

# Avon Valley News

July 2016

Issue #176



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Hello,

June saw the sun come out, and the summer evening races starting. The likes of Heddington & Great Chalfield giving runners the chance to get a mid-week race fix.

For those looking for something longer & team based we had great success and Endure24 & Cotswold relay. Stories from all the events are in the newsletter.

We've had 2 AVR members write personal articles for us this month, Jan Cadby & Holly Newman. It's great to get an insight into how our members approach running and we can start to learn how each other tick.

July has many more races to come, so good luck to you all.

Happy running!  
Gary MacAlister

## **WILTSHIRE ATHLETICS AWARDS**

The Wiltshire Athletics Awards were held at Doric Park, Trowbridge on Friday 17<sup>th</sup> June. It is the chance for the county to celebrate the amazing achievements of its athletes. AVR had a number of nominations and came away winning 2 categories. Rich Ayling won Coach of the Year, in an award category that saw all 3 nominees jointly win the title. Fiona Price won Female Veteran of the Year for the 3<sup>rd</sup> year in a row. There were runners up prizes for the AVR beginners (Best Initiative), Jackie Rockliffe (Female Vet) and Ruth Barnes (Female Athlete)



Rich Ayling & Fiona Price with their Wiltshire Athletics awards.

# ENDURE 24

## How it works for me – By Janis Cadby



What a great event, enjoyed by a very large group from our lovely club! We had a few teams entered, much happening at all times. Unfortunately we did have a communication hiccup, so we had 2 base camps, this means we will need to repeat it, so we can all camp together! Those involved, don't think about it too much at the moment, let those limbs loosen off, before the thought terrifies so you!! Learn by experience, that's me!

Some of you know me, others don't. I don't manage to run often, sometimes only once a week. So how can I manage an event like this? I can run 10-14 miles once a week, if I've time, sometimes shorter, last year I could only grab 10km in a run. So it's a base line. Endure 24 is 8km loops, so just under 5 miles. Can you run 5 miles? If yes, you can do it! It's all about recovery! And about your positive thoughts, what you think about when you're out there.

First 1km, a tricky one, starts off with a flat road, then gradually goes up a hill, it's pretty, the road lined with an avenue of trees. It's very possibly the hardest bit, if you are stiff from multiple loops. So, when you see 1km congratulate yourself, because it gets easier, you're all warmed up. No worries if you had to walk a bit on later laps, good not to stress your body out! You can relax & run along the lovely off road path, with tree & bushes each side. Giving your support to the totally insane "solo" runners & reading other people's t-shirts as you go! Some very motivational!



Before you know it, you've hit 2km! So, nothing too scary, path twisting left & right, up & down, running the downward tracks faster, think of it as fast recovery, let your body go for it. Now there is another little uphill bit, run it, walk it, or a bit of both. But it's short, so not a problem! Running through the forest, a flat track, soon you hit the 3km marker, now a wonderful friend of mine the Late Derek Jarvis, who was a club member always said "Only 5km to go, anyone can run 5km!" This is important with your mind games, in any race, whatever the distance, because it doesn't matter whatever you have ran, you know you can do 5km!!!

Flat track up to 4Km, Oh half way! Before you know it, you've reached the water/fuel stop, this is great especially at night, if you are doing a double lap, you can grab a couple of gels &

water, walking & eating for a moment of 2, straight after that, the 5km marker! Think if you were doing the parkrun, you would probably be happy with your time, hey only 3km to go!!! The VDub bar on the corner, fantastic idea! Loud music, illuminated at night, staffed by cheery folk (Raster man!!) Then "Heart break hill" or you might know it by some other name I best not to mention! Respect to those who can run it all! On the Sunday, the last 12 hours, 1161 people climbed that hill! So run a third, walk a third, run the top after the corner, or walk it! Listen to your body, especially as it becomes more tired, if you walk it all, your legs won't scream & build up lots of lactic acid, time wise, it might add a minute or 2!



Steady along the woodland path, around a few bends 6km! That can only mean...not too far now! 2km to go, work out in your mind how many minutes, ah, you're smiling! The best yet to come! The run through the trees, at night, it's totally beautiful, a real treat! Hundreds of colourful fairy lights wrapped around the trees, guiding you as you go. A downward slope, which overlooks the VDub van & its music, happy jolly marshals on the corner, cheering you on. Along a flat tracked path, constant support to the solo's as you go & if you have your name on the back, you will feel the support from fellow runners as they go by!





Ha ha 7km marker... You can feel the excitement building, only 1km to go, it doesn't matter how tired you feel, you can smell it! It's almost in the pocket, a dash through the trees onto the finishing field, people clapping, shouting "well done" as you run past their camp. The music getting louder, more people cheering, the railing guiding you to the finish mat, always lined with supporters yelling great encouragement, you can sprint for all you're worth, because in a moment you can stop! You look for your next team member as you approach, yelling your name, in our case with a red light sabre, guiding us in! A quick swap of the band, they go off, you can give yourself a pat on the back, another one under the belt!

The next bit is so, so important!!! Stretch, I mean really, really stretch! Take your time, but do it good or you will suffer... Big time!! Drink! It's good to drink isotonic drinks to replace the salts you've sweated out. Eat to replace used calories, each loop takes a touch under 600 calories off you each time, you must replace this, again, if you don't you won't keep on keeping on! Eat after you've run, then eat to prepare for the next one, little & very often!



Eat decent food too! It's so easy to grab biscuits & rubbish, but it won't sustain you. Plan well, food that appeals to you high in carbs & protein.

If you eat rubbish, it will catch you out later in your 24 hrs. Everyone loves a chocolate chip cookie, but eat good stuff too!

Wash/shower after every leg, get fresh, get rid of the sweat, it helps with the next leg, change into clean clothes to rest, you can always pop your old shirt back on that you've dried off. Spending time with your team is a delight, sharing stories & getting to know new friends better. This year's event was much better for me, same 7 lap distance, just no stiffness! I stretched more, I drank isotonic drinks, ate better & wasn't too proud to walk a few hilly bits. I would have liked to have done "Just one more lap!!" Hope those of you who haven't tried it yet, maybe have a go, it's truly a great event! I'm not the fastest by any stretch, but love every minute!!



## **RESULTS**

- Blood, Sweat & Beers (Justin Peters, Thomas Coney, Antony Mills, Dominic Beddis, Ruth Barnes) – **1<sup>st</sup> Mixed 3/5 – 40 Laps**
- Smells Like Team Spirit (David Warren, Sarah Barker, Ray Pemberton, Kev Bush, Matt Weeks) – **20<sup>th</sup> Mixed 3/5 – 32 Laps**
- 24hr rAVRs (Gary MacAlister, Janis Cadby, Fiona Gibbs, Ian Isaacs, Andrew Thomas) – **22<sup>nd</sup> Mixed 3/5 – 32 Laps**
- Loopy Lemons (Rebecca Hex, Helen Tipple, Justine MacAlister, Claire Clift, Helen Thorne, Hannah Eaton) – **181<sup>st</sup> Mixed 6/8 – 26 Laps**
- Loopy Lemons 2 (Laura Oatley, Karen Williams, Anthony Hickson, Nicola Poulter, Alana Cox, Gretchen Tucker, Laura Saxty, Jay Sims) - **191<sup>st</sup> Mixed 6/8– 25 Laps**
- More Loopy Lemons (Adam Oatley, Paul Thorne, Michael Guy, Gavin Park, Mark Tucker, Carrie Almeida) – **Mixed 6/8 – 105<sup>th</sup> – 30 Laps**

# ROAD RUNNING

Road Race Secretary  
Kiersty Barnett / Helen Donald

## **Wiltshire Road Race League**

After a quiet month in May, the Wiltshire Road Race league came back with a bang in June with 3 races all on the calendar.

The remaining fixtures are:

- #6 Frome 10K            Frome, Somerset - *Sunday 17th July*
- #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 - *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](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).

## **Chippenham 5m (WRRL – Race #4)**

A lovely sunny day greeted the runners to Chippenham Rugby Club for the Chippenham 5 mile race. There was also the Junior Race League taking place at the same time which added to the excitement of the event. Overall, it was a successful day for the 35 AVR runners as we took maximum 20 points in the race league standings for the first time this year, and sit 3 points behind Chippenham overall on 75 points, to the Harriers 78.

In the men's race AVR took 2<sup>nd</sup> & 3<sup>rd</sup> places with Mike Towler & Mike Rose coming in just behind race winner Simon Nott. But anything the boys can do, the girls can do better and it was an AVR 1,2,3 with Ruth Barnes, Jackie Rockliffe & Anita Mellowdew taking the podium places. In the Wiltshire Road Race League, Pete Veleski scored 79 points which was enough to put him to the top of the league standings so far!

The race organizers have had to offer an apology as it was noted that the course was measuring short by about 400m. This was due to a marshalling error sending the runners the wrong way around the final field, so unfortunately nobody was able to record an official PB.

## **Broad Town 5 (WRRL – Race #5, AVR Champs Race 10)**

Broad Town 5 is a firmly established 5 miler around the lovely village and Broad Town. It is organized by Royal Wootton Bassett Hounds, and is a very well organized event. This year the race was in the Wilts Road Race league & in the AVR club championships so there were plenty of points on offer for the runners to fight for. A field of 200 runners, including 19 AVR took to the start line for the race.

The weather was cool and ideal for fast times, and Rich Ayling took full advantage of the conditions to come home in 1<sup>st</sup> place, by 1½ minutes (26:53). Gary MacAlister was the 2<sup>nd</sup> AVR finisher (17<sup>th</sup> – 31:03), and Mark Harris was 2<sup>nd</sup> Vet 50 & 3<sup>rd</sup> AVR finisher (27<sup>th</sup> – 32:37).

For the ladies race Sarah Sims was the 1<sup>st</sup> AVR lady (75<sup>th</sup> – 37:35), Fiona Gibbs (87<sup>th</sup> – 38:47) and Adele Cooper (108<sup>th</sup> – 40:45) were 2<sup>nd</sup> & 3<sup>rd</sup> AVR finishers.

Unfortunately though, in the Wiltshire League AVR were well and truly outnumbered by Chippenham Harriers and we were beaten in the league by both their 'A' & 'B' teams. AVR 'A' are currently 2<sup>nd</sup> place in the league, 5 points behind the Harriers 'A' Team.

The Start of the Broad Town 5.



## **AVR SOUTHWICH HANDICAP**

The AVR Southwick Handicap took place on Tuesday 21<sup>st</sup> June around the Southwick Parkrun course. How it works is that the clock starts at 40minutes and counts backwards, and each runners starts the race at the same as their Parkrun PB (set within the last year). The theory is that, if everybody runs to exactly their PB speed then everyone will finish at the same time.

The fun about the race is that you know that everyone in front of you is slower than you, but also that everyone behind you is quicker than you are! Therefore, if you can come to Southwick and run yourself a PB around the parkrun course, then you have got a real chance of winning the race.

This year's race was won by Sarah Marshall, who took a whopping 2min 41sec off of her best time. Toni Clark was 2<sup>nd</sup> place and Rebecca Millard 3<sup>rd</sup>. In total 14 out of the 51 runners beat their PB for the course.



## **AZTEC WEST FAST 5km**

It seems we can't go a month now without another club record for Ruth Barnes, and her latest record was set at the Aztec West 5km in June. Her time of 16:44 not only broke the club record again, but was only 2 seconds outside the Wiltshire County record. This follows on from Mike Towler breaking the club record the previous month with 15:35, and shows that at the sharp end of races, AVR is starting to have a real presence at these larger scale events. Also in the June 5k, there was a huge PB by Scott Barnett who took a huge chunk off of his PB to record 18:32. Chris Roxburgh also had a great run clocking 17:22.

## **GREAT CHALFIELD 10km**

Held in partnership with Broughton Gifford & Holt Scout Group, this is a very popular run held over a certified accurate 10-kilometre course through the picturesque countryside around Broughton Gifford, passing Holt Manor and Great Chalfield House.

74 AVR runners turned up on a slightly drizzly Thursday evening. Rich Ayling & Mike Rose both made the podium finishing in 2<sup>nd</sup> & 3<sup>rd</sup> positions (behind Simon Nott of Calne Running Club), with Chris Roxburgh & Adam Robbins also making the top 10.



A great run by AVR's very own Leah Sartain saw her finish 1<sup>st</sup> lady, closely followed by Claire Wood as 3<sup>rd</sup> Lady (& first Vet40). Other age group wins went to David Warren (Male Vet 40) & Mark Harris (Made Vet 50)

# AVR CLUB CHAMPIONSHIP

The remaining fixtures for the 2016 AVR club championship are:

- *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*

## Heddington 5km

Heddington 5km is now a firmly established race in the Wiltshire Calendar, and this year it forms part of the Wiltshire Road Race League & the AVR Club Competition. There are 3 races in June, July & August and runners get the chance to submit their best time across the 3 races. The maximum 200 runner limit was reached for the race in June, with others waiting in the hope of anyone not showing up. A quarter of the field was made up of AVR runners in June, and the early benchmark was set by Mike Rose who came 2<sup>nd</sup> place overall in a time of 16:54. Danny Gard (Pictured) ran 18:28 and Gary MacAlister was 3<sup>rd</sup> AVR runner in 18:34.



Jackie Rockliffe had a stunning race and ran sub 19mins (18:58) to easily be the first lady home. Joanne Mumford (21:05) & Clare Wood (21:43) were 2<sup>nd</sup> & 3<sup>rd</sup> AVR ladies home. The next race is July 12<sup>th</sup>, and entries are expected to sell out, so if you want to get a time registered, then get your entries in now!

## AVR Championship Standings

After 10 races of the AVR Championship the tables are looking like this: (Heddington 5k results added in August)

### Men

David Griffiths (V60)	159 points	(9 Races)
David Warren (V40)	191 points	(7 Races)
Phil Harding (V50)	216 points	(7 Races)
Gary MacAlister (Sen)	230 points	(6 Races)
Stuart Arguile (V60)	246 points	(7 Races)

### Ladies

Adele Cooper (V45)	68 points	(10 Races)
Fiona Gibbs (V35)	120 points	(8 Races)
Sue Jeddi (V45)	164 points	(7 Races)
Hayley Southgate (V45)	182 points	(7 Races)
Helen Donald (Sen)	195 points	(7 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 9 races (4 road & 5 off-road).

There are 2 club races in July, both on the roads. Frome 10km & the 2<sup>nd</sup> Heddington 5km race.

## 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.

# OFF-ROAD RUNNING

## COTSWOLD RELAY

AVR sent 4 teams to this year's Cotswold Relay to form part of the 100 teams that took part in the 2016 event. Starting at Chipping Campden at the top of the Cotswold, it cover 117 miles across 10 stages and finished outside Bath Abbey.



Leg 5 (Richard Morgetroyd, Claire Howard, Ali Atkinson & Alex Fearon)



Leg 2 (Claire Clift, Jackie Rockliffe, Danny Gard & Liz Gard)

The great news is that The AVR Mixed A team managed to secure 2<sup>nd</sup> place overall in the Mixed race. The team included (in stage order) Pete Slade, Jackie Rockliffe, Thomas Coney, Rich Ayling, Claire Howard, Mike Towler, Gary MacAlister, Anita Mellowdew, Tim Lowrie & Carl Davies. Their combined time of 13:13:03 was 34 minutes than last year's fastest AVR team (which was an all-male team).

Everybody that runs the event seems to love it with many runners coming back year after year to try & complete all 10 legs.

Stage	AVR Mixed A	AVR Mixed B	AVR Mixed C	AVR Mens
1	Pete. Slade (1:23:54)	Andrew Sharratt (1:55:25)	Carrie Almedia (2:02:00)	Ian Isaacs (2:02:00)
2	J. Rockliffe (1:44:04)	Liz Gard (2:11:27)	Claire Clift (2:12:00)	Danny Gard (1:36:57)
3	T. Coney (59:59)	Neil Whitehead (1:34:04)	Mel Nichols (1:25:36)	No Runner (1:57:00)
4	Rich Ayling (1:25:40)	Fiona Gibbs (2:08:10)	No Runner (2:27:00)	Stuart Argyle (1:54:32)
5	C. Howard (1:34:36)	Ali Atkinson (1:52:23)	Alex Fearon (1:52:26)	R. Morgetryod (1:32:52)
6	Mike Towler (57:01)	Clare Wood (1:27:16)	Natalie Heritage (1:32:41)	Gareth Legg (1:33:36)
7	G MacAlister (1:00:54)	Sue McGregor (1:19:03)	Linda Ladner (1:18:47)	No Runner (1:34:00)
8	A. Mellowdew (1:44:50)	Chris Brown (1:56:59)	Zoe Yeoman (2:06:28)	Mike Sargeant (1:39:33)
9	Tim Lowrie (1:10:17)	Juliet Coulson (1:24:40)	Anthony Hickson (1:45:00)	No Runner (1:45:00)
10	Carl Davies (1:11:48)	Tina Towler (1:34:08)	Sarah Jewers (1:39:13)	David Warren (1:13:26)

## 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 or email him at [kit@avonvalleyrunners.org.uk](mailto:kit@avonvalleyrunners.org.uk)

WHEN TAKING PART IN THE AVR CLUB CHAMPIONSHIP, WE ENCOURAGE ALL MEMBERS TO WEAR CLUB COLOURS.

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



# JAVR News

## Editors Notes:

The month of June saw JAVR battling hard against Chippenham Harriers Youth in the latest Wiltshire Road Race League fixture and also in a track meet held at Bath University at the end of the month. The JAVR 2K saw PB's galore! Enjoy!

Pete Slade

## JAVR 2K 2016 League – Race 6 update (5<sup>th</sup> race in Wiltshire Junior Race League)

The 6th JAVR 2K also played host to the 5th fixture in the Wiltshire Road Race League. 70 runners took part in the event, with JAVR making up nearly half of the field! The good conditions brought some fast times with the following athletes getting PB's: Max Davis, Niall Thorne, Orli Cranston, Lottie Brown, Leo Harris, Dylan Neale, Kian Saggars, Elliott Firkin, Ethan Bolter, Thomas Dudman, Ellie Isaacs, Toby Withers, Arthur Gage, Ben MacAlister, Reuben Kjaer, Chloe Graham. In the Boys Category, Max Davis and Niall Thorne were 1st and 3rd boy home respectively. In the Girls Category, Freya Buglass was 1st girl to finish, closely followed by Orli Cranston, who was just 4 seconds behind Freya.



## JAVR 2K LEAGUE 2016

In the Girls Junior Championship, Orli Cranston is in top spot with 91 points, having managed to clock up 5 PB's in 6 races! In second place is Freya Buglass with 85 points and Lottie Brown rounds out the top 3 with 71 points. Clara Harding and Lola Harris are in 6th and 7th place with some good, consistent performances. To date, only Clara, Orli and Freya have managed to take part in all 6 races - well done!

Leo Harris continues to lead the way in the Boys Championship, with a total of 85 points, which includes 5 PB's along the way! Toby Withers and Dylan Neale are in joint 2nd place with 70 points. Places 6th—15th are separated by just 10 points—so all to play for as we start the second half of the Championship!

Leo Harris, Daniel Lewis, Toby Withers and Harvey Payne are the only Boys to have competed in all 6 races.

Next JAVR 2K fixture - Saturday 30th July



Through some great combined work between Rich Ayling and Gary Dunstone (Chippenham Harriers Youth), a track meet involving both clubs was organised and took place on Wednesday 29<sup>th</sup> June 2016. This is a great initiative between the two clubs and the evening was an overwhelming success and I'm sure there will be another event planned in due course.

On the night all the Junior athletes from both clubs chose one short distance event (200m or 400m) and one longer distance event (800m or 1500m). There were some very close racing between the athletes and the honours were pretty much even at the end of the night



A big thanks to Gary and the Chippenham Athletes who turned up with over 20 athletes on the night, also, thanks to all the helpers for making the event run as smoothly as possible - despite the wet conditions! We have already sat down and worked out how to make improvements for next time! Finally, well done to all the Junior athletes for competing in the event and giving it their best!



Top Left – Izzy Stapleton & Lottie Brown on the track.  
Top Right – Max Davies vs Harriers  
Bottom Left - The JAVR boys busy warming up for the event.  
Bottom Right - Athletes line up for the final event of the evening (1500m)



## Junior Fixtures / Dates for your diary

### **FIXTURES**

JAVR 2k - Southwick Country Park - Saturday 30th July, 27th Aug, 24<sup>th</sup> Sept, 29<sup>th</sup> Oct, 26<sup>th</sup> Nov, 31<sup>st</sup> Dec.

Frome 5k & 1k - Frome - Sunday 17th July

Dyrham Park Fun Runs - Dyrham Park - Sunday 11th September

Roundway Mini Rampage - Devizes - Saturday, 1st October (Race 7 Wiltshire Road Race League)

Clock Change Challenge Fun Run - Calne Sunday, 30th October (Race 8 Wiltshire Road Race League)

\* Race 6 in the Wiltshire Road Race league—To be confirmed

### **DIARY DATES**

10th July 2016—JAVR BBQ (Trowbridge Rugby club)

13th July 2016—AVR Track Championships (Bath Uni), including ESAA Awards

18th August—BernCol Relay

1st September 2016—AVR Autumn Mile

7th September 2016—2K/5K Time Trials (Bath Uni)

14th September 2016—Yeovil 5K Trip

## JAVR Day Out – Birmingham Athletics Champs



The Junior section enjoyed a day out at the British Athletics championships at the Alexander Stadium, Birmingham on Sunday 26th June 2016. Committee members, parents and the Juniors headed in force up the M5 to watch the event. A very warm day ended up with the typical British rain, but this did not dampen any of the action on the track! Everybody enjoyed themselves and I'm sure all of the juniors have gone away feeling inspired by watching some top class athletes compete on the track.

## Other News – JAVR taste success in the AVR Relay

JAVR fielded 3 teams in the Annual AVR relay which was held on Saturday 2<sup>nd</sup> July 2016. The "INTIMEMEDATORZ"— Dan Wood, Robert Warner, Ellie Isaacs, Alex Pyper, " finished 20th overall in a total time of 2 hours 23 minutes. Finishing just in front was "No team Name" - Luke Slade, Sam Beaverstock, Josh Whitfield Lott, Josh Thorne, in a total time of 2 hours 15 minutes. Our highest placed team "Has Anyone got a Sat Nav?" finished 2nd overall, (1 hour 55 minutes). Well done to Nail Throne, James Pickford, Max Davis and Callum Withers!



## A Message from Holly Newman...



Hi Lemons,

As I've been part of the club for just over six years now I wanted to take the time to say thank you. I started running with AVR since the summer of 2010 and what an amazing experience it has been. I have met many inspirational and interesting people with lots of great stories. For instance, the legend that is Bob Washbourne never fails to make me laugh. Last week at the handicapped Parkrun he passed on some valuable wisdom to me saying how as you get older you can go as mad as you desire and scare a few people in the process! And Jackie Rockliffe for example running a great time in the London Marathon 2016 and clocking 19:51 for 5k – how does she do it?! I can only hope that in the future I can run just as well as her!

Many of my highlights have been from my years of being an AVR member because there is so much to enjoy and love. The club holds some great races with just some being over the hills and the Bern Col relays with free fish and chips! It's ran by people who give up a lot of their time to make sure AVR runs shape ship, something which shouldn't be forgotten. A small membership of £10 or £20 a year is brilliant considering what we get back every year. And what an interesting history! From January 1986 with just 10 founding members to 30 years later having over 600 members.

My yellow and green story began six years ago. I was a bored 11 year old at home being a couch potato and wondering what all the fuss was about with this running club Dad went to. I decided to give it a go and I started off in a Clarendon beginners group running 1 minute and resting 1 minute then progressing to running 5 minutes and 1 minute. At this point I only ran because I could beat the snobby girl at School who was good at everything! I did my first mile in the Sport Relief mile race in 2010 – I stopped three times but I was so proud I did it. Eventually I began running in club training sessions (the good old days of the Melksham groups!) and I started to feel like part of the group (though it was very scary running amongst the giant adults!). In 2011 Sean Price invited AVR runners to Southwick Parkrun and I was there for its very first one running a time of around 29 minutes. JAVR was then set up in 2012 targeting the development of junior runners followed by a junior session on a Wednesday evening at Bath University being introduced. I remember going up to the track for the first time and just being struck with awe at how brilliant the sports village was. Even now when I go up to track every Wednesday I still marvel at the world class facilities I'm using. In 2013 I ran Spring Calne Clock Challenge (my first 10k) in just over 57 minutes. During that race I encouraged Mum to run without me but she waited for me allowing me to catch up. I ushered her to go on and eventually sprinted past her at the end. I think she still holds a grudge about that to this day! That same year I took up the challenge of running my School walk of 9 miles – everyone thought I was bonkers but I did it! January 2015 I was asked by Fiona Price if I would like to join the JAVR committee which I eagerly accepted. By this time the club was very important to me and I felt grateful that they wanted to hear my views and ideas. Late 2015 I ran my first 10 mile race (Great South Run). I felt so bombarded by cheering and trying to take everything in that it took me a good 2 miles for me to feel settled! I crossed the line in 1:32:33 – not quite the time I wanted but I redeemed myself a couple of months later in the February 2016 Wiltshire 10 mile race running 1:24:47. Towards the end of 2015 I was asked if I would like to join the AVR committee and honestly I couldn't believe it. I felt very honoured. Since the beginning of 2016 I have been JAVR Secretary on the AVR Committee and I have enjoyed every moment. I've gone from just seeing the club as just an opportunity for me to keep fit to now competitively running in a range of disciplines to represent my club with each week looking forward to training sessions to have a good chit chat! Some of you who have known me the longest have seen me gone from a small junior probably up to your hip to now being 5ft 10!

My story wouldn't been possible without the club's support and I thank everyone for this. Although I am grateful to every single lemon there are a few people I need to thank in particular. Firstly, my number one supporters Richard Newman and Fiona Newman. I am ever most grateful for the hugs after every bad race, giving up your time to take me to races even if they take a ridiculous amount of time to get to and being supportive and loving parents. Secondly to Alan Hayes for training me for a year and a half – he would carry out training in pouring rain, snow or harsh winds! During that year and a half he passed on a lot of valuable knowledge to me from his own successful years as a very successful athlete. Final thanks to Rich Ayling not just for the training plans & support you have given me but the numerous plans & sessions you do for the juniors & the seniors (I still can't work out how you juggle it all!). Many of the juniors appreciate the friendly face & the encouragement you give them every week. I love seeing this because it means our juniors have the confidence to turn up each week & train providing the next future generation of AVR.

As a club you have all been so warm and welcoming not just to me but to every runner whatever ability or background, something which is really touching. The friendships that are formed from supporting each other through difficult times such as injury, perhaps not getting aspired times or just going through the AVR experience together is perhaps what makes the club so tight-knit and makes me proud to wear my AVR vest. For this reason there is no other club I'd rather run for. As I officially become a senior AVR in two months' time I look forward to carrying on my AVR experience with the lifelong friends I've made for hopefully many more years with many more laughs. I wish everyone in the club good health and good luck with all your goals. As long as you believe in yourselves I have no doubt you can all achieve great things. I'm setting off on holiday for a couple of days today but I look forward to seeing many of you at the AVR relays tomorrow.

Thanks, Holly (A.K.A Butterfly to Bob :)

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).

# WALL OF FAME

## 5km

<u>Aztec West</u>	Ruth Barnes	(16:42)	Scott Barnett	(18:32)
<u>Heddington 5k</u>	Clare Wood	(21:43)	Caroline Tassell	(24:59)
	Toni Clark	(32:58)		

## 5mile

<u>Broad Town</u>	Gary MacAlister	(31:03)	Ellie Isaacs	(43:20)
	Fiona Newman	(43:29)	Sarah Barker	(45:02)

## Southwick Parkrun

Scott Barnett	(19:07)	Kenneth Pyper	(19:18)
James Pickford	(19:51)	Sam Beaverstock	(20:46)
Toby Cambray	(20:58)	Robert Warner	(21:03)
Phil Vale	(21:10)	Isabel Almeida	(21:31)
Luke Slade	(23:46)	Mark Edwards	(25:00)
Sharon Cleverley	(25:37)	Dawn Whiting	(25:40)
Joshua Thorne	(25:48)	Jay Sims	(26:05)
Sue Bryant	(26:26)	Danielle Baxter	(26:38)
Eddie Holland	(27:14)	Ann-Marie Withers	(27:39)
Lisa Carter	(28:18)	Emily Martin	(28:39)
Louise Hartfield	(28:40)	Jon Williams	(28:44)
Freddie Pickford	(28:53)	Lisa Carter	(28:53)
Louise Hartfield	(29:08)	Michelle Gibbs	(30:24)
Michelle Gibbs	(30:25)	Teresa Edwards	(30:36)
Richard Clarke	(34:02)		

## Other Parkruns

<u>Horsham</u>	Sam Franklin	(21:26)		
<u>Salisbury</u>	Melanie Ward-Nichols	(24:02)		
<u>Bath Skyline</u>	Jack Webb	(19:27)	Sophie Moore	(22:30)
	Allison Perkins	(30:16)		
<u>Cardiff</u>	Arthur Pease x2	(17:23, 17:47)		
<u>Poole</u>	Andrew Sharratt	(22:11)		
<u>Chippenham</u>	Leah Sartain	(22:13)		
<u>Killerton</u>	Amelia Oughtibridge	(28:58)		