



WE ARE THE CHAMPIONS!!!

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Junior AVR

And finally....

Tis the season to be jolly, and what could make you jollier than the next issue of your shiny new AVR Newsletter, and with it being the end of the year it is a fantastic time for us to reflect on the fantastic year we have had as a club.

There is still so much great stuff going on at all levels of the club, that it is so hard to keep up to date with everything. So apologies if your great achievements are not in the newsletter this time round. I really do want to let everyone know what we are all doing, so please send your stories & pictures to me at macalister45@sky.com

Merry Christmas

Gary MacAlister

WILTSHIRE ROAD RACE CHAMPIONS!!!



The Clock Change Challenge was the final race in the 2015 Wiltshire Road Race league. AVR used the event to cement their position as Wiltshire Road Race league champions for the 4th consecutive year.

Trophies were handed out after the Clock Change race at Calne Leisure Centre. Pictured here is Pete Slade who won the individual men's league. Pete was the only runner in the Wiltshire league to reach the gold medal standard of 900+ points in a season.

Promising news for the club is that 9 of the top 10 male runners in this years league were all AVR runners. There were silver medals for Antony Mills (2nd overall), Scott Barnett (3rd Overall) & Pete Veleski. Bronze Medals went to Michael Towler, Robin-Mark Schols and Andrew Maggs.

Robin won the V50 mens trophy, and Phil Harding won the V60 cup.

The ladies also had success with Fiona Gibbs finishing 3rd overall and winning a silver medal. Helen Donald finished as first Senior lady and with a bronze medal.

Did you know...

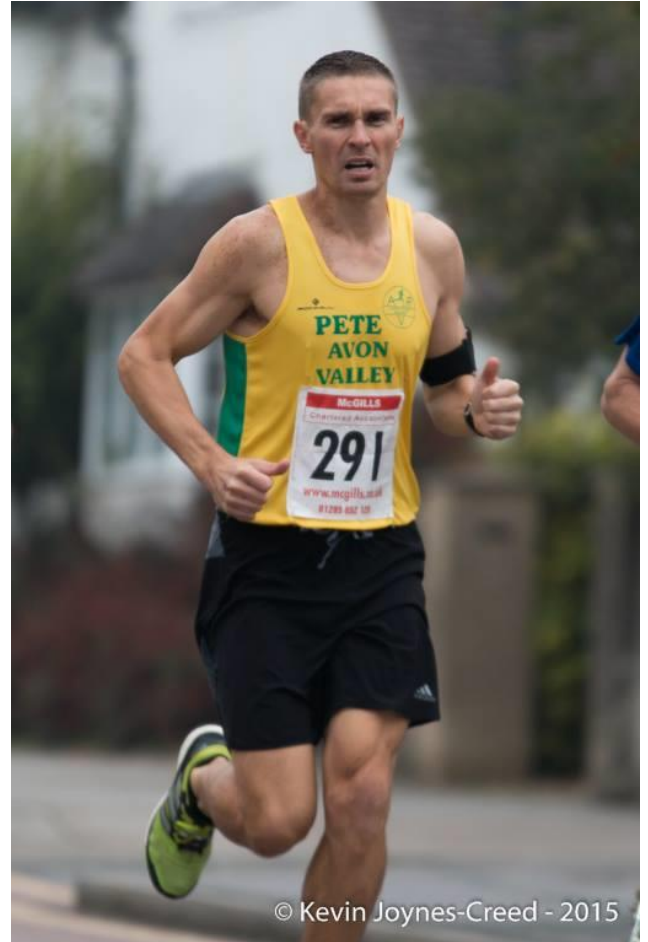
19 different men & 26 different ladies scored points for the AVR 'A' Team across the season, showing that there is a real depth of talent throughout the club!

Wiltshire Champions HALF MARATHON

Back in October, the Wiltshire Half Marathon Championships were held in Cricklade. In a successful day for the club Fiona Price (below, left) was crowned Wiltshire Half Marathon Champion, after finishing third in a very competitive ladies race. She adds this to her Wiltshire 10km medal that she won earlier in the year at Corsham. Diane Hier (below, right) took the Ladies Bronze medal.

In the men's race Pete Slade (right) finished third overall and claimed the county bronze. Pete has showed an amazing improvement in 2015, and his result at Cricklade ensured that he was also crowned Wiltshire Road Race champion. A fantastic reward for a runner that has given 100% in every race he has taken part in.

Special mention to Jerry Clark who managed a PB on the course in 2:12:46.



London Marathon 2016

Congratulations to Dominic Beddis & Ian Isaacs who won the 2 AVR club spaces in the London Marathon Ballot. We wish them both good luck with their training & in the race next year.

If you still want to take in the London Marathon experience, but you were unlucky in the Main Ballot, or the club ballot, then why not look for information about joining the ever present AVR spectators (& their lollipop) to cheer on our troops next April.



By Kiersty Barnett –
Road Race Secretary.

AVR ROAD RACES

November Races

AVR had a smashing November!!

Winter 5k Series

Well done to Fiona Price solely representing AVR at **Burnham on Sea 5k** coming First Lady in a brilliant time of 19:07.

At **Street 5k**, flying the AVR flag was Mike Rose, Carl Davies (all be it in "borrowed P.E kit...") and Helen Donald. Mike Rose achieved a PB at 17:11.

Finally, the **Aztec West 5k** had some brilliant AVR achievements. Mike Towler and Ruth Barnes both ran new club records with times of 15:40 and 17:13 respectively. Max Davies, who was the first U17 male, ran the pace of the current club record and PB (See junior newsletter). Not to mention Dom Beddis running a new PB of 17:22, David Warren running a new PB of 19:57 and awards for Justin Peters; 2nd MV45, Jackie Rockliffe; 2nd FV45 and Fiona Price 3rd FV45.

Gosport Half Marathon - Despite the strong winds of running along the sea front, Thomas Coney smashed out a great performance at Gosport Half, finishing in 1:24:29



Ian Isaacs at Aztec West 5km

Castle Coombe Chilly 10k - A fab turn out for AVR colours here, with nearly 30 runners from our club. Another PB from Mike Rose finishing 6th with a time of 35:23, 1st Female Vet from Kerry Sutton and 3rd Female Super Vet from Jennifer O'Connor! Well done to all!! Also there were PB's from Matt Charlton, Sarah Barker, Emma Day and Toni Clark.

Swindon 10k - RUTH BARNES!! We are running out of available records for you! Amazing run considering it wasn't long ago that I was writing that you broke your leg!?! 1st Lady with a new club record of 35:32. Absolutely brilliant!! Not to mention, Justin Peters achieving 1st MV40 and winning AVR the 1st men's team, combined with Thomas Coney and Liam Walker.



Rachel White, Kath Heard, Emily Steff after Swindon 10km –
Their first 10km since joining the beginners group in may!



Justin Peters leading out Thomas Coney on their way to Men's Team Trophy (with Liam Walker) at Swindon 10km

Clock Change Challenge

The AVR Road Race league mirrors the Wiltshire Road Race league, and the final race of both for 2015 was the Clock Change Challenge. A lovely sunny, but fresh day greeted the runners on the out & back 10km route.

The race itself was won by AVR's own Mike Towler, who completed the 10km race in 33:18. Rick Ayling finished 2nd in 35:34. Mike rose came in 5th place and the 3 of them made up the winning men's team.

Diane Hier was 1st V45, 2nd lady overall and part of the winning ladies team alongside Jennifer O'Connor & Fiona Gibbs.

It was great to see many members scoring PB's as well, including Tony Dunford, James Faller and Emma Day. In total 59 AVR members took part in the 10km race, with a further 5 running the 5km race.



Toni Clark, Hannah Eaton, Emma Day & Laura Oatley



Fiona Price (2nd Lady in 5km)

The AVR Road Race league was won by Mike Towler, winning all 8 races that he entered. Pete Slade finished 2nd overall, but the different ways that the Wiltshire league & AVR leagues are scored meant that he couldn't hold off Mike for the title. Antony Mills took 3rd place after a fantastically consistent season.

Warren Wade finished top V40, Robin-Mark Schols 1st V50 and Phil Harding won the V60 prizes

Fiona Gibbs has won the ladies league title, with a number of great runs. Helen Donald scooped 2nd spot which is a well-deserved reward for consistently turning out and running for her club all year long. Tina Towler will need to move some of Mike's trophies out of the cabinet to make way for her 3rd place overall.

Rosemary Barber has also claimed the 1st V60 prize.

Prizes will be awarded at the AVR presentation evening on Saturday the 16th January (More details to follow).

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).

AVR Road Race League

Overall 110 men & 106 women took part in at least one Road Race event this season. The largest attendance was across the 3 race Heddington 5km series.

2016 Road Race League

Fixtures for the 2016 season have just been announced on the Wiltshire Athletics website. The first race is the Devizes 10km on March 20th. Entries are open NOW!



AVR OFF ROAD LEAGUE

White Horse Gallop

The White horse Gallop was the 2nd Wiltshire Off-Road league race of the season (and the 10th in the AVR off-road league), and on a foggy October morning 30 runners took to the hills of Westbury's famous White Horse.

Greeting the runners was an 8 mile route starting at Leighton Sports Centre and climbing up to the White Horse. There were 2 very different climbs to contend with, and the second can only be described as a "Scramble" with some runners literally having to crawl up the side of the hill just to get to the top. As a form of encouragement everyone was treated to the sight of Hayley Southgate at the top of the climb in her High Vis cheering everyone to "Gallop onwards" down the other side.

Some of the main feedback I heard from runners after the event is just how good the marshals were, and as most of them were AVR runners, it was great to have them cheering your name around the course. Great marshals really can turn a good race into a fantastic one! First AVR runner home was Mike Rose (5th Overall – 53:08), and first Lady Diane Hier (35th Overall – 62:20).



Anthony Hickson – White Horse Gallop
Photo: Warren Wade

Wickstead Wander

The 7th Wickstead Wander of the world is the penultimate race in the AVR off-road league, and the 3rd in the Wiltshire Off-road league. AVR still managed to put of a strong team despite runners being drawn to the tarmac for other races in Swindon or Castle Combe.

The course was just over 5 miles, and consisted of mud, horse jumps, water hazards, and a big hill thrown in for good measure. Keen eyed runners would have also spotted an inflatable dolphin, some minions, a roman, a thunderbird and some other amazing fancy dress for the course.

The first AVR runner home was Gary MacAlister in 4th place overall, just ahead of Carl Davies in 5th and Pete Veleski. First AVR lady home was Kate Hails, making her first (and possibly last!) appearance in the off road league. Juliet Coulson and Sarah Simms were 2nd & 3rd AVR respectively.



AVR Off Road League

Fiona Gibbs (Pictured left) has now scored enough points to secure the ladies off road title for 2015. She has got an 18 point lead with just one race left to go. Adele Cooper is in 2nd place, just 2 points ahead of Helen Donald in 3rd place.

The men's league has boiled down to a simple equation. Pete Veleski needs to score 11 points at the Tri-counties race in Bath on December 13th to beat Gary MacAlister for the title. Gary has run his 8 races, but Pete has this race in hand. It means that as long as Pete is within the top 10 AVR finishers around the Bath University course he will win the title. Justin Peters sits in 3rd place, but is 20 points behind Pete. 3rd place is still potentially up for grabs with Carl Davies & Ian Isaacs breathing down Justin's neck for the final podium place.



GWENT XC LEAGUE

Gwent XC League League

Why Cross Country? By Justin Peters.

There must have been 400 runners on the start line, aged 20 to 69, the gun went off and it was like a 100m sprint, absolute mayhem, it then settled down into a frantic pace, the first km everyone trying to find their position, a sharp left hand bend and a slight incline at 500m and it was almost walking, then off we go again, flat grassy fields, a small wooded copse with a hill, 3 laps, about 10km, every step of the way there were 20 runners 10 feet in front of you, 20 runners 20 feet behind you, eye balls out, jostling for position just like the Whacky Races.....this is mass participation exhilarating racing at its best, if you don't try it, you really don't know what you are missing out on, it's thrilling.....and the standard, well we haven't seen the official results yet as it's all done by hand, but we reckon the first 180 runners were 40 minutes and under!

Bridgend saw the first leg of the 2015/16 Gwent Cross country season. AVR is now officially entered and have been placed in Division 4. The leagues are made up of some of the best running / athletics clubs in the area. Cardiff, Bristol & West, Swansea are just some of the big names involved. This is a real chance for us to test ourselves against big clubs.

The 2nd race in Cardiff saw AVR's numbers swell and this was reflected in the results. The highlight of Cardiff was Ruth Barnes (right) amazing run which saw her finish 2nd over in the ladies field. The juniors also managed a great set of results (see JAVR write up later in the newsletter).

After 2 races AVR Men are top of Division 4, and will be looking to consolidate that with a strong showing at Blaise Castle in Bristol on the 5th December.

The ladies didn't have any runners in Bridgend, which makes the fact that they are second in Division 3 after having only competed in one event an even greater achievement. The ladies score at Cardiff was the 4th best score out of all of the 41 teams that took part.



Ruth Barnes on her way to 2nd place



(L-R) Fiona Price, Fiona Gibbs, Claire Howard, Diane Hier, Ruth Barnes, Jackie Rockliffe



(L-R) Gary MacAlister, Justin Peters, Simon Morgan, Carl Davies, Mike Rose Mike Towler, Antony Mills

AVR HALF MARATHON

What a way to end the month with a wet and windy race through Wiltshire with nearly 50 entrants from AVR!

1st Man and 1st Lady were Rich Ayling and Jackie Rockliffe. Brilliant run from Anita Mellodew achieving 1st FV40, Diane Hier achieving 3rd FV50 and Rosemary Barber with 3rd FV60. PB's were achieved by Rebecca Hex who ran brilliantly with a PB of 02:11:43 and Emma Day with a PB of 02:45:45. David Warren got in on the PB's with a 1:42:19 and Fiona Gibbs 1:49:40. I'd say great performance by all in such unfriendly weather conditions.

Warren Wade will give us a full write up next month (after he has finished cleaning the marquees!), so in the meantime here are a selection of the best pictures from the day.



(L-R) Diane Hier, Warren Wade, Rachel Bown, Sean Price & Jackie Rockliffe



Rosie Amey smiling all the way!



Rosemary Barber finishing strongly.



AVR Half Marathon Medal.



Paul Thorne basking in post-race glory.



Rich Ayling leading the field.



JAVR News

Editors Notes:

Lots to report on what the juniors have been up to since the last newsletter.

We have seen some outstanding results from the juniors both individually and collectively as a team in recent months, with the Wiltshire road race league and the Gwent cross country two fine examples of this – please read on for more details.

The junior section continues to grow and currently we have almost 100 members!
I hope you enjoy the following summary from the junior section of the club:

Pete Slade

Wiltshire Junior Race League

Congratulations to all of the juniors who competed this year in the Wiltshire Junior Race League. They were crowned Champions for the second year running at the final league event of the year - the October JAVR 2K.

Did you know – The race league has 8 fixtures in total and JAVR scored 120 points – 8 more than Team Bath AC, who finished 2nd in the league.

29 of the juniors represented the club in this series – representing a great level of effort and commitment!



Individual performances in the Wiltshire Junior road race league:

Steven Holloway – U17's Boys Champion	Ellie Isaacs – U17's Girls Champion
Niall Thorne – U15's Boys Champion	James Pickford – U13's Boys Champion
Callum Slade – U11's Boys Champion	

Gold Medal Winners: Niall Thorne, James Pickford, Luke Slade, Callum Slade, Abbie Brown, Lottie Brown, Lola Harris and Ellie Isaacs.

Silver Medal Winners: Max Davis

Bronze Medal Winners: Scott Pickford, Robert Warner, Leo Harris, Clara Harding and Mia Bates

Well done to all of the runners who helped us secure this championship this year –

Bring on 2016!



JAVR 2K League



The last event in the JAVR 2K calendar is Saturday 19th December at 10am at Southwick Country Park

Despite a smaller than normal field, course records tumbled in the 11th JAVR 2k race, which was held on Saturday 28th November. The boys aged 13 & 15 course records were broken by the Howorth brothers. The girls age 11 & 14 records were also broken by Sarah Wilson (Team Bath), and Freya Buglass (AVR) with another course record of 7 mins 54 seconds.

Max Davis was first AVR boy home in an incredible 6 min 38 sec, beating his previous best by 4 seconds. Max came in 3rd place behind the lightning quick brothers John & Rory Howorth (Team Bath). Naill Thorne was 2nd AVR (5th place overall). There were PB's for Dylan Neale, Thomas Dudman, William Dudman and Daniel Lewis.

Freya Buglass was the 2nd girl home, setting the girls 11 record and equaling her PB. Running in the event for the first time, Orli Craston was 3rd girl in an impressive 8 min 27 sec. Lottie Brown & Edith Chitty were 4th & 5th places respectively.

League Standing after 11 races: With one race left in the girls championship, Freya Buglass continues to put in consistent performances and remains the highest placed AVR runner in 2nd place with 120 points. She trails frontrunner Sahar Wilson (Team Bath) by 17 points and it would appear she cannot get caught for top spot. Lottie Brown is in 3rd place and trails Freya by 12 points. Clara Harding, Lola Harris and Edith Chitty round out the top 6. Clara, Lola & Jorja Warner share the most number of PB's with 3 each – a great effort!

In the boys championship, Max Davis has moved into the lead with a score of 128 points. Niall Thorne is in a strong position as he moves up from 4th place into 2nd. Niall is 9 points behind Max with a race in hand and has clocked up 5 PB's in this year's championship. There is a strong showing from AVR further down the table with positions 4 to 9 all being held by our junior runners. In the race for the most PB's, Niall is on 5, Daniel Lewis & Callum Slade are not far behind with 4 PB's each.



Max Davis on his way to a 17:04 for 5km at Aztec West in November. He matched his own PB and equaled the club U17 record. He was also 1st U17 male on the night.



Llandaff Fields, Cardiff 8th November 2015: For the 2nd fixture of this very competitive Cross Country league. JAVR really showed the seniors how it's done and on the day had really good representation, with 7 of our junior runners taking the fight over the bridge. Each and every runner did the club proud, with many of the senior runners looking on with admiration.

The highlight of the day came in the Under 15 boys race, where we saw 3 of our juniors take part. Max Davis pushed the eventual winner Abdifataah Hasan hard for the whole race and with 200 meters to go, Max pushed for victory and took the lead, but the long legged Hasan came back to take the win by just 3 seconds. Great race!

It was great to see the seniors cheering on and supporting the juniors and also the juniors giving the same support in the senior races.



Next Gwent Cross Country League
fixture – Blaise Castle, Bristol Saturday
5th December 2015

The JAVR Club Championship

New for 2015 is the JAVR Club Championships: It will be based around the Wiltshire Junior Race events and the JAVR 2k and will be open to all Junior Avon Valley Runners members.

For each race, each runner will be awarded points based on their relative positions to other JAVR members, the tables are based on school years. To view current Club Champ tables visit <http://www.junior.avonvalleyrunners.org.uk>

Lottie Brown leads the way for the girls in the years 3-5 category, with her elder sister Abbie Brown currently in top spot for the year 6-8 girls. Ellie Isaacs remains in 1st place in years 9-10 girls and Jade Day heads up our most senior category (years 11-12)

In the largest category, (Boys year 2-5), Callum Slade currently lies in top spot, Luke Slade the same for years 6-8. Max Davies leads the Years 9-10 category. Still plenty to play for though!



Other News:

At the Wednesday training sessions, Rich Ayling, head coach is always looking for ways to make the sessions both enjoyable and challenging – One of the latest sessions saw the Juniors take on Mike Towler in a 5 race series at the Bath University athletics track – I won't tell you who won! Well done to Mike for being a good sport – one of his toughest speed sessions I'm sure!



Did you know?

Our current JAVR Committee members are: Ian Isaacs, Rich Ayling, Mike Towler, Helen Tipple, Holly Newman, Richard Newman, Chris Brown and Pete Slade

Finally, a massive well done to Edith Chitty who has raised an incredible £320 for Childrens Heart Foundation. She ran the Mini Great South Run at the end of October for her sister. Remarkable!



AVR CALENDAR

GOES ON SALE 8th DECEMBER!!!

The AVR 2016 Calendar has already got tongues wagging on the AVR Facebook page with thousands of likes for all the pictures up for nomination on the pages. At exactly 8.30pm we will start selling the much sought after AVR 30th Anniversary calendars in an Apple iPhone style manner/frenzy, the final design will be kept a closely guarded secret until the launch party.

These calendars are finally going on sale on the 8th December, at 8:30pm during the Christmas social night. There are only 250 calendars being made, so to ensure you get your copy then get yourself over to the social!

Calendars FAQ section:-

- Calendar run is only 250 so this is a limited edition run
- Each Calendar will be numbered, the first in the queue at the Christmas social night will get no 1.
- We are not taking reservations / pre-orders / payment in advance!
- We hope to sell the calendar on other club nights but the only way to guarantee one is to be at the Christmas social night.
- When the stock is sold out there will not be a re-order.

If you can't make the social and you want a calendar then ask a member to collect one for you but please do not ask the social working group members who will be busy that night bringing you the entertainment.





SOCIAL EVENTS

CHRISTMAS PARTY



At 8.30pm we will start the 2015 Christmas Social night. A party it will be, because not only are we selling the 2015 AVR calendars @ £5, we will be partying with a Raffle, Christmas edible goodies, games and much more as it is the Christmas social night.

Why not dress up for Christmas with bunting in your hair. We shall also have some mystery guest appearances. We do need donations for the raffle and if you can bake/buy

some mince pies / Christmas cakes / Yule log then all will be most gratefully received. Please bring donations on the night.

I believe there will be a Sean Price festive quiz, a post-run curry (booking required), and much hilarity throughout the evening! There is no reason to miss out on "THE" Christmas party of the 2015 season.

AVR PRESENTATION EVENING

Date: Saturday 16th January 2016 @ 7pm

Location: Trowbridge Rugby Club

A date for your diary, this is the 2016. Details about tickets & prices will be announced closer to the time by Jamie Morrison.

Keep an eye on the website or the Facebook page for more information.

This will be a fantastic opportunity to celebrate all the great achievements of the club!



AND FINALLY.....

Munich Marathon

Alex Russell (nephew of the late Stan Farr) who lives and works in Munich ran his first marathon, the Munich Marathon, on 11 October proudly wearing his Avon Valley Runners vest. The race ended in the Olympic Stadium and his time was 3 hours 33 minutes. Alex was astounded when a German athlete ran up to him during the race and asked him if he came from Trowbridge as the German had recently run a race in Leer in which there were lots of Avon Valley Runners!



Cyprus 4 day Challenge (by Helen Pettemerides-Boyce)



The Cyprus 4 day challenge is as it sounds - 4 different events on 4 consecutive days. It certainly is a bit of a challenge but for most people who run regularly, it's certainly achievable.

The first event is a 6km time trial, you are set off in 10 second intervals, in alphabetical order. Essentially you are running against the clock but with the start at the beach side event hotel, running past banana plantations and finishing by a ship wreck there is plenty to see on the way.

The second day and possibly the toughest, is an 11km hill run. The first 1/2 mile is nice and flat - then it starts to go up, and up, and up and up! With a final altitude gain of 600m there are certainly some steep ascents. Apparently there were some descents as well?

The half marathon is on the third day, compared to the hill run it is relatively 'flat' with a mere climb from 280m to 600m! To put it simply, it is approx 6 miles uphill, 5 miles downhill and 2 flat miles at the end. The views are stunning and the finish on the beach makes it all worthwhile.

The fourth day, (for those still able to walk!), is a 10km around the town of Paphos. I couldn't actually feel my legs by this point but the flat course and promise of a beer at the end kept me going and I completed it in a respectable 54 minutes. (Usual time 46/7 minutes). The event is well organised and attracts runners of all abilities, ages and nationalities. The half marathon and 10km can also be entered as separate events. A little trip for members of AVR maybe?!