

# Avon Valley News

October 2016

Issue #178



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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 in between, autumn is a great season of transition and I hope you all make the most of the fantastic races that are coming in the next few months.

Happy running!  
Gary MacAlister

## **ATHLETICS TRACK FUNDRAISING**

AVR is looking to raise funds to build a new athletics track at Trowbridge Rugby Club. We have a lot of money to raise, and over the coming months you will start to see a number of fundraising activities to help the club achieve its target.

There is one easy way we can all make a contribution, and it does not even involve you spending any extra money is to do your shopping through [easyfunding.org.uk](http://easyfunding.org.uk). There is a link to it on the AVR website (under the “About Us” tab), or there is a post about it on the AVR website.

Let's say you want to buy a pair of shoes from John Lewis. Instead of going to [johnlewis.com](http://johnlewis.com), you go to [easyfundraising.org.uk](http://easyfundraising.org.uk) first. You click from the easyfundraising website through to John Lewis to make your purchase. The price is exactly the same as if you'd visited John Lewis directly. After you have bought your shoes, John Lewis will make a donation to the AVR track cause as a thank you for shopping with them. easyfundraising collect these donations for us, and it costs nothing!

**easyfundraising**  
.org.uk

## **CARDIFF 10km** (by Steve Williams)

Although the club had only two representatives at the Cardiff 10k they both, well and truly, made their presences felt. Jackie Rockliffe and Ruth Barnes both ran superlative PBs in what is rapidly becoming one of the top 10k events in the UK in, arguably, one of the premier running cities. The race also incorporated a Home Countries International Masters event – more of this later.

Jackie ran with a point to prove. Having ‘only’ been selected as a reserve for the English Masters FV45 team she was determined to beat a few of those selected above her. This she duly did with a superb time of 38 minutes 16 seconds after going through the 5k in around 19 minutes. Jackie finished second in her category and beat all bar one of the athletes selected for the International race. What is even more astonishing is that her previous PB had been set 21 years ago. Living proof that if you train smart and consistently there is no reason why you cannot continue to improve well into ‘the prime of your life’ – eh Jackie? What’s more, she still has plenty of improvement to come. Jackie is now ranked 14<sup>th</sup> in the UK in her FV45 category at 10k.



Ruth, meantime, had been selected to run for the English FV35 team. Once again she proved not only to be among the very best runners in her age group but right up there with the very best in the UK – full stop. Ruth finished 4<sup>th</sup> overall lady in a time of 34 minutes 15 seconds. Over 30 seconds off what was already a very fine PB. Moreover, she led the England team to a FV35 team victory and was the overall winner of the International race. This she managed to do in spite of going through 5k in a ‘PB’ of 16 minutes 40 seconds or so. Her race plan had been to go with the leading women and see where it would lead her and what she could learn from how the events unfolded. At the level Ruth is running at this is an option that cannot be avoided as it is the only way for an athlete to learn how to take the step up to the next level. In Ruth’s case – sub 34 minutes 10k, and for Jackie a sub 38 minutes 10k. (So no pressure there then ladies.) Ruth is now ranked 2<sup>nd</sup> in the UK in her FV35 category and 20<sup>th</sup> overall at 10k.

So a very small contingent from our club certainly made its mark in this event and help further boost the AVR profile within our sport. Well done Jackie and well done Ruth. A great day for our club.

## **BRISTOL HALF MARATHON**

An army of 37 AVR runners took to the streets of Bristol to take part in the cities well established & hugely popular half marathon. The flat city center course lends itself to fast times, and AVR runners took full advantage of this with 10 of them recording PB’s.

Leading the AVR pack was Rich Ayling, whose progress & performances this year have been nothing short of phenomenal! He stepped it up another level from Chippenham half just a few weeks earlier & ran 1:12:49 which saw him finish in the top 10! Mike Rose finished 31<sup>st</sup> overall with a PB of his own of 1:17:05.

For the ladies, Jacky Rockliffe proved that age is absolutely no barrier to improvement as she “Continues to defy Sporting Logic, in the autumn of her career” (According to the Wiltshire Times). She finished in 128<sup>th</sup> overall in 1:24:43. This result, along with her performance in Cardiff earlier in the month have brought her to the attention of the national selectors and she has been picked to run for England in the Masters Home Countries International X Country Champs to be held in Glasgow on 12<sup>th</sup> November 2016.

Well done to all runners that took part in Bristol, especially to all of you that achieved your goals & set new PB’s, whether it was just over an hour, or just under 3 hours. You’ve all done the club proud! (Pictured: Jennifer O’Connor)



## **DARE YOU TO** by Darren Wrintmore

3Km is not distance often run on the roads, probably due to it being a bit too far to run flat out and not quite far enough to run at a comfortable pace. I have only run it once before and that was over twenty years ago at an event in South East London where I was living at the time. However when AVR club member Anita Mellodew told me of a 3Kilometre run that she was organising at Winsley my ears pricked up. Not so much at the distance but by the fact that it was to be run blind-folded!!!

The reason for this was to raise awareness of people with disabilities, hence the race name of the DARE 3K, standing for Disability Awareness Running Event. The run was also a fund raiser by Winsley Primary School to help purchase a special carbon-fibre wheelchair for one of their young pupils.

So how do you prepare for such an event? I took the approach of the week before heading to my local football field in Shaw and attempting to run between the goal posts with my eyes closed. I figured that one hundred strides would get me to the other end OK. Despite a sneaky peak of two, without fail I managed to end up by the corner flag on each run and not always the same corner. I knew that for the main run that I would need a guide runner - someone who could keep pace with me and also that I could trust not to steer me into a telegraph pole or tree. Carl Davies met the first criteria, *I have only known him for 10-years so couldn't really guarantee the second.*

So we met up nice and early on race day and first off tried a run over the first kilometer of the course with our arms bound together with a bungee cord. No problem there and we ran quite normally apart from when we had to move into single file to pass through a narrow gateway, but it also served to highlight a few of the obstacles that we would face in the early stages - curb stones, dangling brambles and the aforementioned narrow gateway. The next test was with my wearing the blind-fold and suddenly things got more than a little nervy, as cut off from my primary sense I was completely in the hands of Carl and started off at little more than a shuffle even though I knew from our first test run that there were no obstacles of note - well there were some street works that I spotted on that first run but were some way off of the running line but in my mind without the benefit of sight I was heading straight for them. The calming words of Carl kicked in, reassuring me that I was not about to plummet down a pot hole, or run into a parked car. We negotiated the curb stones, the dangling brambles and the narrow gateway all the while with Carl providing a running commentary on what was going on around me - we were ready, or at least as ready as we could be.

So we lined up in the school driveway blind-folded and bound and awaited the countdown, which really was quite nerve wracking, but we were underway. Thanks to Carl's narration I was soon in my stride and when Carl advised that I was in the middle of the road and the way ahead was clear then I was able to open up my stride almost to the point where I was running normally. My other senses were heightened and I was able to pick up the sound of footfall and heavy breathing around me. In my blinded state and although I hadn't seen them at the Race HQ I could sense that we were running alongside Mike Rose & Rich Ayling, Michael Towler & Mo Farah but Carl was giving me no feedback on this, instead he was opting to provide helpful words such as "lift your feet higher as the ground gets a little rough here" and "do a big stride we have reached a curb". Then Carl uttered those fateful words "We are in the lead".

My heart-rate hit the roof but held it together to cross the line in first place and with a greater appreciation of those with limited or no vision.



# ROAD RUNNING

Road Race Secretary  
Kiersty Barnett / Helen Donald

## **Wiltshire Road Race League**

September saw 1 race in the Wiltshire Road Race league, the Malmesbury 10km. The league is now drawing to a close with only 3 races left, all of them in October. Chippenham Harriers seem to have the league title won this year for the first time in a long time, but AVR should still have a good chance at finishing 2<sup>nd</sup> in a season where we have not focused our efforts on the Wiltshire league

The remaining fixtures are:

#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).

## **Malmesbury 10km (WRRL – Race #9)**

Malmesbury 10km is a beautiful road race taking in the surrounding countryside of North Wiltshire, and includes a nice section along the Fosse Way. Unfortunately this year, runners were more concerned by the heavy rain that hit them as they took on the Wiltshire League Road Race. Just 3 AVR runners attended the race, mainly because a majority of AVR runners were racing the following day in the Chippenham Half Marathon. First AVR over the line was Benjamin Crook in 51:51. Claire Salter & Rosemary Barber were the two female finishers in 55:25 & 57:14 respectively.

## **Melksham 10km**

Nearly two hundred runners, including 37 from AVR lined up in warm conditions for the fourth running of the Melksham 10K sponsored by the Melksham Independent News. From the start in Lowbourn Road, Simon Nott of Calne Running Club broke away from the field and by the start of the second of the two flat fast laps around the town had built up a significant lead over Mike Rose of AVR in second place, who broke the 35 minute barrier for the first time finishing in an impressive 34:59. Daniel Piper (Pictured), and Carl Davies rounded out the top 3 AVR men, but they just lost out to Team Bath for the team prize.



In the ladies race, Jacqueline Rockliffe (39:11) continued her recent run of good form with an untroubled victory in thirty nine minutes and eleven seconds and along with Anita Mellodew and Juliet Coulson landed the Ladies team prize to Avon Valley Runners.

# AVR CLUB CHAMPIONSHIP

The remaining fixtures for the 2016 AVR club championship are:

- 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.

## Chippenham Half Marathon (Race #15)

After a wet and horrid night, the weather gods were shining on Chippenham on the morning of the race and 2,000 runners lined up at the start of the ever popular Chippenham Half Marathon. 54 AVR runners finished the race, all led home by Rich Ayling who had every reason to be happy after finishing third overall and first county athlete. The Avon Valley Runners' squad of Mike Rose, Dave Warren and Ian McKee took victory in the men's team contest as well, each receiving a nice glass trophy and £20.

Rich Ayling even had time to speak to the Wiltshire Times saying "It is the first time I have run the Chippenham half and Chippenham Harriers put a very good race on which I really enjoyed. The first 10 miles are pancake-flat and quite rural and through the town there is plenty of support for the runners. I feel very positive about the event and I reckon the Harriers did a great job."

Rich completed the course in a time of 1hr 14mins 33secs which was just over a minute outside his personal best of 1:13.23 which he ran in the Cardiff event earlier this year.



AVR Men's Winning Team L-R David Warren, Rich Ayling, Mike Rose (Ian McGee not in picture)

Joanne Mumford was the first female AVR runner to cross the line, with Kate Hails 2<sup>nd</sup> & Ali Atkinson 3<sup>rd</sup>. For many of the Lemon Army that took part in the race, for some it was their first ever half marathon, and for others they were able to secure PB's.

## **Dyrham Park 5km (Race #16)**

The AVR Club Championship is starting to shape up nicely for a competitive final few races with both the Men's & Ladies tables getting pretty close now that runners are starting to complete the maximum 12 races allowed to score. The 16<sup>th</sup> race in the series was held in the beautiful National Trust grounds of Dyrham Park, just north of Bath. 11 AVR runners took to the 5km route (the club competition distance), along with a further 5 that ran the 10km.

Despite some heavy rain on the previous day, the conditions on the Sunday were lovely. The grass was firm, the hills were "playful" and the famous Dyrham deer stayed away from the course as Mike Rose

powered to victory in 20:30 (although the course measured 5.4km in the end). Gary MacAlister finished 40 seconds behind in 2<sup>nd</sup> place (21:09) and David Warren wrapped up and AVR 1-2-3 on the podium with his time of 21:59, meaning he was also 1<sup>st</sup> V40 finisher. There was also age category success for Phil Harding as 1<sup>st</sup> V60, and David Griffiths was 2<sup>nd</sup> V60. Jon Williams also had a successful day scoring a season best 6 points in the AVR league.

For the ladies, Sue Jeddi was 1<sup>st</sup> AVR to finish in 28:26, and was 5<sup>th</sup> overall & 1<sup>st</sup> V50. Adele Cooper & Hayley Southgate were 2<sup>nd</sup> & 3<sup>rd</sup> V50 ladies and rounded out the AVR top 3. Justine MacAlister finished as 2<sup>nd</sup> V40 ladies, and Sarah Marshall had a strong race finishing in 32:55, so overall a very successful day for all AVR runners taking part.

## **AVR Championship Standings**

After 16 races of the AVR Championship the tables are looking like this (top 12 races only to count):

### **Men**

David Warren (V40)	49 points	(12 Races)
Phil Harding (V60)	90 points	(12 Races)
David Griffiths (V60)	124 points	(12 Races)
Gary MacAlister (SEN)	138 points	(10 Races)
Stuart Arguile (V60)	142 points	(12 Races)

### **Ladies**

Sue Jeddi (V45)	42 points	(12 Races)
Adele Cooper (V45)	57 points	(12 Races)
Fiona Gibbs (V35)	91 points	(11 Races)
Hayley S'thgate (V45)	180 points	(10 Races)
Jay Sims (V35)	226 points	(10 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 16 races (9 road & 7 off-road).

There are 2 club races in October, Grittleton 10km on the roads & the White Horse Gallop up the slopes of Salisbury Plains – and this is also a Wiltshire Off-road League Race, so it would be great to see as many of you as possible taking part in this one.



# OFF-ROAD RUNNING

## TEMPLE TRAIL HALF

The first round of the Wiltshire Off-Road League started this month with the Cadence Events organized Temple Trail Half, taking on the rolling hills of Marlborough & surrounding areas. Unfortunately for the race, it clashed with the AVR championship race at Dyrham Park 5km, and it came just one week after the heavily supported Chippenham half marathon. Because of this just one sole AVR runner, Alan Best, took part finishing a respectable 41<sup>st</sup> place in 1:48:38.

Chippenham Harriers took the full 20 points in the league standings after the race, with AVR taking 13 points. There are still plenty of races ahead for AVR to pull back some of this deficit, with the next race being the Roundway Rampage in Devizes on Saturday 1<sup>st</sup> October.

The remaining fixtures for the 2016/17 Wiltshire Off-Road League are:

- **\*\* Roundway Rampage cancelled\*\* No replacement race being offered**
- *Marshfield Mudlark – Sunday 9<sup>th</sup> October*
- *White Horse Gallop – Sunday 23<sup>rd</sup> October (Also an AVR Club Championship Race)*
- *Wickstead Wander – Sunday 27<sup>th</sup> November*
- *Wiltshire XC Championships (Bath) – Sunday 11<sup>th</sup> December*
- *Lungbuster – Sunday 5<sup>th</sup> February 2017*
- *SMaRTT Smasher – Sunday 19<sup>th</sup> February 2017*

## **YOUR CLUB**



The Wiltshire Off-Road League is now well underway & with 2 races in October it is AVR's chance to make a charge to try and win the league trophy for the first time in a number of years. It is currently held by Chippenham Harriers. With the White Horse Gallop also included in the AVR Club Championship there should be no reason why we are not fielding a really strong team for this one.

Please can the club appeal to everyone to try & get out there and take part in XC. There are so many benefits to running off-road, everybody should be including it in their running program and this series of races is a great way to get involved.

## **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 16<sup>th</sup> October in Bridgend. If you are interested please contact Steve Williams at [stwconsultancy@hotmail.com](mailto:stwconsultancy@hotmail.com). The minibus is booked and will take you there, and the races start from Novices at U9 all the way up.



### Fixture Dates and Venues:

- Sunday 16 October 2016 - Newbridge Fields, Bridgend
- Saturday 12 November 2016 - Brecon Leisure Centre, Penlan
- Saturday 3 December 2016 - Blaise Castle, Bristol
- Weekend 11/12 February 2017 - TBA
- Weekend 4/5 March 2017 - TBA



# JAVR News

## YEOVIL 5km

On the 14th September 2016, our junior runners made their way up to Yeovil to take part in the final 5K race of the summer series. In a total field of 210 runners, there were 39 junior runners that took part; 17 of which were JAVR! It is really great to see this many of our juniors taking part in this event and really giving other runners, (both Junior and Senior) a real run for their money! The JAVR representation didn't end there—with representation in the fun run also!

Rich Newman drove a minibus full of noisy juniors to the race and what turned out to be a very warm and sunny evening! The very warm conditions, didn't stop PB's being produced though, with Max Davis, Ben Hailes, Sophie Moore, Callum Withers, Orli Cranston and Sam Beaverstock amongst those who ran the fastest they have ever done over the 5K distance.

A great evening was had by all runners and a real sense of teamwork and mutual support was obvious!



Pictured right: Lottie Brown won the Fun run event—cheered on all the way by our other runners!  
Pictured left: Sam Beaverstock going sub 20 mins! Great effort!

## Dates for the Diary: Gwent Cross Country League

JAVR will be encouraging our runners to take part in Cross Country over the winter. As a club, we are again targeting the Gwent Cross Country League, which several of our juniors raced in last winter. It is a very competitive league for both Senior and junior runners.

However, whether you're racing at the front or challenging for positions further down the field, the benefits for all runners taking part in cross country are endless and have been known since the 19th century!

Those of you who think running around a muddy field in mid-December in nothing more than a vest and shorts is nothing short of insane, then you may ask yourself why it's so popular. Well if you ever bump into Mo Farah, he'll tell you that cross country was an important part of his success - "It makes you strong and it's a great way to progress your training".

The undulating terrain and hills means you are using more muscles than in any other type of running, which in turn helps to strengthen your legs. The uneven ground stabilises lower leg muscles and develops them into great "shock absorbers", whilst the change of pace helps improve the cardiovascular capacity of runners.

Cross country racing is a great way to escape the hustle and bustle and run in the open air around beautiful countryside giving you a sense of exhilaration and freedom. Forget about keeping one eye on your watch and worrying about your average pace - this is all about the simple art of running coupled with grit and determination.



### Gwent League Fixtures:

Sun 16 October 2016 - Newbridge Fields, Bridgend

Sat 12 November 2016 - Brecon Leisure Centre

Saturday 3 December 2016 - Blaise Castle, Bristol

Weekend 11/12 February 2017 - TBA

Weekend 4/5 March 2017 - TBA

## Other Dates for the Diary

Stonar Stampede - Sunday 2nd October (Race #6 in Wiltshire Junior Race League)

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

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

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

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

\* **Race #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](mailto:results@avonvalleyrunners.org.uk).

## WALL OF FAME

### 5km

<u>Yeovilton</u>	Ray Pemberton	(20:19)	Holly Newman	(22:06)
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### 10km

<u>Cardiff</u>	Ruth Barnes	(34:15)	Jackie Rockliffe	(38:16)
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<u>Melksham</u>	Daniel Piper	(38:27)	Andrew Jefferies	(44:16)
	Holly Newman	(48:44)	Sonia Bundy	(69:52)

### Half Marathon

<u>Chippenham</u>	Ian McKee	(1:24:45)	David Warren	(1:25:24)
	Gary MacAlister	(1:27:21)	Andrew Jefferies	(1:36:25)
	Sarah Barker	(2:05:00)	Michelle Platten	(2:22:18)
	Allison Perkins	(2:35:40)	Jon Williams	(2:35:40)
	Toni Clark	(2:40:37)	Emma Day	(2:41:52)

<u>Bristol</u>	Rich Ayling	(1:12:49)	Mike Rose	(1:17:05)
	Jackie Rockliffe	(1:24:40)	Leah Sartain	(1:38:30)
	James Williams	(1:38:55)	Michelle Platten	(2:17:59)
	Liz Bundy	(2:32:18)	Melanie Coupe	(2:37:52)
	Sonia Bundy	(2:37:57)	Alexis Harris	(2:44:28)
	Sandra Sharratt	(2:47:01)		

<u>Cheltenham</u>	Alex Fearon	(1:40:30)	Nicole Jackson	(2:08:22)
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### Southwick parkrun

Fisal Din x 2	(19:30, 19:32)	Andrew Stanley x 2	(20:49, 21:41)
Max Davies	(17:05)	Jackie Rockliffe	(19:07)
Joanne Mumford	(20:56)	Lola Harris	(25:11)
Paul Manuel	(25:33)	Fiona Johnston	(25:59)
Helen Davies	(26:43)	Kay Turner	(27:14)
Stuart Figini	(28:24)	Michelle Gibbs	(29:11)
Nicola Applegate	(32:45)	Toni Clark	(34:27)

### Other parkruns

<u>Swindon</u>	Adele Cooper	(24:58)
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# AVON VALLEY TRIATHLETES

## WEYMOUTH IRONMAN (By Diane Hier)

On Sunday 11th September at 7a.m, the Weymouth Ironman and 70.3 races began. The sun was just rising and the calm sea made this a glorious start to the race. 2700 triathletes headed off to complete the 1.2 mile lap or 2 laps = 2.4 miles for the Ironman Athletes. I had a brilliant swim and completed in 1.08.29.

A quick change in transition and off I sped to complete the 112 miles around the Jurassic Coastline. I had previously ridden the course in training so I felt confident speeding down the descents and knew when to work hard for the inclines. This was a challenging bike ride but very picturesque. Time was 6.56.10

Back at transition I dismounted and ran with my bike to my numbered racking to hook my handlebars over the bar. My legs feel strange but I ran as best as I can to collect my run bag. On with the trainers, visor and gel belt and off I go to start the third discipline ...The Marathon! 4 laps of the Esplanade and a jog around part of Weymouth town made this a great spectator run course. I completed the marathon in 4.11.25. **Total for Ironman 12.24.07...2nd Female vet 50-54**

The support from family and friends was amazing and I know this helped towards me having a very successful race. *I also secured a place for The World Championships 2017, Kona, Hawaii.*

Ben Vincent, Ben Psaila & Anne-Marie Watson all took part in the 2016 Half Ironman in Weymouth, which ran in conjunction with the full Ironman. This included a 1.2mile swim, 60mile bike & 13.1mile (half marathon) run. Anne-Marie had an amazing race and finished 3<sup>rd</sup> in her age category (5:15:22) & 149<sup>th</sup> overall. Ben Psaila was 86<sup>th</sup> overall in 5:03:45, and Ben Vincent 563<sup>rd</sup> in 5:57:37.



## TITAN WESTON



Ben Psaila (pictured cycling up Cheddar Gorge) made it 2 half Ironman races in 2 weekends by competing at the DB Max organized Titan Weston Triathlon and finished a very well placed 9<sup>th</sup> overall, which included setting a new best time for the 1.2mile swim. Gary MacAlister made his debut at middle distance triathlon finishing 63<sup>rd</sup>.

Starting as the sun was just rising over Weston, and with a Samba band beating out a rhythm the 100 triathletes all dashed from the beach into the sea to swim 1.9km, before taking on the 97km bike which included 2 passes up Cheddar Gorge, and then finished with a half marathon on the wet sandy beach of Weston Super Mare.

## **ZOFINGEN WORLD POWERMAN CHAMPIONSHIP** by Chris Roxburgh

It has been a rollercoaster of a year for me! We moved house (which wasn't easy), Charlie arrived in June and (I am not ashamed to say it) had a bit of a mental break down at work. All of this happened at the beginning of the year which resulted in a mad start to 2016.

I raced in the European Powerman Championships in May and I was lucky enough to be on the start line as a GB Elite. A great honour and proof that hard work pays off. My goal for the World Championships was to be selected again for the Elite start line, but with everything happening and of course the arrival of Charlie, racing took a slight back seat so I was not able to prove my worth to the GB selectors so went to the World Championships as an Age Grouper.

Zofingen is known as the HARDEST duathlon in the world and they pride themselves on that status! The World Championships has been held there for a number of years and to a Powerman Duathlete it is the Kona of the Powerman circuit. The 10km run, 150km bike and 30km run is no easy task with nearly 300m of climbing on the first run, nearly 2000m of climbing on the bike and nearly 700m of climbing on the last run.

My aim was to finish as high up the field as I could, amongst the Elites, to prove to the GB selectors that I can do it and I am someone to consider for the future. We had no Elite athletes racing so my name could stand out.



Standing on the start line there are a lot of different emotions flying around your head, but mostly; “blow that bloody horn, let's get going!” You know what lies ahead, the sooner the pain starts the sooner it's over! The horn sounds, and then the carnage unravel and we all fly up the first steep hill! I jumped right onto the heels of the Elite athletes to get a good pacing. The first 10kms is cruel, a mixture of trail and road and some steep hills. I set off at a strong pace and there were only 2 Age groupers in the front few athletes, myself and a Belgium in the 35-39 AG. Coming into T1 I had been overtaken by a US athlete in my AG but he only had 10sec on me. First 10km done, 33.53min, 20<sup>th</sup> overall, 2<sup>nd</sup> in my AG. T1 is a blink as usual; everything you need for the 150km bike is already set up to go so all you need are shoes (on bike already) and helmet! In and out I ran and the US athlete was making a brew (last I saw of him!).



The bike..... a lovely bike route! Yes there is a lot of climbing but the roads are perfect and smooth, my kind of course. I already knew that I would have to run a fast 10km run (done), then the bike would need to be in the low 4hr mark so that's an average of around 35 km/hr. Finding a bunch is how to tackle the bike, there is no drafting but a gap of 4 bike lengths is still ample for a decent 'tow'. We set off at a decent pace, but the group was rather small, two Age groupers and a few Elites. 3 times around a tough 50km loop and we were caught on the second loop by a few more riders, which contained the Frenchman in my AG (a strong cyclist but I knew he'd pop) and the Dutch athlete from my AG. The pace increased and it was game on! When we hit the climb for the second time I decided to test them and put some more intensity into the 5km climb. POP went the Frenchman (he'd come in 9mins down on me for 3<sup>rd</sup>). It was hear the Dutch rider and I decided to work together until the run.

Riding such a tough route knowing there is still 30km of running at the end requires knowing your body and what you can do without exploding. The third time up the 5km climb I stayed strong and then I heard the commentator; "Here is Chris Roxburgh, 20<sup>th</sup> overall and leading his AG" but then nothing..... The Dutch athlete had popped. Decision, do I wait or do I go, so I went. Put time into the athlete and run for my life!



T2 arrived at 4hr 15mins, and now 5hrs in to the race. Jumping off the bike was a joy until your feet hit the ground! WOW, you want jelly legs, do a long distance Powerman! Bike in, helmet off, shoes on, food belt on, douse with water and go!

No time to mess around, there is someone chasing you and you're in the top 20! You hear your name, you hear the crowd cheer, the GB crowd go mad as usual, amazing! Then you leave and hit the run, straight into a 2.5km climb. You feel good, you get a rhythm, you make sure you're fueled and hydrated, there is 2hrs ahead of you still to go! 10km in the Dutch athlete catches me on a decent. He was a lot stronger going downhill and his well over 6ft frame (had to be 7ft!!) carried him over the ground a lot stronger than me!

The second run is made up of 2 loops of 15km and to add salt into the wound, the turnaround point is next to the finish line! I could see the Dutch athlete all the time and all 19 athletes ahead of me. I knew how far I was behind, but I needed to stay focused and just remember; there is only 15km to go! I gave it everything on the last loop but just couldn't catch the Dutch athlete. Keeping your head screwed on is so hard as every step in agony by the end of the 30km run. It's been 7hr now and thousands of meters climbed and descended. Your thighs are burning, your feet are numb, all you can think of is collapsing over the finish line.

Coming into the finish your name is announced the cheering is loud and a GB flag is handed over to you. "Here comes Chris Roxburgh to round off the top 20 in a time of 7hrs 9mins". JOB DONE, thank God! Top 20 and a silver medal. A massive year for me and to gain a result like that to round it up is amazing.

## **THE HALF BRUTAL EXTREME TRIATHLON 2016 – LLANBERIS** by Jay Sims

So I decided in my infinite wisdom that after joining AVR beginners as a non-runner in Feb 2015 and then doing 4 sprint triathlons since then that I would set myself a rather crazy goal - to complete an event I had only read about in Triathlon 220 deemed "one of the UK's hardest Triathlons". I "only" did the half brutal 70.3 (actually 72 the sneaky rat bags) and I focused on coming in within the cut off time - but if you are interested in taking things much further then check out the full and double distances!!! These people were utterly awesome and totally bonkers.

The half was:

- 1.2 mile open water 2 Lap swim in the rather chilly Lyn Padarn Lake
- 58 mile bike ride including many, many miles of cat 3/4 hills
- 14.7 mile run including Snowdon

I quickly learned that when the words "extreme" and "brutal" are used by Event organisers these people are really are not messing about, it was singularly the most physically challenging thing I have ever done, the training by itself was both hard and time consuming and I had chosen the time poor plan but was still averaging 7-10 hours per week. I am only just beginning to feel like I have my life back now (I constantly keep thinking I should still be doing something all the time).

It was everything it had said on the tin and a whole lot more and after raising just over £2000 for Children with Cancer, Brain Tumour Support and Dorothy House I certainly finished my Triathlon Season on a 3720ft high.

## **TRY A TRI** by Jay Sims

After several requests from club members we set up closed club training event called "Try a Tri" to give people a flavour of the three disciplines and the transitions between them of a short distance triathlon. All solo entrants had to have been totally new to triathlons however the team event allowed assistance to newcomers from previous triathlon competitors.

The overall winner won entry to Portishead Triathlon in 2017 curtesy of DB MAX - good luck to Phil Vale. I was overwhelmed by the club interest, the marshalling and set up support and the results from all of the competitors on the day, next year anyone?

Top 3 Men



Top 3 Ladies



1<sup>st</sup> Team



### **Holly Newman's review of the event:**

The AVT Try a Tri on the 31<sup>st</sup> July led by the lovely Jay Sims was a massive success and I want to again thank her and all the marshals for making it such a great day. Twenty six triathlon virgins including me took part either in a team or going solo with some great efforts made. The swim being one of my strengths went fairly well although my lungs felt like they were going to burst after 4 lengths. Getting onto the bike wasn't too difficult to start with. This led me to believe that after only two times cycling this year I'd be able to wing it however when I reached the half way point Baggers asked if I was okay and looked genuinely concerned. This was probably because I was red in the face and moving at 2mph. I even considered on the way back stopping at McDonalds but realised I couldn't do that. Besides, I wouldn't have anywhere to leave the bike.

My legs felt horrible when I got off the bike before the run. I remember gasping with shock at how immediately my legs felt like jelly. It was at this point if you were there watching you would have probably have seen me muttering to myself whilst I pushed my bike along to transition whilst running and trying to stay upright. I apologize to my Mother, Sara and Dylan at this stage for the horrendous faces I must have been pulling. The run was painful for the first half mile and it was difficult to open up my leg stride but after a while I settled into a steady pace. I came out of College Road unsure of how far left I had to run so I asked Peter Jefferies. "About 200 yards Holly, nearly sprinting distance!"

Certainly didn't feel like 200yards! Coming in towards the finish I thought I had to do a lap of the field so it was a big relief to find out this wasn't the case. Although it was very challenging and some choice words were said on the bike I felt very proud at the end.

If you didn't take part or watch you missed out on a real treat! I know I don't make it sound like a treat but it was the fact that although everyone put their best efforts in to win every competitor faced some sort of difficulty but kept on going.

Whether it was a bike chain coming off, struggling in the pool or trying to overcome the jelly legs after the run.

Determination was the name of the day. On top of it all Jay let me walk away at the end with a cake! Not bad after doing a mini tri!



# **Doric Bingo**

## **Friday 7<sup>th</sup> October**

7pm for eyes down 7.30pm

At Trowbridge Rugby Football Club

Families welcome  
Raffle  
Free entry

Bingo tickets £1 each or  
book of 6 tickets for £5 per game

Bingo tutorial for beginners

Bar open

All proceeds go toward a new running track at TRFC.

