

AVON VALLEY NEWS

Issue 218

February 2020



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Dates for your diary

- Every first Wednesday – **post training social** in the TRFC bar – next date is 4th March 2020
- Every second Tuesday – **post training social** in the TRFC bar – next date: 10th March
- **Monday 6th April** – 5k-10k improvers begins for 12 weeks
- **Thursday 21st May** – Run and Talk 6:30-8:30 Tithe Barn BonA
- **JAVR dates...**



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 committee 2020 - *update*

Apologies to Darren for omitting this last month...



DARREN WRINTMORE - VICE PRESIDENT

I originally joined Avon Valley Runners back in March 1987 and really enjoyed racing, recording a few victories and even setting a club record for 5K back in 1988. Then, following an 8-year retirement from running, I re-joined the club when I moved back to Wiltshire in 1999 and in 2001 was asked to join the committee after building the club's first

website. I served as Club Captain for 3-years and Honorary Secretary for 5-years before stepping down in 2012 to concentrate on my role as Chairman of Wiltshire Athletic Association and the County Senior team manager. That year I was honoured to be granted life membership of Avon Valley Runners and made a Vice President of the club, a position that I am happy to continue in. A couple of years ago though, I ceded to injury and now get my kicks on two-wheels as well as organising running and cycling events.

AVR Presentation Evening

What a fantastic night at this year's event! Around 100 members came along to the black and red themed celebration at the Civic Centre, at the biggest event yet, to celebrate the achievements of club members from 2019. We also raised £700 through the raffle for Dorothy House too, so a huge thank you to those who bought an envelope on the night.



Thank you also to the Social Working Group (*pictured above*) for their hard work and time in putting this event on for everyone to enjoy. Finally, a huge thank you to Warren, Sean and Lil (*below*) for taking to the stage to announce the awards for the different categories throughout the evening and also to Cathy for taking the award photographs all evening.



AVR Road Race League winners

Mike Towler
Pippa Brewer

AVR Off-Road Race League winners

Dan Piper
Gemma Knudsen

How Farr for AVR Male SEN

Pete Veleski 370km

Male Vet 40

Gary MacAlister 646.2km

Male Vet 50

Andrew Jefferies 573.8km

Male Vet 60

Andrew Sharratt 393.6km

How Farr for AVR Female SEN

Holly Newman 451.5km

Female Vet 40

Jo Farion 406.1km

Female Vet 50

Teresa Edwards 391.6km

Female Vet 60

Carrie Almeida

Best Marathon Male

Rich Harding 2:40:41

Holly Rush 2:45:41

Stan Farr Boxing Day winners

Niall Thorne

Jackie Rockliffe

**Most Improved
Male**

Gary Day

Female

Holly Newman

**Outstanding senior
Male**

Ed Knudsen

Female

Gemma Knudsen

**Outstanding Vet 40
Male**

Rich Harding

Female

Veryan Cranston

**Outstanding Vet 50
Male**

Andrew Jefferies

Female

Fiona Price

**Outstanding Vet 60
Male**

Frank Lamerton

Female

Rosemary Barber

**Outstanding beginners
Male**

Marc Sampson

Female

Sally Frawley

**Tony Bartlett Perseverance
Award**

Anthony Hickson

Team of the Year
*2019 Ladies Wiltshire & tri-
counties XC
championships:*

- Gemma Knudsen
- Veryan Cranston
 - Diane Heir
- Holly Newman
- Rebekah Carrivick
 - Paula Farrell
 - Adele Cooper

**'The Bomb' for going above
and beyond the call of duty for
the club**

David Hyde



'The Goofy'

Jo Farion for offering to sweep the Imber Ultra but getting into trouble with electric fences and having to drop out due to mild hypothermia!

The Broken Compass

Andrew Jefferies for making 4 wrong turns on the South Downs Way and adding on an extra 2 miles. He lost first position and finished in 3rd.

The Grape Blister

Ed Knudsen for getting distracted in the North Downs 50 miler by looking at a dog that looked like his own, then running into a fallen tree, cutting his head and getting knocked down. He got picked up by the dog's family (a few times because he was dizzy and kept falling back down!) and eventually jogged to the next aid station, where he had some beer and then decided to finish the race. He came 7th then won Shrewton 10k the next day!



Best Race Face (photo)

Mike Towler



Best Two-Footer (photo)

Dan Piper



Runners' Choice

Alan Button



AVR volunteer t-shirts

Throughout 2019/20, any volunteering you complete earns you credits towards an exclusive volunteer t-shirt. Congratulations to the first groups for volunteer heroes who received their t-shirts on the night.



Goal Getters Awards

Vicky Bodman

PLATINUM AWARD

Mentor: Hayley Bolter

5k: 25:42

10k: 53:49

HM: 2:03:20

Ben Blackwall

GOLD AWARD

Mentor: Ben Psaila

5k: 19:16

10k: 41:52

HM: 1:29:25

Kim Brown

GOLD AWARD

Mentor: Ben Psaila

5k: 28:36

10k: 59:57

HM: 2:23:10

Gary Day

GOLD AWARD

Mentor: Fiona Price

5k: 18:30

10k: 37:24

HM: 1:24:32

Jen Marlow

GOLD AWARD

Mentor: Fiona Price

5k: 20:27

10k: 43:24

HM: 1:36:59

Anna Bradshaw
GOLD AWARD
Mentor: Fiona Price
5k: 29:38
10k: 59:18
HM: 2:16:46

Hayley Anderson
GOLD AWARD
Mentor: David Bagshaw
5k: 27:12
10k: 57:52
HM: 2:07:50

Sandra Sharratt
GOLD AWARD
Mentor: Debbie Ellis
5k: 34:07
10k: 1:11:50
HM: 2:45:06

Liz Mason
GOLD AWARD
Mentor: Richard Southgate
5k: 30:17
10k: 1:02:48
HM: 2:27:57

Claire Heathcote
GOLD AWARD
Mentor: Liz Richardson
5k: 33:37
10k: 1:13:51
HM: 2:42:14

Holly Newman
GOLD AWARD
Mentor: Mick Farrar
5k: 20:00
10k: 42:50
HM: 1:37:10

Jackie Hall
GOLD AWARD
Mentor: Mick Farrar
5k: 28:00
10k: 1:00:21
HM: 2:27:43

Paul Leverington
GOLD AWARD
Mentor: Paul Hosking
5k: 24:41
10k: 50:48
HM: 1:57:39

Jerry Clark
GOLD AWARD
Mentor: Paul Hosking
5k: 32:39
10k: 1:07:31
HM: 2:37:51

Anne-Marie Gibson
GOLD AWARD
Mentor: Jo Farion
5k: 29:36
10k: 1:00:36
HM: 2:20:38

Kat Taylor
GOLD AWARD
Mentor: Richard Newman
5k: 23:21
10k: 51:15
HM: 2:05:02

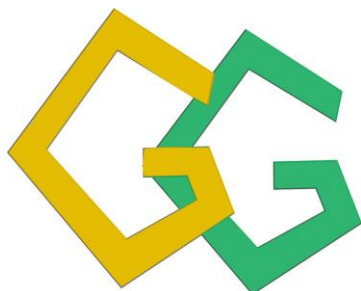
Katy Nickless
GOLD AWARD
Mentor: Michael Guy
5k: 34:48
10k: 1:14:21
HM: 2:51:07

Hayley Southgate
GOLD AWARD
Mentor: Vicky Ody
5k: 26:21
10k: 54:50
HM: 2:05:04

Kathryn Partington
GOLD AWARD
Mentor: Vicky Ody
5k: 29:43
10k: 1:07:29
HM: 2:44:11

Teresa Edwards
GOLD AWARD
Mentor: Doug Marr
5k: 27:29
10k: 57:18
HM: 2:15:18

Elizabeth Morris
GOLD AWARD
Mentor: Helen Thorne
5k: 27:03
10k: 56:09
HM: 2:19:57



Sara Robert
SILVER AWARD
Mentor: Maria Harryman
5k: 25:34
10k: 54:24
HM: 2:05:21

Avon Valley Triathlete Awards

Celebrating multi-sport achievements within the club. Did you know that your AVR membership automatically includes AVT membership?

AVT League winners

Male

Paul Hosking

Female

Holly Newman

Most Improved

Rich Ayling

How Hard Did You Tri? (total

distance covered in multi-sport events through the year)

Male

Stephen Clark

Female

Diane Heir

Best Newcomer

Anne Clark



AVR parkrun Championship

A fun inter-club competition held in December at Melksham and Southwick parkruns. The quickest cumulative time in each age category, where qualifying members ran at both events, wins a trophy!



Junior 11-14

Ben MacAlister

Senior male 20-24

Bradley Arberry

Senior female 18-19

Esther Frawley

Senior female 25-29

Maria Walters

Senior female 30-34

Sarah Barker

Vet male 35-39

Josh Lay

Vet male 40-45

Dominic Beddis

Vet male 45-49

David Mudford

Vet male 50-55

Richard Morgetroyd

Vet male 55-59

Andrew Jefferies

Vet male 60-64

Simon Woodhead

Vet female 35-39

Rebekah Carrivick

Vet female 40-44

Jo Farion

Vet female 45-49

Paula Farrell

Vet female 50-55

Jackie Hall

Vet female 60-64

Carrie Almeida

Vet female 65-69

Catherine Greenland

Vet female 70-74

Rosemary Barber

AVR coaches and coaches in training – by Jay Sims-

Bagshaw

We are still developing our AVR coaching team, only three of our coaches have been qualified for over a year and two more are still in the process of gaining their qualification. We do value feedback but also ask that you show some patience and support as our newly qualified coaches continue on their learning journey.

Holly Newman

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!



The 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.

I am LiRF and CiRF qualified and looking after the JAVR training on Mondays and Wednesdays as well as helping on Tuesday speed sessions on rotation.

Steve Williams

I first started coaching groups in 1981 when I founded the Manchester Polytechnic (now Manchester Met Uni) Athletics Club. The sessions ensured that we could maintain the club's initial momentum and provide members with structured sessions to aid their development. I have continued to coach and/or advise athletes since that time, albeit with gaps on the group coaching front for career reasons.



In London in 1988, I initiated 2 speed sessions per week with Muswell Hill Runners, later to become London Heathside. Despite initial skepticism from some diehard club members these sessions soon became successful with regular groups of 30/40 plus runners splitting into 3 led groups of varying abilities - after an initial run warm-up together. I also started coaching/advising athletes on a one-to-one basis - some from outside my club. After a coaching gap of several years, and upon my permanent move to Wiltshire in 2013, I decided, as I had planned to do, to return to group coaching sessions with AVR. Having been a member of the club since 1996/7 I had witnessed the overall performance fluctuations within the club and wanted to help both address this and enable its members to realise and reach their true

potential. From mid/late summer 2013 I introduced a second weekly speed session on Thursdays and took over the Tuesday night session. I also began working with my first athlete on a one-to-one basis, Tim Lowrie. His subsequent improvements helped lend credibility to my coaching credentials and I will be forever grateful for my involvement with him.

Since Tim, I have worked with a number of club runners and continue to try and get them to push their self-expectations and then to realise them. For myself, there is no greater personal satisfaction than helping somebody to realise their potential. And as long as I can stay healthy in mind and body I will continue to do so.

Avanti the Valley!

Jay Sims-Bagshaw

I joined AVR as a complete non-runner and a beginner in 2015 and went on to complete up to half marathon distance races and several triathlons. In 2016 I became more practically involved with the club, this will now be my 5th year in a helping capacity be it leading runs, AVT Secretary 2016-2018, AVR Secretary 2019, Safeguarding Lead 2020, OTH RD 2019 and helping lead or assist with the initiatives including the beginners and the 5-10k group.

Most of the bits I do have somehow found their way to me, originally I only offered to help support with the Tuesday speed sessions to give my husband David a bit of a break, I completed my LiRF outside of AVR in order to support a young person within my work, after that I found myself being asked by Rich Ayling to become a Coach in run fitness for AVR, which I completed in 2019.



In 2020 I am currently looking after the club night runs, the initiatives and I also support at various coached sessions on a rotation including Tuesdays group 2 speed sessions and JAVR's sessions on a Monday and Wednesdays, I also help to cover Wednesday intervals when needed, as well as assisting with the initiatives.

In my work life I am passionate about improving mental health and wellbeing for all, I believe that club running can really support this.

I have been working closely with two athletes since completing my course and I am really enjoying doing this.

We are always looking for willing volunteers and new run leaders, please drop me a message. jaysims42@yahoo.com

Ian Isaacs

Qualified coach and run leader as well as Athlefit, athletics leader and ride leader. Previously led and developed beginners and intermediate training sessions. Currently, assisting with the coaching of juniors on a Wednesday night at Bath Uni. Happy to discuss any training related issues.

Contact details: iisaacs886@gmail.com



Sean Price



I joined AVR in 2010 aged 43 as Fiona and I had recently discovered Running and Cycling. I set my parkrun PB 23:07 in 2011 and ran London Marathon in 2013, never been a great runner but I am inspired by AVR members who I can relate to, that do well.

I have been involved as Secretary with Fiona and served on the committee for four years. I have also been involved in many working groups too. I continue to deliver special projects and events for AVR 'cos I love it!

I qualified as a CiRF in 2019 and started the Wednesday interval group with Michael Guy and Fiona.

For 2020 I would like to continue to deliver sessions on Wednesday evening and organise events through other working groups etc.

David Bagshaw

I have been a Member of AVR for a few years now. I decided to take the coaching pathway after becoming a run leader and helping out with various different groups. I have completed lots of races including 3 Marathons, I have overcome personal challenges along the way. I had my best running year in 2018/2019 and I thought that hopefully my experience could help other club members.

I have supported taking Tuesday speed sessions for several years alongside Steve. I now take the second efforts group on a Tuesday on rotation and I help Steve Williams if he is away, also I fill in coaching positions with the juniors and the other groups when I am required.

I qualified as a CiRF at the end of 2019 and have been working with a few athletes so far, I am looking forward to helping other runners achieve their targets. davebaggers@hotmail.co.uk



Phil Harding



I started running competitively as an 11 year old in school cross-country races. Roughly 55 years and 90,000 miles later I am still running competitively ... for Avon Valley. I put my longevity in the sport down to my enthusiasm for all the running disciplines, track, cross-country and road, practiced in the context of an annual running cycle. It is this philosophy that I intend to bring to my coaching with Avon Valley.

I started running with the club on an informal basis in 2003 when I moved to the area with my family. I was working abroad until 2015 so was not around much to train or race with the club. Nevertheless in 2006 I joined the club second claim and in 2010 I became a first claim member. Since 2015 I have been able to be a more active member of the club and I regularly represent the club on road and country with the occasional foray onto the track. In 2017 I decided to take up Avon Valley's offer of support to become a Leader in Running Fitness and, in 2019, to become a Coach in Running Fitness. I am very grateful to Steve Williams for being my support coach through this process. My main contribution to date has been as a member of the team managing the Tuesday night speed sessions. As a new coach I am currently exploring what other roles I might take on. This is work in progress but my role will undoubtedly be influenced by my extensive endurance running background, a taste of which can be found on my page in thepowerof10.info

Fiona Price

I've been a member of Avon Valley Runners since 2010 and met my Coach Martin Rush shortly after I joined. He has coached me for the past 7.5 years from 5000m- Marathon distance. He's helped me achieve more than I dreamt could be possible.

I'd like to pass down some of this knowledge to our Club alongside our growing Coaching Team.

I'm training to be a CIRF and my role within AVR will be to write some individual Endurance Plans, promote Masters opportunities and to deliver some of the coached sessions on a Wednesday.



Mick Farrar

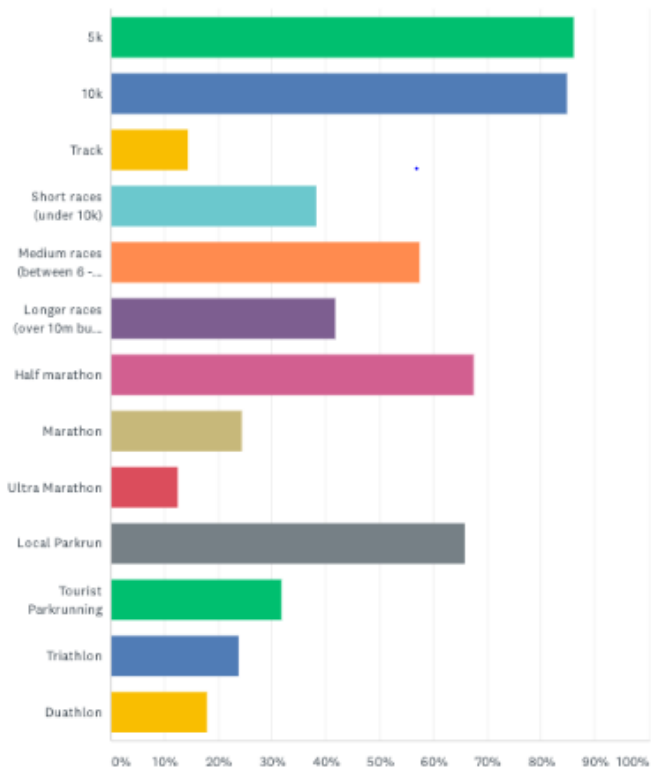
I started running in 2013 (at the tender age of 49) and quickly became disheartened with road races, and the ideology behind it. I ran my first marathon in October 2015 and my second 20 days later. In May 2016 I ran my first ultra and became addicted. Since then I have completed nearly 40 marathons and ultra-marathons, including the Thames Path 100 in 2019, and 6 more already planned in 2020.



My aim is to help, coach and encourage athletes to extend their range of races, looking beyond the constant perusal of PBs, and find enjoyment in longer distance running. I relish working one-to-one with AVR members on evening club runs, talking through aims, encouraging them to action their goals and working towards helping them become stronger runners.

Club Development Survey

Recently, we launched our club development survey to the club. The aim of this was to gather thoughts and feedback about the club as it exists today and to look at ways to develop and improve the club in the future. With over 500 members, it's a really useful tool to make sure we can target all abilities within the club and to remain as inclusive to all as possible.



The committee is dedicated to spending the next few months making decisions about how to use feedback from all of the questions asked. Initial data shows that almost 30% (around 150 members) of the club have been members beyond the 5 years, showing that people like to stick around once they've joined up.

We have members of the club who run any distance from 5k to ultra-marathon but that 5k, 10k, half marathon and parkrun events are the most popular.

There has also been some discussion amongst members and the committee recently about the need to update the club logo to be more inclusive of our female runners. Out of the 162 people who answered this question, 122 said the logo should stay the same – something which is thankfully very easy to achieve!

Thank you to the 202 members who returned their opinions, 79 of which left an email address to be entered into a prize draw to win £50. Congratulations to Zoe Yeomans who was drawn as the winner at the Presentation Evening!

5k-10k improvers

Starting in April, a 12 week course perfect for anyone who has recently gone through our beginners course or who would like to aim for a new challenge of running 10k. Sign up through the link below.

<https://groups.runtogether.co.uk/AvonValleyRunners/Runs?fbclid=IwAR2Pmo61jJbkOEv273XySxopMiz5GH-iQmLN Pwt6 RHs7Vb4vEYo2Uipw>



Come and join the 12 week course for 5k-10k improvers. The group will be led by coach David Bagshaw and run leader David Hyde with support from coach Jay Sims-Bagshaw

SIGNUP AT:
<https://groups.runtogether.co.uk/AvonValleyRunners/Runs>
OR email: secretary@avonvalleyrunners.org.uk

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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.

Run and Talk

Many people in the UK and across the world know someone who struggles with mental health difficulties or face mental health difficulties themselves. MIND charity reports that approximately 1 in 4 people in the UK will experience a mental health problem each year. In England, 1 in 6 people report experiencing a common mental health problem (such as anxiety and depression) in any given week. In line with the Mental Health Awareness week for the UK Avon Valley Runners are hosting a FREE and FRIENDLY run/walk event for all abilities and ages (under 16 year olds must have a parent/guardian present) on the **21st of May 6:30-8:30pm from the Tithe Barn in Bradford on Avon**. Everyone is welcome - whether you will

run comfortably the whole way or plan to walk, everyone is welcome. You do not have to be a member of Avon Valley Runners and there is absolutely no obligation to sign up after. We just want as many people to come along, have fun and help promote good mental health and importance of talking when we start to struggle. Donations to the charity MIND on the night are appreciated and accepted but not compulsory.

"Physically and mentally I was the healthiest I had ever been. All because I went out for a run one day when life was beating me down."

#RunAndTalk

MEMBER PROFILE

| | |
|----------------------------------|---|
| Name: Kat Taylor-Laird | Age category: SEN |
| 5k PB: 23:21 | 10k PB: 51:15 |
| Half marathon PB: 2:05:02 | Marathon PB: Doing 1 st this year |

How long have you been with AVR? Not sure – was a paid member for a few years and didn't attend club or do any races (just did parkrun). Only really became an active member last year.

Favourite race: Bath Half is one of my favourites mainly because it's a good atmosphere. I'm running it again in March this year and hope to get a new PB. Under the 2 hr bracket would be nice.

Favourite medal: So many to choose from, but for the personal achievement behind it, it has to be my Goal Getters medal. I never imagined at the start of last year that I would better my 5K, 10K, and half marathon time after having a baby at the end of March, so having achieved that is really special to me.

Most proud running moment: Two tunnels 10k relay event last year. Smashed my 10K PB and it felt amazing to do that as part of a team in the relay event. The support from other AVR members was great as always.

Most embarrassing running moment: Dare I say it (bound to have a huge moment happen now) but I don't think I have had any moments while running that have been particularly embarrassing. I'm a little embarrassed about my drunk dancing at the presentation evening if that counts?? (hangs my head in shame) – but it was a great evening and I don't go out very often, so was good to let my hair down.

Best piece of running advice: We all run for different reasons, remember your reasons while you are running. The only real competition is with yourself.

Anything else?: I'm taking on new challenges this year including a multisport event, and an ultra in Scotland (was a good idea at the time!). I'm hoping to beat my times again for the goal getters championship, as well as taking on the goal getters challenge. I look forward to running with AVR, both at club nights and at events. AVR's support has been invaluable to me both with my running and personally. Thank you AVR x



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/>

THE 2020 AVR ROAD RACE LEAGUE STARTS ON 5TH APRIL AT THE DEVIZES HALF MARATHON

Road Race League 2020 – Hullavington marathon relay 20th September 2020

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 that earned vital team points which ensured that we retained the league title.

Requirements: Teams of 4, each with a leg of between 6.25 and 6.75 miles. £17.68 per person (but cheaper if we enter early), including medal and cake for each finisher. This team Relay race is in the Wiltshire Road Race League. 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!



Stampede Sport are also looking for volunteers to run an/some AVR water station(s) for the event as well as a team who can take part in the event and also manage the hand-over sections (this requires you to finish your leg and take control of a clipboard to note down team numbers as they finish their legs.) There will also be 8 water stations that will require a minimum of 3 people to run it. If you are interested in volunteering on this day in return for credits to future Stampede Sports events, please email news@avonvalleyrunner.org.uk.

AVR OFF-ROAD LEAGUE

Gwent League (race 1) – Twenty-five club members took part in the first race of the new AVR off-road league. Ed Knudsen finished 3rd in the MSEN race in 29:24 while Bethan Francis finished 14th in the FSEN in 24:26. The male SEN team finished 4th with the female SEN team finishing 5th. Other notable performances were Chris Suter finishing 6th on the over 55 race, S. McGregor and Phil Harding for finishing 3rd and 7th in the over 65 (men), Veryan Cranston and Jackie Rockliffe who finished 4th and 8th in the over 45 race and finally, Diane Heir who finished 1st in the over 55s race!



Unfortunately, with the terrible weather of late, the 2nd and 3rd races in the league were cancelled. The SMaRTT Smasher has been re-scheduled for the 8th March 2020 but the Avon River Trail has been replaced by the Dilton Dash 10k on 24th May 2020.

CURRENT AVR OFF-ROAD STANDINGS:

| Men | Women |
|--|---|
| 1 st - Ed Knudsen - 1 point (1 race) | 1 st – Bethan Francis - 1 point (1 race) |
| 2 nd - Mike Towler – 2 points (1 race) | 2 nd – Gemma Knudsen – 2 points (1 race) |
| 3 rd - Niall Thorne – 3 points (1 race) | 3 rd – Veryan Cranston – 3 points (1 race) |

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

10km

Castle Combe Chilly Martin Bull 49:20

Half Marathon

Brighton Elizabeth Morris 2:16:52

Southwick parkrun

| | | | |
|-----------------------|-------|---------------------|-------|
| Michelle Gale (CPB) | 47:00 | Holly Newman (CPB) | 20:44 |
| Ashleigh Salter (CPB) | 29:38 | Sally Frawley (CPB) | 29:17 |
| Esther Frawley (CPB) | 29:13 | | |

Melksham parkrun

William Greenslade (CPB) 21:43

The Old Showfield

| | | | |
|----------------------|-------|------------------------|-------|
| Teresa Edwards (CPB) | 27:02 | Emma Day (CPB) | 40:54 |
| Jay Hookins (CPB) | 18:36 | Elizabeth Morris (CPB) | 29:03 |
| Chris Roxburgh (CPB) | 17:16 | Paula Farrell (CPB) | 22:52 |
| Diane Heir (CPB) | 21:37 | Sarah Barker (CPB) | 27:36 |

Other parkruns

Merthyr Gill Newbury (CPB) 34:26

Chippenham Elizabeth Morris (CPB) 32:43

Holly Newman (CPB) 23:08

Shepton Mallet Mark Bygrave (CPB) 26:48

Minehead Helen Donnelly (CPB) 26:06

Bushy Sharon Firkins (CPB) 27:36

Toby Firkins (CPB) 18:54

AVON VALLEY TRIATHLETES

By AVT secretary, Lil Morris

I don't know about everyone else but I for one am certainly looking forward to Spring and hopefully not a storm every weekend! More and more multi-sport events are coming up now, 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

If any of the above is missing I will come back and ask for the detail as I need this to be able to complete the results at the end of the year.

Turbo Wednesdays!

AVT – Turbo Wednesdays

New for 2020 – Turbo Training Wednesdays!

Where? Fieldways Hotel & Health Club, Hilperton Road, Trowbridge, BA14 7JP

Time? 18:45 – 19:45 (please arrive at 18:30 to set up)

Cost? £5 per person per session

When? Wednesday 19th Feb, 26th Feb, 4th March & 11th March



Turbo sessions will be ran by Steve Clark.

A fantastic opportunity to train with other AVT members in a fun, friendly environment avoiding any adverse weather or traffic!

Bring your bike, turbo, towel & drink.

You spoke and we delivered! Firstly a huge thank you to Steve Clark, our resident BTF Coach, who has been leading the first two turbo sessions already at Fieldways Hotel in Trowbridge. The next two sessions are on:

- Wednesday 4th March
- Wednesday 11th March

We may be able to provide some spare turbos, if you want to attend, but don't have a turbo please comment on the Facebook post, within the group, for that weeks' session. I'll be putting an event on the page for each week so that we know numbers to expect for the session and don't miss anyone out.



The Big T Duathlon - cancellation

Unfortunately the replacement for the Big T Triathlon, the Big T Duathlon has had to be cancelled. All entrants will receive an email from the organisers and instructions to be refunded.

SWIM 
WEEKLY SWIMMING LESSONS

ADULTS ONLY
SMALL GROUPS
 FROM NON-SWIMMERS
 TO IMPROVERS

BOAFIT

Sundays
 Beginner 17.30pm
 Improver 18.00pm
 Improver+ 18.30pm

£7.50 per lesson,
 paid termly (6 weeks)
 Stonar school, Atworth
 SN12 8nt

0798981 3326
 Jen@BOAFit.co.uk
 BOAFit.co.uk



Swimming lessons

With Clarendon Pool being closed until the Summer I know some members had booked in for swimming lessons here, Jen offers great swimming coaching at Bradford on Avon and comes highly recommended.

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.

Upcoming events for 2020

- DB Max Chilly Duathlon at Castle Combe (1st March)
- DB Max 10 mile TT at Castle Combe (1st March)
- Mendip Tri Club – GoTri and Standard Distance Aquathlons (1st March)

- Tewkesbury Aquathlon (8th March)
- Bath Duathlon (21st March)
- Avon Aquathlon (22nd March)
- Westonbirt Duathlon (29th March)
- Tewkesbury Aquathlon (5th April)
- Oldbury White Horse Sprint Aquathlon (3rd May)

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.

