

Avon Valley News

February 2016

Issue #172



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#oneinamillion

AVT

It's good to see that the 2016 running year has well & truly started & what a start to the year it has been. Club records & PB's galore across all levels & abilities in the club – it's amazing to see. I have now added a "PB Wall Of Fame" in this newsletter so whether you've broken the Club 5km record, or set your own CPB at parkrun, you are now all included on the page.

Most importantly, this month we'll be shining the spotlight onto the Juniors. They had a fantastic awards event earlier this month, and it was fantastic to see all the youngsters coming up to the stage to collect their awards.

For the multi-sport athletes out there, we've added an AVT section to the newsletter, starting with a review of the DB Max Chilly Duathlon & 10km.

JAVR AWARDS SPECIAL!!!!

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



REMINDER

Have you renewed your AVR Membership for 2016?

If you have still not got around to it yet, please do it TODAY!!!

SOUTH OF ENGLAND XC CHAMPIONSHIPS



The Ladies Team at the Southern Counties (L-R Ruth Barnes, Jackie Rockcliffe, Diane Hier, Claire Howard, Juliet Coulson, Sue Jeddi, Jilly Westwood, Fiona Gibbs)

London's Parliament Hill played host to the 2016 Southern Counties XC Championship at the end of January, with AVR fielding runners in many of the different categories from U13 right up to seniors. The course is famous for its mud, hills & technical challenges. Thankfully on the day, despite being bitterly cold, the rain stayed away meaning that the runners were faced with sticky, ankle deep mud which managed to suck the spikes and shoes off of many runners that did not have them very tightly tied up onto their feet.

In the 15km male event we had a team of 8 runners, with 7 managing to finish the course. Mike Towler (suffering from a nasty cough) came first AVR in 134th position (57:28), He was followed by Pete Slade (329th), Gary MacAlister (553rd), Joby Hobbs (578th), Phil Harding (865th), David Griffiths (926th) & Andrew Jefferies (967th). The Men's team finished 60th position overall. A notable mention to David Griffith who fell over during the race & dislocated his shoulder, only to have it popped back in place and then continue to finish the course. An early contender for "Injury of the year" award for 2016! Another mention to Tim Lowrie who drove us all the way to London & back. He had to pull out of the run, but everybody appreciated the time & effort required to get us all to London & back. Thanks you Tim.

The ladies had a team of 8 runners as well, all getting around the course. At the top of the famous starting hill of Parliament Hill, Ruth Barnes led the entire field! She would eventually finish in 22nd place over the 8km ladies course in 32:20. The



other ladies were Jackie Rockcliffe (131st), Claire Howard (165th), Diane Hier (200th), Jilly Westwood (254th), Sue Jeddi (290th), Juliet Coulson (292nd) and Fiona Gibbs (318th). The ladies team finished 19th overall.



The Juniors were well represented as well. Ethan Bolter came 266th in the Boys U13's race. Max Davies came a very creditable 50th in the U15 boys, with Niall Thorne in 189th. Holly Newman finished 79th in the U20 ladies.

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).

Masters 10 Mile Road Race Championship



Picture (L-R) Fiona Price, Phil Harding & Kate Hails

With the Wiltshire Road Race Season still not starting yet, our runners are making the most of some competitive events elsewhere. Whilst a lot of AVR runners were running the Wiltshire 10 (see next page), we have 3 representatives taking part in the Masters 10 mile road race championships in Lytchett, near Poole.

Fiona Price was crowned FV45 SW Champion, with Kate Hails becoming FV35 SW Champion.

Phil Harding took part as well, with a strong run, which was even more impressive as it was his 2nd race of the weekend after competing in the Gwent XC league in Monmouth the previous day.

CLUB KIT... If you still need to get your hands on the AVR kit then speak to Richard Southgate for all you need to know. Vests & T-Shirts can all be bought before training on Tuesday nights at the rugby club. Keep an eye on Facebook for when & where he will be selling his goodies.

AVR CLUB CHAMPIONSHIP

The remaining fixtures have been released for the 2016 club Championship. They are:

- *Bowood Rotary 10km – Bowood House – 20th March*
- *Clock Change Challenge – Calne – 27th March*
- *Best Bath Skyline Parkrun in April – All Saturdays in April*
- *Trowbridge 5km – Saturday 8th May*
- *Jack & Jill 10km – Sunday 15th May*
- *Heddington 5km Series – Best time over the 3 races*
- *Broad Town 5m – Saturday 18th June*
- *Frome 10km – Sunday 17th July*
- *Bustard 5m – Wednesday 3rd August*
- *Barbury Steeplechase (Date TBC)*
- *Chippenham Half Marathon – Sunday 4th September*
- *Dyrham 5k – Dyrham – Sunday 11th September*
- *Grittleton 10km – Sunday 16th October*
- *White Horse Gallop – Westbury – Sunday 23rd October*
- *Bath Hilly Half Marathon – Sunday 13th November*
- *Full Montecute 10m – Sunday 6th December*

Rules

There will be 20 races in the series – 10 road races & 10 off-road races. To score you must complete at least 4 of one type or race (eg 4 road race & 8 off-road). You can split them 5&7, 6&6, just as long as the 4 race minimum is reached.

Scoring

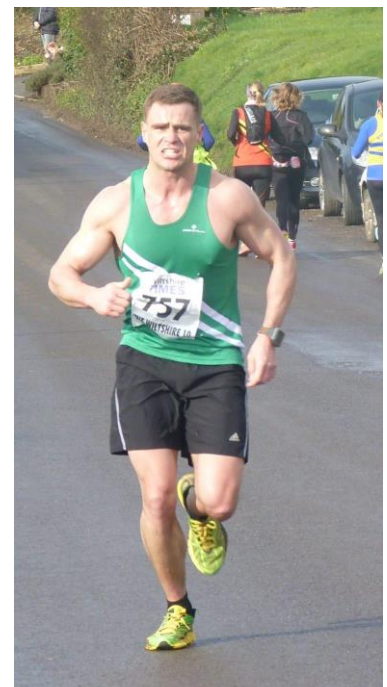
1st place will score 1 point, 2nd place 2 points and so on. None runners will score a forfeit score which equals the largest race attendance +5, but if you run 12 races, these will not show on your total.

The Wiltshire 10

The sixth running of the [Wiltshire 10](#) sponsored by The Wiltshire Times proved to be the biggest and best edition of this race to date. With five hundred runners registered this made for a record field and with England Athletics electing to use the event to host the South West Inter-Counties Road Running Championships there was some good quality at the sharp end. AVR was represented by 64 finishers, and a heap of AVR marshals around the course.

Notable AVR performances involved Rich Ayling & Mike Rose who assisted Simon Nott (Calne Running Club), Heath Bampton (Oxford AC) in winning the Inter-counties title for Wiltshire. The AVR Men's team – the first 4 male finishers – came 2nd behind Team Bath, with Rich, Mike, Pete Slade & Gary MacAlister taking the 4 places.

For the ladies 2nd place Jackie Rockliffe had a good run and along with club mate Ruth Barnes (who struggled with a bad stitch halfway round the course). They were assisted by Chippenham Harriers pair of Claire Frances and Michelle Maxwell achieved a double victory for Wiltshire in the Inter-Counties race. Chippenham Harriers won the ladies club team prize, with AVR again in second place with Clare Wood securing the 3rd scoring place for AVR.



Mike Rose in his Wiltshire Colours

The weather was ideal for the race, and throughout the rest of the field there were a heap of PB's, and many AVR runners tackling their first ever 10miler.

AVR OFF ROAD

Off-Road Secretary – Anthony Hickson

The Lungbuster



The 6th event in the Wiltshire Off-Road league was the Lungbuster, organized by Royal Wootton Bassett Hounds. Starting in Broad Hinton it takes in some panoramic views of Swindon on its way through the fields of the surrounding area.

A hardy bunch of AVR runners took to the course, just as the wind, rain & sleet came from the sky. The cold and VERY muddy conditions made for some challenging running. The one significant climb was a nice distraction from the mud & puddles in the fields.

Everybody earned their post-race cake back in Broad Hinton Village Hall, where 100 pairs of muddy shoes were lined up outside the front door and runners all ate bare footed in the warm.

Mike Rose was first AVR finishing in 11th place. A great run saw David Warren finish in 14th place, his best finish in the off-road league to date. Fiona Gibbs was first AVR lady in 70th position, with Sue Jeddi just behind in 79th.

Claire Clift (Right) battling the mud in the Lungbuster (Picture courtesy of Paul Appleby – RWBHC)

The last race in the Wiltshire Off-Road League is the Wiltshire Scramble on the 6th March. Basted in Spirithill near Calne, the league race is the 12 mile option. The Junior 2km is also the first event in the 2016 Junior race league.

The SMaRTT Smasher

The 2016 SMaRTT Smasher was the 7th event in the Wiltshire Off-road league, and also the 4th event in the AVR Club Championship. 34 AVR athletes completed the 10km course on a blustery and damp morning in Calne.

The out & back route is mostly run on cycle track through the countryside, and it is a great run for off-road beginners to get a taste of line off of the tarmac.

First AVR runner home was Mike Rose in 36:48 (2nd Place), with David Warren & Pete Veleski rounding out the AVR top 3 (17th & 20th places overall).

For the ladies Fiona Gibbs took top AVR honors (74th overall), with Sue Jeddi & Jennifer O'Connor taking 2nd & 3rd (81st & 110th overall).



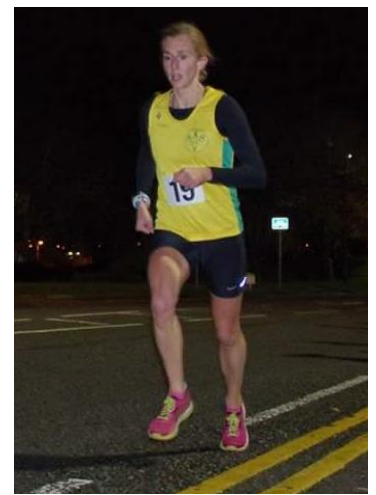
Pete Veleski & David Warren (Pic Barry Cornelius)

With only one race left in the Wiltshire Off-Road league we have a couple of athletes still competing for honors. Fiona Gibbs sits 2nd in the overall league, with Sue Jeddi leading as top V50 and Rosemary Barber top V60. Frank Lamerton is top V60, Richard Hudson is sitting top V50 man, and David Warren is holding onto top V40.

NEW CLUB RECORD

Congratulations to Ruth Barnes, who broke the ladies club record for 5km at Aztec West in February. Her time of 16:54 was the first time she went under 17 minutes for the distance. Ruth continues to get stronger & stronger and a good winter behind her will hopefully lead to a successful road race season in 2016.

The night at Aztec West also saw PB's for Dominic Beddis, David Warren & Philip Rockliffe.



ENGLISH NATIONAL XC - Donington Park



(L-R) Jackie Rockliffe, Jules Coulson, Jill Westwood & Claire Howard



Holly Newman in action

(Below – Men's Start)



AVR took six senior Men & six senior women to the English National XC at Donington Park on the 27th Feb. In challenging conditions the men finished 101st team overall, with a race that had 2883 entered runners. Pete Slade, Dominic Beddis, Joby Hobbs, Gary MacAlister, Phil Harding & Edric Hobbs all took part. The ladies race team finished 34, with a start list boasting close to 1200 runners. Sue Jeddi & Zoe Yeomans joined the 4 ladies pictured about to take on the course. Ethan Bolter (U13), Max Davies (U15) & Holly Newman (U17) all represented the JAVR section of the club.



JAVR News

Editors Notes:

As promised in last month's newsletter, we have a bumper edition of JAVR News this month. This edition really celebrates the achievements of all of our Juniors in the club and for the first time a formal awards ceremony was held. Overall the presentation was a huge success and we are already planning on how we can improve next years presentation. Big thanks go to all the Junior runners and of course the parents who also managed to attend and support the event.

The event would also not have been possible without all the meticulous planning and hard work from all the JAVR committee members.

Also, big thanks to Sean and Fiona for supporting the event and putting on a fantastic buffet!

Warren Wade, our esteemed Chairman, was also present to award the trophies to the Juniors, it was great to see him there and we thank him for taking the time out to support the event.

Pete Slade

JAVR 2K 2015 League

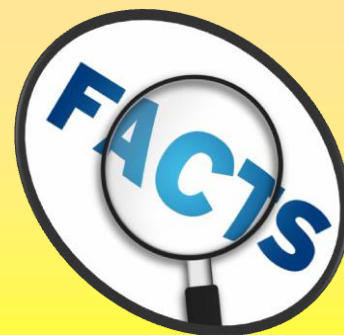


Before the main presentation was held, the JAVR 2K league presentation for 2015 was carried out at Squirrels Cafe on January 30th 2016.

Trophies and awards were presented across various categories and a summary of the award winners follow on the next page:

JAVR 2K League facts for 2015— Thanks to Chris "Statto" Brown

- 531 – Total Participation, up 15% from 2014
- 44 – Average runners each month, up 5% from 2014
- 20 – Runners completing a minimum of 9 races, up 33% from 2014
- 161 – PB's set, up 5% from 2014
- 4 – Course records equalled or broken
- 21 – New course age records (15 by AVR)



Freya Buglass – 2nd Girl

Competed in 11 of the 12 races. Set 2 PB's improving her time by 35secs from 8:20 to 7:54. Broke the G10 record in February & again in March and also set G11 records in October & November. Currently holds The G9, G10 & G11 records.



Lottie Brown – 3rd Girl

Competed in 10 of the 12 races. Set 2 PB's, both at the start of the year, improving by 51 seconds from 9:20 to 8:29. Broke the G8 record in February and again in April now holds the G7 & G8 records. Finished in the top 3 in 7 of her 10 races



Niall Thorne – 1st Boy

Competed in 9 of the 12 races. Set 5 PB's – all in the first 6 months of the year improving his time by 45 seconds from 7:44 and running under 7 minutes for the first time in June. Broke the B15 record in October. 1st Boy on 2 occasions & runner up on a further 5 occasions.



Max Davis – 2nd Boy:

Competed in 9 of the 12 races. Set 4 PB's improving by 14 seconds. Now has a PB of 6:38. Broke the B13 record in April. First Boy in 6 of his 9 races and never out of the top three.



Jorja Warner - Most improved Girl

Strong second half of the year. Started with a base time of 11:45. Raced in 8 races and set a PB in 3. Now has a PB of 10:01 which means she has improved by 1min 44 seconds.



Harry Jerram - Most Improved Boy

Started with a base time at the start of the year of 15:45. Has raced in 6 of the races this year and set PB's in 50% of them. He now has a PB of 11:07, so he has smashed his PB by an amazing 4:38.....



Juniors who participated in all 12 races—All of these runners have come along every month!

Benjamin Hails – 12 races, 3 PB's, Improved PB by 22 seconds. =B10 record in June, set a B10 record in July and now has a PB of 8:05.

Harvey Payne – 12 races, 3 PB's, Improved by 50 seconds. Current PB of 9:10.

Clara Harding – 12 races, 3 PB's, Improved by 57 seconds. Current PB of 10:03.



Most PB's (5) shared between 3, 2 of which were JAVR

Niall Thorne

Jan, Feb, March, April, June. Improved by 45 seconds to 6:59.



Dylan Neale

April, June, July, August, November. Improved by 1:23 to 8:35



JAVR 2k League 2015 Presentation continued

Finally.....Current Record Breakers: The following runners currently hold course records:

G15 Record – Ellie Isaacs

Ran 9 races, broke her PB once but that was also a G15 record of 9:41 in June

G11 – Freya Buglass

Currently holds both the G10 and G11 record in the same time 7:54. Set in November

G10 – Freya Buglass

Back in March when she was still 10 she set the G10 record of 7:54

G8 – Lottie Brown

Set in April when she was still 8 and is still her current PB of 8:29

B10 – Benjamin Hails

Equalled the B10 course record in June and then beat it the following month in a time of 8:13



JAVR 2k League 2015 Presentation continued

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

For each race, each runner was awarded points based on their relative positions to other JAVR members.

This was broken down into age categories and the winners were as follows:

Boys Yr 2-5 – Callum Slade

Competed in 11 of the JAVR2K races.

He finished 4th overall in this league and

also set 4 PB's. Ran 6 of the 8 WJRL

runs and was in the top 3 AVR runners

in the last two of these. He won his

U11 category in the Wiltshire Junior

League.



Girls Yr 3-5 – Lottie Brown

Competed in 10 of the 12 JAVR2K

races. Set 2 PB's, lowered her PB by 51

seconds to 8:29 & finished as 3rd girl

overall. Currently holds the G7 & G8

records. Ran in all 8 of the WJRL races

& was first AVR girl home in 6 of these.

She was runner up in the WJRL U11



Boys Yr 6-8 – James Pickford

Competed in 5 of the JAVR2K races & was

in the top two AVR competitors on two

occasions. Set a PB of 7:28. Ran 7 out of 8

WJRL runs and was in the top three AVR

runners in 6 of these. He won his U13

category in the Wiltshire Junior League



Girls Yr 6-8 – Abbie Brown

Due to other commitments was only able

to compete in 1 of the JAVR2k races; she

finished as the third AVR girl in this race &

did manage to set a PB. However she did

not compete in 6 of the 8 WJRL runs and was

in the top three AVR girls in 5 of these.

Came forth in the WJRL U11 category.



Boys Yr 9-10 – Max Davies

Competed in 9 of the JAVR2K races & was

1st AVR home in all but one of these & was

2nd overall behind Niall Thorne. Set 3 PB's

throughout the season, broke the B13

record & now has a best time of 6:38!

Ran 5 out of the 8 WJRL races & was first

AVR home on every occasion. With a

perfect 800 points from his best 8 races!



Girls Yr 9-10 – Ellie Isaacs

Competed in 9 of the JAVR2K races

throughout 2015 setting 1 PB &

twice breaking the G15 record, which

she currently holds. Ran in all 8 of the

WJRL races and was in the top 3 AVR

girls in 5 of these. With a total of 783

points from her best 8 races.





The first ever formal JAVR awards presentation took place on Saturday 6th February at Hilperton Village Hall. The main aim was to celebrate all of the achievements of our Junior runners in a formal way and to have proud parents there to witness their achievements.

The aim was to make this a memorable and fun day for all and hopefully that was achieved!

A range of awards were presented by Warren Wade on the day and a lot of thought from both Rich and Chris went into preparing the speeches for each award — This has been included in the following pages.

It was a very difficult job for the committee to identify the winners for each award, as during the year, each and every runner has either set a new PB, exceeded their own expectations, put hours of hard training in, supported events both on and off the track and flown the flag for the club at some event.



For us all, the best part of the event was seeing the reaction of the faces (on both the runners and the parents) when they were named for an award!



As a bit of fun, every committee member was also challenged to bake their own cake, and the competitive streak in us all, soon came rising to the top (unlike some of the cakes!). The winning cake was judged to be that of Helen Tipple—so well done Helen!

We are already working on how we can improve the event next year! (That goes for the Presentation and the cakes!)

We hope you enjoy a summary of the award winners in the following pages...



Most improved boy: Callum Slade

In 2015 this lad started training regularly with JAVR on a Wednesday evening and has raced regularly in JAVR 2km, Wiltshire Road League Races and competed within Gwent XC and Tri-County XC races. He has shown great ability over a range of distances and in 2015 was the first under 11 boy at the Roundway mini rampage, achieved Gold standard rating from the ESAA over 400 metres and ran his first parkrun. He has improved technically and physically and the proof of this is within the race results he's started to achieve. His results in recent performances at Cardiff and Bristol XC have been very encouraging



Most improved girl: Jorja Warner

This runner has come on a lot this year. In April she knocked nearly 30 seconds off her Parkrun PB then 6 months later she runs another PB time of 28.58 knocking off nearly 6 minutes! She has placed highly in School XC competitions and her determination to improve and reduce her times is inspiring. As well as being very determined she is very supportive of others and has a fantastic attitude. Not only has she improved a lot this year, she recently supported one of her club mates at a JAVR time trial to improve on her time as well.

Best Two Footer—Ben MacAlister

Ben won the award for best two footer, but he has proved that when they on the ground, he can be a very quick runner! His last parkrun saw him set a new PB of 27 mins 13 seconds - over 6 minutes faster than his first run. He has now taken part in over 20 parkruns! He is an incredibly energetic runner and was clearly over the moon to receive the award. It won't be long before he's chasing down his Dad's times!



Best training attitude boy: Josh Whitfield-Lott

I first met this lad whilst coaching at his Schools running club and what struck me was how enthusiastic he was about running and how much he liked to talk! 3 years down the line and something's haven't changed, he's still always talking! He attends training sessions on Monday's and Wednesday's and regularly attends parkrun and JAVR 2km. His attitude to training is first class, he works hard, enjoys his running and has made real progress, notably reducing his 1500 metre time and ran 22:17 at Yeovil 5km last Summer. He helps out at the monthly 7-10 year olds session & has recently enrolled on the Young Coach academy.

Best training attitude girl: Ellie Isaacs

In 2015 this athlete has really pushed on as a runner, racing and training regularly and constantly improving. She has a great attitude to training and regularly attends sessions on Mondays and Wednesday's. However hard the sessions are she never complains – or at least if she does she doesn't to my face! Her hard work and positive attitude have had a knock on effect with her improved performances in races as well. This year she has had success in a range of races including Corsham Court, 1 Mile Chippenham Run and recently won her first under 20 race. She has reduced her 5km time and 2km time and competed at the tri-counties at Bath Uni. As well as having a good attitude to her training, she has been very supportive of others and has helped out at races including Over the Hills and supported the JAVR 2km. She has enrolled on to the young coach academy and the skills she learns from this as well as her friendly, down to earth attitude will continue to help her and those around her to improve as well as enjoy running at the same time. Please put your hands together for Ellie Isaacs.



Best race face boy: Benjamin Hails

This lad is a very determined racer and you could never suggest that he hasn't left it all out there! The pictures of him racing are fantastic and the blend of pain, determination and pride that can be seen every time he wears the AVR vest is a great advertisement for giving it your all! He has raced regularly in 2015, and attended regular training sessions. He has taken part in 12 JAVR races, recorded 3 PB's, Improved his PB by 22 seconds. He is the holder of the boys 10 record in and now has a PB of 8:05 for 2km. He is involved in a close rivalry for bragging rights over 5km with his Mum and JAVR are fully behind him to win this mini battle! A huge well done to Ben Hails, a true racer!



Best race face girl: Clara Harding

Often when we speak about best race faces, we look for pictures of runners who are clearly in agony and look like they are going to burst into tears any minute! It is very refreshing, that we have found a runner who always has a smile on her face no matter where or when she is running and makes you remember why we love this sport in the first place. As well as winning our award for best race face, this runner has been busy, taking part in 12 JAVR races, recorded 3 PB's and improved by 57 seconds over 2km. She now has a PB of 10:03! Well done to the very smiley Clara Harding

Most effort boy: James Pickford

The effort this lad puts into his running is phenomenal! He really is made of tough stuff and has won awards in 2015 for his performances at Corsham Court and the May Mile. He has represented Wiltshire in XC and in the Summer he took part at the Tidworth Track Championships and produced a memorable performance, coming 4th in the 1,500 metres. Later he went to Yeovil and smashed his PB and ran 19:04! He is working really hard in training, all the coaches have seen his improvements and he may be looking slightly less over his shoulder when he runs! If he continues to put this level of effort in, you would back him to produce more memorable runs and great times in 2016



Most effort girl: Lola Harris

This award goes to one of our younger runners who has put a lot into her running in 2015. She has regularly competed, ran in a range of events and attended 7-10's training sessions. She ran 19 of the club championship races and finished 2nd in her age group. She also ran 11 of the 2k races and improved her time this year by 32 seconds. She has started to compete for her School at XC and has had some impressive results! Her efforts haven't gone unnoticed and the JAVR committee believe she has a lot of potential

Mo Farah Award: Niall Thorne

The Mo Farah award represents a runner who trains hard, has shown ability across a range of distances and also has a trademark he is associated with! The winner of this award was one of the original runners who came along to training when we first started the Wednesday evening sessions. I had no idea how good he was till he took part in the track championships; he produced two superb displays over 800 and 1500 metres and from that moment on he's never looked back. In 2015 he won the JAVR 2km race league and produced top 20 finishes at Gwent XC fixtures. He recently finished 12th in the Wiltshire Schools XC at Grittleton and came 2nd at the County Track Championships over 800 metres at Tidworth. He recently competed at the Southern XC championships and whereas Mo has the robot, this runner has his own trademark – anything orange!



Paula Radcliffe Award: Lottie Brown

She attends Wednesday evening sessions regularly & has competed in a range of events throughout 2015 for both AVR & has competed for Wiltshire as well. A highlight showcasing how competitive she was in 2015 was her fantastic performances at Bristol Gwent XC & Bath Tri-Counties. At Bristol Gwent XC, she became only the 2nd women in the clubs history to secure a top 10 finish at a Gwent XC fixture (considering the other woman is Ruth Barnes, club record holder – that's good company to be in). When you consider that she was racing against girls up to 2 years older than her, this was a real achievement. She holds the girls 7 and 8 year old records at the JAVR 2km & has started 2016 with a new PB!



Usain Bolt award: Steven Holloway

This runner had some very fast performances during the Summer last year. He ran a strong 400 metres at Tidworth clocking a time of 1 min 08 secs.03. This was impressive as not only was it a fast time but it was also his first time competing in a track competition with strong opponents. He then carried on this good work by coming 1st in the AVR Track Championships 200m race in 27.74 meaning he was one of only a few juniors who achieved the gold ESAA award for 200m. He also came 1st in the 400m race in 1.05.55.

Florence-Griffith Joyner award: Mia Ralph

This is a tough award to win, as we have some very fast runners in the club, however, this award goes to someone who has a great turn of speed and has demonstrated that on numerous occasions. If you were to talk to Mia she would probably mark herself as a middle distance athlete, favouring 2k particularly. However, what most people don't know is that Mia has very strong sprint finish which gives her an edge against her opponents. In time trials at training she often creates a gap between those who are following her by upping the pace and often finishes strongly in Parkrun 2ks.



Club character/goofy award boy: Robert Warner

Every great sports club, needs characters and in this lad we truly have one! Whether he is trying to trip up one of his team mates or play a practical joke on one of the juniors, this man is always up to something! He's a great character, and every club needs someone who makes you laugh, makes you cry, makes you feel incredibly proud and within 5 minutes makes you go grey! Despite regularly goofing around (particularly on Monday's), you shouldn't under estimate both the ability or the potential of this lad - with the right focus he has a huge amount of potential and if he can do that whilst putting a smile on everyone's face then AVR really is the winner

Club character/goofy award girl: Ellie Isaacs

This girl is very friendly, polite and brings a lot to the club. However she has won this award for a slight "blonde moment"! After crossing the line after finishing the Bath XC she was handed a medal which she was carrying as she wandered back over to where a few of us were standing. We congratulated her on winning a medal and when asking to see it we realised it was of the gold variety and congratulated her even more. It was at this point that her Dad told her that she was Wiltshire U17 Champion and she replied that she just thought it was a medal everyone received at the end of the race. She had absolutely no idea :)



Most memorable moment boy: Luke Slade

Every so often you get to witness a runner step up in really tough moments. This lad attends training & races on a regular basis & has competed in Gwent XC fixtures. He is polite, gets on with it and is a joy to coach. He has won this award for his determination and resilience. He produced a fantastic performance at last years' tri-counties XC at Bath University. Competing in the boys U15's in tough conditions this lad showed phenomenal courage. Coming in to the last 300 metres he was involved in a real scrap with a lad from another club. Neither runner was prepared to give an inch. Yet, somewhere, somehow this lad dug really deep and managed to produce a fantastic sprint finish to secure the win in this personal battle. We all run for different reasons, yet for me when you cross the start line you are all trying to achieve the same thing – to produce the best performance and get the best result you are capable of. Without doubt, this lad achieved



Most memorable moment girl: Jade Day

The winner of this award gave numerous stand out moments in 2015. She put AVR on the map competing at Schools and Club XC fixtures for Wiltshire and won the Spring edition of the JAVR watchless 2km run. As well as this at a clubs women's mile attempt on the track, we asked if she would like to race against some of our most competitive runners. Not only did she hold her own, but she won! She also competed for Wiltshire at the National Inter-Counties XC championships in 2015 and lost one of her spikes whilst running around! She shouted at me, "Rich I've lost my spike", I yelled back and told her to get on with it! That she did, she continued, scrapped and finished strongly! She has phenomenal strength and huge potential and has given the club countless fantastic moments in 2015

Best newcomer boy: Ethan Bolter

This lad has put so much into his running in 2015! In the space of about 6-7 months, he's joined the club, started training initially on a Wednesday, then worked hard at his 5km so he could start running with the Monday evening group and hasn't looked back! He has raced in JAVR 2kms, park run, Yeovil 5km, Santa Dash, Tri Counties and GWENT XC fixtures. He's getting quicker and is still very young with a huge amount of potential. If you were looking for an example of how to put everything into your sport and how much can be achieved over a short period you would be wise to speak to Ethan Bolter



Best newcomer girl: Freya Buglass

This young runner we have been aware of for a little while as she has regularly ran well at the JAVR 2km. In 2015, she joined JAVR and now regularly attends Wednesday evening training sessions. She has shown great ability over a range of distances including 1500 metres and 5km. She trains very hard and recently came 5th in the Tri-Counties at Bath Uni and holds two age records for the JAVR 2km, twice running 7:54. I believe she has a huge amount of potential and I look forward to seeing her train regularly with JAVR in 2016 and start to compete regularly for the club



Dedication to the club boy: Sam Beaverstock

This man attends training on both Mondays and Wednesdays and supports 7-10s coaching sessions. He's so dedicated to this club, that to encourage our 7 – 10's he agreed to do 50 press ups to motivate them to work harder! He has ran the parkrun on over 70 occasions and has helped out when he's not been fully fit. In 2015 he has knocked almost 50 seconds off his park run PB (21:02) and has competed in 5km races in Trowbridge and Yeovil. He always wears his AVR Vest, he's a funny lad, very approachable and a real credit to the club.



Dedication to the club girl: Holly Newman

In my professional life I work in Sports development and a term we regularly use is “the development of sport”, this is where sport is used as a catalyst for change and as a tool to develop communities and people – and is something I really believe in. One of the most inspiring things you can see as a coach is where you see an athlete go on a journey and not just develop athletically and improve as a runner, but where you see an individual become more and more confident and a true ambassador for their sport. This individual epitomises everything this club is about. She has regularly volunteered at JAVR 7 – 10s sessions, supported races such as park run and Wiltshire 10 and is now the club secretary for JAVR. She has been a fantastic addition to our JAVR committee, been a driving force behind our club social events, today’s awards presentation and continues to contribute fantastic ideas behind the scenes. She has enrolled on the Young Coach Academy and I will believe she will make a fantastic coach if that’s what she decides to do. She gives up so much time for this club, we are very lucky to have her.
A very worthy winner



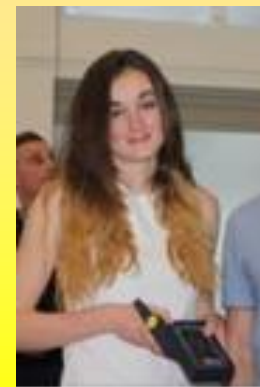
Runners runner of the year , Boys **Max Davis**



As voted by all of their fellow runners, to win this award is a significant achievement!

It recognises an individuals achievements from their peers, creates a sense of belonging and team spirit. It also inspires and motivates others to work towards the same accolade

Runners runner of the year, Girls **Holly Newman**



Coaches' Runner of the year: Max Davis

This was the one award I was asked to choose as oppose to the JAVR committee deciding upon collectively. I thought long and hard about whom deserved this award the most, as there are so many fantastic runners within our club. In the end I decided to base my decision on the qualities that I look for in an athlete – commitment, determination, superb training ethic and a willingness to push themselves past the pain barrier to improve. After thinking about those qualities – one athlete stood out as his attitude towards running is amazing. I met the winner of this award at a parkrun a couple of years ago – Ian Isaacs politely told me that there was a young lad who didn’t finish far behind me! He has trained with JAVR ever since and never looked back! He races regularly and in 2015 competed at the National Club XCs, competed at the South West Track Championships in Exeter over 3km and has twice ran 17:04 for 5km. He is getting quicker and quicker and training harder and harder. He has competed at the Gwent XC fixtures and at Cardiff came 2nd, this was the joint highest ever finish for the club at a Gwent XC fixture! He has been picked by Avon to compete at the National Inter Counties in Birmingham this year and this is richly deserved after all his efforts. As well as being a talented young runner, he is committed to supporting others and has helped out at the 7-10s sessions and the Over the Hills race. In 2015 he had to have surgery to have his appendix taken out and this set back summed his attitude up. Shortly after the operation he was desperate to get back running and after he had found out that the winner of the '64 Olympics marathon had his appendix removed 40 days before the race, he was desperate to replicate this feat! Judging by his results he’s proved he’s more than made a comeback! It’s a pleasure to work with this lad and coach him and I truly believe he fully deserves the accolade of Coaches runner of the year!

This is where we can celebrate all our runners & their fantastic achievements over the last month. All PB's will be logged here, whether it be a mile, a parkrun or a marathon. If you want to be recognized then make sure you send your results, position, time & a link to your race results to results@avonvalleyrunners.org.uk. This month, we are doing a double whammy for January & February.

WALL OF FAME

5km (All Aztec West)

Ruth Barnes	(16:54)	Dominic Beddis	(17:10)
Gary MacAlister	(18:27)	David Warren	(18:50)
Clare Wood	(22:38)	Jay Sims	(25:54)
Philip Rockliffe	(24:27)		

10km (SMaRTT Smasher)

David Warren	(41:07)	Justine MacAlister	(57:25)
(Bath Two Tunnels)			
Daniel Vale	(42:01)	Judy Schols	(53:08)

10 miles (All Wiltshire 10)

Gary MacAlister	(63:33)	Ian Isaacs	(77:19)
Fiona Gibbs	(79:48)	Holly Newman	(84:47)
Fiona Newman	(91:34)	Rebecca Hex	(93:56)
Alistair Brownlie	(96:47)	Bob Faller	(101:35)
Louise Fearon	(101:51)	Laura Oatley	(113:27)
Hayley Bolter	(119:27)		

SOUTHWICK PARKRUN

Laura Gregson x 4	(28:31, 27:17, 27:14, 26:20)		
Mark Bentley x 3	(21:48, 21:41, 21:23)		
Jon Williams x 3	(30:58, 30:23, 29:25)	Teresa Edwards x 2	(39:24, 39:15)
Jane Wosika x 2	(34:25 & 33:52)	Jay Sims x 2	(27:11, 26:24)
Ellie Isaacs x 2	(26:52, 26:24)	Danny Gard x 2	(18:51, 19:03)
Laura Lee x 2	(32:16, 30:29)	Alexis Harris x 2	(37:33, 35:18)
David Warren (20:24)	Mick Farrar (25:56)	Hannah Eaton	(31:31)
Anna Harding (33:13)	Callum Slade (24:47)	Gavin Park	(25:39)
Anna Spiers (32:54)	Lucy O'Grady (36:10)	Donna Kelly	(27:48)
Alexis Harris (37:36)	Emily Martin (30:32)	Daniel Vale	(19:19)
Lynda Croft (43:02)	Antony Mills (18:50)	Emily Steff	(31:14)
Ben Vincent (22:36)	Aidan Sharratt (25:33)	Tamara Thomas	(39:14)
Keith Withers (28:47)	Kath Randall (39:22)	Judy Schols	(26:29)
Susie Richardson (37:14)	Melanie Crosnier (25:50)	Mark Edwards	(27:04)
Lola Harris (26:05)	Kath Randall (39:15)	Mandy Bell	(32:36)
Ben MacAlister (27:13)	Louise Hartfield (30:19)	Anna Spiers	(27:45)
Alistair Brownlie (28:37)	Sandra Sharratt (34:38)		
Melanie Ward-Nicholls (24:16)			

Plus

Chippenham Parkrun: Sue Jeddi	(25:36)	Liz Gard	(28:03),
	Sean Price	(28:04)	
Swindon Parkrun: Hayley Southgate	(25:17)		
Bath Skyline Parkrun: Sue McCartney	(30:29)	Andy Marchant	(21:11)
Poole Parkrun: Andrew Sharratt	(22:27)		
Killerton Parkrun: Amelia Oughtibridge	(30:59)		

SOCIAL EVENTS



A big thank you to Emma McDougall & Fiona Price for taking their time on the February Tuesday night social at the Rugby Club to give club members a taster session in Yoga & Nutrition.

Emma had the group adopting all sorts of positions in an attempt to work on their core strength and flexibility. As you can see from the picture above, the group really got stuck into the session.

Fiona was very keen to share her knowledge & love of smoothies to the group. She shared some recipe cards to the group (also available on facebook), for all to try. The dark chocolate option was definitely one after most of our hearts & taste buds!

TUESDAY NIGHT IS QUIZ NIGHT!!

Come along to the Tuesday night social at Trowbridge Rugby club for a fantastic AVR quiz night. There will be food from 8:30pm & the quiz will start at 9pm.

Teams of 6, and £1 entry.



#oneinamillion London Marathon

By Darren Wrintmore
AVR Vice Chairman

This year will see the one millionth finisher in the London Marathon and the organisers are offering the opportunity for finishers of any of the previous 35 London Marathons to obtain a personalised t-shirt with their own unique finishing position in return for a selfie with their medal and a small fee. Avon Valley Runners have had more than their fair share of participants in this iconic race. Eighteen of them who between them had completed fifty London Marathons met up for a group photograph at the clubs Headquarters in Doric Park, Hilperton before applying for their personalised t-shirts.



Pictured (L-R) are **Rebecca Hex** who completed the 1997 event in 5hrs 30mins, **Fiona Price** who finished in 2012, 2013 and 2014 with a best time of 3hrs 6mins, **Jackie Rockliffe** who has completed an impressive nine London Marathons between 1999 and 2014 with a best of 3hrs 7mins but is still trying to beat her Dads (Club President - Ted Rockliffe) time of 2hrs 58mins, **Richard Southgate** who finished last year's race in 4hrs 16mins, **Steve Moore** who finished the 2012 race in 4hrs 22mins, **Justine MacAlister** who finished the 2015 race in 5hrs 16, **Gary MacAlister** who has completed five London Marathons with a best of 3hrs 39mins and was a member of Richard Branson's Virgin team in 2010 lining up alongside Princess Beatrice and other celebrities, **Rosemary Barber** who got a place in 1991 and finished in 4hrs 22mins, **Jill Moore** who finished 2014 in 4hrs 39mins, Club Vice President **Darren Wrintmore** who finished the 2000 race in 3hrs 13mins, **Tina Vivian** claims to have enjoyed every one of her eight London Marathons from 2005 to 2015 with a best time of 3hrs 35mins, **Claire Howard** who finished the 2012 race in 3hrs 31mins, **Diane Hier** who has completed an incredible thirteen London Marathons her first being in 2001 and has a best time of 3hrs 9mins, **Andrew Chappell** who finished in 2014 and 2015 with a best time of 5hrs 15mins, Vice President **Denise Ellis** has completed six London Marathons between 1996 and 2006 with a best time of 3hrs 36mins and also beat Olympic silver medallist Roger Black at the 2000 race, **Kate Hails** finished the 2014 race in 3hrs 52mins, **Richard Newman** finished the 2014 race in 4hrs 47mins, **Jo Mumford** has completed four London Marathons with a best time of 3hrs 21mins and found herself hyperventilating into a brown paper bag after finishing her first marathon run.

This year's Virgin London Marathon takes place on Sunday 24th April and will see Avon Valley Runners fielding a Ladies team in the British Marathon championships for the first time with Fiona Price, Jackie Rockliffe and Diane Hier all achieving the championship qualifying times.

AVON VALLEY TRIATHLETES

Did you know that as a member of Avon Valley Runners, you are also a signed up member of Avon Valley Triathletes. This will allow you club entry to many local races in the area. So, whether you fancy trying your hand at your first aquathon or duathlon all the way up to an Ironman, this is the place to discuss it. The facebook page (Avon Valley Triathletes) will give you so much more information.

New for 2016 is the AVR championship:

**NEW FOR
2016**



AVON VALLEY TRIATHLETES **ANNUAL MULTI SPORTS COMPETITION**



Open to all members of AVT the competition will take your best results from each of the 4 types of events below:

- Any Cycle Time Trial
- Any Aquathon
- Any Duathlon
- Any Triathlon

A score will be calculated based on your finish place and the number of competitors who finish the race.

Example: Finish 50th out of a field of 100 = 50/100=50%

The winner will be the person with the lowest average percentage over all 4 events. Any event not completed will receive a score of 100%.

Swim Bike Run

Any question contact Jay or Liz on AVT@avonvalleyrunners.org



CASTLE COMBE “CHILLY” DUATHLON & 10k



The 9bar “Chilly” Duathlon – 21.2.16 – www.dbmax.co.uk
photo courtesy of – ©2015www.charleswhittonphotoqraphy.com

The DB Max organized Castle Combe Chilly Duathlon event is described as the season opener for the dual sport event. Participants took part in a 2mile run / 10 mile bike / 2 mile run around the famous Wiltshire racetrack. One thing the track is also famous for is wind, and boy did it blow on this day. The race organizer even saying that in all his years organizing the event he had never felt wind like it. Add in the constant rain and you get a really unpleasant day. The wind was so strong at the end of the straight that it was pushing people off the track and onto the grass.

AVT had a team of 7 racers taking part, many in their first ever duathlon. The race was split into two waves, with Karen Walters, Carl Davies, Steve Cade & Gary MacAlister all in wave one (Pictured above).

Wave two saw the conditions easy slightly, and some faster times for the athletes with Tim Lowrie, Joby Hobbs & Antony Mills all setting a high standard. It was also great to see a lot of friendly faces working as marshals including Sarah Jewers, Diane Hier and our very own Chairman Warren Wade.

Results:

Antony Mills	56:47	Joby Hobbs	58:01
Tim Lowrie	59:29	Carl Davies	1:01:58
Gary MacAlister	1:02:53	Steve Cade	1:05:53
Andrew Sharratt	1:11:31	Karen Walters	1:26:47

10k

21 AVR runners also took part in the 10km race. This was before the duathlon, so after the 10km race there were a lot of tips being passed around between runners & duathletes. These mainly consisted of “It Bl*!&dy windy”!

Daniel Vale, one of our up & coming youngsters was first AVR man to finish in 30th Position (42:15) & Anita Mellowdew 1st AVR lady just behind him in 31st (42:29).