

THE VALLEY NEWS



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Dates for your diary

- **Committee meeting** – Tuesday 2nd March 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 on Saturday 13th March. More details on pages 2 and 3.

WhatsApp buddy groups



As ever, we have people behind the scenes trying to help bring forward ways to keep you motivated through this lockdown. Below are links to buddy run groups that have been made on WhatsApp. We have groups for Bradford on Avon, Melksham, Trowbridge and Westbury. So, if you're looking for someone to run with in your local area why not join one of the groups? You might find a new running buddy up the road that you didn't know was an AVR member. Anyone who clicks and follows the link will be able to join. If the link doesn't work on your computer, please try on your phone.

Bradford on Avon - <https://chat.whatsapp.com/Fq2RwpLlfdM0lbecPdW0sA>

Melksham - <https://chat.whatsapp.com/Jk5jsva9w9IJ7N072AKWRR>

Trowbridge - <https://chat.whatsapp.com/GeN9sVqOF3y7sbl6ElbCKJ>

Westbury - <https://chat.whatsapp.com/JvQFfydViO61uUfxUYpbvD>

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

Presentation Evening

Have you booked your FREE virtual ticket for our presentation evening yet? Although we cannot be with each other in person, there is so much being planned behind the scenes to make sure this is the best Zoom party ever seen since the pandemic began!



Awards - many of our usual awards and some new ones being awarded on the night. Find out who has won awards such as 'Most Improved', 'The Bomb', the 'AVR Championship' and have your say by voting for the winner of the 'David Griffiths Award' (formally known as 'The Members' Member) on the night.

Food - order your delicious £10 party food pack from Fiona and Sean Price to enjoy. Menu and contact details on the next page.

Theme - fancy dress or dress fancy - the AVR masked ball. Get creative and design your own mask if you want to or just put your glad rags on!

Raffle - FREE entry into the raffle with some amazing prizes. Raffle ticket numbers and full details to follow.

Book now! <https://groups.runtogether.co.uk/.../ebe56595-0d59-441e...> Please register your name here so the working group know how many people to expect. This really helps with planning things such as sending our raffle ticket numbers to everyone prior to the event.

Find out more! Click on the Facebook event page to find out your food options and how to support local businesses on the night too:

<https://www.facebook.com/events/410974289973986>

We can't wait to see you there!



AVR Presentation Night Party Menu: 13 March 2021 **All individually Boxed**

"Imber Ultra" Option

Southern fried chicken wrap with vine tomatoes lettuce and Mayo
Homemade Bacon, Cheese, onion and tomato Quiche
Ciabatta slice with salsa, roast veg and Thyme.
Homemade sausage roll
Potted Houmous and fresh Vegetable Crudités
Chocolate Brownie.

"Over the Hills" Vegetarian Option

Mixed Cheese wrap, spring onion, Mayo and lettuce.
Homemade Broccoli and Cheese Quiche
Ciabatta with Salsa, roast veg and Thyme.
Vegetarian sausage roll
Potted Houmous and fresh vegetable Crudités
Chocolate Brownie.

£10 per person

Creative Vegetarian and Vegan Options. Please let us know if you have any specific food requirements or Allergens.

To order please email Sean@fionapricecatering.co.uk before Noon on Wednesday 10th March.

- ◇ Please supply your delivery address.
- ◇ Free delivery to B on A, Melksham, Westbury, Trowbridge and most surrounding villages.
 - ◇ Party food will be delivered PM on Saturday 13 March before 7pm.
 - ◇ You will be emailed a one hour delivery time slot on Friday 12 March.
 - ◇ Any questions please do not hesitate to call Sean on 07738 675390
- ◇ Contactless payment taken on delivery via payment card or via BACS (NO CASH)
- ◇ For details of the presentation night please see AVR Members Facebook or Admin E-News.

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. **Katy has added the new committee video to the channel and there are other videos in the pipeline but the more creative input from members, the better!** Take some time to have a look at what we have already and see if you think you could be the person to help out:



<https://www.youtube.com/channel/UCSJIK2xtlbV1cxV0SvFmOiQ>

If you're interested in the role please email news@avonvalleyrunners.org.uk.

Running during a pandemic

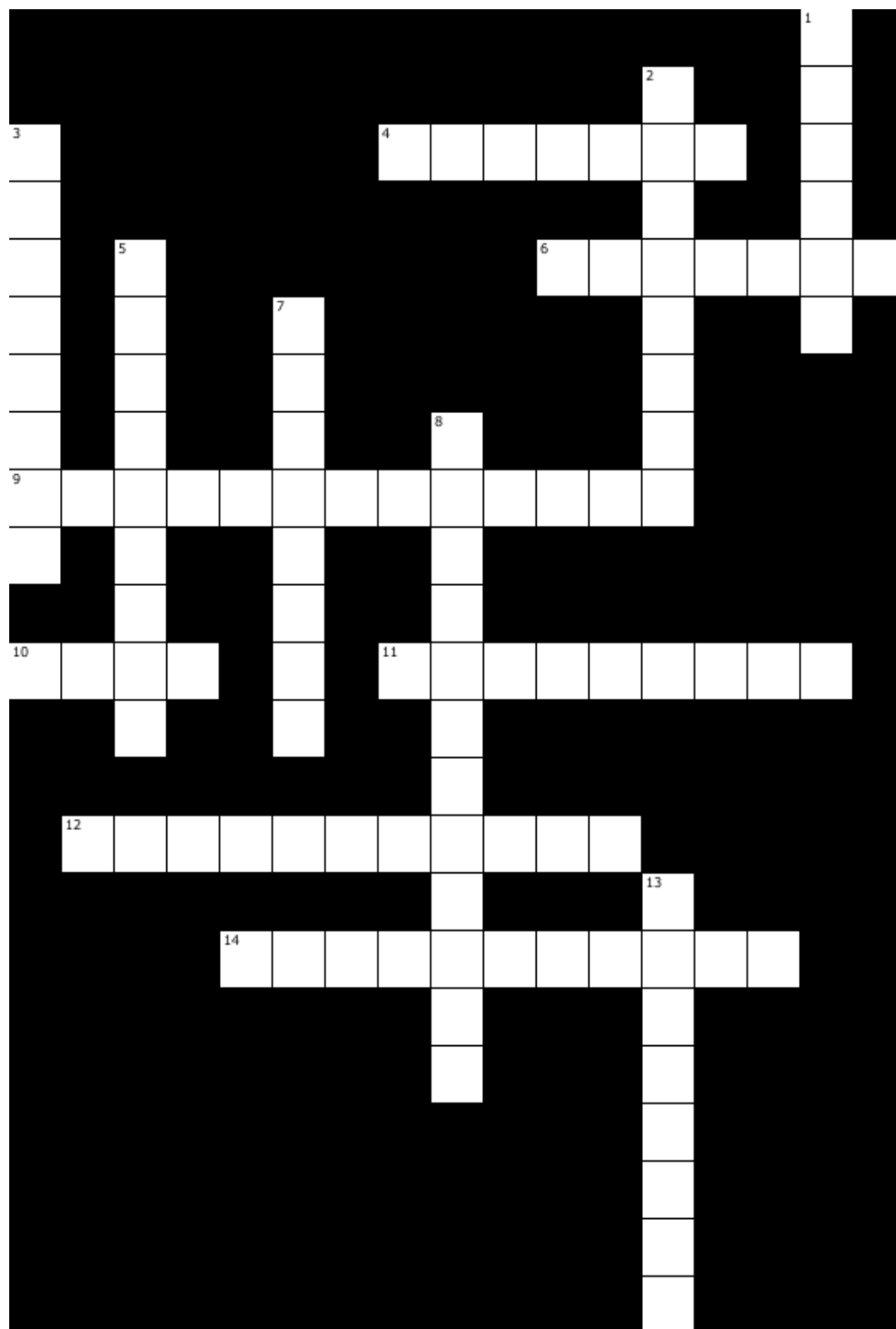
A few members mentioned how helpful this article was from last month so I thought it was worth repeating the checklist again so you can avoid any negative attention from the public because of the pandemic.

- 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.

Puzzle Corner

Something new for this month – puzzle corner! It's just a bit of fun – answer the AVR themed clues to complete the cross word below. There is an interactive version available here: <https://www.classtools.net/crossword/202102-EUQS7L>.

Send your answers to news@avonvalleyrunners.org.uk to have your name included in the next issue.



Across

4. Free, weekly and timed. (7)
6. Mustachioed octogenarian committee member. (7)
9. Our new Chairman. (7, 6)
10. Coach in running fitness (4)
11. Hero who gives their time to support the club and its events. (9)
12. The club's President. (6, 5)
14. AVR's Bradford on Avon Base. (6, 5)

Down

1. The yellow fruit by which AVR members are sometimes called. (6)
2. Three part multi-sport event involving running and cycling. (8)
3. Founder member who went a long way. (4, 4)
5. Trowbridge Rugby Club (5, 4)
7. The date of the 2021 Presentation Evening. (8)
8. Individual finest. (8, 4)
13. The month in which Over the Hills and the AVR Wiltshire Half Marathon normally take place. (8)

Where is the Race? – by Darren Wrintmore

With racing in mass participation events still some way off, I thought that I could test your powers of observation and recollection of races past; can you name the race and for a few bonus points name the Avon Valley Runners (past and present) that are featured...



Escape Lockdown 5k series

DB Max have started a new 5k Saturday series for lockdown number 3 and AVR continue to represent the club brilliantly! Well done to everyone who has taken part so far.



Week 5 February 6 th	<p>First AVR man Rich Harding (overall winner)</p> <p>First AVR female Gemma Knudsen</p> <p>Categories 1st FSEN Gemma Knudsen, 3rd FSEN Emily Dye, 1st MV40 Rich Harding, 2nd MV40 Tim Lowrie, 1st FV40 Jo Farion, 1st MV50 Tim Burrell, 3rd MV50 Robin-Mark Schols, 1st MV60 Simon Woodhead and 1st FV70+ Rosemary Barber.</p>
Week 6 February 13 th	<p>First AVR man Gary MacAlister (top 2)</p> <p>First AVR female Gemma Knudsen (top 10)</p> <p>Categories 1st FSEN Gemma Knudsen, 2nd FSEN Emily Dye, 1st MV40 Gary MacAlister, 2nd MV40 Tim Lowrie, 3rd FV40 Mel Ward-Nicholls, 1st MV50 Will Whitmore (Team DB Max), 3rd MV50 Robin-Mark Schols, 1st FV50 Fiona Price, 2nd FV50 Diane Hier, 1st MV60 Simon Woodhead and 1st FV70+ Rosemary Barber.</p>
Week 7 February 20 th	<p>First AVR man Robin-Mark Schols (top 5)</p> <p>First AVR female Mel Ward-Nicholls</p> <p>Categories 2nd MV50 Robin-Mark Schols, 2nd VF50 Sharon Firkins, 1st MV60 Simon Woodhead and 1st FV70+ Rosemary Barber.</p>
Week 8 February 27 th	<p>First AVR man Robin-Mark Schols (top 10)</p> <p>First AVR female Rosemary Barber</p> <p>Categories 2nd SEN Sarah Barker, 2nd MV50 Robin-Mark Schols, 1st MV60 Simon Woodhead and 1st FV70+ Rosemary Barber.</p>

AVR have also been doing really well in other DB Max virtual events. On Sunday 14th February, 5 members took part in the **Valentine's Day 5k and 10k**.



Event	No	Name	Gender	Category	Status	Time
Valentine's Day 10k Dash	26	Gary MACALISTER	Male	Vet40	Finished	00:43:31
Valentine's Day 10k Dash	27	Justine MACALISTER	Female	Vet40	Finished	01:18:30
Valentine's Day 10k Dash	97	Katy NICKLESS	Female	Sen	Finished	01:40:14
Valentine's Day 5k Dash	78	David BAGSHAW	Male	Vet40	Finished	00:22:25
Valentine's Day 5k Dash	79	Sally FRAWLEY	Female	Vet40	Finished	00:26:36

David Bagshaw and Sally Frawley finished in 2nd and 3rd places in the 5k and Gary MacAlister finished in first place in the 10k event. Sally was also first in her age category and bagged yet another 5k personal best too! Well done to everyone who took part.

Is there a virtual event that's been missed in which AVR have performed really well? Email the details to the address at the bottom of the page.

Beginners 2021 - by Jay Sims-Bagshaw

Just before lockdown we had announced our small beginners C25K group. Unfortunately we were not allowed to let this happen due to the Covid restrictions so anyone who had already signed up were given the opportunity to do a virtual beginners by themselves or to run with an AVR mentor. Several decided to go ahead and our Virtual Beginners was born.

We did have some obstacles along the way including one member needing to go on hold for medical reasons, so although some may need to have a little bit longer to complete, that's absolutely fine by us.



Most of the group will conclude in two week's time however we will still keep going together so that we can be on track with the 5k. We will now get a chance to run together or at least in a split group, come the 29th of March. So, it's a huge welcome to AVR! I'm so proud of all of your efforts so far: **Zoe Macklin-Day, Francesca York, Helen Olding, John Fawley and Hayley Bolter.**

Thank you for your brilliant help and assistance **Mandy Moore, Sally Fawley, Dawn Sawyer, Martin Rassam and Carrie Almeida.** With the new announcement from parkrun and while we wait updated guidelines the future looks hopeful.

Here are a few quotes from our mentors and our 2021 beginners:

It's been great getting back to running. The group has been really supportive and has helped keep me motivated. - **Sarah Russam**

It has been wonderful to see our beginners development over this period and getting to know our new members on a 1 to 1 basis, seeing them achieve their goal and flourishing. - **Mandy Moore**

I've had lots of fun running with Zoe, seeing her progress and her enjoying it through all the weather conditions and never giving up. It's such a pleasure. will be lovely to catch up with everyone as one big team when we can, beginners is such an amazing course to be on. - **Sally Fawley**



I find it incredibly motivating to see the way the beginners are rising to the increasing challenges each week and finding that they CAN do this! The regular updates in the chat inspire us mentors to try harder ourselves and we feel that buzz of excitement at their achievements. It's a privilege for us to share this journey with them. - **Carrie Almeida**

It's been a pleasure to mentor Zoe with Sally. Zoe has come on leaps and bounds. Going from non-runner to 11 minute runs so far is incredible and I know she will be triumphant at the end of the course. - **Dawn Sawyer**

I have thoroughly enjoy running with my mentors. They are so encouraging, positive and motivating it really makes me feel 'yes I can do this'. - **Zoe Macklin-Day**


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>.



census
2021

Be a part of Census 2021

Census day is 21 March 2021.

By taking part and encouraging others to do the same, you'll help make sure your community gets the services it needs.

Find out more at www.census.gov.uk
 Follow @Census2021

Office for National Statistics www.census.gov.uk

Wall of Fame

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

DBMax virtual Valentine's 5k

Sally Frawley

26:36

AVON VALLEY TRIATHLETES

By Steve Clarke and AVT Secretary Kat Taylor-Laird



AVT Bobble Hats

Although the weather is slowly warming up, you can still buy one of only **5 AVT bobble hats left** to keep your ears warm on chilly spring mornings. They are available for £18 each. If interested, please email avt@avonvalleyrunners.org.uk to arrange payment and collection.



Steve Clark is continuing the Zoom Turbo sessions on Tuesday nights. As the weather is improving and the clocks go forward at the end of March, the longer evenings will be here plus certain restrictions being lifted from lockdown, the sessions will stop for the summer months.

We are looking for a venue to do some brick session training as a group (within the COVID limits of course). News to follow once a suitable venue is found. If people are interested in some basic bike skills sessions, transition training these are also being looked at.

February saw a continuation of the Virtual Ironman series and AVT athletes have had a fantastic month. Sarah Jeffries, Kathryn Butt, Esther Frawley, Tim Lowrie and Steve Clark had some great results. Sarah and Kathryn won their age groups for GB participants a couple of times each, Esther coming second in her age group twice.

Zwift racing has also been very competitive with Category wins for Esther Frawley and Anne Clark. Sarah Jeffries and Steve Clark have also turned in some placed performances in their categories.

British Triathlon will be releasing their latest update for the COVID restrictions in the next week and it looks like we can get back to some group sessions, including organising group rides on a regular basis. We will also find out when multisport events will begin again, but it looks like after 29 March for cycling time trials, but it might be after mid-May for triathlons and Duathlon's etc.

