

# Avon Valley News

March 2016

Issue #173



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## **It's MARATHON SEASON!!!**

Yes, for those brave souls out there we have hit April, which is the height of the Spring Marathon timetable. Many runners will be tackling London, Brighton and many other races this month. It does mean that in preparation for this, March was full of Half Marathons & 20milers. I've not been able to report on all of these, but it is great to see such big turnouts at races such as Bath and Cardiff Half.

The clock changes and lighter evenings mean we can now venture off the same boring roads and start to take in some more varied routes in our training, so what are you waiting for. Spring is a great time to get out running!

Happy Running.

Gary MacAlister

## **EA MEMBERSHIP**

Now is the time of year for you to be renewing your EA Membership. This can be done via the AVR website. It costs £13 per year, but it entitles you to £2 off all EA affiliated races, so should easily pay for itself if you are racing regularly. Also:

- AVR Member must maintain continuous EA membership if they wish to be eligible for the Club London Marathon Ballot
- AVR receives London Marathon, and other city marathon ballot places (Such as Bournemouth & Brighton) based on the number of EA members we have. More EA members = more ballot places.
- It can get confusion as to ARC & EA registration. If a race is ARC affiliated then that is covered in in your AVR membership. Some races require EA affiliation which requires you to join. Races like Corsham 10km are EA affiliated. You can still run for AVR at Corsham without EA membership but you must say you are unaffiliated and pay the extra £2.
- Any large competitions that the club takes part in usually require EA registration, such as Tri-Counties, Southern & National XC, Gwent League etc.

If you are unsure about any of this, please speak to any committee member who should be able to help you, or at least get you the relevant information.

# BATH HALF MARATHON

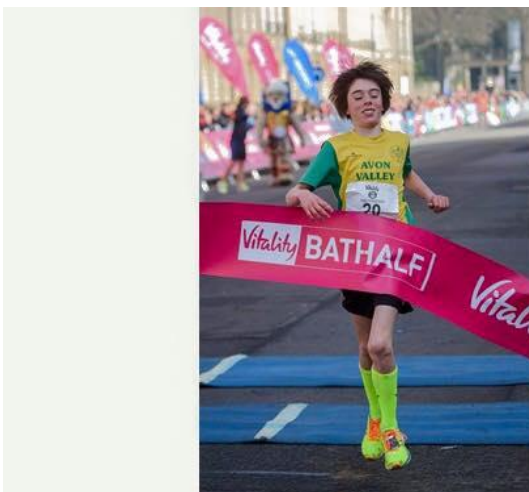


42 AVR runners took to the streets of Bath earlier this month to run the Bath Half Marathon. The runners were blessed with blue skies and fantastic crowds for the annual event. Our runners wore a variety of vests including club colours & various charity vests.

Rich Ayling romped home in 69<sup>th</sup> place with a very respectable 1:16:38, and Mike Rose (1:17:29) also managed a top 100 finish in 85<sup>th</sup>. First AVR lady was a rejuvenated Jackie Rockliffe in 1:25:50.

There were 10 PB's recorded by AVR:

Adam Oatley (1:42:39), Tony Dunford (1:47:23), Philip Rockliffe (1:58:22), Helen Donald (1:57:34), Caroline Tassell (1:58:34), James Faller (2:00:19), Michael Guy (2:00:23), Gavin Park (2:01:26), Helen Tipple (2:09:48), Fiona Newman (2:09:50).



Max Davies winning the Junior race



Rich Ayling storming home along Poultny Street

# ROAD RUNNING

Road Race Secretary  
Kiersty Barnett

## Wiltshire Road Race League

The Wiltshire Road Race League began again this month with the Devizes 10km. The 2<sup>nd</sup> race is the Devizes half marathon which unfortunately is already sold out. Good luck to everybody that has entered.

The fixtures are:

- |                                |   |
|--------------------------------|---|
| #1 <del>Devizes 10k</del>      | <del>Devizes</del> - Sunday 20 <sup>th</sup> March          |
| #2 Devizes Half                | Devizes - Sunday 10 <sup>th</sup> April                     |
| #3 St Georges 10K *            | Corsham - Sunday 17 <sup>th</sup> April                     |
| #4 Chippenham 5                | Chippenham - Sunday 5 <sup>th</sup> June TBC                |
| #5 Broad Town 5                | Broad Town near Wootton Bassett - Sat 18 <sup>th</sup> June |
| #6 Frome 10K                   | Frome, Somerset - Sunday 17 <sup>th</sup> July TBC          |
| #7 Heddington 5K               | Heddington - Race series (best result counts)               |
| #8 The Bustard 5               | Pewsey - Wednesday 3 <sup>rd</sup> August                   |
| #9 Malmesbury 10K              | Malmesbury - Saturday 3 <sup>rd</sup> September             |
| #10 Cricklade Half*            | Cricklade - Sunday 2 <sup>nd</sup> October                  |
| #11 Grittleton 10K             | Grittleton - Sunday 16 <sup>th</sup> October                |
| #12 Clock Change Challenge 10K | Calne - Sunday 30 <sup>th</sup> 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](mailto:results@avonvalleyrunners.org.uk) so they can be added to the results database. You 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).

## Devizes 10km

A smaller than usual number of AVR runners took to the streets of Devizes & its surrounding countryside for the start of the 2016 Wiltshire Road Race League. Unfortunately, due to a fixture clash with Bowood 10km and a couple of half marathons, AVR were only able to send 20 runners to the event.

Those that did race put in some great performances in what were windy conditions on the day. Mike Towler being the first AVR member home in 33:58 finishing 3<sup>rd</sup> place overall. First AVR lady was Tina Towler (50:32). Mentions must also go to Daniel Vale for his 3<sup>rd</sup> place Junior finish, and the evergreen Phil Harding on his 1<sup>st</sup> place MV60.

The low turnout though did hit our points score and we finished 3<sup>rd</sup> overall behind Chippenham Harriers & Royal Wootton Bassett Hounds. There are still plenty of races left for us to pull that back, and the next race in April 10<sup>th</sup> where runners will be heading back to Devizes to tackle the ever popular Devizes Half Marathon.

## AVR KIT

If you haven't yet got your hands on any AVR kit, then Richard Southgate is the man you need to see. He has a range of T-Shirts and race vests available for £21 / £20. He can normally be found selling kit at TRFC prior to training on Tuesday nights. Keep an eye on the AVR facebook page for information on other selling times & dates.

TO TAKE PART IN THE AVR CLUB CHAMPIONSHIP, WE ASK ALL MEMBERS TO WEAR CLUB COLOURS. FAILURE TO DO SO MAY RESULT IN POINTS BEING DEDUCTED.

It is also vital to wear club kit when representing your club at major team events such as Gwent League, Tri Counties etc.



# AVR CLUB CHAMPIONSHIP

The remaining fixtures for the 2016 AVR club championship are:

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

1<sup>st</sup> place will score 1 point, 2<sup>nd</sup> 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.

## **Bowood 10km**

The Bowood 10km saw 23 AVR members take to the beautiful surrounds of Bowood house for this pretty fundraiser organized by Calne Rotary Club. The field of nearly 300 runners were in for a treat as the weather was sunny, if a bit breezy. The previous rain had left a few parts of the woodland track boggy with a few puddles (of which Sue Jeddi decided to jump into all of them to make it a proper off-road race). Runners got to take in the sites of the grounds, Bowood house itself, and run along the riverbank before heading back up to the start line. There was a good combination of tracks, fields, hills and tarmac making this a very enjoyable race for all.

First AVR Male was Richard Harding, finishing 4<sup>th</sup> overall in a very respectable 37:49 – although Rich himself was first to admit the course only measured around 9.5km. 2<sup>nd</sup> AVR was a tired legged Gary MacAlister (10<sup>th</sup>, 41:07) fresh off his first ever race win the day before at the Windsor 20km. Bob Ellis rounded off the top 3 AVR (43:41) and it's great to see Bob out there racing again.

For the ladies Sue Jeddi stomped through puddles to claim 1<sup>st</sup> AVR home, the ever improving Hayley Southgate 2<sup>nd</sup> & regular off-roader Adele Cooper 3<sup>rd</sup>.



AVR group photo at the start of Bowood 10km (above), and Bob Ellis powering to the finish line (Right) - (Photos: Richard Newman)

## **Clock Change Challenge**

Storm Katie ensured that runners for the Spring Clock Change Challenge were greeted with a monstrous head wind on the out & back route starting at Calne Leisure Centre. This 10km was the 6<sup>th</sup> race in the AVR club championship and saw 30 AVR runners remember to put their clocks forward an hour and join a field of nearly 300 runners at the start of the race.

Despite the weather, AVR manager to take 2 of the top 3 spots on the podium with Mike Towler in 1<sup>st</sup> (34:32) & Mike Rose (36:23) in 3<sup>rd</sup>. They were joined by Justin Peters is 12<sup>th</sup> (39:15) to clinch the Male Team prize as well. Mark Harris claimed 1<sup>st</sup> MV50 and claim the now standard Clock Change prize of a pocket watch for his trophy collection.

The ladies also fared well with Juliet Coulson, Sarah Sims and Fiona Gibbs winning the Ladies team prize. Juliet won the V35 category and Sarah the V45. There was also a well-earned PB for Judy Schols as her London Marathon training is paying dividends at all distances.



Trees bending in the background as Storm Katie greets runners at the start of the Clock Change Challenge

## **AVR Championship Standings**

After 6 races of the AVR Championship the tables are looking like this:

### **Men**

David Griffiths (V60)	65 points	(6 Races)
Mike Rose (SEN)	73 points	(4 Races)
Robin-Mark Schols (V50)	87 points	(4 Races)
David Warren (V40)	87 points	(4 Races)
James Williams	105 points	(4 Races)

### **Ladies**

Adele Cooper (V45)	43 points	(6 Races)
Fiona Gibbs (V35)	97 points	(4 Races)
Sue Jeddi (V45)	99 points	(4 Races)
Hayley Southgate (V45)	107 pts	(4 Races)
Helen Donald	118 points	(4 Races)

Remember that to qualify for the club championship you are required to do 12 races from the list of 20 races. There are 10 road races and 10 off-road races and you are required to do a minimum of 4 races in any one category. We have already had 6 races (3 road & 3 off-road), so if you have not already started in the league, you are starting to run out of time.

There is just 1 club race in April and it is the Bath Skyline Parkrun. You have all month to try and score your best time on the course. As it is Marathon Season in April it also makes sure that those of you tackling the 26.2 mile distance will still have a chance to get in a 5km but also rest and prepare for your big day.

# OFF ROAD RUNNING

## Wiltshire Off Road Race League – Wiltshire Scramble

The final race in the Wiltshire off-road league was the Wiltshire Scramble that took place on the 6<sup>th</sup> March. Although Chippenham Harriers had already won the league title, there were a number of age category awards still up for grabs.

The race itself saw only 8 AVR runners take on the full 12 mile distance. The course was very wet & times in 2016 were about 10 minutes slower than the same race last year.

David Warren finish as first AVR runner in 7<sup>th</sup> place overall (1:46:03), and he took the 1<sup>st</sup> MV40 prize. Andrew Jefferies (Pictured right) was 2<sup>nd</sup> AVR and Andrew Sharratt 3<sup>rd</sup>. For the ladies there were only 2 runners Fiona Gibbs and Sue Jeddi.

AVR runners picked up the following awards:

MV50 – Richard Hudson	FV50 – Sue Jeddi
MV60 – Frank Lamerton	FV60 – Rosemary Barber

AVR 'A' finished 2<sup>nd</sup> place overall, and AVR 'B' were 4<sup>th</sup>.

Next year it would be great to see more AVR runners getting out there and getting muddy in the name of AVR. It really is good fun, the races are often a bit smaller than the road races so much less crowded than some road races, and running off road can really strengthen you up for when you return to the road again.



## Gwent League – Penlan (Race 5)

The final race in this seasons Gwent league took place on the 5<sup>th</sup> March, and AVR still had a great chance of promotion in both the Men's & Ladies leagues.



The men sent 6 runners to Penlan, but despite the efforts of the team, we missed out on promotion by just 180 points. To put that in perspective, the winner of the race scored 240 points. Had we been able to send one stronger runner to any of the last 3 races of the league (Penlan, Monmouth or Bristol), then we probably would have been promoted.

The ladies, who only sent one runner to Penlan still managed to get promotion from division 3. This was on the basis of a couple of really strong performances earlier in the season.

A massive thank you needs to go to Steve Williams for organizing AVR's representation in the Gwent league. A lot of time & effort has gone into making sure we can compete as a club in higher level competition. It would be fantastic to see more people getting out and running the Gwent League next Season and for both teams for be competing again for promotion.

Justin Peters driving home at the final Gwent League race (Pic: Holly Newman)

# World Half Marathon – Cardiff 2016

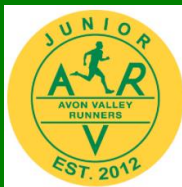
It's not every day you get to line up with the world's best Half Marathon runners, but that is exactly what happened in March when the World Half Marathon Championships came to Cardiff. The leading runners, including the likes of Mo Farah took to the streets of the Welsh capital to get in some much needed preparation for the 2016 Rio Olympic games.

For the rest of the runner world, they were able to take in the great atmosphere and push for PB's on this flat and fast course, with thousands of spectators lining the streets.

AVR took 16 runners to the event, and despite the weather trying it's best to dampen spirits, we still had a host of PB's on the day.

Rich Ayling produced a stunning run to finish 62<sup>nd</sup> overall in 1:13:23. Richard Harding also took a big chunk out of his PB with a 1:23:28. Hayley Southgate kept the PB's flowing with a 1:53:20.





# JAVR News

## Editors Notes:

It's been a busy month for the juniors with many of our runners taking part in Cross Country events all across the country and also, March has brought the start of the Wiltshire road race league, as we look to defend our title!

There is no let-up either, with the Athletics track season starting at the beginning of April!

There is so much going on at the moment it is hard to keep track of everything! But what I have tried to do is capture most of it!

I hope you enjoy a summary of the past months activities

Pete Slade

## JAVR 2K 2016 League

The 2nd JAVR 2K league fixture took place on Saturday 27th February. A total of 44 runners took part with no less than 27 runners from JAVR!

Niall Thorne, Callum Withers and Robert Warner were 1st, 2nd and 3rd boy respectively. In the Girls Category, Freya Buglass, Orli Cranston and Lottie Brown were the first 3 girls home for AVR—all finishing in the top 10.

There were PB's for Freya Buglass, Orli Cranston, Lottie Brown, Dylan Neale, Leo Harris, Daniel Lewis, Josh Thorne and Mildred Glover.

The Girls 11 record was broken by Freya Buglass, in a time of 7 mins 49 seconds

The Girls 9 record was broken by Lottie Brown in a time of 8 mins 20 seconds

Next Fixtures: **Saturday 26th March 2016**

**Saturday 30th April 2016**

## Race Results – Cross Country

On Saturday 5<sup>th</sup> March, our very own Max Davis, (representing Avon in the Intermediate Boys category), took part in the “New Balance” English Schools’ Cross Country Championship at Wollaton Park, Nottingham. With a field of just short of 400 runners, Max did brilliantly, finishing in 174<sup>th</sup> place in a time of 20:11. That was a great result considering the quality of the whole field of runners. The winner crossed the line in a time of 17:58.



## Race Results – Cross Country (Continued)

The fifth and final fixture in the Gwent Cross Country league took place on Saturday 5<sup>th</sup> March 2016 at Brecon Leisure Centre, Penlan. A total of 6 JAVR runners braved the cold conditions on the day. The 2 hour trip to the event was well worth it as every junior did the club proud and ensured JAVR presence at every one of the five races.

The stand out moment was in the 2nd race of the day, where Lottie Brown and Freya Buglass raced in the Girls Novice Category. Both Girls started off hard and were in 1<sup>st</sup> and 2nd place within 300m of the start. However, it was Freya who made a break from the beginning and built up an unassailable lead, eventually winning the race by a huge margin, in a time of 6 mins 18 secs making her the first Avon Valley Runner to win a Gwent XC fixture! Lottie Brown came home in an impressive 11<sup>th</sup> position. In a time of 6mins 57 secs



We have had a good representation from the juniors in the 2015/16 league, with several runner competing in 4 out of the 5 races! A special well done to Luke Slade who ran in all 5 races!

## On The Road....

A sunny Sunday in Bath provided us with more memorable moments for the juniors. Through a sea of black t-shirts came 3 yellow vested lemons and very fast ones at that! Max Davis repeated his victory of 2015 by finishing 1<sup>st</sup> overall in a time of 4:36. Max was closely followed home by Niall Thorne in 2<sup>nd</sup> in 4:51. Dan Wood made it 3 JAVR finishers in the top 10, coming home in a time of 5:23.



Well done to Leo and Lola Harris - Finishing 1st Boy and 1st Girl in the Chippenham Junior Parkrun on Sunday 6th March 2016. A field of 43 juniors took part in the 2K run around Monkton Park. Leo was first overall finisher in a time of 9 mins 0seconds, whilst Lola came home 4th overall in a time of 9 mins 43 seconds. It's great to see JAVR supporting these up and coming events in the County.



## Wiltshire Junior Race League 2016:

This is an annual series of 'races' for all runners from clubs affiliated to Wiltshire Athletic Association with the goal of promoting junior running within the county and raising the profile of Wiltshire clubs and athletes. The League will be structured into a single division and will run from March to October, with all races selected being in the same calendar year.

An award shall be made to the club with the highest scoring team in the First Division of The League. An award shall also be made to the highest scoring Boys and Girls within The League in the U11, U13, U15 & U17 age categories. There will also be county achievement medals on offer to those athletes attaining reaching target scoring levels: Bronze = 360-479, Silver = 480-539 and Gold = 540+ with the best six performances out of the available eight races to count.

See <http://www.wiltshire-athletics.org.uk> for more details. Future races as follows:

- #2 Devizes Half Fun Run - Devizes - Sunday 10th April
- #3 The May Mile - Chippenham - Sunday 15th May
- #4 Chippenham Harriers Family Fun Run - Chippenham - Sunday 5th June
- #5 Junior Avon Valley Runners 2k - Southwick - Saturday 25th June
- #6 tbc
- #7 tbc
- #8 Clock Change Challenge Fun Run - Calne- Saturday, 30th October

## Wiltshire Junior Race League Race Report – Junior Wiltshire Scramble

A cold and overcast day greeted our Junior runners as they began their defence of the Wiltshire road race league with a strong showing at the first fixture in 2016, the Wiltshire Scramble 2K fun run—with the club picking up maximum points.

A total of 49 runners took part in the race, with 13 of them being JAVR. A good showing also from Chippenham Harriers youth, so this was good to see and I'm sure they will be pushing us hard for the title this year!

We had 6 AVR finishers in the top ten, with Niall Thorne (pictured bottom left), heading the field and winning the race overall in a time for 7 mins 40 secs. James Pickford was a close second in a time of 7 mins and 57 secs. Freya Buglass, (pictured bottom right), was 1st Girl home and 3rd overall in a time of 8 mins 24 secs.

Several of our runners had ran the day before in the Gwent Cross Country fixture, so a very well done to them for racing 2 days on the trot!



*The Next JAVR Fixture is the Devizes Half Fun Run on Sunday 10<sup>th</sup> April*

## Future Events

The Wiltshire County AA Championships sponsored will be held at the Swindon County Ground on Saturday 14<sup>th</sup> May 2016. There are many events to participate in and the full list for Juniors is as follows:

GUII Quad Kids Challenge – 75m – 600m – LJ – Vortex Throw (all events to be attempted)  
BUII Quad Kids Challenge – 75m – 600m – LJ – Vortex Throw (all events to be attempted)  
GUI3 - 100m, 200m, 800m, 1500m, 70mH, LJ, HJ, JT, DT, SP, 4 x 100mR  
BUI3 - 100m, 200m, 800m, 1500m, 75mH, LJ, HJ, JT, DT, SP, 4 x 100mR  
GUI5 - 100m, 200m, 800m, 1500m, 75mH, LJ, HJ, PV, JT, DT, SP, 4 x 100mR  
BUI5 - 100m, 200m, 300m, 800m, 1500m, 3000m, 80mH, LJ, HJ, TJ, PV, JT, DT, SP, HT, 4x100mR  
LUI7 - 100m, 200m, 300m, 800m, 1500m, 3000m, 80mH, 300mH, LJ, HJ, TJ, PV, JT, DT, SP, HT, 4x100mR  
MUI7 - 100m, 200m, 400m, 800m, 1500m, 3000m, 100mH, 400mH, LJ, HJ, TJ, PV, JT, DT, SP, HT, 4x100mR

Disability Athletes - All Age Groups U13 to Seniors 100m, 200m, 400, 800m, LJ (see event time table for timings)

No entries on the day and every athlete must be EA Registered

Under 11's must be school years 4 and 5 on the day. All other age groups as of 31st August 2016.

GUI3, BUI3, GUI5 and BUI5 are not permitted to compete in more than 1 event of 800m and over on the day.

Other than Quad Kids U11 and Senior Men and Women, all age groups may only enter a maximum of 3 events.

Entries can be made via the entry central website.

For more details visit the Wiltshire athletics website: <http://www.wiltshire-athletics.org.uk> for more details

## Training Sessions for 7 – 10 year olds

Training sessions continue to be held for the 7-10 year olds at Southwick Country Park . These sessions are held once a month and the latest dates for the sessions are as follows:

- 16th April 2016
- 21st May 2016
- 11th June 2016

Further dates will be added throughout the year and added here and announced on our Facebook page.

The sessions are run by our Head Coach Rich Ayling, with support from some of our older Juniors. They will start at 10am and last for approx. 1 hour. There is no pre -registration required just turn up on the day Juniors must be accompanied by an adult for the duration of the session and be a junior member of Avon Valley Runners. (after one free trial session)

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](mailto:results@avonvalleyrunners.org.uk). PB's for March are:

# WALL OF FAME

## 5km

Jonathan Williams (28:55) – Street 5km

## 10km

Judy Schols (52:47) – Clock Change

Andrew Jefferies (45:26) – Easter Bunny

## Half Marathon

### Bath Half

Adam Oatley (1:42:39) Tony Dunford (1:47:23)

Philip Rockliffe (1:58:22) Helen Donald (1:57:34)

Michael Guy (2:00:23) Caroline Tassell (1:58:34)

James Faller (2:00:19) Gavin Park (2:01:26)

Helen Tipple (2:09:48) Fiona Newman (2:09:50)

### Cardiff Half

Rich Ayling (1:13:23) Richard Harding (1:23:28)

Hayley Southgate (1:53:20)

## SOUTHWICK PARKRUN

Teresa Edwards x 4 (38:24, 36:32, 36:27, 34:09)

Laura Gregson x 3 (26:08, 25:57, 25:24)

Kath Randall x 2 (38:22, 36:09)

Mark Gallagher x 2 (28:58, 27:25)

Pete Slade (18:07) Daniel Vale (19:09)

Callum Withers (20:23) Dan Wood (22:11)

Helen Boyce (22:29) Melanie Ward-Nicholls (23:39)

Leo Harris (23:45) Jan Cadby (23:56)

James Waugh (24:06) Melanie Crosnier (25:13)

Aiden Sharratt (25:18) Lola Harris (25:28)

Mark Edwards (25:57) Keith Withers (26:03)

Elliott Firkins (26:06) Anna Spiers (27:34)

Donna Kelly (27:32) Helen Dallimore (27:38)

Alistair Brownlie (28:32) Rachel Whiting (28:39)

Ann-Marie Withers (28:53) Jon Williams (29:11)

Louise Hartfield (29:24) Emily Martin (29:27)

Toby Withers (31:43) Juliette Bond (32:40)

Neil Young (33:28) Cathy Warner (33:47)

Abena Biney (35:35) Joshua Newbury (35:36)

## Plus

Burnham & Highbridge Parkrun - Edric Hobbs (22:17)

Bath Skyline – Ceri Shaw (31:14)

# SOCIAL EVENTS

## **AVR Mile – Thursday 7<sup>th</sup> April**

The AVR Mile takes place along the river path in BOA park, starting just by the Tithe Barn. It is a straight out & back again route and it is a great opportunity for everyone to try and beat your 1 mile PB. It is available to Junior & Senior members.

But afterwards, why not come along to the Lock Inn for some liquid refreshment and to chat to fellow AVR members. Meet at 8pm. For those that have run and are unfamiliar with the BoA set-up, there are changing facilities at Pound Lane for you to use.

## **Spring Beginners Graduation – Monday 11<sup>th</sup> April**

This is a special social evening to celebrate the achievement of our beginners completing their 12 week course.

There will be talks by Toni Clark who herself was a beginner in 2014 and is new about to run the London Marathon. Also by Sean Price about what the club has to offer now you are a runner & what is next?

Please note this is open to all club members and we do hope you can all come to celebrate their achievement.

No food on this occasion but we will have drinks to celebrate.

# 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 50<sup>th</sup> 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](mailto:AVT@avonvalleyrunners.org)

