



Valley News

The Newsletter of Avon Valley Runners

#168 Summer 2015

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Contents this quarter

- European Masters Success
Sean Price
- Memories of a sporting
Grandfather
Anthony Hickson
- The Avon Valley Relay
Darren Wrintmore
- The White Horse Half
Thomas Coney
- The Joys of Geo-Caching
Darren Wrintmore
- JAVR News
Pete Slade

I've often been told that when you get a group of runners together the conversation inevitably turns to injury. I guess that's because either none of us is familiar enough with his or her body to know when to take things easy and have some rest, or we're just too stupid to listen to it. I claim the latter excuse and can't tell you how frustrating it is to see joggers out in the summer sunshine knowing that I can't do the same. I tell myself that next time I'll be more sensible, but I'm not sure I will.

This edition includes a look back to the life of the grandfather of one of our most senior members, who himself has recently celebrated a milestone and who still pounds the tarmac at an age when many men have long since turned to pipe, slippers and rose pruning as their staple diet of strenuous activity.

We also hear of more success from Fiona during her recent trip to Italy in the European masters championships. What a legend!

Departed member Thomas Coney – who featured in the Spring edition – tells us about some challenging weather conditions during a recent half marathon.

As well as a report on the Avon Valley Relay, Darren has provided a follow up to one of his previous articles on running with more than just the finishing line as the target.

Pete Slade has taken over from former stalwart Joby Hobbs as our Junior athletes rep and has given us an extensive and fact filled account of their recent exploits.

With that, I shall bid you all 'adieu' and urge you to keep the articles coming for my worthy successor Gary MacAlister.

Did you know?

One of the most iconic athletes of the sixties only embarked on a running career because he damaged a finger. Ron Clarke who sadly died earlier this year at the age of 78 came from a family of very proficient Australian rules footballers. His passion was heading in the same direction until his career came to an abrupt end after smashing one of his fingers during a game making it impossible to catch the ball – something essential in the sport. He took up running as a poor substitute but soon started to win many races and attract the attention of the Australian athletics authorities.

Although never winning an Olympic or Commonwealth gold medal, Clarke broke seventeen world records; twelve of them during a European tour which lasted just forty four days. He was not accustomed to running at high altitude and during the 1968 Mexico Olympics he claims not to remember running the last lap of the 10,000 metres final. He subsequently collapsed and nearly died from altitude sickness, although managed to compete in the 5000m a few days later.

In his forties Clarke moved to the UK and took up a management role at the Cannons sports club, which has since become Combe Grove Leisure Centre in Bath.

European Masters Success



Extract from the Wiltshire Times

Avon Valley Runners athlete, Fiona Price, ran in the European Masters 10km Championships last Friday. The Championships were held in Grosseto, Italy, this was her first attempt at European glory.

The 47 year old mother of four is trained by the Team GB coach mentor, Martin Rush who is based in Bradford on Avon. Fiona from Westbury was hoping for a top five finish but on a day where the wind more like that akin to the White Horse, she managed to run 39:16, a personal best, an Avon Valley Runners club age category record and most impressively brings home a European Bronze medal in her vet 45-49 age group. Accompanied on the trip her husband, Sean Price, he said, "this eclipses all her other performances by some margin".

Fiona is current Wiltshire 10km champion and ARC national 10 mile champion and is looking forward to competing later in the Summer at the British Masters 10km then onto Lyon, France where she will run in the World Masters track championship at both 5,000 and 10,000 metres.

With the help of her coach, Martin Rush, Fiona is focussing on the 10k distance this year in an attempt to increase her speed with a long term view on London Marathon 2016.

Sean Price





Memories of a sportuing Grandfather

Coventry Machinists' Club

All through his life Ernest was a keen sportsman and took a particularly active part in the organisation of the *National Cyclist's Union* of which he was a vice-president - in that connection he was more particularly noted for the active part he took in the [Harrogate Camp](#), an event that brought cyclists from all parts of the Queen of Watering places every August Bank Holiday for some 20 years up to 1902. He was president in 1901. As a pioneer of the sport he was elected the first provincial President of the Fellowship of Old Time Cyclists in 1921.

His introduction to the wheel, however, occurred in neither London nor Yorkshire, but in the home of "the wee, wee German lairdie", Hanover, where the family had removed for a time during the rebuilding of the parental roof in 1869. There, on a fearful and awful monstrosity (as we should judge it in these days), a convertible bi-tri boneshaker, he was initiated in the mysteries of the wheel, and later, when at school at Northampton, he had at least one "thrilling experience" of the boneshaker, which had disastrous consequences to himself and a schoolfellow cyclist. Again in Hanover, in 1872-5, for the completion of his education, he continued his wheeling; but it was in 1877, after he had returned to London, that he fairly succumbed to the fever of the cycle. There, in the neighbourhood of Wrotham, on a Singer, with trailing brake - and a good brake, too, as brakes went then - he fairly mastered the peculiarities of the *G.O.O.* (Good Old Ordinary), and following on that with a Coventry Machinists' "Club", he stuck to the high machine long after most others had forsaken the old love for the new.

In 1883 he removed from London to Bradford, and soon after began his work for his cycling brethren. Joining the old Bradford C.C. in 1884, was elected the honorary secretary, and in 1885 the Harrogate Camp Committee placed him in a similar position to the great meet of the year. There he worked through a code of rules of which he, deservedly, spoke with pride, and in 1886 and again in 1888 he was re-elected hon secretary. His occupancy of the post was marked by an infusion of new life into the meet, and it might almost be said that "Harrogate" owed more to Ernest Hickson than any other single man. That he was proud of the connection all campers knew, for he was seen, every year, with one more "camp button" displayed at the tail-end of an unbroken series.

His connection with the *N.C.U.* was very close for many years, ever since 1888, when, as a representative of the Bradford C.C. on the West Riding centre, he noticed Mr. F.W. Brock's skeleton scheme for the liberation of the provinces from the thralldom of London. Ernest at once entered into communication with Mr. Brock, and began the agitation for provincial freedom. Through the whole of that fierce struggle he showed the highest qualities of leadership, from the time of the Birmingham conference, through the period when he stood forth as the selected champion of the united provinces, until, at last, the victory was won, and the rule of the London "Executive" was ended. From that day the Union has never "looked behind", as the saying goes, and from being a mere London body, with branch offices in the country, it has become as truly "national" as a body wherein such varying opinions occur is likely to become.

A few years later he was again in prominence. As with Mr. T.W. Grace, the chief opponent of the licensing scheme, Ernest's position was clear. He had a very strong dislike of the subsidised amateur. During the time he was in London to attend the Council meeting, with the express purpose of defeating the licensing scheme if it could be done, he was a guest at Dr. Turner's at 9, Sussex Gardens; but he held that the then existing rules of the Union were amply sufficient for the purpose of the extinguishing the veiled professional if his extinguishment was desired, and that the introduction of a mass of complicated machinery would not only do none of the good that was intended, but would make the conduct of sports more difficult, and cause endless and needless worry and annoyance to all concerned. How far his views have been correct, history has shown.

In later years he devoted his attention more to the pastime than the sport, and many hard things were said of him because of his opposition to the road-racer. Against road-racing itself he had nothing to say, but, with the foresight which had always been a distinguishing feature of his character, he saw what was coming - police intervention - and he wished the *N.C.U.* to take the thing in hand ere it was too late. In his opinion the hand of the Union would have been greatly strengthened in its dealings with "the powers that be" had it been able to point to the aid it had given in the suppression of this class of law-breakers. Later he worked energetically for the cause of "universal lights" in the West Riding, and once led a deputation to the Highways Committee of the County Council, presented a petition carrying 2,500 signatures, and met with such success that the committee decided to propose the adoption of a "Universal Lights" bye-law by the Council!

In a lengthy career he had a full share of accidents, only two of which, however, were serious. Once, on Hadley Common, outside Barnet, he was badly stunned, one side of his face was deprived of its skin, and he suffered from a severe concussion. His second adventure occurred near Kirkstall Abbey, Yorkshire, when a sprained elbow and wrist was the result.

A busy man, full of life and energy, he was one of a class who did much to raise cycling to its high estate, and it was the very presence of such disinterested enthusiasts, who sacrificed valuable time and money to the sport and the pastime, that lent the highest tone to the noblest pastime England has ever seen.

Later he turned to croquet, and was a frequent entrant at tournaments in the North of England.

He was prominent in many cycling clubs: Bradford CC of which he was hon sec in 1885 and captain in 1886; Wharfedale CC; *C.T.C.*; Rob Roy BC of which he was hon sec 1880-1883 and the hon sec of the North of England Cyclists' Meet and Camp ([Harrogate Camp](#)) 1885, 1886 and 1888 - the only man to have occupied that post more than once.

His other interests included Chess and Lawn Tennis. He was hon sec of the Wheatley Lawn Tennis Club, member of Park Lane Tennis Club, Bradford Chess Club, Union Club and Bradford Liberal Club.

Anthony Hickson

The Avon Valley Relay



A record 45-teams lined up in glorious sunshine at Bradford on Avon Rugby Club in Winsley for the sixth running of the Avon Valley Relay which saw teams of four runners cover a seventeen mile course that takes them from Winsley down to the first handover point at Dundas Aqueduct where they join the towpath of the Kennet and Avon Canal which is then followed back through Bradford on Avon for the second handover by the Tithe Barn and all the way to the final handover at the Somerset Arms in Semington before going cross-country to the finish at Doric Park in Hilperton. With teams representing Frome Running Club, Devizes Running Club, Westbury Running Group, Nailsea Running Club, Corsham Running Club, Royal Wootton Bassett Hounds, Team Bath AC and Hot Chilli Tri it was the host club, Avon Valley Runners who were the first team back overall in a total time of 1-hour 39-minutes with Carl Davies, Dominic Beddis, Mike Towler and Antony Mills claiming the Open team prize.

In the Ladies race the Team Bath quartet of Zina Marchant, Helen Boyce, Liz Milsom and Lindsey Dow took the honours ahead of the teams from Avon Valley Runners and Hot Chilli Tri. The Mixed team category proved very competitive with Frome Running Club just edging out Avon Valley Runners in a very close finish with Corsham Running Club coming home in third spot. Whilst the Junior category saw a 1-2-3 of Avon Valley Runners.

Full results can be found at www.avonvalleyrunners.org.uk

Darren Wrintmore

The White Horse Half

The White Horse Half marathon is a popular road race now in its 33rd year which sells out well in advance due to its reputation as a fast and flat course well suited to PB's, being Oxfordshire's championship race over the distance, it's small field-500 I believe- and an entry fee of just £16-EA affiliated. The race is organised by the white horse harriers (www.whitehorseharriers.org) who take their name from the nearby Uffington White Horse. The race starts and finishes in Grove - just over the Oxfordshire border - and with it selling out early (early December iirc) 6 AVR members entered. This year it coincided with the Spring Clock change, so with a 9am start and a 75 minute drive it was with less sleep than usual the majority of the AVR contingent made their way to the start - unless you moved to Oxfordshire just the month before ;)

The forecast the night before the race was for wind of 19mph+ with gusts around 44mph and Heavy Rain. The rain was falling until 5 minutes from the start, when the skies cleared up. Maybe the Met-office would be wrong just like on many other occasions... Oh, no during the race the wind seemed to always be either against or across you, with gusts where you did feel you might be pushed backwards! The rain stayed off for about 90 minutes, and then they unleashed a downpour that included hail.. While PB's might have been hard to come by the course was as advertised - nice and flat with the only 'Hill' being a bridge over the railway line with my Garmin recording an elevation difference of just 69ft - <https://www.strava.com/activities/275842898>

Provisional date for next year's race is 3rd April 2016, and one I would recommend-even with rain and strong wind! Maybe with a larger contingent for 2016 and use the mini-bus?

Thomas Coney



The joys of Geo-Caching

As a pre-cursor to Darren's article below on Geo-Caching - which incidentally was penned for the UK Cache Magazine and featured in their June 2015 edition - I've reprinted here an article from April 2012 which gives you an insight into the pastime.

Trouble at Mill

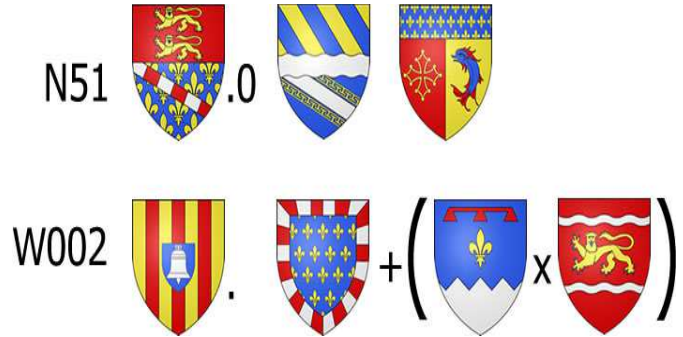
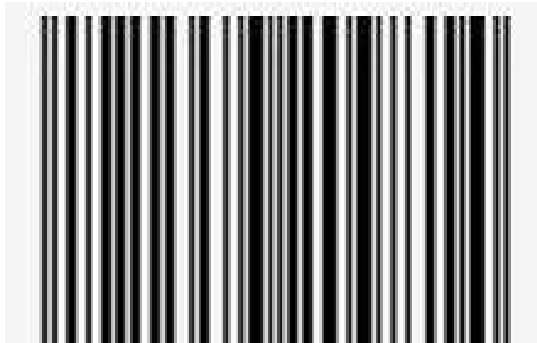
(from AVR News April 2012)

It all started with *Trouble at Mill*, well that is what Brian Gibbs of Corsham Running Club told me that the geo-cache that he had placed nearby was called when responding to our "Where in the Valley" quiz last December. So what is a geo-cache? Well these are typically hidden containers that can be located by a set of GPS co-ordinates which can additionally be concealed behind a puzzle or a series of puzzles.

The cache itself normally takes the form of a small tupperware box or a 35mm film cannister, though I have found one hidden inside the shell of a snail - *that took some finding!* Inside the cache you will find a logbook in which to record your visit and additionally some geo-treasure – but unless you have a love of McDonald's toys or rubber gonks this is an aspect of the past time that is best left to any younger geo-cachers that might accompany you – my own children think that this is the best bit. The other more interesting thing that you can find inside a geo-cache is a Travel-Bug. These are devices which are on a mission to travel from geo-cache to geo-cache in order to accomplish a specific or not so specific task, on my first outing I found one (in Whitley) that I later discovered had originated in Luxembourg and had made it's way across Germany and France to Wiltshire. I have since released my own Travel Bug on a mission simply to travel far & wide.

So where are these geo-caches? Well as previously mentioned these are found via a set of GPS co-ordinates. So to find these co-ordinates you need to go online to www.geocaching.com where a basic membership is free and enabled me to get the co-ordinates for my first find - just 127 metres from my front door! Other caches soon followed with many being incorporated into circular routes, so my first excursion followed the "Purlpit Ring" which was for a large part the route of the **Shaw Stampede 10K**, my next was along the somewhat more imaginatively named "Bombs & Booze" around Gastard - other rings in the local area that can be followed and perhaps incorporated into a training run, include "Stans Sausage Series" at Melksham, "The Westwood Wander", "The Avoncliff Ring", "Count Katies Quavers" at Steeple Ashton, "Sharpstone Ring" and over at Westbury "Ben22" set by our very own Sean & Fiona Price!

To exercise the grey matter little further the cache owner may be cryptic with the co-ordinates and present a puzzle that can be anything from answering trivia questions, solving anagrams, resolving chemical equations or making visual observations at the listed co-ordinates to get the real geo-cache co-ordinates. Though others are way more obscure, try...



If anyone has any knowledge of heraldry I am struggling with the second puzzle!

So now you have the co-ordinates, how do you go about finding the geo-cache. Well the tool of the Geo-cachers trade is the GPS receiver. If you have a Garmin Forerunner (or similar) or even a smartphone then you have a GPS receiver into which the co-ordinates can be entered and your journey outdoors can begin. The GPS should get you within a few metres of the cache, which is now possible since the US Department of Defence switched off Selective Availability on their satellites allowing civilian GPS users to enjoy the same navigational accuracy as the military. If you fancy a bit more of a challenge, then you could always try using a map and compass, as Ordnance Survey grid references are published for most caches and this provides good practice for those aiming for the OMM or Mendip Mashup. Then when you are in the vicinity it falls to your eyes to actually find the geo-cache (this is where my kids come into their own). Another method is ‘pure chance’ – Richard Morgetroyd happened across a geo-cache whilst answering the call of nature when marshalling at the White Horse Gallop trail run at Westbury a few years back.

By the time that you have read this in the Valley News I would have placed my own geo-cache, named “The Avon Valley Runner” somewhere within the Avon Valley. Log on to www.geocaching.com and try to unravel the AVR related puzzle and find the cache. The first to do so will gain a coveted “First to Find” medal and get to choose from a selection of McDonald’s toys! Happy hunting.



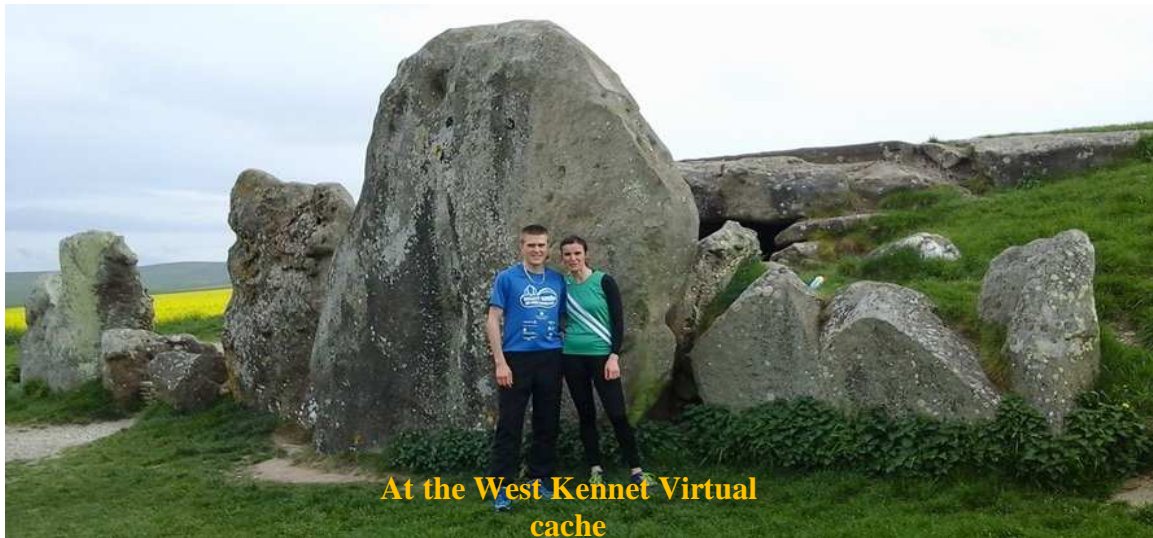


Back in 2012 I was just starting to come to terms with the fact that I was no longer a competitive athlete albeit in the MV45 age category. I had also been elected to the position of Vice-President of Wiltshire's biggest running club, Avon Valley Runners and was a regular contributor to the monthly Valley News online magazine. One of my submissions was a quiz called "**Where in the Valley?**" featuring a photograph taken on one of the club training routes around Trowbridge, Bradford on Avon and Melksham. One such picture was of a turbine on the Bowerhill estate in Melksham, amongst the correct answers received was one from a member of a rival club who added to his answer "*and I have placed a geo-cache there*". A few months later and another "**Where in the Valley?**" photograph this time featuring the town bridge in Bradford on Avon. Brian Gibbs of Corsham Running Club was amongst the correct answers and again added "*and I have placed a geo-cache near there*". This time I took the bait and asked the question "*so what is a geo-cache?*" the rest as they say is history and I am now approaching 2,500 finds, with **GC1NMZD – Trouble at Mill** and **GC1MP4M Blind house-Bradford-on-Avon** both placed by Hamfist being amongst the first that I found. I regularly targeted a series of geo-caches to provide waypoints during a run which allowed me to run further and faster, with my searching and signing time being my recovery. Having now hung up my running shoes the best part of a year ago, I decided to dust them off and see what some local runners would think of geo-jogging.

First up was the current Wiltshire Men's 5,000m & 10K champion and the Wiltshire Ladies 5,000m & Half Marathon champion, Simon Nott and Denise Grech. We decided to tackle the East Kennet ring of 8 caches near Marlborough with a diversion to the virtual cache at West Kennet Long Barrow which would afford us a four mile run.

Starting off at a sedate pace (for Simon & Denise at least) we managed to make a quick find to get us underway and then it was off for another 600m to #2. It was whilst signing this log that it suddenly dawned that we should have been collecting information for the bonus cache and we had neglected to do so at #1 – with Simon having won the Corsham 10K race in 32-minutes a few days previous we sent him back to retrieve the missing information and that allowed me to get my heart rate down to something near normal. The next few finds were also made quickly and the bonus clues duly noted then it was time to head to the Virtual cache some 400m away as the crow flies, because of access restrictions we had to run the best part of a mile and it all seemed to be uphill which had me blowing whilst the other two took it in their stride. I had not been to West Kennet Long Barrow for many years but as we approached Denise recalled a visit from her childhood which answered the question required to claim the cache but we continued on to GZ and captured a photograph or two before heading back thankfully downhill to resume the East Kennet Ring.





At the West Kennet Virtual cache

The remaining caches were soon in hand as was the bonus, so the important questions...*“Did you enjoy it?”* and *“Would you do it again?”* Both agreed that it was great fun with Denise adding *“I actually really enjoyed grubbing about in the nettles for plastic pots full of junk and hair bobbles.”* But would they do it again? *“Geo-caching yes but as a run probably not, as training schedules are tightly adhered to”*. So start looking out for logs signed by Team Spotty Dog.

One of the many hats that I wear in the world of athletics is that of being a qualified Coach with UK: Athletics and so for part two of my research into geo-jogging decided to stage a group session for Avon Valley Runners. To slow them down sufficiently I chose a date just a few days after I knew that many of them would have run the London Marathon. The planned 10K run would take the group from its training venue in Trowbridge out to Semington along a well-kept bridle path, head towards Melksham and then back off-road through the villages of Whaddon and Hilperton, attempting to find eight geo-caches on the way. Ten club members decided to take the challenge and I discovered that three of my club mates were already geo-cachers Peterj335, Team Fearon and Wedgy1975 and that KermitCar who I knew from many geo-caching meets was also a member of Avon Valley Runners!

Things didn't get off to a good start with a DNF being called at the **GC4823P The-metal-gate** and that was despite Team Fearon having found it just a week or so earlier. Proceedings soon improved with quick'ish finds at **GC48242 The-rusty-gate** and **GC4824B The-wooden-gate**. It was then time to head to that popular destination for runners in West Wiltshire, the towpath of the Kennet & Avon canal. Another quick'ish find at **GC428HX KA-swingbridge**, they were starting to get into the swing of it.



Getting in the swing of it

Queuing up to search

The next cache was the one that I claim to have hooked me on geo-caching: **GC3AE1V Semington-rd-bridge-devizes-branch-railway** as it is hidden in plain sight and in a prominent location close to the local Police

Headquarters. I am pleased to say that it equally stumped and then after fifteen minutes of searching impressed my running group with the boldness of the hide.

We now had a good 800m run on tarmac to the next cache **GC48K0G Suzys-red-box** which proved to be as much fun as I had hoped when planning the session, with most of the group attempting to squeeze into the phone box to help make the find.



On the run

Now a Cross-Country mile with several wishing that they had worn jogging bottoms rather than shorts as the nettles were a little fierce and we were forced to make a diversion to avoid some overly skittish horses, but that did allow us to pick up an unscheduled cache at **GC3CWTB Whatton-grove-farm-devizes-branch-railway** before moving onto **GC3CWRX The-culvert-devizes-branch-railway** which took rather longer than expected to give up its position, not helped by the vegetation. With the light now fading it was good to be back on firm footing as I introduced them to the Church Micro at **GC50E5R Whaddon-st-mary-the-virgin** before heading back to the club house in Hilperton.

So now on to the feedback....

"Great evening. Even if I don't become a 100% certified Geocacher, I would certainly consider doing similar again as a way of training, with the geocaches acting as waypoints"...

"Good fun! Maybe next time, less cows, less rampaging horses and stingy stingy stinging nettles"...

"Amazing new world that we all run/walk past on a daily basis"...

"Good night had by all, maybe next time I will bring a back pack with a grass trimmer, wellies and hand warmers"...

"I had never heard or done anything like this before, enjoyed the evening with some good clues"...

"I really enjoyed it. It breaks up a run for me"...

"Great idea, I love a good cache trail"...

"I can see how this can get a bit addictive!"

I think that we may have a few new converts to Geo-Caching.



We found it!!!

Darren Wrintmore – Vice President



JAVR News

Editors Notes:

When asked if I was interested in taking over the role of providing a regular JAVR article for the newsletter, I jumped at the chance – We are in the midst of some really exciting times for the junior section and we are seeing lots of our younger runners developing and really improving as runners – some of which would give the faster adults a run for their money! It is also pleasing to see that the club continues to be well represented at the Wiltshire race league events.

Before I go any further, I would like to take this opportunity to thank Joby Hobbs for his contributions to the JAVR News during his time as Editor. He has set a high standard with some great articles.

A lot has happened since the last newsletter, so I have tried to include as much as I can. I'm sure to miss people and performances out, so apologies.

Well here goes – my first contribution, of many I hope. Enjoy!

Pete Slade

JAVR 2K League

A record total of 65 juniors ran in the latest race of the JAVR 2K league – Niall Thorne was first home in a speedy 6mins 59 secs, closely followed by Max Davies in 2nd. Freya Buglass was the first JAVR Girl to finish (2nd Girl Finisher) in a time of 8 mins 13 secs, with Lottie “Bullet” Brown finishing not far behind as 3rd girl overall. The race saw no less than 19 PB's recorded and 2 new age category records!

It was a busy day for the organizers of the race with a record turnout for the 300m dash also, which takes place prior to the 2K run. With all



League Standings after 6 races: Freya Buglass leads the Girls Championship, with 2 PB's along the way. Just 6 points separates the next 4 girls – Lottie Brown, Clara Harding, Edith Chitty and Lola Harris.

With 5 PB's in 6 races, Niall Thorne leads the Boys Championship, with a 16-point lead over 2nd place Max Davies. Harvey Payne is just outside the top 3 with 75 points, closely followed by Leo Harris and Callum Slade.

Next JAVR 2K Event: Saturday 25th July 2015

Wiltshire Junior Race League

JAVR are looking in good shape to retain the Wiltshire Junior race league title for 2015 – They are currently in 1st place with a total of 79 points, followed by Team Bath with 73 points and Chippenham Harriers in 3rd place with 70 points.

Race Report: The May Mile (Race 3 in the Wilts Junior Race League).

Sheldon & Hardenhuish School Field hosted the May mile race, which was founded in 2010. A busy event: which included a number of different category races, together with a great BBQ and even Elvis was singing on loudspeaker for the entire afternoon. It was a successful outing for Avon Valley Runners with Max Davies, Ellie Isaacs and Lottie Brown taking Category wins. This was a particularly memorable day for Ellie Isaacs who recorded her first ever win – Well done!



A smile for a Mile!

Avon Valleys Happiest Runner Clara Harding, on her way to finishing the May mile in a time of 8 mins and 20 secs.

Race Report: Chippenham Fun Run (Race 4 Wiltshire Junior Race League).

IN the 5 – 7yr old fun run, Freddie Pickford was the sole JAVR runner, finishing in a fantastic 8th place!

In the 9 – 17 year old 1 mile fun run, 4 out of the first 5 runners home were Junior Avon Valley Runners – With Max Davis the overall winner, coming home in a time of 5 mins 14 secs, followed by Niall Thorne in 2nd place. Robert Warner and James Pickford finished in 4th and 5th place respectively. Lottie Brown was 3rd Girl overall and 1st in the under 9 category. Ellie Isaacs was 1st U15 girl home



Wiltshire Junior Race League Standings :

The individual standings in the Wiltshire race league are also looking promising. In the Girls table, Lottie Brown is the lead runner for JAVR currently holding 2nd place with a total of 389 points – just 11 points off of the overall lead. Ellie Isaacs is the next highest runner in 4th place, closely followed by Lola Harris in 5th and Clara Harding in 6th place.

Max Davies remains top in the Boys league with an incredible 399 points out of a possible 400! James Pickford holds 2nd place with 390 points and Niall Thorne is well placed to threaten the top 3 in 4th place with having ran one less event.

The Next event in the Wiltshire race league calendar is the Swindon parkrun on Saturday 18th July 2015 – This will be event No.5 in the race league calendar. We look forward to another strong showing from the club on that day.

The JAVR Club Championship

New for 2015 is the JAVR Club Championships: It will be based around the Wiltshire Junior Race events and the JAVR 2k and will be open to all Junior Avon Valley Runners members.

For each race each runner will be awarded points based on their relative positions to other JAVR members. 100 points for first place, 99 for second and so on. The best 4 results from each series, so a total of 8 races will make up the final score for the year.

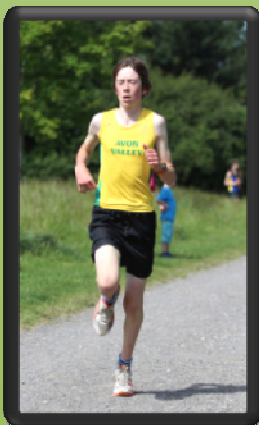
The table will be split into age categories, based on school years and awards and trophies given out at the end of the year.

To view current Club Champ tables visit <http://www.junior.avonvalleyrunners.org.uk>

In the Years 3-5 Category, Lottie Brown leads the way for the girls, closely followed by Lola Harris in 2nd. Callum Slade heads up the Boys table, with Scott Pickford 2nd and Benjamin Hailes in 3rd.

In the Years 6-8 Category, Abbie Brown is in the current top spot, with Luke Slade likewise in the Boys league.

Other News:



Niall Thorne ran a parkrun PB in a time of 19 mins 28 secs in July. Niall has taken well over a minute off his PB for the Southwick parkrun

Well done to Robert Warner completing his first 10K race. He ran in the Cheltenham Challenge and completed the tough course in an impressive time of 47 mins 2 secs



Holly Newman ran an 800m PB in a time of 02:30.2 to take the Senior Girls title at the Wilts County Schools



Ben Mcallister chuffed to bits after finishing as the 1st under 8 boy at Chippenham 2km River Fun Run, collecting his first ever trophy!

