

Avon Valley News

September 2016

Issue #177



in this issue >>>

AVR Tour - Cyprus

Road Running

Wiltshire Inter-Counties Success

Off-Road Running

Club Championship

JAVR

PB Hall of Fame

AVT

Hello,

Well there we go, the summer season is drawing to an end. The evening races are starting to wrap up warm & hibernate until the spring, and the evening training runs from club are enjoying their last few weeks of crossing the fields and canal paths of Trowbridge & BoA.

Excitingly though, it does mean we are hitting the Autumn race period which sees the road race calendar pick up with the cooler weather being more conducive to faster times. It also means that we are starting to dig out the cross country shoes – and the mud still attached to them from last season – and think about the exciting times ahead.

I am a big lover of running in the summer, the light evenings and the warm weather are great, but I know some people are much more winter lovers with the cooler temperatures making running a lot easier

Whether you enjoy hot / cold or everything inbetween, autumn is a great season of transition and I hope you all make the most of the fantastic races that are coming in in the next few months.

Happy running!
Gary MacAlister

AVR TOUR 2017- CYPRUS

19TH EDITION

LOGICOM CYPRUS MARATHON

MARATHON, HALF-MARATHON, 10KM RACE & 5KM FUN RUN

Logicom

5TH MARCH
2017

Bookings are now being taken for the 2017 AVR tour to run in Paphos, Cyprus. With prices for flights & accommodation for the weekend starting at just under £300 it is a great change to enjoy some summer sun and run in the beautiful surroundings of Cyprus.

There are options from 5km all the way up to Marathon, so something for everyone.

Some have booked to make a whole week of it, and others are just flying over for the weekend, Whatever your preferences you can pop into Howard Travel in Trowbridge & they will get everything set up for you

For more information on the tour please talk to Gary MacAlister (newsletter@avonvalleyrunners.org.uk)

AVR BBQ & RECORD HOLDERS

A very rare sight took place in August at Trowbridge RFC when AVR managed to get together most of its record holding athletes to present them with special stard celebratory running vest in honour of their fantastic achievements. There was a great combination of current and “retired” athletes who have all help make AVR a powerhouse of running in Wiltshire over the years.



The celebrations continued well into the night with a BBQ & a Traditional Sports Day, including wheelbarrow races, egg & spoon races, tug-of-war and much more. The resulting mixture of competitiveness and a few too many “isotonic beers” from the bar made for some quite enthralling competition!



ROAD RUNNING

Road Race Secretary
Kiersty Barnett / Helen Donald

Wiltshire Road Race League

July & August saw 3 races in the Wiltshire Road Race league. Frome 10k, The Bustard 5 & the final round of the Heddington road race league.

The remaining fixtures are:

- #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 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).

Frome 10km (WRRL – Race #6 / AVR Champ #12)

The hilly Frome 10km was the venue for the latest race in the Wiltshire Road Race league, and it also doubled up as the South West Inter-Counties fixture over 10km (the 2nd fixture of 3, the first being the Wiltshire 10 back in Feb). This meant that there was a very high caliber of athlete taking to the start line of the race.

Bustard 5 (WRRL – Race #7, AVR Champs Race #13)

The stripped back Bustard 5 is designed to be a basic "turn up & run" kind of event with no frills. In return though, the runners get a fantastic race with the promise of some good times over a certified 5 mile course. Despite the nice midweek running conditions, there was only a handful of AVR members making to the race and as a result we lost out in the overall scoring to Chippenham, Devizes & Royal Wootton Bassett in the overall results table. First AVR over the line as Leah Sartian in 34:18, with Fiona Gibbs & Sue Jeddi rounding out the top 3 AVR ladies. Ray Pemberton took the 1st AVR Male credit with two of our current in form "Vet's" Phil Harding & Andrew Jefferies having strong races to finish 2nd & 3rd AVR.

Heddington 5km Series (WRRL – Race #8, AVR Champs Race #14)

Huge congratulations to Mike Rose (Pictured) & Jackie Rockcliffe to finished the Heddington Series as leading Male & Female of the 3 races. Race conditions for the 2nd & 3rd races in July & August were almost perfect for 5km racing and a whole heap of PB's were recorded. A whopping 94 AVR members took part in at least one race of the series meaning that there were also lots of points scored in the AVR championship & we were top scores in the Wilts Road Race League for only the 3rd race this season.



For the men, our fastest man over the series was Mike Towler in an impressive 15:42, Rich Ayling 2nd in 16:11 and Mike Rose 16:33. Dominic Beddis also ran a 16:55 which was his first ever sub 17min 5km, a tremendous effort!

Ruth Barnes totally blew the rest of the ladies competition away with an astonishing 16:41. Jackie Rockcliffe recorded sub 19mins on all 3 runs & logged a fastest time of 18:43 equaling the club age category record. Leah Sartain is firmly putting herself on the AVR map with a solid 20:22.

VICTORIOUS WILTSHIRE – THANKS TO AVR by Darren Wrintmore

Since hanging up my running shoes at the end of 2014 I have channeled my competitive desires into the management of the Wiltshire senior team and this year England Athletics resurrected the South West Inter-Counties Road Running Championships that would pitch the top athletes in Wiltshire against those from Avon, Gloucestershire, Somerset, Devon, Dorset and Cornwall. The Championships would consist of three races covering 10K, 10-miles and Half Marathon distances. Using the various road ranking systems provided by Wiltshire Athletic Association, Power of Ten, Run Britain and TOPS I was able to pick out the athletes that I wanted in my team for each of the respective distances, then it was a case of convincing each of them that they should incorporate the race(s) into their existing plans and amend their training to suit.

First up was the Wiltshire 10 at Melksham, so we had home advantage and a good selection of local runners who were willing to step up to the plate to wear their county colours. Leading the 500 strong field home was Simon Nott of Calne Running club who along with Heath Bampton of Oxford AC (but lives in Swindon) and our own Rich Ayling and Mike Rose saw Wiltshire Men take maximum points ahead of Avon and Somerset. In the Ladies competition Jenny Spink of Bristol & West had a storming run to lead home for Avon and run the fastest 10-mile so far in the country with a 56:18 clocking. Jackie Rockliffe had a good run for second place and even with Ruth Barnes having a rare off-podium run and along with the Chippenham Harriers duo of Claire Francis and Michelle Maxwell saw Wiltshire make it a double victory and head the regional road running championship table.



The next race in the championships was the Frome 10K and again with the race being part of the Wiltshire Road Race League gave me a good pool of athletes to select, however this did not last long as my team selection dwindled and I needed to make several changes even on the morning of the race. The Men's race saw Wiltshire up against a very strong Devon team whose runners occupied the first two places in the Men's race with Mike Towler wearing the Green and White finishing third.

Robert Mann running for Exeter AC (but is from Salisbury), Heath Bampton now running for Royal Wootton Bassett Hounds, Simon Gilbert of Devizes Running Club, Andrew Duncan of Chippenham Harriers along with Mike Rose saw Wiltshire finish a close second to Devon but more importantly ahead of Avon. The Ladies race saw an in-form Ruth Barnes storm to an impressive victory leaving three Devon and one Avon runner in her wake (along with a few of the championship Men) before Jackie Rockliffe crossed the line for Wiltshire, Anita Mellodew of AVR who managed to tweak her hamstring en-route finished with gritted teeth and the Chippenham Harriers trio of Eilidh Bell, Debbie Jones and Sarah Alves kept Wiltshire on top of the Championship table.



Going into the Half Marathon at Sturminster Newton, Wiltshire had to finish ahead of Avon to take the title but also I wanted revenge against Devon. Lady luck was smiling on me as I was only forced into making one change from my original line up and was pleased with team that made it to the start line which included five Avon Valley Runners. Leading home over the hilly 13.1 mile course for Wiltshire and taking overall race victory was Rob Mann, with Chris Roxburgh, Rich Ayling and Mike Rose in support and along with Gary O'Brien of Swindon Harriers and Steven Underwood of Southampton AC (from Salisbury) gave us full points. In the Ladies race, despite having to stop a couple of times Ruth Barnes led home the Inter-Counties athletes and was supported by the Chippenham Harriers pair of Eilidh Bell and Cordula Hurcum, Hannah Claydon of Swindon Harriers and from Avon Valley Runners, Jackie Rockcliffe and Diane Hier gaining us the double victory on the day and the South West Inter-Counties Road Running Championship title.

Wiltshire will receive the championship trophies at the South West Athletics Awards being hosted in Exeter along with Mike Rose, Ruth Barnes and myself who will receive special recognition as the leading Championship scorers and top team manager in the South West of England.

**England Athletics South West Regional Championship 2016
League Table 2016**



Teams	Avon	Cornwall	Devon	Dorset	Gloucs	Somerset	Wiltshire
Wiltshire 10	6				4	5	7
Frome 10K	5		7				6
The Stur Half			6			5	7
TOTALS	11	0	13	0	4	10	20

I am now waiting for the fixture list for 2017.

Darren Wrintmore – Wiltshire Team Manager & Vice-President of Avon Valley Runners

AVR CLUB CHAMPIONSHIP

The remaining fixtures for the 2016 AVR club championship are:

- 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

Kelston 10km (Race #13)

A drizzle filled the cool morning air in Kelston as 13 hardy AVR off-roaders took on the tough Kelston 10km. There were some pretty big climbs in the race and runners needed to be good at running up & down them. There were stiles-a-plenty but a great variation of ground conditions with everything from tarmac, to fields, to gravel track.

To stop congestion the race was split into 2 wave starts. David Warren finished 3rd in the first wave and had an anxious wait to see how fast the 2nd wave was going to be. Unfortunately for David, he was knocked down to 4th overall after the 2nd wave finished. Gary MacAlister was just behind in 6th place overall and Phil Harding finished 3rd AVR

Sue Jeddi had a fantastic run by finishing 1st AVR lady in front of Fiona Gibbs & Adele Cooper. There were age group trophies for Phil Harding (1st Vet 60), Sue Jeddi (2nd Lady, 1st Vet 50), Fiona Gibbs (1st Vet 40).

Karen Walters Pictured celebrating reaching the top of a big hill!

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.



AVR Championship Standings

After 14 races of the AVR Championship the tables are looking like this (top 12 races only to count):

Men

Phil Harding (V50)	139 points	(11 Races)
David Warren (V40)	148 points	(10 Races)
David Griffiths (V60)	173 points	(11 Races)
Stuart Arguile (V60)	182 points	(11 Races)
Gary MacAlister (Sen)	237 points	(8 Races)

Ladies

Adele Cooper (V45)	70 points	(12 Races)
Fiona Gibbs (V35)	91 points	(11 Races)
Sue Jeddi (V45)	95 points	(11 Races)
Jay Sims (V35)	226 points	(10 Races)
Hayley Southgate (V45)	231 points	(8 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 September, Chippenham Half Marathon on the roads & Dyrham Park 5km off-road.

OFF-ROAD RUNNING

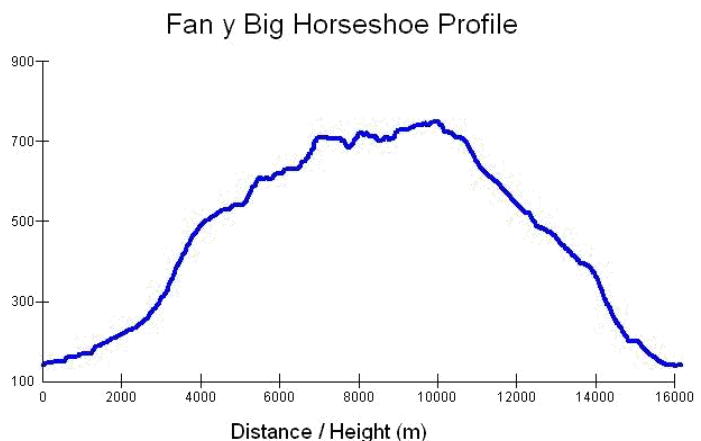
JURASSIC COAST 10K

3 Hardy Souls took to the coastal paths of East Devon to take part in this popular race. It is described as a stunning run, encompassing part of the Jurassic Coast footpath, river paths and rural tracks. All funds raised for the event go to FORCE Cancer Charity. Emma Day, Toni Clark & Danielle Baxter flew the AVR flag and all completed the course between 73 & 80 minutes. Here they are below posing in front of the beautiful Devon Coastline.



FAN Y BIG HORSESHOE RACE (10.3 miles + 670m climb)

Carl Davies (Pictured) & Richard Hudson were the 2 brave souls that took on Fan Y Big (no laughing at the back!!!) in the Brecon Beacons. They both had to tackle wind, rain mist & sunshine throughout the course but both made it in very respectable times of just over 90 minutes. The profile below gives you an idea of just how big the challenge was, and for those of you that have done this kind of race before, the downhill is sometimes even more treacherous than the uphill!



GWENT XC LEAGUE

The Gwent XC League returns in October and is a fantastic opportunity to race against some of the biggest & best clubs & runners in the south west & south Wales. The ladies managed to gain promotion from their division last year, and the men just narrowly missed out on promotion themselves. The first fixture is 16th October in Bridgend. If you are interested please contact Steve Williams at stwconsultancy@hotmail.com. The minibus is booked and will take you there, and the races start from Novices at U9 all the way up.





JAVR News

Editors Notes:

It's been a relatively quiet month in July - as we approach the holiday season. No Wiltshire road race league this month. However, this month we did see a BBQ put on for all the Junior runners and parents. Also the AVR Track Championships took place at Bath Uni on 13th July. The 7-10's had their own championship which took place prior to the main track event.

Pete Slade

JAVR 2K 2016 League – Race 7 update

The 7th JAVR 2K trace took place on Saturday 30th July—Due to the holiday season, we saw a slight reduction in the number of runners taking part—just 45 for this race, - However there was still some close racing. For the boys, Josh Whitfield Lott was the first JAVR boy to finish, coming home in 4th place in a time of 7 mins 44 secs, Dan Wood and Dylan Neale were 2nd and 3rd JAVR boys.—9th and 10th overall respectively. For the girls, Freya Buglass was 1st JAVR girl home & 1st girl overall in a time of 7 mins 42 secs. Lottie Brown finished as 3rd girl overall.

On the day there were PB's for Dan Wood, Dylan Neale, Harvey Payne and Sophie Williamson. In the Boys Championship, Leo Harris continues to lead the way with 95 points, with Dylan Neale in 2nd with 85 points. In the Girls Championship—Freya Buglass leads with 101 points, followed by Orli Cranston in 2nd and Lottie Brown in 3rd place.



JAVR BBQ – Sunday 10th July 2016 (Trowbridge Rugby Club)

A great time was had by both the Juniors and parents at the first JAVR BBQ. The format of the day was a mix of activities, a BBQ and watching Andy Murray playing tennis at Wimbledon on BBC! The Weather was kind too, apart from the final 10 minutes, when the heavens decided to open!



The afternoon was based upon the Quad kids format - Standing Jump, 600 meter run, 75 meter run and a vortex throw. It is fair to say everyone enjoyed the challenge and the more relaxed atmosphere of the competition! Overall a success and all being well we will host another BBQ next year!



Vortex Throws, long jump and sprinting were all part of the day



Junior Fixtures / Dates for your diary

Wednesday 13th July, saw the main AVR track championships take place at Bath University. The event also saw the running of the 7-10 year old championship. Overall, there were ten 7-10's who took part and they had to choose between either a 50m or 75m run & either a 400m or 600m run - therefore running one short distance & one longer distance event on the track.

It was good to see some of our more "senior" juniors help with the warm up and with races themselves. This event is a great opportunity for the 7-10's to have a run around this great track here Bath Uni.

The main track championships then followed and we saw a large number of Juniors take part, completely outnumbering our Senior Runners! Certainly for me, the most impressive element of the evening was the "race craft" of some of our Junior runners, demonstrating a high level of maturity in their running and as always, plenty of determination!



Above – Rich briefing the "older" Juniors who helped with the 7-10 year old races.



Dates for the diary

1st September 2016—AVR Autumn Mile
7th September 2016—2K/5K Time Trials (Bath Uni)
14th September 2016—Yeovil 5K Trip

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

JAVR 2k - Southwick Country Park, Southwick - Saturday 24th September

JAVR 2k - Southwick Country Park, Southwick - Saturday 29th October

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

JAVR 2k - Southwick Country Park, Southwick - Saturday 26th November

JAVR 2k - Southwick Country Park, Southwick - Saturday 31st December

* **Race 6 & 7 in the Wiltshire Road Race league - To be confirmed**

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.

WALL OF FAME

5km

<u>Heddington</u>	Gary MacAlister	(18:04)	David Warren	(18:14)
	Andrew Jefferies	(20:59)	Philip Rockliffe	(24:07)
	Helen Donald	(24:37)	Jon Williams	(28:42)
	Toni Clark	(32:13)	Emma Day	(32:19)

5mile

<u>Foxtrot 5</u>	Mike Towler	(26:15)	Ray Pemberton	(33:34)
	Andrew Jefferies	(35:21)	Judy Schols	(42:02)
	Michelle Platten	(47:01)		

Southwick Parkrun

Sarah Marshall x 2	(27:53, 29:21)	Michelle Gibbs x 2	(29:14, 29:26)
Paul Manuel x 2	(26:18, 28:32)	Richard Grieshaber x 2	(43:04, 44:27)
Helen Davies x 2	(27:42, 28:30)		
Ian McKee	(18:28)	Simon Morgan	(18:57)
Dan Wood	(21:47)	Andrew Jefferies	(21:48)
Holly Newman	(23:01)	Melanie Ward-Nicholls	(23:07)
Caroline Tassell	(25:17)	Helen Donald	(25:20)
Danielle Baxter	(26:32)	Ann-Marie Withers	(27:35)
Louise Hartfield	(28:30)	Clair Hurst	(28:52)
Juliette Bond	(31:17)	Lianne Sadler	(33:49)
Erin Thorne	(38:51)		

Other Parkruns

<u>Bath Skyline</u>	Max Davies	(18:05)	Victor Webb	(21:14)
	Adele Cooper	(25:23)		
<u>Chippenham</u>	Lisa Carter	(28:12)		
<u>Bognor Regis</u>	Ellis Isaacs	(26:48)		

AVON VALLEY TRIATHLETES

FROME TRIATHLON

AVT had an 11 strong team entered into the 2016 Frome Sprint Triathlon held at Frome Leisure Centre. The weather was not ideal as rain & drizzle and cool conditions greeted the athletes, and this meant that there were extra safety marshals on the course as the slick conditions were a concern. Despite this, everyone got around the course in one piece – with some took in a bit more of a scenic route as they missed the arrows on the Frome bypass (No names Mr Chairman!!!) The first swimming waves started around 7:30am, and waves continued up until 9:30am, meaning some racers had much earlier starts to some of the others.



Results

Ben Vincent 1:22:54 (45th)
Matthew Weeks 1:31:54 (97th)
Steven Cade 1:39:04 (132nd)
Sarah Barker 1:14:32 (149th)

Gary MacAlister 1:25:33 (58th)
Warren Wade 1:36:02 (118th)
Jay Sims 1:39:14 (134th)
Mark Sims 1:57:54 (202nd)

Ian Isaacs 1:30:04 (86th)
Melanie Nicholls 1:36:09 (120th)
Sarah Jewers 1:41:28 (148th)

CALNE AQUATHON

From June to August, a monthly Summer Aquathon series takes place at Calne Leisure Centre, organized by Blue Planet Triathlon. The event is a 400m swim followed by a 5km run (which follows part of the clock change course). A few AVT members have taken part in one or more of the events, but to be in with a chance of winning an award competitors needed to take part in all 3 races.

Richard Newman & Anna Spiers did just that & took 3rd Male and 1st Female overall prizes in the series. They are pictured here along with fellow local athlete Julia Drewitt (in the centre).



JACK NUNN 10mile TT

5 AVT members took to the roads around North Chippenham & Dauntsey for the Chippenham & District Wheelers club 10 mile Time Trial. Sean Price, Richard Newman, Gary MacAlister, Fiona Price (Pictured), along with Adam Robbins (too fast for all of us!!!) all enjoyed a beautiful evening on the largely flat & fast course. There was a great blend of novice and experienced TT riders, and the Wheelers and marshalls were all great and accommodating. Adam was the fastest AVT rider with a great time of 24:58. Gary went below 30 minutes for the first time with a 29:12. Sean, Fiona & Richard all set good times just over the 30 minutes mark.



The TT season is starting to draw to an end now as summer turns to autumn and the evenings draw in, but if you fancy trying something a bit different next year to support your training then a 10 mile TT is a great way of getting the legs & lungs burning without the constant pounding of feet on pavements.

SUMMER CHILLY DUATHLON

The summer chilly duathlon series runs from May to September at the Castle Combe race circuit. It includes a 3.2km run / 16km bike / 3.2km run around the famous track. It is one of the largest duathlon series in the region and attracts athletes from all over the region including Cardiff & Reading, and this summer has been blessed with nice weather for every race – although the famous Castle Combe cross-wind is always there!

Adam Robbins has taken part in every race so far this season and had his best finish in August when he finish 3rd on the podium. The final race in the series is in September, but the Winter Chilly Duathlon in November is a great change for people to get out & do a traffic free duathlon with DB Max, who are excellent at organizing races.



