer us up the hill! In the end the effort was worth it, as there were some great runs from the ladies and we also ended up with team bronze medals for AVR.



There was also one final success for the day as the amazing Diane Hier won the vet 55 gold medal – with a very convincing victory as she was almost 2 minutes faster than the lady in 2nd place, wow!

First and Last for AVR – by Martin Pearce

Who would have thought that, two years on from my original shoeperman challenge, the shoe and I would still be in the public minds. As you may have seen I was on the BBC on Saturday 4th Jan (my birthday) as part of the Jog On round in Jason Manford's new game show – First and Last.



It all started when I noticed I was being stalked on social media. A message came through from a lady working for Zeppotron who were looking to make the program. I was asked if I was interested in appearing in the shoe. The round was to have 7 people who had run a Marathon in costume and the contestant was to try and guess who had times in the middle, i.e. who wasn't the quickest nor the slowest. I jumped at the chance.



Filming was to be on a number of days in December at Pinewood Studios. I had to send over pics of me in the shoe to prove I still had it, that it was in good condition and had no commercial advertising on it – charity logo was fine. Oh, also had to sign an NDA that I couldn't talk about it nor take any photos whilst at Pinewood Studios. Also couldn't speak to anyone about my finish time for VLM, not even the other runners.

Monday 2nd December was my filming day and I set off both nervous and excited. I couldn't post what I was doing on social media and was bursting to check in and do photos. Arrived at 9.30 and shown to a small room which was going to be our base for the day. It reminded me of VLM in 2017 as slowly people turned up with costumes – I wasn't the only nutter. The room was claustrophobic and had no windows, we had runners and chaperones as we weren't allow unaccompanied on site, nor were we to bump in to any of the contestants



First time on set was at 11am. No Jason and no contestants. It was all about set up. Floor Manager took Jason's role and interns played the part of contestants and audience. Various orders of runners were tried, also whether we walked on or run on. Lots of hanging around and retrying lighting, positioning and scripts.

Our first trip out of the room was for lunch. Wow, what a place. They were filming the last parts of the new 007 film on site plus the latest Jurassic World movie. Plenty of actors (who I didn't really recognise) and extras plus some interesting animatronics kicking around.

Second run through, dress rehearsal this time, was at 3.30. First into make-up, now that's an interesting experience. Young lad from Columbia who lives in Paris! Did wonders to remove the bags under my eyes and the dark marks in the corners. Also managed to reduce the shine coming from my receding hairline!

This time Jason was there and wanted to try out some of his gags. This is where the Personal Trainer answer came from when he asked what I did. By the way, I am not a personal trainer! Another rearrange of our order of entrance and also what we were to say, and where we should look during the rounds.

More food before the proper filming starting at 8pm. This time there was a full audience and I swear the cameras had multiplied by about 10. It was very stop start as Jason forgot lines and wanted to change things. The Personal Trainer joke fell flat in the studio but on the program that was aired they had added some canned laughter. The camel and tiger definitely stole the show during filming, although none of that was aired.



Finally finished at 10pm whilst the program continued to film. As fascinating day to see behind the scenes of a TV gameshow, although lots of hanging around drinking coffee and eating biscuits.

AVR 5 X 5 - TRAIL RACE SERIES 2020

* **EVENT DATES** *

Thurs 2nd April
Thurs 7th May
Thurs 4th June
Thurs 2nd July

The Longs Arms Steeple Ashton BA14 6EU

5x5 race series

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 down-hill 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 do Cardiff parkrun

On 11th January, 23 members of the club descended onto Cardiff parkrun for some tourism away from the usual local haunts. Rich Newman drove the mini bus with 16 others and with a few others arriving in others cars, we certainly made our mark on the event! When we arrived, there weren't many other runners around – even at 8:45 there seemed to be more volunteers than participants, then suddenly at the last minute everyone arrived – all 1050 of them! A congested start meant many couldn't get going for a minute or so and a busy finish funnel saw a few runners queuing at the finish line before the stopwatch. A new parkrun is being planned nearby however, to try and relieve the pressure.



The ever-amazing Holly Newman finished as the 3 female and Sally Frawley ran her fastest 5km ever! We all took over in the café at the nearby Tesco and enjoyed the time to socialize and chat.

The next parkrun tourism is being planned by Rich Newman and a recent post on Facebook has chosen Moors Valley as the location. Keep your eyes peeled for more information on the date and how to get a place on the minibus.



AVR Leagues

AVR LEAGUES 2020

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/>

Road Race League 2020 – Hullavington marathon relay

The 2020 extra event in Wiltshire Road Race League is the Hullavington Marathon Team Relay Race.

This is similar to last year's extra event in the league, which was the Bath Two tunnels relay race, which AVR were represented by 4 teams, and due to these 4 teams performing strongly, earning vital team points, ensured that we retained the league title. So to keep that momentum going for 2020, teams are required for the Hullavington relay race on 20th September.



It's teams of 4, each with a leg of between 6.25 and 6.75 miles per leg.

Cost is £17.68 per person (cheaper if we enter early), including medal and cake for each finisher. This team Relay race is Wiltshire Road Race League team points. The individual marathon event is not WRRL.

Please contact "Roadrace@avonvalleyrunners.org.uk" expressing your interest or if you have any queries, for what will be again an exciting event!

New AVR off-road format for 2020

This year we have decided to change the format and to give members a much wider choice of events at the same time keeping the Wiltshire League and including the Gwent League events.

So this year (January to December) there will be 20 races from which to choose, all the WORL races for 2020 and all the Gwent League races for 2020 plus other events which may include some races further afield, to add variety to the choice.

However only the best 8 (eight) races will count for the championship.

The first AVR runner will get 1 point, the 2nd will get 2 points and so on until all runners are accounted for. Non-runners will get five points more than the number of points of the last runner of the highest attended race. The winner will be the runner with the least points.

Since only the best 8 races for each runner will count, you don't have to run every race, however if there is a tie for the winners then the 9th race will be taken into consideration until a winner is established.

Awards will be made to the top three highest scoring men and women.

Nine of the Qualifying events are:

1. Saturday, 8th February, Gwent League event
2. Sunday, 9th February, [SMaRTT Smasher](#) - Calne - (WORL)
3. Sunday, 23rd February, [River Avon Trail 10k](#)
4. Saturday, 1st March, Gwent League event
5. Sunday, 29th March, Bowood 10k - (WORL)
6. Easter Sunday, 12th April, Hanham Horror (*fills up quickly*)
7. Sunday, 10th May, Jack & Jill Challenge
8. Sunday, June 7th, [Collingbourne Half](#) - Andover
9. Wednesday, 12th August, Hilly Helmet

More will be added soon

Under consideration

- June 14th - Cheddar Gorge Challenge 10k
- August 31st - Machen Mountain Race 7k
- September 20th - Mells Scenic 7

These last two depend on the dates for the Gwent and WORL championships - but we would welcome feedback

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

WALL OF FAME

For the first time in probably ever, there are no PBs at organised events! All achievements this month are course personal bests at a variety of parkruns.

Southwick parkrun

Sally Frawley (CPB)	30:58	Daniel Lewis (CPB)	26:13
Kat Taylor-Laird (CPB)	24:09	Toby Firkins (CPB)	19:25
Ashleigh Salter (CPB)	30:40	Tom Gale (CPB)	33:00
Katie Hill (CPB)	36:07	Michelle Gale (CPB)	47:33

Melksham parkrun

Joan Carpenter (CPB)	30:12	Claire Balecke (CPB)	36:52
Sophie Williamson (CPB)	35:15		

The Old Showfield

Sarah Jeffries (CPB)	24:32	Stephen Jeffries (CPB)	21:51
Darren Messen (CPB)	21:34	Leah Sartain (CPB)	20:10
Fiona Gibbs (CPB)	27:16	Robin-Mark Schols (CPB)	19:31
Katie Nickless (CPB)	34:51		

Other parkruns

<u>Bath Skyline</u>	Jackie Hall (CPB)	33:28
	Teresa Edwards (CPB)	32:44
	Andy Cunningham (CPB)	22:32
	Harry Jerram (CPB)	28:02
<u>Chippenham</u>	Holly Newman (CPB)	28:12
	Toby Firkins (CPB)	19:18
<u>Crane Park</u>	Peter Jeffries (CPB)	27:52
<u>Sewerby</u>	Peter Dyer (CPB)	19:51
<u>Cannon Hill</u>	Vicky Bodman (CPB)	27:24
<u>Cardiff</u>	Vicky Ody (CPB)	37:47
	Hayley southgate (CPB)	26:49

AVON VALLEY TRIATHLETES

By AVT secretary, Lil Morris

And just like that January has been and gone. I don't know about everyone else but I for one am certainly looking forward to spring now. With a new year comes another year of multisport results, please email them to me at avt@avonvalleyrunners.org.uk as we go through the year.



When submitting your results you MUST include:

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

DB Max – Castle Combe Winter TT Series

Congratulations to Paul Banfield, Rebecca Hex, Darren Wrintmore, Steve Clark and Anne Clark for all kicking off the New Year completing in the 10 mile TT on the 5th January. Huge congratulations to Anne for her VF60 category 1st place and also it was Rebecca's first TT and she absolutely smashed it! 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.

2020 ETU Walchsee Aquabike European Championships

Congratulations are in order for Steve Clark who has qualified for the ETU European Championships and will be representing GB. Steve will need to swim 1.9k and then cycle 90k at the event in Austria on the 28th June proudly wearing his team GB kit. Whilst confirmation of selection for the Worlds in Holland (September) is still pending we're wishing Steve the best of luck!



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 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

The AVT working group held a meeting on the 27th going through all of the feedback/ideas on multisport training sessions and/or workshops for 2020. Thank you again for all those who contributed, it really was appreciated.

We have some exciting plans coming up – please keep your eyes peeled for more news shortly!

Upcoming events for 2020

- Calne Aquathlon series (chasing up on this as entries not yet open)
- DB Max Chilly Duathlon (16th February)
- Bath Duathlon (21st March)
- Avon Aquathlon (22nd March)
- Westonbirt Duathlon (29th 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.

