

Avon Valley News

January 2016

Issue #171



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AVR Time Line

Happy new year to you all. It's the time of year for new starts, new beginnings, new challenges. There is plenty to get excited about in AVR for 2016. There is the re-formatted Club Championship for 2016 with 20 races covering road & off-road races beginning with the Rough & Tumble. The Wiltshire Road Race league kicks off in March with the Devizes 10km. A number of you will all be aiming for you own personal challenges as well, whether it be running your first 5km or PB'ing at London Marathon. It is great that we are such a diverse club, covering all abilities, goals and sports (Remember as AVR members you are AV Triathlon members as well!) Good luck to you whatever your goal & I look forward to reporting on all your success in 2016.

Gary MacAlister

AWARDS NIGHT SPECIAL!!!!

SEE PAGE 6 FOR A FULL LIST OF WINNERS, AWARDS, RECORDS AND PHOTOS FROM THE EVEINING



Fiona & Sean Price providing some glamour at the AVR Awards night.



Robin-Mark Schols & Gary MacAlister showing off some of their awards



Chairman Warren Wade was master of ceremonies for the evening.

Did you know... In the **How Farr for AVR** competition in 2015 – 461 different individuals ran at least one race for Avon Valley Runners. The furthest total was 873.39km, and the shortest was 0.125km.

BROMHAM PUDDING PUN



(From L-R: erm..., just lots of Lemons & a santa!)

Bromham pudding run is a well-established favorite in the race calendar of runners, offering a flat & fast 10km route for all abilities and brimming with PB potential. The lure of a festive Christmas pudding at the finish as well ensured that this year's race sold out in only a couple of days.

90 AVR members – nearly quarter of the field and the clubs largest ever race attendance - took to the start line, and the sea of yellow was noticeable across the whole course from the front of the pack to the back.

In the end the race was won by Simon Nott of Calne Running club, with our own Mike Towler finishing in 2nd place. First lady home was Ruth Barnes, missing out on a PB by just 6 seconds. Other noticeable prizes went to Thomas Coney (3rd MV40), Jacqueline Rockliffe (3rd Lady), Fiona Price (1st FV40), Anita Mellowdew (3rd FV40), Diane Hier (1st FV50), David Griffiths (2nd MV60), Rosemary Barber (1st FV60), Ellie Isaacs (2nd Female Junior).

There were also a heap of PB's on the day. Well done to David Warren, Anna Cottle, Clare Wood, Matthew Evans, Philip Rockliffe, Hayley Southgate, Sarah Barker, Ellie Isaacs & Laura Oatley.



Mark Harrison (38:24 – 14th)



Anna Cottle Relaxing (45:20 – 91st)



Ruth Barnes (35:30 – 1st Lady)

AVR ROAD RACES

Road Race Secretary
Kiersty Barnett

Wiltshire Road Race League

The Wiltshire Road Race League will begin again in March 2016, and the first few races are available to enter now. AVR won the league in 2015, and it would be great to see the club try to emulate that again in 2016.

The fixtures are:

#1 Devizes 10k	Devizes - Sunday 20th March
#2 Devizes Half	Devizes - Sunday 10th April
#3 St Georges 10K *	Corsham - Sunday 17th April
#4 Chippenham 5	Chippenham - Sunday 5th June TBC
#5 Broad Town 5	Broad Town near Wootton Bassett - Sat 18th June
#6 Frome 10K	Frome, Somerset - Sunday 17th July TBC
#7 Heddington 5K	Heddington - Race series (best result counts)
#8 The Bustard 5	Pewsey - Wednesday 3rd August
#9 Malmesbury 10K	Malmesbury - Saturday 3rd September
#10 Cricklade Half*	Cricklade - Sunday 2nd October
#11 Grittleton 10K	Grittleton - Sunday 16th October
#12 Clock Change Challenge 10K - Calne	Calne - Sunday 30th October

* Wiltshire County Championship Race

Results

If you've run a race please make sure you get your results sent into results@avonvalleyrunners.org.uk so they can be added to the results database. Youi need to put the race name, your time & position, and ideally a link to the results page.

Entering Races

Remember to put yourself down as "Avon Valley Runners" when entering races (Not AVR, Avon Valley or other variants).

AZTEC WEST FAST 5k

The 2nd race in the AVR club championship was the Aztec West 5km in Bristol. This race is run around a mainly flat, fast and traffic free loop giving it a reputation for very fast times. It is regularly won by people running a sub 16min 5km. The club took a minibus of runners over to run in what turned out to be challenging conditions as they encountered the tail end of Storm Jonas which brought strong winds and rain to the course.

32 AVR runners took part in total, and a whole heap of PB's or Season's best times were run by many athletes. (Not all PB's confirmed at the time of going to print, so I've left them out of newsletter – have a look at the AVR Results page if you are interested).

The first AVR man home was Rich Ayling (13th overall, 16:45), followed by Mike Rose (28th - 17:42) & Pete Slade (35th - 18:00).

First AVR lady home was Ruth Barnes (22nd – 17:07), setting another PB & New club record for 5k. Jackie Rockliffe (64th – 19:20), and Fiona Price (67th – 19:26) made up the top 3 ladies.

So as it stands after 2 races of the AVR Championship for 2016 top male is Robin-Mark Schols on 10 points (and himself running his first sub-20 minutes 5k since Heddington in August 2015). David Griffiths is in 2nd (12 points) and Adam Robbins & Rich Ayling share joint 3rd (26 points). Ruth Barnes leads the ladies table with a perfect 2 points so far, with Sue Jeddi 2nd (10 points) & Adele Cooper in 3rd (15 points)



Ruth Barnes at Aztec West 5k

AVR CLUB CHAMPIONSHIP

Rules for the combined Road and Off Road Race Series 2016

There will be 20 races from which to choose, 10 road, 10 off road, but your twelve (12) best races will count for the championship and a maximum of 8 (to count) can be either road or off road.

The first AVR runner will get 1 point, the 2nd will get 2 points and so on until all runners are accounted for. Non-runners will get five points more than the number of points of the last runner of the highest attended race. The winner will be the runner with the least points. Only the best 12 races for each runner will count, so you don't have to run every race, however if there is a tie for the winners then the 13th and 14th etc. races will be taken into consideration until a winner is established. Awards will be made to the top three highest scoring men and women.

Qualifying events: (More fixtures to be announced soon, keep an eye on the AVR website & facebook page.)

- Rough 'n' Tumble - Milton Lilbourne - Sunday 10th January (RACE COMPLETE)
- Aztec West 5k - Bristol - Tuesday, 26th January (RACE COMPLETE)
- Wiltshire 10 – Melksham – Sunday 14th February
- Smartt Smasher – Calne – Sunday 21st February
- Bowood Rotary 10km – Bowood House – 20th March
- Clock Change Challenge – Calne – 27th March

Rough 'n Tumble



Adele Cooper & Robin-Mark Schols both having fun in the mud

The first event in the 2016 AVR Club Championship was the Rough 'n Tumble. 14 AVR members took on the sold out race with an eye to getting some early points on the board in the championship table. Adam Robbins was the first man over the line, taking top points in the mens table. The seemingly unstoppable Ruth Barnes was the first AVR runner over the line (man or woman), and finished 7th overall. Ruth, Claire Howard & Fiona Gibbs won the prize for the 1st Female team (woo hoo!)



Off-Road Secretary – Anthony Hickson

AVR OFF ROAD LEAGUE

SLAUGHTERFORD 9



The 5th event in the Wiltshire Off-Road league was the Slaughterford 9. The course is notorious for its mud and hills and attracts some of the best off road runners from the area. The 9 mile course has a real sting in the tail with a 100 meter climb up to the finish.

23 AVR runners decided to ‘Conquer’ the Slaughterford course and its “Sting” to record a successful day for the club. Mike Towler was the first AVR runner to finish, coming in 7th place overall. First AVR lady was newly crowned AVR off-road champion Fiona Gibbs.

But it’s not all about the racing hares at the front, we had runners represented throughout the whole field showing that off-road running can really cater for everybody.

The next race in the Wiltshire Off-Road League is the Lungbuster on the Sunday 7th February. It starts in Broad Hinton, just south of Swindon and there are still spaces available (at the time of going to press).

AVR SUCCESS AT TRI-COUNTIES XC... AGAIN!



The Tri-Counties XC championships returned to Bath University on December 13th 2015. It was also race 4 in the Wiltshire XC League. Avon Valley Runners dominated in the Wiltshire XC section in the senior races with the Ladies taking the team title for the sixth time in seven years led home by Ruth Barnes who took the Tri-counties title alongside the county title and Jackie Rockliffe who took the Wiltshire Bronze medal.

In the Senior Mens race Michael Towler claimed a county Bronze medal and led the club to a third successive Wiltshire XC team title. In the U15 Boys race Max Davis took the Bronze medal in the Avon XC Championships whilst finishing fourth overall. In the U17 Girls race Ellie Isaacs claimed the Wiltshire Gold whilst Holly Newman took the Wiltshire Bronze medal in the U20 Ladies.



AVR AWARDS NIGHT

There was an amazing turn out at Trowbridge Rugby Club for the 2015 Avon Valley Runners Awards night. It was a great chance for everyone to get dressed up and impress, chat with people from across the whole club, and dance the night away. Feedback from the night was a huge success, with the food & cake scoring a big hit amongst the guests.

Along the way there was also the small matter of the 2015 awards to give out. Here is a list of the main winners from the evening.

Road Race Series Winners	
Best Scoring 8 Races from the Series of 12	
Mens – 1st	8 Points - Michael Towler
Mens – 2nd	16 Points - Peter Slade
Mens –3rd	41 Points - Antony Mills
<p>Pete and Anthony both only missed one race, both running 11 of the 12 events. Pete was first AVR finisher in 2 races (Malmesbury 10km & Cricklade Half). Antony’s best finish was 3rd AVR at Malmesbury 10km, but showed great consistency throughout the season. Mike scored a perfect 8 points, finishing first AVR runner in all 8 of the races that he took part in. Pete was the winner of the Wiltshire Road Race League.</p>	
Ladies – 1st	30 points - Fiona Gibbs
Ladies – 2nd	63 points - Helen Donald
Ladies –3rd	63 points - Tina Towler
<p>Fiona took part in 9 road races in 2015, finishing 1st AVR lady in 2 of them (Broad Town 5 & Malmesbury 10km). Helen Ran 11 out of the 12 races, giving her the highest female attendance in the AVR road Race league. Her best finish was 3rd AVR lady at Malmesbury 10km. She beat Tina only on countback. Tina was the highest placed FV50 and ran 8 races in the league. Tina’s best finish was 4th AVR lady at Highworth 5 mile.</p>	



Off Road Series Winners

Best Scoring 8 Races from the Series of 12

Men's – 1st	147 Points - Peter Veleski
Men's – 2nd	144 Points - Gary Macalister
Men's – 3rd	131 Points - Justin Peters

Pete ran 8 races in the off Road series in 2015, finishing first AVR in 4 of these. (Sutton Veny 10km, Bath Skyline Parkrun, Bishops Cannings 5km & Lacock Abbey 10km). He only took the lead of the series after the last race of the season, picking up 14 points in the Tri-Counties at Bath.

Gary finished just 3 points behind Pete. He took part in 8 races, finishing first AVR in one of them (Wickstead Wonder).

Justin ran 7 races in the off road league, and was first AVR finisher in 2 of these (SMaRTT Smasher & Wiltshire Scramble). Had he done an 8th race he could have been close to winning the league.

A mention must go to 4th placed Ian Isaacs, who ran in all 12 Off-Road races in 2015.



Ladies – 1st	153 Points - Fiona Gibbs
Ladies – 2nd	135 points - Adele Cooper
Ladies – 3rd	133 Points - Helen Donald

Fiona only missed one race in the whole off road series. She was first AVR lady in 4 of the 11 races she entered (Sutton Veny 10km, Bath Skyline Parkrun, Dundry Thunder Run & Lacock Abbey 10km).

Adele ran 10 of the 12 races, with her best finish a 2nd AVR lady at Dundry Thunder Run (Behind Fiona). Adele just beat Helen by 2 points. Helen also ran 10 of the 12 races, finishing as 2nd AVR lady twice (Bath Skyline Parkrun & Lacock Abbey 10km)



How Farr for AVR

Total Distance in KM (number of submitted results)

Senior Man	Gary MacAlister - 480.79 (57)
Male Vet 40	Ian Isaacs - 873.39 (103)
Male Vet 50	Andrew Jeffries - 706.33 (66)
Male Vet 60	Andrew Sharratt - 539.01 (75)
Senior Female	Hannah Eaton - 422.64 (51) Pictured
Female Vet 40	Fiona Gibbs - 484.6 (55)
Female Vet 50	Adele Cooper - 679.61 (85)
Female Vet 60	Rosemary Barber - 269.38 (37)



Club Championship

Best Cumulative Times over 5 km, 10km and Half Marathon

Darren Wrintmore Award Senior Man	Michael Towler - 2:01:17	
Tim Northwood Award Male Vet 40	Thomas Coney - 2:16:46 (Pictured Right)	
Frank Allen Award Male Vet 50	Robin-Mark Schols - 2:17:59	
Ted Rockliffe Award Male Vet 60	Phil Harding - 2:42:10	
Denise Ellis Award Senior Female	Ruth Barnes - 2:15:39	
Joyce Field Award Female Vet 40	Fiona Price - 2:23:07	
Stan Farr Award Female Vet 50	Diane Hier - 2:39:19	
Nan Simpson Award Female Vet 60	Rosemary Barber - 3:29:24 (Pictured Right)	

Best Age Grading (WAVA)	
Male	Mike Towler - 82.80% (Aztec West 5k)
Female	Ruth Barnes - 85.75% (Swindon 10km)

Best Marathon	
Mens	George Gurney (2:29:02) (Bournemouth)
Ladies	Diane Hier (3:14:57) (London)

Stan Farr Boxing Day Run	
Mens	Michael Towler
Ladies	Jackie Rockliffe

2015 RECORD BREAKERS

Mike Towler	Phil Harding	George Gurney
Male Sen 5km (15:40) - Aztec West 10km (32:46) - Bristol	Male V60 5km (20:28) - Heddington 5M (33:44) - Highworth	Male Sen HM (1:11:12) - Bristol Marathon (2:29:02) Bournemouth
		
Robin-Mark Schols	Ruth Barnes	Jackie Rockliffe
Male V50 Marathon (2:53:21) London	Female Sen 5k (17:13) - Bristol 10K (35:32) - Swindon 5M (29:29) - Highworth	Female V40 10K (38:59) – Bristol
		
Fiona Price	Diane Hier	
Female V40 10M (1:04:09) - Wiltshire 10 HM (1:24:46) - Bath	Female V50 Marathon (3:14:57) - London	
		

Subjective Awards

Most improved Man Pete Slade / Jerry Clark

Pete: PB'S from 5km-half marathon and won Wiltshire Road league - Jerry: Large chunks off all his times, several PBs – is it a bird? is it a plane? –No...it's Superlemon!



Most improved Lady

Sue Jeddi - almost halved her Parkrun time from 40 minutes to 23 minutes, new found love for off-road, only ever ran 5ks but now competes up to half marathon distance.



Outstanding senior man (performance or performances)

Rich Ayling - ARC Gold medal for 10 miles, set 10k PB 33:36, HM PB 1:15:19, Completed 12.6 mile leg 4 of the Cotswold Relay with broken leg finishing in 6th place. Won AVR half marathon.



Outstanding senior woman (performance or performances)

Ruth Barnes - 5k, 5M, 10k club records, numerous PBs, need we say more!



Outstanding MV40 (performance or performances) Ian Isaacs -

103 races in 2015, ran 4x 8Km legs of MT 12 hour relay starting at 7pm, finishing 2.40am then ran Frome Half.



Outstanding FV40

Fiona Price - ARC 10 mile gold medal, County 10km & HM gold medals, XC silver medal, numerous wins, FV40 awards, team prizes, PBs and two club records



Outstanding MV50

Robin-Mark Schols - Sub 3hr London Marathon, 1:21 PB Bath Half, won the V50 road race league, also did 12 hour relay then Frome half.



Outstanding FV50

Diane Hier - ARC 10 mile Bronze medal, team gold medal same event, XC silver medal, several FV50 and team prizes.



Outstanding MV60 Anthony Hickson -

The AVR Duracell bunny - nothing seems to stop him



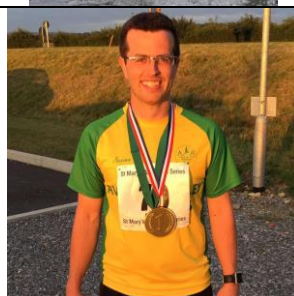
Outstanding FV60

Rosemary Barber - Numerous FV60 awards, rarely don't see her at a race.



Outstanding male beginner



James Williams beginners group at the start of the year, won the Doric Diddle and completing the Bristol half in 1:49, sub 21 minute parkrun, ran the AVR mile in 6:08



Outstanding female beginner

Jay Sims - beginners at the start of the year having never ran before. Competing in 5km and 10km races and running her first half marathon at Bristol in September. She has also completed her first triathlon.



<p>Tony Bartlett Perseverance Award <u>Robin-Mark Schols</u> - dedication to the sport by continuing to run and compete whilst recovering from a serious head injury which could have spelled the end of his running for the foreseeable future.</p>		<p>“The Bomb” (for going above and beyond the call of duty) <u>Ian Isaacs</u> - Last year's winner. Massively successful beginners programs again, huge amount of work behind the scenes.</p>	
<p>The Grape Blister - Best / Worst Injury <u>Rich Ayling</u> Took a tumble during 12.6 mile leg 4 of the Cotswold Relay and broke his leg but still managed to finish in 6th place.</p>		<p>“The Goofy” (for moments of muppetry) <u>Sean Price</u> Showing the world he's a cunning linguist with his amazing grasp of the German language by ordering two chip pizzas at an Italian restaurant in Leer during the AVR trip.</p>	

Fringe awards

<p>Best Race Face Michael Towler</p>	<p>Best “Two-footer” Ben MacAlister</p>	<p>“The Broken Compass” Ian Isaacs</p>
		

AND SOME PICTUES OF THE EVENING!





JAVR News

Editors Notes:

Now that the Senior section of the club has had their presentation evening, the spotlight now focuses on the Junior section. JAVR has gone from strength to strength in 2015 and to mark the achievements of our runners, we are hosting an Annual awards presentation for the first time – to showcase the junior runners achievements – details below.

It has been great to be a small part of this in 2015 and a lot of work is put in by the Coaches, Committee members, Parents, Volunteers and of course our junior runners, who's enthusiasm and commitment continues to impress us all!

For this month, I have kept it short & sweet and don't want to give too much away regarding the forthcoming awards, therefore I shall be putting in a "bumper Sized" report in February's newsletter with lots of photo's, so look out for that!

Pete Slade

JAVR 2K 2015 League

The end of the JAVR 2K league was brought to a close on the 19th December, where the 12th & final 2k race took place. A total of 39 runners took part. Niall Thorne and Freya Buglass were the 1st boy and 1st girl respectively home for JAVR. The day presented itself with blustery conditions, muddy puddles and generally slippery underfoot, however, James Pickford, Leo Harris, George Lancaster and Chloe Graham, all managed to set PB's! To make it more festive, many runners came in fancy dress, with several elves populating the field and a Sheppard was seen herding the runners to the finish line!

Once again, the league, (which has taken a slightly different scoring format this year), has been a huge success in 2015 with record numbers of attendance in one particular race. In total, 63 Girls took part in the league, which is a higher total than in 2014. In the boys category, 83 runners took part – just short of 2014's figures. A big thank you to everyone who has helped with the running of this event!

Please see the website for more details on the league results

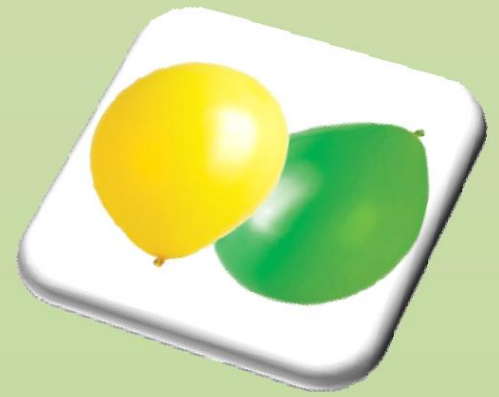
www.junior.avonvalleyrunners.org.uk



JAVR 2K League 2015 Presentation

A full presentation for the JAVR 2K league for 2015 will be carried out at Squirrels Cafe on January 30th, following the first league race of 2016, with trophies and awards to be presented across various categories.

It would be great to see as many of you there as possible.



JAVR Presentation & Awards for 2015!

To celebrate the achievements of our Junior Runners, there will be a Presentation of various awards on:

Saturday 6th February 12:30pm – 2:30pm
at
Hilperton Village hall, Whaddon Lane.

There will be a buffet, games, music - it promises to be great fun!

We would love to see as many of juniors there as possible!

For more information contact us at juniors@avonvalleyrunners.org.uk or see our Facebook page!

Other updates: Training Sessions for 7-10 year olds

Junior Avon Valley Runners will be holding training sessions for 7 – 10 year olds at Southwick Country Park once a month on the following dates:

Feb 13th 2016

March 16th 2016



Big congratulations to Holly Newman, Mia Ralph, Anna Lancaster, Niall Thorne and Dan Wood for taking part in the Wiltshire Junior XC at Grittleton. For many it was their first experience of running at Grittleton.

Noticeable result for Niall Thorne, coming 12th in his age category.

AVR TIMELINE

<p>1986</p> <p>Club Formed.</p> <p>Bob Roots sets club record for 10K of 33:25</p> <p>Tim Northwood sets club records for 5M, Half & Full Marathon</p> <p>Judy Farr sets club records for 5K, 5M, 10M & Half Marathon</p>	<p>1987</p> <p>Bob Roots sets current club record for 10M of 53:38</p> <p>Sheila Jennings sets club record for Marathon of 3:38:47</p>	<p>1988</p> <p>Richard Bailey sets club record for the Mile of 4:55</p> <p>Darren Wrintmore sets club record for 5K of 16:42</p> <p>Keith Eley sets club record for 5M of 26:42</p>	<p>1989</p> <p>Gerry Fice sets club record for 5K of 16:21</p> <p>Martin Connor sets club record for Half Marathon of 75:15 and Marathon of 2:44:32</p> <p>Ann Bull sets club record for Marathon of 3:26:45</p>	<p>1990</p> <p>Martin Connor sets club record for Half Marathon of 74:43</p> <p>Linda Brown sets club record for 5M of 31:45</p>
<p>1991</p> <p>Linda Brown sets club record for 5K of 19:19 and 10K of 39:08</p> <p>AVR 10K first run in Trowbridge</p>	<p>1992</p> <p>St George's Running Club merges with AVR</p>	<p>1993</p> <p>Linda Brown sets club record for 10M of 67:14</p>	<p>1994</p> <p>Club relocates Trowbridge training sessions to Clarendon.</p> <p>Linda Brown sets club record for Half Marathon of 1:28:08</p>	<p>1995</p> <p>Maureen Laney sets club records for 10K, 10M & Half Marathon</p> <p>Jackie Rockliffe sets club record for 5M of 30:42</p>
<p>1996</p> <p>Jackie Rockliffe sets club record for 5K of 18:35</p>	<p>1997</p> <p>"Over the Hills" first run.</p>	<p>1998</p> <p>Last running of the AVR 10K.</p>	<p>1999</p> <p>Boxing Day Run moves to Steeple Ashton after 40-years in Trowbridge.</p>	<p>2000</p> <p>Boxing Day Run moves to Bradford on Avon.</p> <p>Jackie Rockliffe sets Marathon club record 3:16:18</p>
<p>2001</p> <p>AVR launch website.</p>	<p>2002</p> <p>Club membership reaches 100.</p>	<p>2003</p> <p>Brett Flook sets club record for the Marathon of 2:43:28</p>	<p>2004</p> <p>AVR host Sport Relief Mile.</p>	<p>2005</p> <p>Conkwell Killer first run.</p> <p>Rachel Bown sets club record for the Marathon of 3:15:04</p>
<p>2006</p> <p>New AVR club colours.</p> <p>AVR enter teams into Cotswold Way Relay for the first time.</p> <p>First running of the Avon Valley Mile.</p> <p>Michael Bryant & Jackie Rockliffe set club records for the Mile.</p>	<p>2007</p> <p>AVR affiliate to the ARC.</p> <p>Inaugural AVR Race Series.</p> <p>Jackie Rockliffe sets club record for the Marathon of 3:07:45</p>	<p>2008</p> <p>Club membership reaches 200.</p> <p>AVR launch Melksham Training sessions.</p> <p>Boxing Day Run renamed as the Stan Farr 5K.</p> <p>Liz Ringham sets current club record for the Marathon of 3:03:21</p>	<p>2009</p> <p>AVR launch Trowbridge "speed" sessions.</p> <p>Stan Farr 5K moves to Hilperton.</p>	<p>2010</p> <p>AVR crowned county XC Champions</p> <p>AVR Coaching team honoured by Melksham Town Council.</p> <p>Inaugural Avon Valley Relay.</p> <p>Tom Fisher sets club records for 5M of 26:13 & 10K in 33:01.</p>
<p>2011</p> <p>AVR celebrate the clubs Silver Jubilee.</p> <p>Alistair Bartlett & Rosemary Barber named as "Greatest ever Avon Valley Runners"</p> <p>Dan Woolford sets club mile record at 4:42</p> <p>Tom Fisher sets club record for Half Marathon of 72:53</p>	<p>2012</p> <p>AVR win inaugural Wiltshire Road Race League (WRRL)</p> <p>Michael Towler sets club record for 5K of 15:53</p> <p>Ruth Barnes lowers club mile record to 5:18</p>	<p>2013</p> <p>AVR retain WRRL</p> <p>AVR crowned county XC Champions</p> <p>Michael Towler lowers club records for 1Mile to 4:37, 5K to 15:52 & 10K to 32:50</p> <p>Ruth Barnes sets club record for 10K of 36:07</p>	<p>2014</p> <p>AVR win inaugural Wiltshire Off-Road League, Junior League and retain WRRL title</p> <p>AVR crowned county XC Champions again</p> <p>Club relocates sessions to Doric Park</p> <p>Ruth Barnes sets club record for 5K of 17:33</p> <p>Laura MacGregor sets current club record for 10K of 36:03</p>	<p>2015</p> <p>Club membership exceeds 500</p> <p>AVR retain WRRL</p> <p>Ruth Barnes sets current club records for 5K of 17:13, 5M of 29:29 & 10km of 35:56</p> <p>Michael Towler sets current club records for 5K of 15:40 & 10K of 32:46</p> <p>George Gurney sets current club record for Half of 71:12 & Marathon 2:29:04</p>

SOCIAL EVENTS



9TH February 2016

The February Social “Yoga and Nutriblast with Emma and Fiona” - Free to all members!

Finish Club by 8.00pm, (after club) Quick Shower/Change

Meet in TRFC players bar by 8.15pm with just socks on please bring your own mat. (some mats will be provided but we will have limited supply).

Emma McDougall does post run stretches and Yoga demo.

Food* at 8.45pm in TRFC players bar. Whilst eating or immediately afterwards - Nutriblasting with Fiona Price
Fiona will set up a table with a few samples , bring a bunch of recipes people can take home if they wish. Fiona can leave these out on a table whilst we eat pasta. Then Q&A.

* Food available as an added option Cost £5 per person payable on the night:-

A. Chicken & Chorizo Pasta for meat lovers

B. Mediterranean Veg pasta for plant eaters

Email priceworld@blueyonder.co.uk to make your food choice (please note the treasurer says you are still liable to pay the £5 for food ordered if you don't show up). Deadline for Food orders is Sunday 7th Feb 2016.

Please note - no muddy footwear beyond changing rooms please, bring clean footwear to wear in the bar after yoga which will be performed in socks. Please bring a warm jumper for post yoga activities. Times are approx..