



LEER SPECIAL

in this issue >>>

Ich bin eine Zitrone

Bristol Half Marathon

Road Race Update

Off-Road Update

Yeovil 5km

Welcome everyone to my first AVR Newsletter. I hope you find them to be as informative and enjoyable as the previous newsletters were. I've tried breaking myself in with a "LEER SPECIAL" this time, kindly written by Darren Wrintmore. There is just so much the club has done over the summer that just cannot get it all into one newsletter, so please do not be upset if not everybody is mentioned in these pages.

If you do ever have a fantastic story you'd like to share with everyone else, then please let me know, or better still write up the article & I can get it into the newsletter. So happy reading, and I hope you all enjoy my first attempt. I am, as always, open to feedback!

Gary MacAlister



AVR's team of 18 runners having their obligatory group photograph at the Town Hall at Leer



Ich bin eine Zitrone



By Darren Wrintmore – AVR Vice-President

Eighteen Avon Valley Runners made the trip to Leer at the invitation of the mayor of the German twin town of Trowbridge to take part in the city road races. Departing Doric Park at Silly O'clock, Sean Price did a marvelous job of navigating our way to Dover for the ferry at 10:15, making it on-board with just five minutes to spare. Once across the Channel our luck with the traffic didn't hold and we experienced long delays as we crossed France, Belgium and The Netherlands before reaching our hotel in the German city of Leer around 22:00 after the best part of 16-hours on the road.

The first morning brought rain though this did not deter the early risers: Ian Isaacs, Allison Perkins and myself from heading off on a 5-mile geo-jog around the suburbs, which produced a rather surreal moment when seeking a geo-cache in a private residence which is something that is rather uncomfortable and doubly so when in a foreign country and not able to speak the language. Mid-search, the home owner came out and asked if we were geo-caching and then to our amazement asked if we were from Trowbridge! What a small world moment as we had found ourselves at the home of one of our German hosts, Gerold, who is a keen geo-cacher.



As well as the rain, the first morning also brought with it the realisation to Pete Veleski that he had left his running shoes back in England. Fortunately a quick trip into town saw one of the Race Organisers come to his rescue, as being the owner of the local sports shop was able to supply a pair of Saucony Kinvara shoes in lemon and green colours too! The Race Organiser also produced a list from under the counter with the names of all the Avon Valley Runners entered and revealed that our own Fiona Price was the pre-race favorite.

Later that day we sported our tracksuits that had been produced specifically for our visit and headed to the town centre where we were taken on a guided tour and amongst other things learned the origin of the cities highest hill – a full 9-metres, this meant that the course was going to be pretty flat, albeit lined for a large part with cobble stones.





With the return of the rain we headed into the Town Hall for a mayoral reception and participation in the local tea ceremony, which involved sugar crystals that filled most of the cup before adding tea and milk (importantly in an anti-clockwise direction) without stirring before only drinking half the cup and starting again with the tea getting gradually sweeter. After the obligatory group photograph at the Town Hall it was time to head back to the hotel to get in an early night in readiness for the next day's races.



Like heck we were – it was a quick change and out to paint the town yellow. Off we headed once more in the rain, to Mamma Mia's Pizza Restaurant where the company was good but the service less so. However the wine flowed freely and eventually Sean Price could contain himself no more and full of the confidence gained from delivering a speech to the dignitaries assembled earlier at the Town Hall decided that he could use his command of the German language to reorder the chips that he had requested to go with his pizza. We could not contain our mirth when the waiter re-appeared sometime later carrying not one but two pizzas covered in chips! Time to make an exit and hit the bars.



Then came Race Day which thankfully didn't kickoff until half past two in the afternoon giving plenty of time to sleep off the excesses of the night before, and for Michelle Platten to switch from the 10K to the Half Marathon having never run further than 7-miles before. Our hosts arrived at the hotel for mid-day with our race packs and then led us the short distance from the Hotel to the Start area, where we were greeted like age old friends by those we had met just the previous day. It was also with a wry sense of German humour that the Race Organiser called Sean Price out on the Public Address system and presented him with a lemon costume to wear during the Half Marathon, much to our amusement and the confusion of the large crowd that had gathered. Apparently running in fancy dress hasn't caught on in Germany yet and after seeing Sean in green tights probably never will.





First up was the Half Marathon which consisted of nine laps around the cobble streets of the city centre. Thomas Coney and Peter Veleski led the pace for Avon Valley holding 4th and 5th positions respectively with race favorite, Fiona Price sitting in 7th place overall. With 34mph winds coming in from the North Sea and being channeled up the narrow streets started to sap the strength from the legs by the penultimate lap. However Tom managed to hold on to 4th place recording a Seasons Best time of 1:23:58 and claiming the top MV40 spot with Pete coming in in 6th place, also with a Seasons Best time of 1:26:16. Whilst Fiona cruised to victory by over eleven minutes from the second placed lady with a time of 1:27:40. Also running in the Half Marathon were 44th placed Ian Isaacs; 50th placed Suzann Large; 78th placed Sean Price managed dressed as a lemon and suffering a soaking as he was lapped by Fiona who snatched a cup of water from his hand as he passed the on-course drinks station; 85th placed Michelle Platten and 86th placed Laura Oatley.

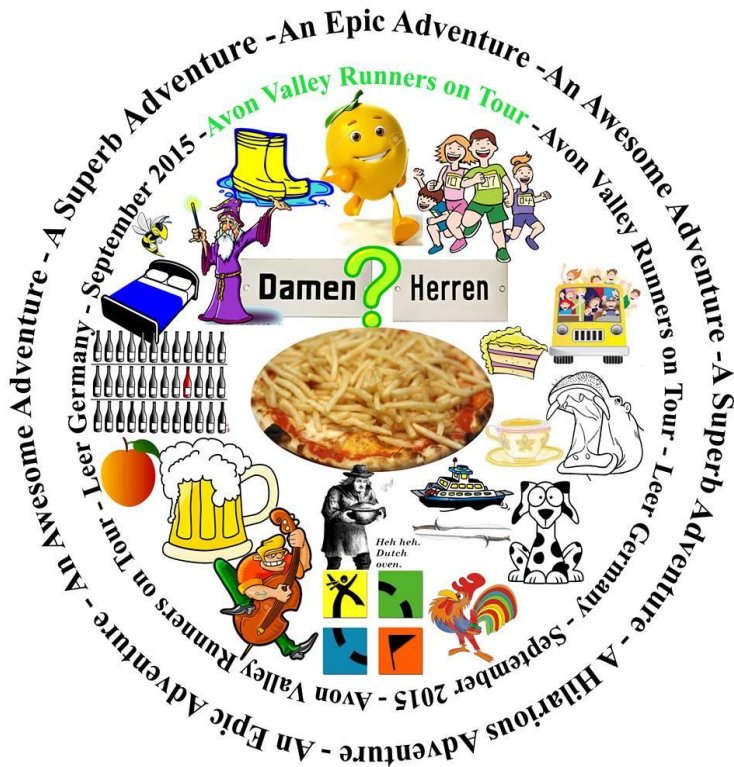
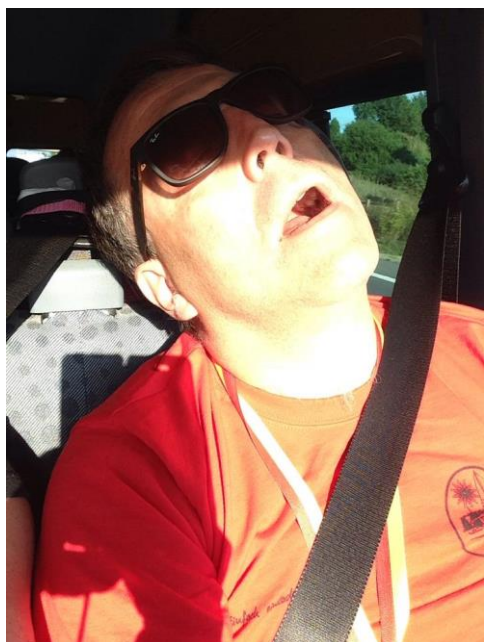


The 10K race was held over four laps of the winding city centre course and saw Rich Ayling lead the 200-strong field for the first lap before fading back to finish in fourth position in a time of 36:32. 24th placed Warren Wade was pleased with his time as were 93rd placed Sharon Cleverly; 169th placed Sarah Roberts; 170th placed Allison Perkins; 175th placed Helen Veleska; 176th placed Hayley Bell; 177th placed Jim Chalmers and 178th placed Vicky Ody.

Darren Wrintmore was the lone Avon Valley Runner in the 5K race which sported the biggest field of the day with nearly 350 entrants on the start line and came through for 17th place overall and 2nd place in the MV45 category recording a time of 20:37

With the running now out of the way it was back to the important job of socialising and we had been invited out as the guests of local sports club: Fortuna Logabirum. Once again the wine flowed liberally and we had a great evening with our German hosts, though they were somewhat bemused by the fascination that was shown for the self-cleaning loo seats, which rotated after receiving a visit. This was demonstrated by Michelle and to the concern of restaurant staff videoed by Sean for those with too much decorum than to enter the Ladies toilet!

Then back to the hotel for a night cap, but the bar was closed so a quick acquisition of alcohol led to an impromptu room party, finishing just a few hours before we needed to depart Leer. So it was once again at early o'clock that we bleary eyed climbed into the mini-bus for our drive back to Trowbridge and despite managing to miss our ferry crossing had a good return journey where plans for the reciprocal visit were discussed.



Full Results

Half Marathon (Men):

4 th	Thomas Coney	1:23:58
6 th	Peter Veleski	1:26:16
42 nd	Ian Isaacs	1:49:36
65 th	Sean Price	2:10:01

10km (Men):

4 th	Rich Ayling	36:22
22 nd	Warren Wade	44:27
125 th	Jim Chalmers	1:12:33

5km (Men)

17 th	Darren Wrintmore	20:37
------------------	------------------	-------

Half Marathon (Women):

1 st	Fiona Price	1:27:40
4 th	Suzanne Large	1:50:26
17 th	Michelle Platten	2:41:26
18 th	Laura Oatley	2:41:26

10km (Women):

15 th	Sharon Cleverly	52:52
46 th	Sara Robert	1:05:19
47 th	Ali Perkins	1:05:39
50 th	Helen Veleska	1:08:07
51 st	Hayley Bell	1:08:07
53 rd	Vicky Ody	1:13:01



A nice early start was the order of the day for the many AVR runners taking part in the 2015 Bristol Half Marathon, with the team coach collecting runners at around 6:30am. That didn't stop a fantastic 50 club members taking to the streets for this ever popular half marathon. The weather was perfect, sunny but cool and a little wind, and this reflected in the times. George Gurney & Mike Towler both beating the club record for the distance.

This year's theme was to raise awareness of the Brain Tumor Support Charity, with many of the runners wearing their distinctive cyan & maroon shirts instead of AVR Yellow. This push was led by Rachel Bown, who herself has been effected by the illness. Rachel was running this year, and to make it more interesting decided to dress up in a Hippo costume.



Results from our runners are below: (PB's as recorded on the AVR results page)

MEN

14 th	George Gurney	1:11:12	(AVR Club Record)
23 rd	Mike Towler	1:12:51	PB
87 th	Mike Rose	1:20:19	
403 rd	Richard Morgetroyd	1:29:48	
689 th	Lee Allen	1:34:10	
740 th	Simon Morgan	1:34:48	
844 th	Andy Marchant	1:36:05	
863 th	Scott Barnett	1:36:22	
1053 rd	Alan Tate	1:38:18	
1090 th	Chris Brown	1:38:41	
1557 th	Andy Gibbs	1:42:50	
2068 th	David Earley	1:46:34	
2249 th	Andrew Sharratt	1:47:51	
2360 th	Paul Charman	1:48:44	
2484 th	James Williams	1:49:31	
2631 st	Ian Isaacs	1:50:28	
2793 rd	Philip Rockliffe	1:51:47	PB
2804 th	Paul Thorne	1:51:52	PB
2978 th	Matthew Evans	1:53:11	
3096 th	Darren Jago	1:53:57	
3541 st	Richard Southgate	1:57:08	
3578 th	Martin Pearce	1:57:25	
3721 st	Steven Cade	1:58:19	
4528 th	Sean Price	2:04:19	
4694 th	James Waugh	2:05:49	

WOMEN

456 th	Claire Howard	1:30:39	
1193 rd	Anna Cottle	1:39:36	PB
2404 th	Ali Atkinson	1:49:02	
3017 th	Jennifer O'Connor	1:53:24	
3041 st	Linda Ladner	1:53:34	
3173 rd	Sue Jeddi	1:54:31	
3540 th	Hayley Southgate	1:57:08	PB
3917 th	Jenny Watson	1:59:27	
3938 th	Sharon Cleverly	1:59:35	
4176 th	Melanie Nicholls	2:01:19	
4188 th	Rachel Bown	2:01:25	
4288 th	Adele Cooper	2:02:15	
4693 rd	Sarah Amey	2:05:49	
4885 th	Philomena Fisell	2:07:38	
5388 th	Justine MacAlister	2:12:39	
5411 th	Victoria Jamieson	2:13:01	
5502 nd	Rebecca Hex	2:13:59	
5967 th	Jeanette Sims	2:19:49	
5990 th	Alana Cox	2:20:07	
6028 th	Lucy Jenner	2:20:35	
6122 nd	Nicola Poulter	2:21:51	
6157 th	Laura Saxty	2:22:23	
6502 nd	Hannah Eaton	2:28:51	
7013 th	Gill Newbury	2:49:23	
7028 th	Cathy Warner	2:50:03	



AVR ROAD RACE LEAGUE

Melksham 10km

Avon Valley Runners have won their fourth consecutive Wiltshire Road Race League title following the gaining of maximum points at the Melksham 10K with Michael Towler and Fiona Price from the club being the individual race winners. With Pete Slade and Kate Hails in the runners-up spots the club took both team prizes with Gary MacAlister and Diane Hier completing the successful trio's. Diane Hier also took the 1st FV50 award and Rosemary Barber the 1st FV60. Club members also recorded Personal Best times aplenty on the flat, fast, certified accurate course around the town, with several recent graduates from the clubs beginners programme completing their first outing over the distance.

As the AVR league stands Peter Slade is leading table with 18 points, from Anthony Mills in second with 43 points and Robin Mark Schols still holding onto 3rd place with 47 points (and top MV50) runner. Top MV40 is Warren Wade, sitting 6th overall (90 Points), and top MV60 is Phil Harding on 167 points in 10th.

The ladies table sees Fiona Gibbs leading on 37 points (also leading FV40). With just 2 races to go she is being closely chased by Helen Donald on 66 points, and Adele Cooper (leading FV50) on 85 points. Leading V60 is Rosemary Barber in 12th place on 241 points.



Ladies Winning Team (L-R) Kate Hails, Fiona Price, Diane Hier



Men's Winning Team (L-R) Gary MacAlister, Mike Towler, Pete Slade

Malmesbury 10km

A smaller than usual turn out for AVR with only 11 runners finishing. The weather was starting to show the first chills of autumn, and some light drizzle at the beginning of the race was an ominous sign for things to come, but thankfully it cleared and we ended up with some perfect cool running conditions. The route was "undulating", but it did incorporate some lovely Malmesbury countryside around the course. The free post-race massage was also eagerly taken up by AVR members, with many of them getting their name on the massage list quicker than you can say "Lemon Army".

Pete Slade took the AVR honours in 3rd place overall (36:43). Gary MacAlister was 2nd AVR (38:51 - 7th overall), and Anthony Mills 3rd AVR (40:01 - 8th Overall). For the ladies Fiona Gibbs was first AVR finisher & 2nd FV40 (48:16 – 74th overall), Adele Cooper was 2nd AVR (55:06 – 151st), and Helen Donald 3rd AVR (55:15 – 152nd). A mention as well to Rosemary Barber, who came 2nd FV60 in 56:00



Fiona Gibbs collecting her 3rd Place V40 prize



Pete Slade collecting his 3rd place overall prize

UPCOMING RACES

There are just 2 events left in the 2015 Road Race Season

4th October – Cricklade Half Marathon

25th October – The Clock Change Challenge (Calne)



MARSHALLS NEEDED!

Our two major events are coming soon and as always we are looking for volunteers to help make them the success they always are.

Over The Hills (Sun, 1st November) and AVR Wiltshire Half Marathon (Sun, 29th November). In order to continue to deliver the successful races these have always been we need the help of a team of willing volunteers to cover many areas including - race village, marshalling, water stations, registrations, finish line etc.. If you are not running in these events please consider helping out as it is your help that makes these races what they are.

If you can help with the Over the Hills then please drop an email to me at secretary@avonvalleyrunners.org.uk

If you can help with the AVR Wiltshire Half then please email Tina Vivian on ctinaviv@aol.com



AVR OFF ROAD LEAGUE

For many, the autumn brings their favorite time of the year – CROSS COUNTRY SEASON!!! Last year Chippenham Harriers were crowned Off Road League winners with AVR finishing second. It would be great to see as many of you as possible out there getting muddy for your club. It is important to note that not all the races are hilly, muddy bogs across Wiltshire. Some, like the Smartt Smasher are lovely runs along cycle paths & bridleways. Others wise the Wickstead Wanderer and Wiltshire Scramble will put you through mud & over obstacles, so whatever you fancy there is really no reason not to get involved!

2015/16 Wiltshire Off Road League Fixtures:

26 th September	Roundway Rampage (Devizes)
18 th October	The White Horse Gallop 8 (Westbury)
22 nd November	The Wickstead Wander (Highworth)
13 th December	Wiltshire XC Championships (Bath)
24 th January 2016	Slaughterford 9 (Rudloe)
7 th February	Lungbuster 8 (Royal Wootton Bassett)
21 st February	SMaRTT Smasher (Calne)
20 th March	The Wiltshire Scramble (Spirthill, nr Calne)

AVR Club Off Road League

The AVR off road league is still going strong with 9 of the 12 races now completed. The last 3 fixtures are the same as the Wilts league (White Horse Gallop, Wickstead Wander, Wilts XC). With time running out for the main players to stake their claim for league glory it really is all to play for. For all runners their best 8 scores count towards their score.

In the men's league there is a real 2 way tussle for top spot with Pete Veleski and Justin Peters separated by just 2 points. Ian Isaacs & Gary MacAlister are battling it out for 3rd place, separated by just one point, but with a further 8 points required to catch up to the top two it really does look like Justin & Pete will be taking it all the way to the end of the season.

The ladies table looks like Fiona Gibbs has nearly got the title sewn up, leading from Adele Cooper by 18 points. So the battle is for 2nd place and with Helen Donald currently sitting 3rd place just 1 point behind Adele, it really is still game on!

Roundway Rampage

The first Wiltshire Cross country league race saw 17 AVR runners taking to the slopes of Devizes. A beautiful morning greeted the runners as they set off from Devizes Sports Centre and started their ascent of the Roundway Hill. Spectacular views were guaranteed for all the runners whilst they caught their breath and started to head for home to finish the 7 mile route. An energy sapping lap of the Devizes cricket pitch led all the runners to the finish line and a well-deserved array of sweets and snacks.

Mike Rose lead the charge for AVR, finishing in 4th place overall, with Richard Hudson (23rd) and David Warren (43rd) making up our top 3 men. Frank Lamerton was also crowned the 1st MV60. A fantastic run from Diane Heir in 25th place saw her win the 1st FV50 price, and Rosemary Barber's great form continued with a 1st place FV60.

There was also success for the juniors in the mini Rampage with Nail Thorne winning the U15 boys, James Pickford winning U13 boys, Callum Slade winning U11 boys and Ellie Isaacs clinching the U17 Girls prize.



ANTHONY'S RECOMMENDATIONS

Here is a list of recommended events for the next few weeks. Don't forget many of these races are now filling up fast, so get your entry in early.

[Badminton Horseless](#) (4th October)

Runners can enter as individuals or in teams for the 5 and 9 mile events, or as individuals for the 13 miler. The Horseless Team Event can be an excellent event for friendly team rivalry or for a family day out. This event will enable you to run over some of the world famous Badminton Horse Trials obstacles. Now in its 32nd year, this annual event is held by invitation of the Duke of Beaufort and is held on his estate. The all-terrain course takes the runners, cani-crossers and walkers along country tracks, in sight of the deer herds, and through fields and woods.

[Marshfield Mudlark](#) (11th October)

11km multi-terrain and the MARSHFIELD MUDLITE (4.5km multi-terrain) at: Marshfield Cricket Club, Broadleys, Ashwicke Road, Marshfield. SN14 8AB

[The White Horse Gallop](#) is back (18th October). This time it is longer, hillier and will get you up close and personal with Westbury White Horse. If that wasn't enough the event will also be part of the 2015/16 Wiltshire Off-Road Race League.

[The Stickler](#) (25th October)

This is a friendly and popular running race organised by the Dorset Doodlers. It features over 1500ft of climbing across the three peaks of Dorset: Okeford Hill Beacon, Hod Hill and Hambleton Hill (including the infamous and self named 'Stickle Path').

The race will start at 10.30am on Lanchards Lane, 5 minutes from race HQ, which is in Shillingstone Church Centre

[Over the Hills](#) (1st November)

Avon Valley Runners now famous and popular event - before entering please make sure that you are not required as a marshal.

JUNIOR UPDATE

YEOVIL 5km

By Rich Ayling

On Wednesday 9th September JAVR took 9 highly spirited juniors to Yeovil 5km on the team mini-bus. It was the last 5km in the Yeovilton series and a great opportunity for the juniors to test out their speed on a fast flat 5km against quality opposition. Over the summer months the juniors have been working hard on developing their speed on the track with monthly time trials and regular track fixtures for the school and club events and they were full of optimism going into the race. First home for the juniors was Max Davis, who smashed his 5km PB and ran 17:04, knocking 35 seconds off his previous best. Niall Thorne has been a man on a mission this year and has been regularly running sub 20 minutes for 5km and was highly motivated to break 19 minutes, a target he achieved with a strong run finishing in 18:53 and taking 33 seconds off his previous PB. Closely behind Niall was 12 year old James Pickford who ran 19:04, knocked a minute off his PB and more importantly didn't even look behind him once during the whole race!

A close battle took place for 4th back for JAVR with only 14 seconds separating Sam Beaverstock (22:03), Rob Warner (22:13) and Josh Whitefield-Lott (22:17). This was Josh's first race outside parkrun and a new PB and it was a similar story for Ethan Bolter. Ethan has been running with JAVR for the last couple of months and has made great progress in his short time with the club and ran 23:59 and he will now start training on a Monday evening with the rest of the juniors who are racing competitively. After a strong track season Holly Newman has turned her attention to running the Great South Run at the end of the year and a solid time of 25:13 over 5km proves she is in a good place developing her speed endurance. Ellie Isaacs has progressed significantly this year and has won age category awards at Corsham 2km and Chippenham 1 mile run. At Yeovilton 5km she ran a new PB of 26:31, knocking 15 seconds off her previous best and now has her sights firmly setting on breaking 26 minutes.

The evening was a great success for the juniors who were joined by Martin Davis, Fiona Price, Ian Isaacs and club legend Rose Barber taking part in the 5km. Fiona and Ian had only ran the LEER half marathon 3 days before and both put in strong runs with Ian equalling his PB and Rose Barber was the series winner in her age category. On the way back the juniors were rewarded for their efforts by being taken for fish and chips. Although we may never be invited back to the fish and chip shop again, it capped off a fantastic evening for JAVR and sets the juniors up well for the cross country season!



SOCIAL EVENTS

The 2nd Tuesday of each month is set aside as the “AVR Social Night”. This usually takes place at Trowbridge Rugby Club after training and is open to all AVR members.

For more information of social events, please contact Jamie Morrison. membership@avonvalleyrunners.org.uk

The next social on October 13th is a Halloween theme. We have been promised to “Be there and be scared”!

Another date worth putting in the Diary is December 8th, which has been earmarked as a Christmas themed AVR Social. More details to follow....



Post Melksham 10km – The Milk Churn

A good number of runners followed up our successful day at the Melksham 10km with a well-earned drink at the Milk Churn in Melksham. The lovely sunshine ensured that many runners enjoyed a very social “rehydration” session – and it was a chance to wish birthday girl Rebecca Hex many happy returns.





Beginners Running Group Starting 19th Oct 2015

Come join our fun, social running group in the countryside around Trowbridge and Melksham. Whatever your reason for running whether it be to lose weight or just to keep fit, this is the perfect opportunity.

We welcome all shapes and sizes* and take it really slowly to start with and aim to have you running continuously in around 9 weeks. Don't be scared come and make some new friends and get fit in the process.

*** minimum age 16, no maximum.**

Contact:

Ian Isaacs

Tel: 07714 101560

E-mail:

secretary@avonvalleyrunners.org.uk

Come and try us out for first three weeks then £20 for rest of year.

Monday, 19th Oct 2015 registration at 6:45pm for a 7pm start

Doric Park, Trowbridge Rugby Club, Paxcroft Mead.

(Between Semington & Hilperton. BA14 6JB)