

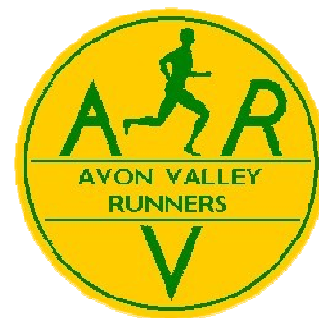


Valley News

The Newsletter of Avon Valley Runners

#167 Spring 2015

email: news@avonvalleyrunners.org.uk



Contents this month

- [Goodbye to the Coneys](#)
Tom and Kate
- [JAVR News](#)
Joby Hobbs
- [My First Year with AVR](#)
Michael Guy
- [Yoga for Runners](#)
Emma McDougall
- [From Yellow to Green](#)
Darren Wrintmore
- [Wilts Off Road League 2014?](#)
Justin Peters
- [The County AA Championships](#)
Advert
- [AVR Awards 2014](#)
- [More JAVR News](#)
Pete Slade

My thanks to all contributors to our first quarterly newsletter. I was beginning to think it would never happen until we had a rush of material after my plaintiff plea.

This month we say a real goodbye to two of our stalwart members who are moving to pastures new. Many people move on in life – we accept the changes, but Tom seems to have played a key role in AVR on many occasions, no doubt aided by Kate and we wish them both well in their new venture.

We say goodbye too, with slightly less finality, to our Junior AVR ambassador, Joby. He's stepping down from the role and deserves our thanks for his fine efforts over the last few years. If you want to know more about Joby, he featured in the August 2014 issue. We have an item from Joby and his successor Pete Slade and welcome Pete's first contribution regarding our talented juniors.

Ever thought about cross-training? What about a little yoga to get you going. There's an excellent piece about getting your body in shape ready for pounding the tarmac.

We also have an inspirational story from a relatively new member who's made the transition from couch potato to regular competitor; the kind of story that we're all familiar with and often wish many could take heed of.

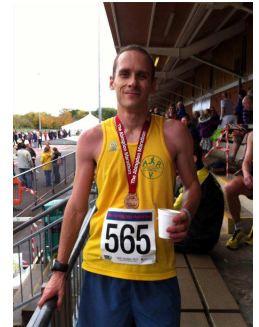
The cross country championships and the Wiltshire off road league feature; and some of you asked for a list of the 2014 award winners so I've included verbatim, Warren's list from which he made his announcements during the evening. Enjoy.

Did you know?

I've fallen to the ground with apparent exhaustion after many races but that's usually because there's a comfortable patch of soft grass around and I fancy a rest. I'm not sure I've ever pushed my body to such lengths that I end falling over with exhaustion *before* the end of a race; but what happened to elite Kenyan marathon runner Nyvo Ngetich was even more heroic. She'd had a few successes in her time, finishing second in the Chihuahua Marathon and going on to win the Puerto de Veracruz Marathon the following year. In 2010 she added to her success by winning four major events including the Grand Marathon Pacifico. More success followed and in February this year she entered the Austin Marathon. She was in the lead until she staggered and collapsed approximately fifty meters from the finish line when officials rushed over to offer her a wheelchair. She refused all offers of help and insisted on crawling the remaining fifty metres to the finish line where she ended up finishing in third place. So moved by her performance was race director John Conley that he referred to her feat as the bravest race and the bravest crawl he had ever seen. He adjusted her prize money to the same as the runner who finished second.

Goodbye to the Coneys

Tom and Kate's history at the club



Tom and Kate joined AVR in 2010 in the hope of improving their running and making friends. Soon after joining, Kate took a short break due to pregnancy and returning in 2011. Kate went to the Tuesday Clarendon social session and Tom to the Thursday Bradford session taking turns to childcare. Tom found the competition in the Road and Off Road league helped push him to improve and was pleased to win the off road league in 2013 and 2014 and to take third place in the road league in 2013. In 2014, Tom also set his sights on the "How Farr for AVR" prize and completing seven marathon and ultras as well as many other races to secure the prize! Kate preferred the social aspect of running although entered a few races to keep motivated. In late 2013 Kate decided - with a little uncertainty - to try out the speed sessions to help her improve and actually found it quite enjoyable, despite believing she was always bringing up the rear!

In 2013 Tom took on the responsibility of Wiltshire Athletics Road Secretary, organising the road league and compiling the results.

In late 2014, Kate took a new job in Oxford allowing us to move closer to both our families and Toms' job in Newbury.

Personal Bests

Distance	Tom	Kate
5k	2014: 18:24	2013: 27:20
10k	2014: 36:29	2013: 54:54
Half Marathon	2013: 1:20:55	2012: 2hrs 4Mins
Marathon	2013: 2:58:02	2012: 4hrs 47mins

A personal Note from Tom and Kate:

We are both very sad to be leaving the friendship and support of AVR training sessions. We've made lots of good friends over the years and improved our running as we hoped to do when we went to our first session. However, we'll stay in touch and hopefully see people at races (Tom's already been back to help the team on the 22nd March at the Wiltshire Scramble).

Tom and Kate Coney



JAVR News #19



WILTSHIRE JUNIOR RACE LEAGUE



JAVR will commence the 2015 Wiltshire Junior Race League with high hopes of retaining the trophy which they won in the leagues first season last year. The league will begin in February with a race each month (except for June) and finish with the final race of the season in July. With the team goal set at repeating last years hard fought victory there will once again be awards presented to the highest scoring individuals in the league in the U11, U13, U15 & U17 age categories for boys and girls. So as we battle on through winter training we can now begin to look forward to the following fixtures for 2015:

- #1 [JAVR 2K](#) - Southwick - Saturday 22nd February
- #2 [Swindon Park Run](#) - Swindon - Saturday 15th March
- #3 [St Georges Day 2K](#) - Corsham - Sunday 27th April
- #4 [The "Sci-Fi" Trowbridge 5K](#) - Trowbridge - Sunday 4th May
- #5 [Frome 5K](#) - Frome - Sunday 20th July
- #6 [The DB Max 3](#) - Castle Combe - Wednesday 30th July

For more information about the Junior Race League visit the Wiltshire Athletics Association website:
www.wiltshire-athletics.org.uk

Upcoming Races

For more information on
upcoming races
visit

www.junior.avonvalleyrunners.org.uk

my_avr@yahoo.com

Get in touch with JAVR News...

Do you have any news or perhaps an article or a
story for inclusion in the next edition

email: my_avr@yahoo.com

My First Year of Running with AVR

I came to running for the first time in my life last year, or at least since school and I was completely useless at it then. This happened after quite an eventful previous 18 months where I had lost a considerable amount of weight, more than 12 stone, and wanted to get fit.

I started at a local gym in September 2013 and expressed an interest in running which very quickly got squashed after about 5 minutes on a treadmill at barely more than a brisk walk before falling off the back of it. Had to get fitter before trying that again. Under guidance from the gym PT in late January 2014 I tried the treadmill again and got guidance on doing walk/run and building that up. After a few weeks of doing this I found that I could run a mile without stopping to walk and daftly signed up for the Sport Relief 6 miles charity run. Don't know how I got round it but did, eventually.

It was at this point I decided that I wanted to do a bit more running and looked to have a go at Parkrun. It was however, for a number of reasons, a couple of months before I got to have a go at that. What a morning that was, it was really quite warm (polite version) and I was in serious danger of not making it, it was only due to other runners and marshals including some I now know in AVR that kept me going to the end.

A week after that I got the flu which effectively put me out of action for 6 weeks following which I had another go at Parkrun. Similar story to the first time but a minute slower, I was now determined to get quicker with more stamina – back to the treadmill during the week with Parkruns on some Saturdays. It wasn't until August bank holiday weekend that I did a full 5k without slowing to a walk and took 2 minutes off my PB at the same time.

At this point I decided that I wanted to attempt a 10k and Half Marathon before the end of the year, was still not sure about joining a club as thought it would just be 'fast' runners and would be less than welcome. Didn't stop me from signing up to do the AVR Half Marathon, saw that the cut off was 3-hours and came to the conclusion I could run/walk that at very least.

It wasn't in fact until late October 2014 that I finally came to the conclusion that there was no way that I was going to get round a half marathon in any form without joining up with a running club and getting some proper training in. Really enjoyed my first session in Bradford on Avon with Sean Price and co and knew I was in the right place.

I wasn't however in the right place when I turned up in Bradford on Avon on the Sunday for a social run. It was Over the Hills day, I didn't know but did get persuaded to have a go anyway (Thanks James Crawford, I still owe you for that one). I had never run 12K and certainly not off road, I was in my road running shoes (that would have been a contender for the goofy award) but I got round despite slipping over a couple of times. Again without the support of the other runners I think I may have given up.

A few more club runs later and I was on the start line for the AVR Half Marathon, a terrifying prospect especially as I had a beast of a cold and felt more like staying in bed than running. Sod it I thought, dosed myself up and went for it without any idea just how far I would get. Just under 2 ¼ hours later I was over the finish line feeling great, briefly. I had a massive smile on my face after that, a rarity for me and was already contemplating the next challenge.

Since that day I have done a couple of 10ks, a 10 mile and the Bath half marathon races and a shed-load more Parkruns, now more than 6 minutes quicker than the first time I took part, and I'm now thinking about when to take on a full marathon.

Joining AVR was one of the best things I have done in years -

This is for all the beginners, if I can do it so can you. You just need to believe in yourself!

Michael Guy

help to increase the flexibility. (feel free to bend the knees if you need too)



Seated Forward Fold (Paschimottanasana)

From the previous pose, inhale up to a seated position and exhale bring the legs together. Flex your heels and pull your belly button in tight to the spine. Inhale and sit tall, raising the arms to the sun. Exhale and lean forward, allow the arms the rest by your side (its not about how far forward your can reach).



Paschimottanasana (Seated Forward Bend)

Allow your head to drop and gaze past your nose lengthening the spine. With every inhale imagine the crown of your head reaching out in front of you and with the exhale sink the chest lower. Feel free to use a band or strap around your toes to increase the stretch.

The asanas above are your starting point, use them regularly, add them into your stretching routine. All poses have modifications and extensions, if you would like to discuss these further or perhaps you would prefer to incorporate a Yoga class into your fitness regime please see my website www.emmamcdougall.com, Yoga with Emma on Facebook or catch up with me on a Tuesday night at Trowbridge Rugby Club.

Well, what are you waiting for, off you go and practice those poses (I'd love to see photos on AVR spotted page!

#LemonYoga

Emma McDougall

From Yellow to Green

AVR proved most successful at the county XC Championships held at Bath University just before Christmas, where both our Men's and Ladies teams were crowned Wiltshire champions and also bagged a bronze and silver in the Tri-county championships against clubs from across Avon & Somerset too. With AVR coaches, Steve Williams and Rich Ayling chosen by Wiltshire Athletic Association along with myself to be Team Managers, several of the members of AVR team were selected to represent their county at the South West Inter-County XC Championships held at Bicton College near Exeter in January.



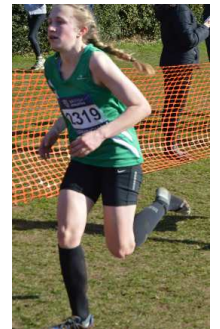
In the green of Wiltshire, the ladies managed to secure a team silver with Jackie Rockliffe amongst the scorers and with Jen Ford, Fiona Price, and Kiersty Barnett also in the county team meant that along with Diane Hier who was also running, AVR managed to bag a South West Championship bronze medal too.

Despite good runs by Michael Towler and Rich Ayling, Wiltshire could not break onto the podium and on this occasion neither could AVR in the accompanying mob-match.

Following on from this event was the National Inter-County XC Championships being held at Cofton Park in Birmingham and again AVR members were prevalent in the Wiltshire team. With spots in the British team for the World XC Championships in Beijing later this year on offer and with previous winners including the likes of Mo Farah, Steve Ovet and Paula Radcliffe this was going to be a real test against the best in Britain.

AVR Juniors James Pickford and Niall Thorne helped Wiltshire to 36th and 34th place out of 46 county teams in the U13 & U15 Boys respectively. In the U17 Girls, Jade Day finished wearing just one running spike in 162nd place and helping Wiltshire to finish in 29th place.

The Senior Ladies race saw a great race between international athletes Lily Partridge of Aldershot Farnham & District representing Surrey and Louise Damon of Winchester representing Hampshire at the sharp end.



A little further back Jackie Rockliffe enjoyed another good run to finish in 164th place and second Wiltshire scorer, who along with 265th placed Kiersty Barnett helped Wiltshire to their best position of the day – 26th place.

The Senior Men's race saw another tight finish at the front of the field and in 222nd position Rich Ayling came through as the third Wiltshire scorer and with club mates Pete Slade, Dominic Beddis and Mike Rose brought Wiltshire home as the 29th placed county in Britain.

Darren Wrintmore – Vice-President

Wiltshire Off-Road League 2014

The Wiltshire Off Road League concluded on Sunday at Spirthill near Calne with the 12 mile and energy sapping Wiltshire Scramble. This was the last race in the seven race series.

It all started in October with the hilly - but not too muddy this year - Marshfield Mudlark, a race of approximately 11k. The second race was our own Over The Hills event in November followed by the 5 mile Wickstead Wander a few weeks later. This race was poorly attended by AVR, it was a wet, cold and muddy race near Highworth, Swindon and probably was the main reason AVR didn't win the Club Title this year. Chippenham Harriers had a very good turnout as they did for most of the races. In the team event it really is numbers entered that help secure a title rather than actual finishing positions.

The Fourth Race was the Three Countries Cross Country Championships at Bath University, a high quality field turned out for this with many AVR runners performing well and being selected for the Wiltshire County Team. In January we had the Corsham Court Challenge, a genuine cross country race of 6 miles over a fast but slightly undulating course.

The penultimate race was the Calne Smartt Smasher; a 10k race along the old Calne to Chippenham railway line; not a classic off road race, more something that bridges the gap between road and off road.

The Wiltshire Scramble was the last event; a 4 mile lap through grass and ploughed fields, copses and water ditches, all run 3 times; a deceptively gruelling and tiring course.

There was also a 1.5km junior race, where AVR juniors filled the first 5 places.

The Wiltshire Off Road League and the Club Off Road League really do offer all members the opportunity to partake in some beautiful races, trekking along some magnificent countryside Unlike road races, times are not important. Each race varies greatly from year to year depending on weather conditions. What they do is provide a great environment to improve your stamina and strength for your road races whilst also giving you a slightly less abrasive surface to train on, less pounding on all those joints. It also provides some great head to head racing against club members and fellow competitors.

Chippenham Harriers won the Team Title with **AVR** second.

The Overall Ladies title was won by **Claire Frances** of Chippenham Harriers

Kiersty Barnett won the Ladies Senior Category and finished 3rd Overall

Adele Cooper was 2nd in the FV50 Category and 7th overall. Adele deserves a special mention as the only member of the club to compete in all 7 of the events showing true dedication and commitment.

The Overall Men's title went to **Justin Peters** who also won the V40 Category.

Anthony Hickson won the V70 category and once again demonstrated the enthusiasm and enjoyment we should all take from our running.

Warren Wade finished 2nd in the V40 category and 7th Overall, the only reason he didn't compete in all 7 events was due to his River Iford marshalling in the Over The Hills race, so just like Adele, fantastic effort.

The current AVR off road league is under way and runs throughout the summer until the Autumn, fixtures and results can be found on the club website.

Steve Williams has been very enthusiastic about the clubs ventures recently into the Cross Country leagues and hopes to build on this next year, for any members who have not considered an off road race may we strongly recommend it to you, if nothing else, it's a fantastic way to partake in a Sunday Training run with other enthusiastic runners.

Justin Peters

Wiltshire Athletic Association present:



The County AA Championships

Saturday 23rd May

Tidworth Oval

Bulford Road, Tidworth, Wiltshire, SP9 7SB

Events: 100m, 200m, 400m, 800m, 1500m, 3000m & 5000m
Long Jump, High Jump, Triple Jump, Pole Vault & Relays
Hurdles, Javelin, Shot Putt, Hammer Throw & Quad Kids

Open to: Juniors, Seniors
& Disabled athletes



See www.wiltshire-athletics.org.uk for more details and event entry



wasp
wiltshire and swindon sport

2014 AVR Awards

AVR Awards 2015		
<p>2014 amazing year for the club, road and off-road league champions, beginners sessions, juniors secured the very first Wiltshire Junior Race League and were crowned as Champions 2014 at the DBMax 3K at Castle Combe in July.</p> <p>JAVR 2K race series was awarded for Participation Event of the Year Award by Wiltshire Athletics.</p> <p>Awarded South West Regional Participation Event of the Year by England Athletics.</p> <p>We broke the attendance record twice, 72 at the Bristol half and an amazing 82 at the Bromham 10k. 9 club performance records were equalled or broken:</p>		
Records		
<p>Mike Towler equalled his previous 5k record of 15:52</p> <p>Especially good year for the veterans:</p> <p>Ken Marshall broke the V60 1 mile record with an amazing 6:00</p> <p>Phil Harding set the club V60 5k record with 20:48</p> <p>60th birthday Stu MacGregor V60 10k 39:57</p> <p>Jackie Rockliffe V40 1 mile 5:48</p> <p>Ruth Barnes 5k 17:33</p> <p>Fiona Price V40 5k, 18:43, 10 miles 1:05:08</p> <p>Laura MacGregor 10k, 36:03.</p>		

Race Series - Best Scoring 7 Races from the Series of 11		
Mens		
3rd	Pete Veleski	125
2nd	Mike Rose	132
1st	Rich Ayling	137
Ladies		
3rd	Kiersty Barnett	123
2nd	Jules Coulson	132
1st	Fiona Price	138
Road Championship - Best Cumulative Times over 5 km, 10km and Half Marathon - nothing for a pair		
Men		
Senior Man	Mike Towler	2:02:50
Male Vet 40	Justin Peters	2:18:43
Male Vet 50	Robin-Mark Schols	2:21:12
Male Vet 60	Ken Marshall	2:40:44
Best Age Grading (WAVA)	Frank Lamerton	80.53%
Ladies		
Senior Lady	Ruth Barnes	2:18:17
Lady Vet 40	Fiona Price	2:25:13
Lady Vet 50	Tina Towler	3:03:45
Lady Vet 60	Rosemary Barber	3:25:57
Best Age Grading (WAVA)	Fiona Price	84.95% - highest overall
Off Road Championship - Best 8 results from 12 qualifying events		
Mens		
3rd	Pete Veleski	126
2nd	Warren Wade	137
1st	Thomas Coney	150
Ladies		
3rd	Tina Vivian	80
2nd	Denise Ellis	86
1st	Adele Cooper	148

How Farr for AVR - Total Distance Race (from submitted results) in Km		
Mens		
Senior Man	Thomas Coney	758.194k
Male Vet 40	Warren Wade	507.105
Male Vet 50	Richard Hudson	659.452
Male Vet 60	Frank Lamerton	416.822
Ladies		
Senior Lady	Kiersty Barnett	309.221
Lady Vet 40	Vicky Ody	433.395
Lady Vet 50	Jennifer O'Connor	417.644
Lady Vet 60	Rose Barber	188.441
Best Marathon		
Men	Mike Rose	2:56:08 - Robin Hood Marathon taking almost 20 minutes of his previous best set in 2012
Ladies	Fiona Price	3:06:35 - Virgin Money London Marathon taking another minute off her previous best set in 2013
Stan Farr Boxing Day Run		
Mens Winner	Tim Lowrie	20:12
Ladies Winner	Vanessa Lucas	24:05

Subjective Awards		
Most improved Man	Rich Ayling	10 mins off already amazing HM time, he ran 1:25:03 Bath in March then 1:15 Bristol in Sept, also knocked almost 4 mins off 10k time, down to 34:28.
Most improved Lady	Kiersty Barnett	Only joined this year having just started running, 8 months later she's now at county level, winning team prizes and ran 32 races for avr.
"Darren Wrintmore" Outstanding senior man (performance or performances)	Mike Towler	equalled his own 5k club record of 15:52, new half marathon PB 1:13:45,
"Denise Ellis" Outstanding senior woman (performance or performances)	Ruth Barnes	17:33 5k record, 1st lady salisbury half marathon, won british masters half marathon individual and team gold medals.
"Tim Northwood" Outstanding MV40 (performance or performances)	Warren Wade	completed a whole year without getting injured
"Joyce Field" Outstanding FV40 (performance or performances)	Fiona Price	Two club records, British 1 hour track record which had stood for 20 years, fastest marathon, represented GB in the FV40 category in the WMAci half marathon in budapest, was part of the silver medal winning team.
Frank Allen award for Outstanding MV50 (performance or performances)	Robin-Mark Schols	46 races, 1:24 half, 38 min 10k, sub 3:15 marathon - GFA
Stan Farr award for Outstanding FV50 (performance or performances)	Adele Cooper	40 races, 10 from 11 road league, 10 from 12 off-road, only one to race the train
Ted Rockcliffe award for Outstanding MV60 (performance or performances)	Ken Marshall	Came back from injury to set MV60 1 mile record, 1st MV60 Malmesbury Carnival 10k,
Nan Simpson award for Outstanding FV60 (performance or performances)	Rose Barber	Several age category wins, amazing times, AVR female club runner of all time, club legend.
Outstanding male beginner	Paul Thorne	Total beginner (inspired by his 13 year old son) to half marathon in 4 months.

Outstanding female beginner	Karen Applegate	Already inspires others, leads groups, organises social events.
“The Bomb” (for going above and beyond the call of duty)	Ian Isaacs	Juniors including JAVR 2k, Beginners, AVT, Coach (cirf), new club secretary.
The Grape Blister - Best / Worst Injury	Tina Vivian	Faceplant 16 miles into 22 mile race - carried on looking like she'd been sparring with Mike Rose
“The Goofy” (for moments of muppetry)	Andy Jefferies	Wardrobe malfunction - Bristol half with vest on back-to-front
Honorary Life Memberships		
Andrew Hoddinott		
Honorary Memberships		
Sean and Fiona Price		



England Athletics
South West regional
participation of the
year award 2014

Wiltshire Athletics
participation event of
the year award 2014

Junior Avon Valley Runners

Junior Avon Valley runners, (JAVR) are a local running club to Trowbridge/Bradford on Avon, established in 2012. JAVR is the junior section of the very successful running club Avon Valley Runners. The section has grown to over 50 members in 2014 and continues to grow.

Our Mission as a club is to work in partnership with the wider athletics community in Wiltshire, Avon and South West England to create a vibrant, safe and progressive sport for juniors under seventeen years old– including athletes of all abilities and from all backgrounds – to achieve excellence in everything we do.

Success in 2014!

The club has seen great success on many levels throughout the club, especially over the last year:



The juniors secured the very first Wiltshire Junior Race League and were crowned as Champions 2014 at the DBMax 3K at Castle Combe in July. **The Junior League** - sponsored by Wiltshire and Swindon Activity & Sports Partnership (WASP) is an annual series of 'races' for all runners from clubs affiliated to Wiltshire Athletic Association with the goal of promoting junior running within the county and raising the profile of Wiltshire clubs and athletes. The League is structured into a single division and runs from March to October.

JAVR 2K League

The JAVR 2K event was established In April 2012, it's a timed race for 7-15 year olds and takes place at 10am on the last Saturday of every month and Southwick Country Park. Since it started, the event has seen over 150 juniors run the event. The event is based on a scoring system which allows runners of all abilities to compete for awards.



The event has been so successful; the club was recognised by Wiltshire Athletics at its annual awards ceremony for its continued work on the JAVR 2K race series and were awarded the Participation Event of the Year Award for 2014.



The club were then forwarded for selection to the England Athletics annual awards for consideration and were shortlisted and awarded the South West Regional Participation Event of the Year 2014.

Individual Success in the JAVR 2K League



No less than 24 trophies were awarded at the Presentations for the 2014 JAVR 2K league. Awards were given for 1st, 2nd and 3rd in the boys and girls categories, fastest boy and fastest girl, most improved and most PB's. It was a year which saw new age records set in most age categories. Attendance certificates were also awarded for runners who had attended 8 or more events during the year, with 3 runners attending all 11 events! This demonstrates some amazing achievements and consistency throughout the year from all who took part.



We are constantly looking for ways to improve, so for 2015 the 2K league will take the best 9 times from the 12 races, this will enable some events to be missed, as we understand everybody has commitments

Junior Training

To complement the development of the junior runners a Weekly training sessions take place every Wednesday from 7pm – 8pm at Bath University. This continues to be a great success, providing a safe and professional training facility.

Membership is open to anyone from 7 years and upwards. A further benefit of becoming a member for the younger runners is the recent introduction of the fun training sessions for 7 to 10 year olds. This will take place at Southwick Country Park – this will complement the JAVR 2K event and give younger runners the option to run every other week.

ESAA Athletics Awards:

As of 2015 JAVR will be adopting the ESAA awards structure to encourage and reward our junior members. These awards, backed by England Athletics, set benchmarks for various events and are split into Primary, for school years 3 to 6, and secondary for school years 7 and above. For more details visit: <http://www.englandathletics.org/england-athletics-news/esaa-awards-scheme>

JAVR Club Championship

The club has now introduced a championship all of their own for 2015 - It will be based around the Wiltshire Junior Race events and the JAVR 2k. For each race ran you will be awarded points based on your relative positions to other members of the club. The table will be split into age categories and awards and trophies given out at the end of the year.

Finally:

If you would like any further information regarding membership, the JAVR 2k league or the regular training sessions, then please contact us at: juniors@avonvalleyrunners.org.uk. We are always happy to hear from you.

The entire junior section is administered and run by a team of volunteers and we are always looking for additional people to help with the many and various jobs required to organize the various sessions and events. If you are able to offer any time or help, or if you have any questions or suggestion then please get in touch using the same email address above.