

Avon Valley News

November 2016

Issue #179



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Hello,

October has been and gone. The clocks have changed, the leaves are falling and the evenings are now dark, cold & wet. We, however, are runners and when the going gets tough, we wrap up warm, stick on our flashing lights and we get running!

We've seen some amazing running from runners across all of the club this month. You just need to look at how bust the PB Wall of fame is this month to see that there are best times being run from Marathon all the way to parkrun. From experienced runners, juniors and our latest wave of beginners. It is great to see everyone getting out there and giving it their all.

November also sees AVR host 2 of its biggest events of the year. Over The Hills & the AVR Half. Even if you haven't entered these races you can still get involved as a marshal or volunteer in any number of roles. All your help will be appreciated.

Happy running!
Gary MacAlister

CLUB RECORDS CONTINUE TO FALL

AVR has seen a whole wave of club records broken in October. Mike Towler has broken the 5km Club Record at Aztec West (15:26), and the 10km Club Record at the Abbey Dash in Leeds (32:09).

Jackie Rockliffe has set a new V40 5km record at Aztec west with an 18:01, and Ruth Barnes continues to break new ground with a fantastic new 10 mile club record of 56:47 at the Great South Run.

There are more details in the newsletter, but this just goes to show how much our club is progressing at the top end and hopefully all this success can work its way through the club and inspire everyone to reach new targets & goals!



GREAT SOUTH RUN (10 miles)



A beautiful sunny Sunday morning on Portsmouth seafront was the setting for the start of the 2016 Great South Run. 22 Avon Valley Runners lined up alongside the 15,000 other runners for the start of the race, which has been going since 1991.

One of these 22 AVR runners actually started a little bit further up the field than most, with Ruth Barnes getting to start with the Elite athletes right at the front of the field. And she didn't disappoint as she finished 12 overall in the ladies race with an incredible time of 56:47. There were PB's throughout the rest of the field as well with Judy Schols (1:23.40), Mandy Bygrave (1:26.21) and Nicole Louise Jackson (1:36.05).

For the men, Rich Ayling was trying his best not to be overshadowed by Ruth, and his time of 54:23 was also a new PB and was good enough for 30th position overall, a fantastic achievement and is showing just how far Rich has progressed in 2016. There were also PB's for James Faller (1:34.00) & Mark Bygrave (1:37.42).

Martin Pearce running for the Children's Hospice South West, finishing in 1:29.16

AZTEC WEST

An absolutely perfect evening greeted 11 AVR runners to the famously fast 5km at Aztec West in Bristol. Club records were not safe, and so it proved. Mike Towler absolutely blasted through the field to finish 5th overall in 15:26 setting a new PB & Club Record.

Not to be outdone, Jackie Rockliffe took advantage of the conditions to run 18:01, which was a new PB, Club V45 record, and more importantly the first time she had ever beaten any of her father's PB's. Jackie recent great form has seen her being called up to represent England later in November.

There were also PB's for Ian McKee (17:45), David Warren (17:54) and Sam Franklin (20:25).

NEW YORK MARATHON

Well done to Debbie Ellis, who ran this year's New York Marathon. She said "The course was challenging, but we partied all the way round, awesome support from the New Yorkers. I loved this race, thank you New York".



ROAD RUNNING

Road Race Secretary
Helen Donald

Wiltshire Road Race League

October staged the last 3 fixtures in the Wiltshire Road Race league. With Chippenham Harriers having won the team title, the focus turned to the AVR individuals that were still fighting for vital points in the age category competitions. Grittleton 10km also doubled up as an AVR league race for 2016.

FIXTURES

No fixtures are left in the 2016 Wiltshire Road Race League.

2017 Fixtures will be published soon...

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).

Cricklade Half (WRRL – Race #10)

Cricklade Half saw just 7 AVR runners taking part in the 10th race in this year's Wiltshire Road Race League. First home for AVR was Alan Tate in 1:40.23, closely followed by Phil Harding (1:41.21), David Griffiths (1:43.28) and Alan Best (1:44.44).

For the ladies, Jennifer O'Connor was first AVR home in 1:55.07, followed by Danielle Baxter in 2:03.05 and Nicola Watters in 2:10.22.

AVR took 17 points in the Wiltshire League, with Chippenham scoring the full 20, but with his result Phil Harding moved close to securing the Vet 60 title in the Wiltshire League

Clock Change Challenge 10km (WRRL Race #12)

30 AVR runners took to the streets of Calne for the final race of the 2016 Wiltshire Race League for the ever popular Clock Change Challenge. Before the 10km started there was AVR success in the 5km race with Max Davies coming 2nd & Gary MacAlister 3rd behind Calne Running Clubs Simon Nott.

The juniors then hit the ground running and a sea of yellow was on show as they look like they have done enough to secure the Wiltshire Junior League title for 2016.

Then the big boys & girls came out to play & the start of the 10km began. Richard Morgetroyd took the 1st place AVR honors, coming in 29th overall in 41:28. It was great to see Chairman Warren Wade back out racing in his AVR vest after injuries and his 42:23 was enough for 39th place. Sam Franklin rounded off the AVR top 3 with a PB performance of 42:31, and the on-form Andrew Jefferies came in just behind with his own PB of 42:45.



Kate Hails finishing Clock Change 10km

In the ladies race the 1st AVR home was Jo Mumford in 43:58, and she also took home the 1st V45 female awards afterwards. Kate Hails finished with 44:37 & Jenny Natrass was 3rd AVR in 50:39.

WILTSHIRE ROAD RACE LEAGUE - RESULTS

The Clock Change Challenge rounded off the 2016 Wiltshire road race series, and AVR 'A' finished 2nd overall in the league this year behind Chippenham Harriers. This is a good performance all round, especially and instead of having the same few faces leading AVR in each race we actually had **32 different men & 33 women** all scoring for the 'A' team showing how much of a team effort we had in 2016.

We did have some things to celebrate at the end of the league. We had category wins for Phil Harding in the V60 men & Rosemary Barber in the V60 ladies. Fantastic achievement for both of these athletes!



In 2017 the AVR club league will mirror the Wiltshire Road Race League, so we should be able to really get numbers out into races in 2017 and try & get our title back from Chippenham. Watch the website & newsletter for details of the 2017 races as they have not yet been published (at the time of going to print).

Division 1

| Pos. | Team | M-Score | F-Score | Total Score | Points |
|-------------|----------------------------------|----------------|----------------|--------------------|---------------|
| 1 | Chippenham Harriers - A | 5133 | 5642 | 10775 | 198 |
| 2 | Avon Valley Runners - A | 4565 | 4713 | 9278 | 187 |
| 3 | Chippenham Harriers - B | 3218 | 4365 | 7583 | 170 |
| 4 | Devizes Running Club - A | 4107 | 3339 | 7446 | 166 |
| 5 | Avon Valley Runners - B | 2995 | 2944 | 5939 | 158 |
| 6 | Royal Wootton Bassett Hounds - A | 2282 | 2405 | 4687 | 149 |
| 7 | Frome Running Club - A | 3368 | 1759 | 5127 | 146 |
| 7 | Team Bath AC - A | 2361 | 2055 | 4416 | 146 |
| 9 | Corsham Running Club - A | 2563 | 1663 | 4226 | 136 |
| 10 | Swindon Harriers - A | 2486 | 432 | 2918 | 123 |
| 11 | Calne Running Club - A | 2017 | 1484 | 3501 | 122 |
| 12 | Slinn Allstars - A | 1203 | 1037 | 2240 | 105 |

2 fixtures that have been announced for the faster runners in the club are the South West Inter-Counties championship races for 2017. These will be the Around the Tor 10km on 30th April & the Exeter Great West Run in October. Runners should wait to hear from Wiltshire Athletics to see if they have been selected to run for Wiltshire.

OFF-ROAD RUNNING

GWENT XC LEAGUE by Steve Williams

A less than auspicious start to the day as the minibus failed to materialise, leaving Richard Newman somewhat perplexed as he went to collect it. However, with a bit of judicious 'car-juggling' everybody made it to the first Gwent League fixture of the 2016/17 season. From thereon in the day went fantastically well with nearly 50 runners representing the club across all the age groups.



What was particularly gratifying was the near 30 junior runners who embraced the challenge of their races in a competitive and mutually supportive way. A record number for AVR at such an event and the camaraderie that this engendered among all our young athletes was palpable. Indeed, there was a buoyant mood throughout the whole of the AVR camp with loud shouts of 'come on AVR' echoing around the course, throughout the day, as runners, family and friends offered their support to each other. The course was dry and the sun shone making for fast conditions and exciting races, from a spectator's point of view. Two of the highlights for me – regarding the juniors - were the novice boys and U13 girls' races. In the former Ben Hails 27th led in Callum Slade 30th and Dylan Neal 31st. Their close packing gave them 10th team position out of the 30 plus teams – and having watched all 3 compete there is plenty more to come from each of them. The girls, not to be outdone, exceeded all pre-race expectations with a magnificent 5th team place as Freya Buglass 7th led in the fast finishing Ori Cranston 10th and Sophie Moore 17th. The latter grittily overcoming an injury sustained on the course that probably cost her a few places. Whilst I have mentioned a few names, all of our juniors acquitted themselves well and it was heartening to see the 'future' of AVR rising to the occasion.

Now for the old fogies...oops...senior runners. Jackie Rockliffe's 5th place in the senior ladies was a remarkable run as all 4 athletes in front of her were at least 20 years her junior. (As were a lot of runners behind her... come to think of it.) Leah Sartain made a very impressive cross country debut for the club as she finished 39th out of the 305 finishers. These two were admirably backed up by Kate Hails, a very fine 60th, Mandie Bygrave 233rd and Helen Thorne 280th. This gave the team 5th position in Division 2 and was a very solid start after last season's promotion from Division 3.

The men had a point to prove after narrowly failing to gain promotion last season. This they duly did with great aplomb as Mike Towler 11th, Rich Ayling 18th and Ed Knudsen 25th led the club home in a massive 468-strong field. Ably backed by Pete Slade 102nd, Joby Hobbs 129th, new club member Pete Dyer 201st – just edging out the fast finishing Robin-Mark Schols 202nd, Simon Morgan 214th, Andrew Jefferies 311th and Paul Thorne 425th. The men finished in 9th in the overall event, out of over a 100 teams, and now sit proudly atop Division 4 by a huge margin of 500 plus points. (Let's make sure we nail it this time... eh boys?)
Avanti the Valley!

The next fixture is on the 12th November in Penlan. 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.

Fixture Dates and Venues:

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



The "Orange Man" Niall Thorne in Gwent XC action.

WILTSHIRE OFFROAD LEAGUE

THE MARSHFIELD MUDLARK

There were 10 AVR runners that took part in the 2nd Wiltshire Off Road race of the season. The Marshfield Mudlark is a 11km multi-terrain run held in the lovely Cotswold countryside just north of Bath. Runners didn't have time to sample the famous Marshfield ice cream though on their run through, as the more pressing matter of getting league points for AVR was at hand.

David Warren was the first AVR to cross the line in 14th place, and was 2nd V40 overall. Andrew Jefferies was 2nd AVR, and he was then followed by the 1st & 2nd AVR ladies of Leah Sartain & Sue Jeddi.

Overall, AVR did enough to finish 2nd overall behind Chippenham. Unfortunately, the next race is the Wickstead Wander which clashes with the AVR Half on 27th November, so it is unlikely many AVR will be able to attend. There is still plenty of time to get your entries in though for the Wiltshire XC in Bath in 11th December.

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

- Wickstead Wander – *Sunday 27th November*
- Wiltshire XC Championships (Bath) – *Sunday 11th December*
- Lungbuster – *Sunday 5th February 2017*
- SMaRTT Smasher – *Sunday 19th February 2017*

VOLUNTEERS NEEDED

AVR are still on the lookout for volunteers for the AVR Half Marathon on 27th November. Even if you have never volunteered before or you are new to the club there is still a roll for you. Full training will be given to all.

AVR races are famed for their fantastic marshals – just ask people about “Over The Hills”, so now is your chance to be part of that fantastic team!

Please speak to Simon Reeves or email treasurer@avonvalleyrunners.org.uk if you are interested

AVR CLUB CHAMPIONSHIP

The remaining fixtures for the 2016 AVR club championship are:

- Bath Hilly Half Marathon – Sunday 13th November
- Full Montecute 10m – Sunday 6th December

Rules

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

Scoring

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

Grittleton 10km (AVR Race #17 / WRRL Race #11)

The Wiltshire Road Race League (WRRL) descended upon the sleepy little village of Grittleton in mid-October for the 4th running of the Cadence Events organized Grittleton 10km. Despite the overnight rain and bleak condition in the morning, the skies cleared up to provide almost perfect running conditions for the 300 or so runners that lined up to take on the rolling country roads of North Wiltshire. There was extra excitement for the runners as the race also doubled up as the 10th and last Road Race of the AVR Championship. 7 of the top 10 men & 6 of the top 10 ladies all took part to gain those last valuable points in the hunt for glory.

Overall, Chippenham Harriers took the full 20 WRRL points and firmly emphasized why they have been league winners in 2016, but AVR, with its 40 runners on the day took 2nd spot & 19 points and look to have solidified 2nd place overall.

Anita Mellodew had a fantastic run for the ladies & was the first AVR lade home in a superb 42:20, and 2nd in her age category. Bethan Francis was 2nd AVR lady in 42:54, and Kiersty Rose continued her return to form with a solid 3rd AVR in 46:06. The eternally amazing Rosemary Barber was 1st V65 lady in 55:41. In the AVR league, Sue Jeddi managed to finish 5th AVR lady, which was enough to keep her in the lead of the league ahead of Adele Cooper who did not run in Grittleton. Fiona Gibbs is still holding onto 3rd spot and still has a race in hand on the two ladies in front of her so still all to play for.



Sarah Barker (above) finishing strong in 55:18

In the AVR League, David Warren has put his hat firmly in the ring to win the title. His new PB of 37:39 took 2 minutes of his previous best & was enough to see him take the Vet 40 prize on the day. The first AVR home was Mike Rose (35:41 & 5th overall), and 3rd AVR was Gary MacAlister (39:44). Realistically these are the 3 athletes that all have a chance of finishing in the top 3 in the men's competition for 2016, but in which order we will not know until we've had the last 3 off-road races of the year, but Phil Harding, David Griffiths and Stuart Arguile are all still in the hunt if any of these 3 were to slip up during the final run in.

White Horse Gallop (AVR Race #18 / WORL Race #3)



David Bagshaw enjoy his scramble up the side of the White Horse.

The White Horse Gallop was back in 2016 with a healthy 140 runners taking to the start line of this beautiful 8mile run around the famous Westbury White Horse, not that the runners were going to be taking in all the splendor of their surroundings as the daunting prospect of 250m+ of climbing awaited them. With a large splattering of AVR marshals on the course as well, the 29 AVR runners were not short of motivation as they took on the windy & grey conditions.

It ended up being a successful day all around for the club as they took the Men's & Women's team prizes, the full 20 points in the Wiltshire off road league & an age category win for Tina Vivian.

In the men's race, Mike Rose was the 1st AVR runner home in 4th place overall. Daniel Piper was 8th overall, and Gary MacAlister 13th and they were the winning men's team. The ladies winning team was made up of Kiersty Rose (63rd), Fiona Gibbs (64th) and Melaine Nicholls (67th).

After the previous weekends race in Grittleton, there was a definite feeling that the main runners & riders for the AVR League were now showing their heads at the top of the league, but with the 2 leaders prior to the White Horse Gallop – David Warren & Sue Jeddi – not running, there was a chance for others to catch up.

Fiona Gibbs wasn't quite able to take 1st overall away from Sue, but after finishing as 2nd AVR lady at Westbury she is now just one point behind Sue. This will make for a fascinating duel as we come to the last 2 races of the season.

For the men, Gary MacAlister took over the top spot with a 5 point lead. With 2 races left, this may not be enough to finish 1st overall though, as Mike Rose still has one race left to run to make up his 12 races, and with the points he's already scored he'd easily take the lead. David Warren is also not out of it. He's in great form & good results in the last 2 races will see him drop some of his higher scores from earlier in the year and close up the gap at the top. All very exciting as we get ready to line up at the Bath Hilly Half in November.

AVR Championship Standings

After 18 races of the AVR Championship the tables are looking like this (top 12 races only to count):

| Men | | | Ladies | | |
|-----------------------|------------|------------|-----------------------|------------|------------|
| Gary MacAlister (SEN) | 38 points | (12 Races) | Sue Jeddi (V45) | 38 points | (12 Races) |
| David Warren (V40) | 43 points | (12 Races) | Fiona Gibbs (V35) | 39 points | (12 Races) |
| Mike Rose (SEN) | 73 points | (11 Races) | Adele Cooper (V45) | 57 points | (12 Races) |
| Phil Harding (V60) | 90 points | (12 Races) | Hayley S'thgate (V45) | 139 points | (11 Races) |
| David Griffiths (V60) | 103 points | (12 Races) | Helen Donald (SEN) | 143 points | (11 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 18 races (10 road & 8 off-road).

There is one club races in November, the Bath Hilly Half. It's not one for the faint hearted, and the organizers proudly state that you will most likely set a new Personal Worst on the course. 526m of climb in the Bath Countryside anyone.....!



JAVR News

Editors Notes

The month of October saw several events take place, including the 1st Gwent Cross Country fixture, Calne Clock change challenge 1.5KM run, a track meet between JAVR, Somer AC and Chippenham Harriers youth and the JAVR 2K.

Pete Slade

Track Meet-Bath Uni 12th October: JAVR, Chippenham, Somer AC

A track meet was arranged between the respective coaches of JAVR (Rich of course), Chippenham Harriers Youth and Somer AC. It was a great turn out from all 3 clubs on the night. The format for the evening was 3 x 1 mile races, split into age categories.

In the first age category, (school years 4-6), 19 runners took part. In the girls category, Lottie Brown finished in first place, winning by 3 seconds in a time of 6 mins 29 secs. In the boys race, JAVR took the first 3 places, with Dylan Neale in 3rd, Ben Hails in 2nd and the overall winner Callum Slade, who just managed to pip Ben to the line— a great race!

In the 7-9 school year, JAVR once again managed to close out the top 3 places in both categories. For the girls, Freya Buglass won overall, with Sophie Moore in 2nd and Orli Cranston in 3rd. For the Boys, James Pickford finished first in a time of 5 mins 33secs, with Louis Messer in 2nd and Sam Trezies in 3rd.

Max Davis and Hannah Pyper rounded off a clean sweep of wins for JAVR in the School year 10+ category. Although it was great to see JAVR doing so well, the main purpose of the meet was to bring the clubs together and for the runners to sample competitive running on the track. Overall a big success and thanks to all those who helped out on the night



Race #7 in the Wiltshire Junior Road Race League took place at Calne on Sunday 30th October. There was a strong showing from JAVR, with a total of 24 runners representing the club.

The course was all across grass but mainly flat. A total of 91 runners took part. The start saw a sea of Yellow vests, however there was also a lot of blue and white vests (Chippenham Harriers youth). Chippenham have been hot on our heels for the title!



This was one of the most competitive races in the Wiltshire Road race league this year and the pace of the race was frantic, with 20 runners running under 6 minutes! Dylan Neale had a fine run and almost broke the 6 minute barrier, finishing in a time of 6 mins 1 second! James Pickford was first Male U15 home, whilst Jack Webb finished 7th overall in a time of 5 mins 33 secs – first U13 male. Sophie Moore continues to impress finishing in 9th place overall and 2nd female.

Max Davis ran in the earlier 5K race but still managed to muster enough energy to run for a second time! Josh Thorne also had a strong run, finishing in a time of 6 mins 24 secs.



Victor Webb, Max Davies, Dan Wood & Callum Withers Jordan Bygrave

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>Aztec West</u> | Mike Towler | (15:26) | Ian Mckee | (17:45) |
| | David Warren | (17:52) | Jackie Rockliffe | (18:01) |
| | Sam Franklin | (20:25) | | |

10km

| | | | | |
|---------------------|------------------|-----------|---------------|-----------|
| <u>Grittleton</u> | David Warren | (37:40) | Paul Manual | (52:01) |
| | Danielle Baxter | (54:13) | Helen Davies | (51:46) |
| | Juliette Bond | (1:08:39) | Alexis Harris | (1:09:52) |
| | Toni Clark | (1:09:38) | | |
| <u>Southend</u> | Sam Franklin | (43:53) | | |
| <u>Clock Change</u> | Andrew Jefferies | (42:45) | Sam Franklin | (42:31) |

10Miles

| | | | | |
|--------------------|----------------|-----------|--------------|-----------|
| <u>Great South</u> | Rich Ayling | (54:23) | Ruth Barnes | (56:47) |
| | Nicole Jackson | (1:16:05) | Judy Schols | (1:23:40) |
| | Amanda Bygrave | (1:26:21) | James Faller | (1:34:00) |
| | Mark Bygrave | (1:37:42) | | |

Marathon

| | | | | |
|----------------|---------------|-----------|------------------|-----------|
| <u>Chester</u> | Ray Pemberton | (3:28:18) | Andrew Jefferies | (3:29:30) |
|----------------|---------------|-----------|------------------|-----------|

Southwick parkrun

| | | | |
|-------------------|-----------------------|----------------------|----------------|
| Sarah Marshall x3 | (26,53, 27:06, 27:31) | | |
| Kelly Ganfield x3 | (27:12, 27:17, 27:43) | | |
| Dominic Beddis x2 | (17:39, 17:40) | Richard Wood x2 | (22:24, 23:19) |
| Helen Davies x2 | (26:08, 26:23) | Stuart Figini x 2 | (28:09, 27:50) |
| Anne Clark x2 | (33:08, 33:44) | Jackie Hall x 2 | (36:45, 36:22) |
| Ian McKee | (18:15) | Andy Cunningham | (19:42) |
| David Mudford | (20:13) | Leah Sartain | (20:41) |
| Dan Wood | (20:52) | Andrew Jefferies | (21:13) |
| Douglas Marr | (21:44) | Ben Vincent | (22:00) |
| Zoe Yeomans | (22:36) | Anna Spiers | (23:50) |
| Elliott Firkins | (24:28) | Karen Jones-McMullen | (24:49) |
| Dawn Whiting | (25:01) | Ben MacAlister | (25:14) |
| Alistair Brownlie | (27:12) | Louise Hartfield | (27:57) |
| Michelle Gibbs | (29:03) | Teresa Edwards | (29:27) |
| Helen Newton | (29:43) | Sarah Tregelles | (31:26) |
| Rebecca Millard | (31:37) | Toni Clark | (34:14) |
| Anne Clark | (34:40) | | |

Other parkruns

| | | | | |
|---------------------|------------------|---------|-------------|---------|
| <u>Bath Skyline</u> | David Mudford | (21:05) | | |
| <u>Beeston</u> | Peter Bryant | (17:17) | | |
| <u>Chippenham</u> | Andrew Jefferies | (21:18) | Lisa Carter | (28:11) |

AVR SOCIAL EVENTS

AVR CHARITY AUCTION

It's our charity auction fundraising for the track on Tuesday 15th November. Trowbridge Rugby Club will be laying on rolls/bacon butties for £1.50 after our running session so you can attend the social without wasting away.

Please contact Laura Oatley or Sean Price for more details as they need an idea of numbers for them.

This is an open event so friends and family are welcome too!



AVR SUPERMOON RUN

Monday sees the much publicized Super Moon occurrence over Wiltshire and to celebrate we are organizing a moonlight run (Head Torch Essential). Our ultimate vantage point is the best in Wiltshire and this will enhance your mooning experience (if its cloudy then we will NOT postpone to 2034 when it happens again).

7pm from Horse and Groom in Westbury 4-6miles with refreshments after at:-

<http://horseandgroomwestbury.co.uk/page37.php>

Welcome to park at pub for run.

Run led by Fiona Price, Sean Price and Ian Harryman so all paces catered for.

All abilities, AVR members 16+. Must wear Hi viz and/or lights.

