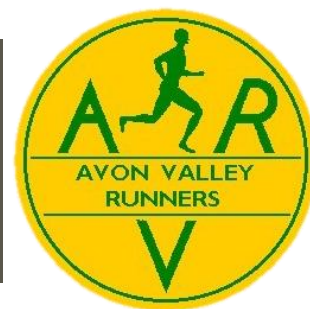


THE VALLEY NEWS



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Dates for your diary

- **Committee meeting** – Tuesday 2nd February at 8:30pm on Zoom. If you have any points for discussion, please email secretary@avonvalleyrunners.org.uk.
- **Virtual Presentation Evening** celebrating everything from 2020 – Saturday 13th March. More details to follow.

AVR AGM

The AGM was well attended via Zoom this year. The successes of 2020 were shared by our outgoing Chairman, Warren Wade - despite the pandemic trying its hardest to stop everything, there were many highlights to report! Our new committee members were announced (see page 3) and congratulations to Sean Price who

was awarded Life Membership for his services to the club – he couldn't have been more surprised as for once, he didn't know what to say! The information can be found in the 'files' section of the closed Facebook page for those who could not make it on the night.



Life
Membership



Farewell from Chairman Warren Wade

Hi all, I've been asked to share a few of my highlights from my time as chairman.



When I took over the role in 2016, the club membership had already doubled from around 220 to 447 due mostly to the hugely successful beginners' groups. This trend continued and at one point I believe we were at around 600 members! The beginners groups were and still are a key part of AVR. Many of our keenest athletes joined us as total beginners, completed the 0-5k group and have gone on to run distances including half and even full marathons.

The addition of two new events to our portfolio has been another club success. Ian Isaac's Westbury 5k series proving to be a huge hit with those chasing a PB enjoying its pancake-flat course and Anthony's 5x5 series has appealed to the off-roaders due to its beginner-friendly course.

The club has won several prestigious awards over the last few years, Club of the Year, Group of the Year, Club Initiative of the Year etc. Some of our members have also won some impressive individual awards including Young Volunteer of the Year and Volunteer Leader of the Year.

One of the biggest highlights for me though, was the completion of our training track at TRFC. This had been talked about by the committee for several years but had not come to any fruition. Ian Isaacs and myself took it on again and attempted to set the wheels in motion. Several funding applications and meetings later, with the addition of some of our own club funds we were in business and work commenced. I will always remember that day when the facility was formally opened, it made all the hard work

worthwhile (pictured right with Danny Talbot at the ribbon cutting.)



I know that the club is in a great place and that Rich Newman, Vicky Bodman and everyone else on the committee will do a fantastic job of driving the club forwards without ever forgetting where it came from. Here's to at least another 35 years of AVR!

Warren.



Committee Members 2021

At the AGM, the new committee was introduced for 2021. Meet them all below!

Chairman:
Richard Newman (NEW)



Vice Chair and Social Media
Secretary:
Sarah Barker



Membership Secretary:
Louise Fearon



Hon Secretary:
Vicky Bodman



Assistant Secretary:
Michael Guy (NEW)



Safeguarding Lead:
Carole Alston (NEW)



Volunteer Coordinator:
David Hyde



Treasurer:
Vicky Ody (NEW)



Minutes Secretary:
Kathryn Partington



Multi-Sport Secretary:
Kat Taylor-Laird (NEW)



Road Secretary:
Andrew Jeffries (NEW)



Off Road Secretary:
Anthony Hickson



Off road assistant secretary:
Jo Farion



Junior AVR Secretary:
Debbie Ellis (NEW)



A message from your new Chairman

I am delighted to become Chairman of the club.

2020 has been a very challenging year for all, but I believe that the club is in a strong position and with an excellent core of committee members, coaches, leaders and volunteers we will continue to make AVR the running club of choice. Even with the COVID emergency and the "destruction" of the race calendar, the club's successes were fantastic. I am confident that we will go from strength to strength.

From a personal view, and those who do not know me, I joined the club in 2009. I not only enjoy the obvious health benefits of running but have enjoyed making new friends, and challenging myself with the support of other club members. There was a time when I thought that this running lark was not for me, when I was overtaken by a bloke dressed as a banana at the Bath Half Marathon in 2010 – the rest is history!



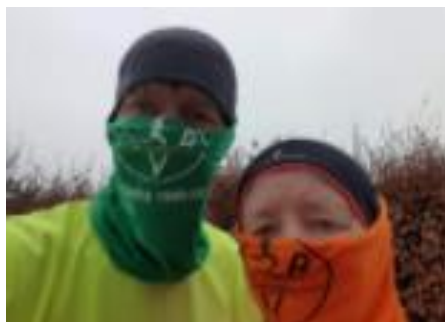
Please feel free to contact me on 07768905157 or chairman@avonvalleyrunners.org.uk.

The new AVR running buffs

Thank you to everyone who bought one of our 35th anniversary running buffs. £1 from every sale was put towards our chosen charity Doorway, which helps homeless people in North Wiltshire.

Your donations amounted to £70 which was gratefully received and acknowledged by the charity this month. Well done everyone!

It's also been great seeing the pictures of you all wearing your buffs on your training runs during lockdown. If anyone would still like one, please email news@avonvalleyrunners.org.uk and if there are enough requests, a second order can be made.



Running during a pandemic

Over the last year, AVR has had to make many different adjustments. Offering online videos, quizzes and bingo nights as well as launching our online booking system for training sessions, social distancing around the track and limited numbers on group runs. We're now in another lockdown where we can only run with one other person – something I know every runner is eternally grateful for.



However, it seems that not everyone is quite as pleased about this. Last week, I went out for a short run on my lunch break in Chippenham and was shouted at by an elderly walker after passing him from behind. He claimed that I hadn't given him 2 meters and that I shouldn't be running during a pandemic. I was so insensed by his opinions but luckily my brain engaged to remind me that I was still on work time and to check if I was wearing any clothing or accessories branded with the AVR logo. I politely exchanged my views and carried on running but I was so upset that his opinion of

a runner was so negative.

It got me thinking about how runners are being perceived during this time. I wondered how many other members of AVR had encountered these sorts of views aswell. It also concerned me that our club (or any club) could be seen in a negative light if anyone were to be identified so I thought of ways runners could adapt to make sure this doesn't happen.

- **Acknowledge walkers and other runners with a smile, nod or “hello”.**
- **Be aware of your surroundings and other people.**
- **Obviously make an effort to give walkers and other runners a wide berth.**
- **Make sure to say “thank you” if someone makes the effort to let you past.**
- **Run wide around bends and corners to avoid bumping into anyone coming in the opposite direction.**
- **Avoid crowded routes where possible.**
- **Move to single file when running with a friend and passing others.**
- **Call out if approaching someone from behind to let them know you're there.**
- **Remain calm and polite if anyone challenges you.**

You may find this list useful and you may also have some suggestions to add to it too. I really hope you haven't had an experience like this and wish that you all continue enjoying running during this time.

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Volunteer opportunities with AVR

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 that 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.



If you're interested in the role please email news@avonvalleyrunners.org.uk.
<https://www.youtube.com/channel/UCSJk2xtIbV1cxV0SvFmOiQ>

Club accounts independent examiner

We are appealing for a volunteer to undertake an independent examination of the club accounts for the years ending 31st Dec 2019 & 31st Dec 2020. This can be done by anyone who has a basic understanding of accounts and is able to check that the reports presented by the Honorary Treasurer at the AGM are accurate and tie back to invoices, bank statements and so on.



Volunteers should email treasurer@avonvalleyrunners.org.uk for more info and the examination can be done as soon as lockdown restrictions permit sharing files.

Many thanks, Richard Newman – Chairman

Escape Lockdown 5k series

DB Max have started a new 5k Saturday series for lockdown number 3 and AVR have turned out in force as they did for last year's Rainbow Run series.



Week 1 January 9 th	First AVR man Ed Knudsen (1 st overall) First AVR female Holly Newman Categories 1 st MSEN Ed Knudsen, 1 st FSEN Holly Newman, 2 nd FSEN Emily Dye, 1 st V40 Rich Harding, 3 rd V40 Gary MacAlister, 2 nd V50 Robin-Mark Schols and 1 st V60 Simon Woodhead.
Week 2 January 16 th	First AVR man Gary MacAlister (top 4) First AVR female Gemma Knudsen Categories 1 st MV40 Gary MacAlister, 1 st FSEN Gemma Knudsen, 3 rd FSEN Holly Newman, 1 st MV60 Simon Woodhead, 2 nd FV50 Debbie Ellis and 1 st youth Lilou Gagneux.
Week 3 January 23 rd	First AVR man Ed Knudsen (1 st overall) First AVR female Gemma Knudsen Categories 1 st MSEN Ed Knudsen, 2 nd FSEN Gemma Knudsen, 3 rd FSEN Holly Newman, 2 nd MV40 Tim Lowrie, 2 nd MV50 Robin-Mark Schols, 1 st MV60 Simon Woodhead, 3 rd MV60 Paul Leverington, 2 nd FV60 Sara Robert and 1 st FV70+ Rosemary Barber.
Week 4 January 30 th	First AVR man Gary MacAlister (1 st overall) First AVR female Jo Farion Categories 2 nd FSEN Emily Dye, 1 st MV40 Gary MacAlister, 2 nd FV40 Jo Farion, 3 rd MV50 Robin-Mark Schols and 1 st Mv60 Simon Woodhead.

Christmas Lights run – winner

Over Christmas, 4 official AVR runs and routes were set in Melksham, Trowbridge, Westbury and Bradford on Avon. There were some fantastic photos that appeared over Christmas of everyone who managed to get along to do some of the routes and it looked as though everyone had a good time despite tier 3 and 4 restrictions.

Anyone who was able to run all of them over the Christmas period was in with the chance of winning a prize...and that very lucky person is **Carrie Almeida**. Congratulations!

Please email news@avonvalleyrunners.org.uk or secretary@avonvalleyrunners.org.uk to claim your prize!



Virtual Stan Farr Boxing Day Run – results



Well done to those members who ran the Stan Farr route over Christmas and registered a time on Strava. Some runners who completed the course didn't show up on Strava which could be for a number of reasons. If you think your time is missing from the segment, then please email your evidence to secretary@avonvalleyrunners.org.uk.

The winning AVR man was **Gary Day** who completed the course on the 27th December 2020 in a time of 21:38 and the winning AVR lady was **Rosemary Barber** who completed the course on Christmas Eve in 31:03. Traditionally, these trophies are awarded at the presentation evening which is scheduled for March 13th.

Census 2021

The census is a survey that happens every 10 years and gives the government a picture of all the people and households in England and Wales. The census is unique. There's simply nothing else that gives so much detail about us and the society we live in.

All kinds of organisations, from local authorities to charities, use the information to help provide the services we all need, including transport, education and healthcare. Without the census, it would be much more difficult to do this.

By taking part, you'll be helping make sure you and your community get the services needed now and in the future.

We are able to help any members at AVR if you need support filling in your census. Please contact any member of the committee who can give the support you need. If you need information in other languages, there are lots of resources available here:

<https://census.gov.uk/downloadable-resources>.

A purple promotional poster for the 2021 Census. At the top, it says 'census 2021'. Below that, in large white letters, is 'Be a part of Census 2021'. Underneath, it states 'Census day is 21 March 2021.' and 'By taking part and encouraging others to do the same, you'll help make sure your community gets the services it needs.' The central image is a stylized illustration of a town with various buildings, including a school, a church, and houses, under a full moon and clouds. At the bottom, it says 'Find out more at www.census.gov.uk' and 'Follow @Census2021' with social media icons for Facebook, Instagram, and Twitter. The footer includes 'Office for National Statistics' and 'www.census.gov.uk'.

To be included on the Wall of Fame please email results@avonvalleyrunners.org.uk and copy in news@avonvalleyrunners.org.uk as well.

As usual, any PBs and CPBs will be included but because of a lack of events, any achievements on Strava and training runs will be counted until things return to normal.

WALL OF FAME

5km

Shouty Dave Sally Frawley (pictured) 1st FV40 26:53

10km

Chilly 10k (Nov) Stephen Clark 58:01

MTFC 10k at Castle Combe Kat Taylor-Laird 47:39

Multi-terrain training run Simon Woodhead 26:28



New AVR website

There has been lots of work behind the scenes getting the new website ready for a launch very soon. Keep your eyes on the FB page to find out when this is happening. The committee can't wait to show you what it looks like!



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My Account



AVON VALLEY TRIATHLETES

By AVT Secretary Kat Taylor-Laird



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 to arrange payment and collection.



Zoom Turbo Sessions

Steve Clark is hosting free turbo sessions for AVT members on Tuesday evenings at 7pm. These sessions vary each week and are a great way to remain bike-fit throughout winter and the pandemic when we're encouraged to stay indoors. If you would like to attend, please email avt@avonvalleyrunners.org.uk to be added to the email list. Alternatively, you can find the Zoom link on the AVT Facebook page each week.

Virtual AVT Duathlon

This virtual event is being planned for a weekend during February where competitors will run 3k, ride 16k and another 3k run. Results will be via Strava if people use that or sent to Steve Clark via Facebook PM. Rules will take into account the current guidelines from the Government so no group runs or cycling together during the event. More details will follow about time and date on the AVT Facebook page.

DB Max 10 mile Time Trial

Tim Lowrie competed in the January DB Max 10 mile TT, finishing 17th overall and 3rd MV40 in a time of 25 minutes and 19 seconds. Tim is due to represent GB at the Duathlon World Championships at Almere in September so it's great to see his training is going well after his injury.

Virtual Ironman events

The first "multisport" event from the Virtual Ironman Series saw some brilliant results for our club members. This was a 20k bike and 5k run over the weekend of the 23rd/24th January. Results are as follows:



- **Sarah Jeffries** - 1st in UK Age Group and 3rd overall in World Age Group plus a 5k PB as well - brilliant result
- **Kathryn Butt** - 2nd in UK Age Group and 11th overall in World Age Group plus a 5k PB as well - another brilliant result
- **Esther Frawley** - 2nd in UK Age Group and 3rd in World Age Group - great result from Esther, as she is 19 and her age group goes to 25
- **Tim Lowrie** - 2nd in UK Age Group and 14th in World Age Group - which was a huge AG of 847 finishers - fantastic result
- **Stephen Clark** - 5th in UK Age Group and 19th in World Age Group

The 30th/31st January is the first Virtual Ironman event, sprint distance of 1,500 run (instead of swim), 20k bike and 5k run. I wish everyone taking part good luck, and please let me know how you get on at avt@avonvalleyrunners.org.uk with 'AVT RESULTS' in the subject line.

Congratulations!

Steve Clark has qualified to represent British Triathlon GB Age Group at the World Championships in Canada in August for Sprint Triathlon and Standard Distance Aquabike, and also for the long distance Aquabike World Championships in Amsterdam in September. A huge congratulations to Steve and fingers crossed these events actually go ahead this year.

I'm keen to keep on top of all events and results this year, so if you are taking part in an event please let me know the name and date of the event, as well as disciplines and distances. I can then collate the details, cheer you on and record the results to celebrate at the end of the month and ultimately the season. Good luck to anyone competing in February! - Kat

