

# THE VALLEY NEWS



## *In this issue...*

- Dates for your diary
- David Griffiths
- Training with AVR
- Social working group update
- Volunteer opportunities
- A winning year for AVR
- Club Championship and WAVA league
- October Competition - answers
- Brushes with Fame (and infamy)
- Wall of Fame
- Avon Valley Triathletes

## Dates for your diary

- 20<sup>th</sup> December **Hullavington Secret Santa 10**  
<https://www.entrycentral.com/SecretSanta>
- 1<sup>st</sup> December **AVR Main Committee Meeting (Zoom)** contact any committee members if you wish to discuss any club matters.
- 1<sup>st</sup> January **35<sup>th</sup> Anniversary of AVR 1986-2021**
- 3<sup>rd</sup> January **Melksham 10k** <https://www.dbmax.co.uk/events/castle-combe-mtfc-10k-2021/>
- 12<sup>th</sup> January **AVR Annual General Meeting** - all welcome

## This edition of The Valley news is dedicated to David Griffiths



David passed away on Sunday 29<sup>th</sup> November after a long illness. David was a proud member of AVR for many years and the comments on Facebook show what a genuine, well-loved and wonderful man he was. The club extend their deepest sympathies to his family during this difficult time.

*“David was a true angel and running legend. Funny, cheeky, kind and so very generous.”* – Jay Sims-Bagshaw

Send any news, articles or achievements to [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk).  
Also check the closed Facebook page for regular news as well as emails straight into your inbox.

## Training with AVR

We're back! Following Lockdown #2, training with the club can continue as before from the 2<sup>nd</sup> December. Training sessions at the track can take a larger group of people in line with our risk assessment, whereas group runs can be up to 6 runners per leader.

We hope to have a full week of training and running for you the following week.



When attending runs please remember your high-vis and lights - it is for your safety and the safety of others.

A reminder on how to use the run together app can be found on the AVR You Tube page here: <https://youtu.be/eps1cNvifo4>. PLEASE do try and contact us if you are unable to attend so that the leaders know who to expect on their runs.

To book your place you will need to use the run together app, or follow the links in your weekly email or the links pinned to the top of the members' only Facebook page.

## Social Working Group Update – by David Hyde

After what feels a lifetime due to the present restrictions, the social working group we have got together to see what we can put on during these strange times.

Firstly, though the ins and the outs! I would like to extend many thanks to Mandy Moore and Kathryn Partington who have decided to stand down from the working group and a warm welcome to the new blood of Marc Sampson and Claire Heathcoat who have joined us.

We hope you hopefully have seen from Facebook that we have decided to put on a virtual Christmas party with big prize bingo and a quiz by the famous Sean price and Sara Robert. Party hats and Christmas tops are an absolute must. We have set up an event on run together as we need a source where we can distribute bingo tickets, so please get signed up and join us virtually on Friday 11<sup>th</sup> December at 7.30 pm. The Zoom Link will be shared closer to the time with those that have confirmed their attendance.



Due to the events of 2020, we will sadly be unable to have a proper presentation night this coming year but are working on plans for some sort of event, almost certainly again virtual, and will keep you updated.

Please, if you have any thoughts or ideas please email [secretary@avonvalleyrunners.org.uk](mailto:secretary@avonvalleyrunners.org.uk) or [volunteers@avonvalleyrunners.org.uk](mailto:volunteers@avonvalleyrunners.org.uk)

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# Volunteer opportunities with AVR

## Junior AVR secretary

We are also looking to recruit a new **JAVR Secretary** to the committee. Holly Newman is stepping away from the role as she embarks on a university course in Oxford. Is this a role that you would be interested in taking over? The main priorities of the volunteer role are:



- Maintain records of all junior members.
- Attend committee meetings as appropriate.
- Regularly attend junior training sessions (this doesn't have to be EVERY session however the juniors do need some consistency. It especially helps if you are able to build a rapport with new nervous junior members).
- Promotes JAVR events amongst members, parents and social media.
- Help liaise with Bath University regarding track hire times/fees.
- Liaise with adult AVR coaches in regards to the progression and training of older junior athletes.

If you would be interested in this role or would like further information, please email [secretary@avonvalleyrunners.org.uk](mailto:secretary@avonvalleyrunners.org.uk)

## Social Media volunteer – You Tube

Did you know that AVR have a You Tube channel? Set up recently, its primary aim was to share the Zoom sessions the happened during the first lockdown and now the club are looking for a volunteer with creative ideas to work alongside Katy Nickless to develop the channel with exciting new content for members and potential members.

Ideas are also welcome for content through the next lockdown too.

If you're interested in the role please email [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk).

<https://www.youtube.com/channel/UCSJk2xtIbV1cxV0SvFmOiQ>



# A winning year for AVR

Despite all the drama of 2020, AVR have done pretty well when it comes to competitions and awards.

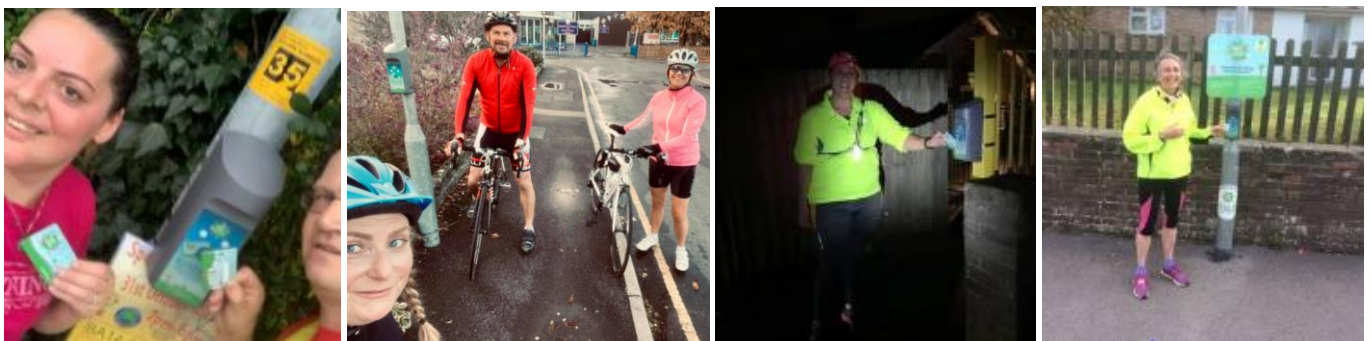


Firstly, the Beat the Street boxes came to Trowbridge and encouraged residents of the town to get active by scanning their card to earn points for different teams. AVR couldn't resist getting involved and racked up enough points to top the 'Community and Workplace Teams' leaderboard and coming 4<sup>th</sup> overall on average total points out of 24 teams. Our very own Gary MacAlister was also elected as a Community Champion after becoming the first player to complete all 32 boxes in a week.

**Congratulations!**

<p><b>Schools - Total Points</b></p> <ol style="list-style-type: none"> <li>Walwayne Primary</li> <li>The Mead Primary</li> <li>Grove Primary</li> </ol> <p><b>Parish Schools - Total Points</b></p> <ol style="list-style-type: none"> <li>North Bradley Primary</li> <li>Wingfield Primary</li> </ol> <p><b>Community &amp; Workplace Teams - Total Points</b></p> <ol style="list-style-type: none"> <li>Avon Valley Runners</li> <li>Paxcroft Road Runners</li> </ol> <p><b>Individual Leaderboard</b></p> <ol style="list-style-type: none"> <li>A2B</li> </ol>	<p><b>Schools - Average Points</b></p> <ol style="list-style-type: none"> <li>Walwayne Primary</li> <li>The Mead Primary</li> <li>Paxcroft Primary</li> </ol> <p><b>Parish Schools - Average Points</b></p> <ol style="list-style-type: none"> <li>Wingfield Primary</li> <li>North Bradley Primary</li> </ol> <p><b>Community &amp; Workplace Teams - Average Points</b></p> <ol style="list-style-type: none"> <li>Trowbridge Home Educators</li> <li>Paxcroft Road Runners</li> </ol>
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1	Trowbridge Home Educators	16 players	2,453 pts
2	Paxcroft Road Runners	20 players	2,332 pts
3	Friends of West Ashton School (FOWAS)	12 players	1,386 pts
4	Avon Valley Runners	50 players	1,066 pts



Our volunteers were also recognised in the recent England Athletics South West Volunteer Awards. Our club is full of fantastic people who give up their time to organise and help in various ways, many of which will be facilitated by David Hyde who was the runner up in the 'Volunteer of the Year' category.

Holly Newman won the 'Young Volunteer of the Year' award while Jay Sims' Bagshaw won 'Volunteer Leader of the Year'. Both ladies put so much of their time into making sure the club runs smoothly and with so much energy and enthusiasm.

Thank you to all three of our EA winners and runner up for the continued work you put into AVR.



## AVR Club Championship and WAVA League

There haven't been many opportunities for competition this year with so many events being cancelled but AVR Club Championship and WAVA League is still going ahead. Send all results to Anthony Hickson at [offroad@avonvalleyrunners.org.uk](mailto:offroad@avonvalleyrunners.org.uk) by 31st December who will collate everything for the website and awards.

*Please note that the AVR road and off road leagues are cancelled this year as is the annual How Farr for AVR competition.*

### **Club Championship**

Send in your best times from 2020 for 5k, 10k and Half Marathon to be included and for this year only, physical and virtual events, such as the Westbury 5k, and parkruns from January-March will be included. You must be able to provide links to your results.

Previous results can be seen here:

<http://www.avonvalleyrunners.org.uk/index.php?page=club-championship>

### **WAVA League**

This is an age grading competition to give you a performance percentage in distances from 5k to marathon. Use a WAVA calculator such as

this <http://www.marlboroughrunningclub.org.uk/agegradingcalc> and send in your result.

Previous results can be found here:

<http://www.avonvalleyrunners.org.uk/index.php?page=wava-league>

## Competition answer

Did you see all of the bats, pumpkins and scary trees in the Halloween issue last month? A few eagle eyed people spotted bats in other images and pumpkins on the mask I was wearing in one of the photos! In total there were



- 10 bats
  - 12 pumpkins and
  - 7 scary trees
- TOTAL: 29



The winner of the SiS electrolytes is **Carrie Almeida** who spotted them all!

## Brushes with fame (and infamy) – by Darren Wintmore, Vice President



Earlier this year one of the Facebook trends was to post photographs of at least 5 famous people you've met, but ONE was to be a lie. My submission is below:

I met Prime Minister **Boris Johnson** when he was the mayor of London and he came along with **Miss England** to meet my Fujitsu team doing the Tower Run back in 2013; In 1999 I was on a flight to Atlanta and former **US President - Jimmy Carter** was onboard and he made a point of coming around the plane and introducing himself to everyone on the plane; Also in the 1990's I met **Bear Grylls** at a corporate dinner (this was before he became head Scout and TV personality); I met **Sir David Attenborough** when I was Head of

Projects (IT) at WH Smith and he came in to plan a book signing tour to accompany his "Life in Cold Blood" TV series, it was just after Steve Irwin had died and that is what I recall talking about with him; Whilst **Steve Cram** I raced against twice at the Bristol Half Marathon and beat him both times, on the first occasion though I recall getting a tap on the shoulder after crossing the finishing line and my running hero former World Marathon Record holder **Steve Jones** was stood there and shook my hand, as I had just beaten him in a sprint finish (at least I was the one sprinting).

This has now got me thinking about other famous people who I have met whilst either running or out on my bike...

During the 2000 London Marathon I found myself running with a chap who seemed to be very popular with the crowds. Then on Tower Bridge he turned to me and said "*I'll have to leave you now as I am wanted for an interview*" and darted to the side of the bridge. I learned that it was television presenter **Simon Thomas** and watching Blue Peter that following week most of the race footage included me and it must have been a very short interview as he went on to finish in three hours fifteen, only a couple of minutes behind me.

At one of my favourite races The British 10K in London, during the 2004 edition I found myself matching strides with a particularly attractive young lady, none other than glamour model **Nell McAndrew**. We ran together until I was finally able to drop her in Whitehall to cross the finish line in 38-minutes and she was only a few seconds adrift. Nell later went on to record a sub-three hour



marathon, something that frustratingly I was never able to accomplish!

My most memorable brushes with fame have though come whilst out on my bike. In 2014 my employers hosted their own cycle sportive: The Tour de Fujitsu over the fifty miles between our offices in Wakefield and Manchester along most of the roads that were to form the Grand depart of that years Tour de France which was heading out from Yorkshire. There were about 200 riders in our event and based on anticipated finishing



*Not me, but one of my Fujitsu colleagues gets passed by Cav et al on Holme Moss*

times (I had put down 3-hours) I was to be in the last group to get out on the road. Our small group soon started overhauling riders from the earlier waves, all bedecked in corporate red Fujitsu cycling kit. However, some 12-miles into the ride we became aware of a group of cyclists all wearing black and slowly but surely, we started to reel them in. As we approached the town of Huddersfield, we overtook them and were surprised to clock none other than 30-times TdF Stage winner **Mark Cavendish** and four times World Time Trial champion **Tony Martin** amongst the Omega Pharma Quickstep pro cycling team that we had just passed.

At the next set of traffic lights, they caught us and we joined the back of their group, talking to their coach (who was on a moped) we learned that they were doing an easy reconnaissance ride of Stage Two of the following weeks TdF. We stuck with them for around 10-miles knocking out a steady 20mph until we reached the climb of Holme Moss up over the Pennines. It was then that being twenty years younger than us and five stone lighter that they easily dropped us and continued at the same speed.

The 2017 Birmingham Velothlon was set underway by England's Rugby World Cup winning captain and now a keen cyclist **Martin Johnson** (*pictured below*) who departed in the first



wave to take on a challenging 100-mile course. I set off five minutes later in Wave two and at ninety one miles I caught the great man but he would not let me get away and along Birmingham's Broad Street with the finish line in sight he put out some serious watts through his pedals to leave me behind and I was doing close to 30 mph!!!

On another occasion whilst on one of my regular training routes in the lower reaches of the Cotswolds I was on my bike tracking a car out of Castle

Combe when it had to stop due to three oncoming cars...the first driven by **Jeremy Clarkson**, the next **Richard Hammond** and the third **James May**.

After begrudgingly exchanging "good mornings" with Jeza who was in a convertible MGB, they headed off to Castle Combe circuit to promote British Cars at the Japfest event, it was however not to make it onto our screens as the well-publicised spat with the production team took place just a few weeks later.

It is not just the great and good that I have met and I did waiver before penning this next encounter...but I lived in Aylesbury for a while back in 1990 and whilst out on the roads I encountered out on a run, **Jimmy Saville** and exchanged pleasantries (NOT an euphemism). During this time, I also saw **Margaret Thatcher** on more than one occasion, as my regular cycle route took me past the Prime ministerial country retreat at Chequers, though we never spoke. One final brush, although I was not running or cycling at the time, however I was returning from the airport after taking part in the 2006 Walt Disney World Marathon in Florida when I spotted **Charles Ingram - the coughing Major** of "Who Wants to be a Millionaire" infamy, out walking his dog.



*Has anyone else in the club had a brush with fame or infamy that they would like to share in these pages?*



**PLEASE JOIN US ON ZOOM TO DISCUSS 2020 AND OUR PLANS FOR 2021**  
**TUESDAY 12<sup>TH</sup> JANUARY**  
**20:30-21:30**

**[HTTPS://US02WEB.ZOOM.US/J/6593920712?PWD=WNZLAYTMBITNSOFLKOY2CNZXUZH5OT09](https://us02web.zoom.us/j/6593920712?pwd=WNZLAYTMBITNSOFLKOY2CNZXUZH5OT09)**

**ALL WELCOME**

Races are coming through thick and fast now and achieving personal bests too! At the moment, the results page on the website is going through a handover of volunteers and may not be kept up-to-date so please email [results@avonvalleyrunners.org.uk](mailto:results@avonvalleyrunners.org.uk) and copy in [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk) as well.

# WALL OF FAME

## 5km

Training run Sally Frawley 27:46

AVR track TT (pre lockdown) Well done to Stephen, Leo and Anne for scoring a PB.

RICH	1	16:45	16:44
ALAN	2	22:37	22:35
DAN	3	20:34	20:31
GARY	5	19:55	19:50
DOUG	6	23:25	23:19
PHIL	7	22:43	22:36
ISABEL	8	21:30	21:22
MARTIN	9	27:58	27:47
STEPHEN	10	28:10	28:00
LEO	11	18:23	18:12
SHARON	12	27:22	27:10
COLIN	13	23:03	22:52
CAROLINE	14	31:42	31:28
KATIE	15	29:01	28:50
DAVID	16	21:20	21:08
ANNE	17	32:10	31:50

## 10km

Thrupton 10k Fiona Price 45:16 second lady and 1<sup>st</sup> FV50 (October)

Two Tunnels 10k Fiona Price 44:22 third lady and 1<sup>st</sup> FV50 (October)

Training run Nettie Holley 1:09:32

# AVON VALLEY TRIATHLETES



## AVT Bobble Hats

Do you want to keep your head warmer in the winter now with the change in temperature? There are a **very limited** number of AVT bobble hats available for £18 each. If interested, please email [avt@avonvalleyrunners.org.uk](mailto:avt@avonvalleyrunners.org.uk) to arrange payment and collection.



## Zoom turbo sessions

### A PARTY IN YOUR PAIN CAVE!

To keep the cycling training going during the lockdown and winter months Steve Clark has started the Zoom live turbo sessions. They cover all abilities and everyone is welcome. It's more than just a turbo session, there is some social chat during the warm up and cool down. The sessions start at 7pm, currently on Tuesdays but once the run speed sessions start up again they might move to Mondays to enable those who want to join in as well they can still do their Tuesday or Wednesday run speed sessions.

Watch out for the AVT Facebook page for news and any updates. This Tuesday (1<sup>st</sup> Dec) we are going to Australia for some Aussie Sprints. Last week we went to Russia to do some Russian Steps and the week before Egypt for a Pyramid session. It's a world tour!

The sessions are good winter training as well as having some fun but don't just take our word for it, AVT members really are enjoying them!

*"They're well organised and fun, but above all they're providing great training. They're catering for all abilities and it's great that you can take it easy or go flat out, depending on what your individual goals are. I hope you can keep them going throughout the darker months and that we can then all roll out on the roads together later."* – Paul Hosking