

Avon Valley News

December 2016

Issue #180



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Hello,

November has been & gone, and we now find ourselves in the final flings of 2016. Many of you have now run your last road races, and some may have finished races completely this year, but there are still some pretty big XC races coming up. The Gwent league is still in full swing, and the Tri-Counties at Bath University are still giving AVR members plenty of opportunity to get competitive in the lead up to Christmas.

We'll also see the final race of the AVR Club Championship – the Full Monty Cute happening, and the club champions crowned.

A huge well done needs to go to the Junior AVR runners who managed to retain their Junior Wiltshire Race League title after that has been a very close campaign with Chippenham Harriers this year.

And finally a huge welcome to our latest group of beginners who graduated at the end of November. It will be great to start seeing some of you donning the Yellow & Green vest and competing for your club!

Happy running!

Gary MacAlister

WELCOME TO THE CLASS OF 2016

November saw the graduation of the autumn 2016 Sofa to 5km group, with a graduation evening at Trowbridge Rugby Club. It was great to see so many of the helpers & AVR committee coming along to congratulate them all on their achievement. Ian Isaacs has given us a full write up later in this newsletter.



As Club Secretary Ian Isaacs says “As a club we are always keen to promote the virtues of running but it is humbling to see the achievements of so many people who not so long ago struggled with their first few sessions of run/walk around the parks and paths of Trowbridge and we look forward to continue to encourage and support them as they strive for their next targets, whatever that may be.”

OVER THE HILLS (by James Crawford)

Avon Valley Runners had an excellent 20th Over the Hills race this Sunday with 295 entrants including 16 entries on the day. We had 19 visiting teams (2 plus entrants), and 41 Avon Valley Runners competed. The race is in aid of Alzheimers Support. With a light but chilly northerly wind (8° C), in the autumnal sunshine the course was reasonably dry, but had the right amounts of mud and slippery surfaces to test all the runners. Most importantly the Frome river was fordable at Iford Manor and enjoyed by all the competitors.



Starting at 10:05 'on the rocket' from the iconic West Barn, the 12-kilometre course took in Barton Farm Country Park, joining the Kennet & Avon Canal towpath at Avoncliff. After that the route ran the Avon river meadows, over the Freshford Inn Bridge, up and down hill past Sparkford Mill, uphill to the A36 layby Drinks Station through Friary Wood, back down again through the woods, and across the Iford Manor meadows.



Fording at 'Iford', the route went up hill through the Iford Manor grounds, back in via Upper Westwood, down into Avoncliff, and finally flying back in along the canal towpath to the finish. Trowbridge Lions and Avon Valley Runners marshalled the course.

The course record (44:27) is not broken as the course is slower again by going out via Barton Farm Country Park; this after a break of a couple of years.

Our thanks go to Alzheimers Support who provided the splendid refreshments of cake and teas, and to the following sponsors for the generous prizes and support:

- ORTONS Jewellers, Bradford on Avon,
- DEKA Sports, Frome
- Running Bath, Bath
- Lock Inn, Bradford on Avon
- Iford Manor Teas, Iford

To the landowners around the course we are extremely appreciative of the permits, acceptance and tolerance of the 290 plus runners footfall through this beautiful countryside, and continued future use:

- Canal & River Trust (Kennet & Avon)
- Bradford Preservation Trust (West Barn)
- Iford Manor
- Wiltshire Council (Barton Farm Country Park)

Subject to permits Avon Valley Runners plan to run the next Over the Hills on Sunday 5th November 2017; starting at 10 am.

Results

Team Prizes: (BOTH TEAM BATH AC)

Mens: Chris Moore, Barry Awan, Mick Doherty, Davin Vaudin

Ladies: Lizzie Wraith, Laura Beckhouse, Beccy Tarling

(Cakes provided by Alzheimers support)



Men:

1st - 45:27 Will Crudgington (ATHLOS Triathlon Club)
2nd - 46:04 Max Hazell (Jackpot Racing)
3rd - 47:01 Stuart Padget (Chippenham Harriers)

Ladies:

49:54 Lizzie WraithTeam (Team Bath AC)
52:05 Elle Twentyman (Unattached)
52:09 Clare Prosser (Wells City Harriers)

Age Prizes:

Men

V40 51:03 Joel Mitchell
V50 51:18 Paul Synott
V55 49:46 Mick O'Doherty (Team Bath AC)
V60 54:16 John Mallone (Nailsea RC)
V70 1:11:00 David Evans (Meads Runners)

Ladies

V40 54:45 Victoria Ratcliffe Somer AC
V50 56:04 Tracy Allen Bristol & West AC
V55 1:04:03 Alison Graham Corsham RC
V60 1:13:29 Jane Watkins Marlborough RC

BEGINNERS AVR *(By Ian Isaacs)*

Avon Valley Runners have been promoting running as a club for 30 years since its establishment by Stan Farr back in 1986, & has been keen to develop & encourage new runners to take to the streets & trails & look to maintain a fit & healthy lifestyle. This philosophy has been recognised this year by England Athletics & I was privileged to attend the recent SW Regional awards in Exeter to collect the award for Best Run England Group 2016.

In 2014 AVR were able to provide more focus within our training sessions. Although beginners' groups had been running on & off, a new format of beginners' groups was developed. These courses were scheduled as a progressive training plan & designed to get complete non-runners running continuously for 40 minutes or 5km.

The first course was quite successful with 28 attendees over the 9 weeks and 17 completing the final 5km run. Due to this success further courses have been run and we have just completed our tenth course and had over 500 attendees. We've seen a marked increase in the number of people who have joined the ever-growing community of new runners within the area. This success has seen the club increase its membership in the last two years.

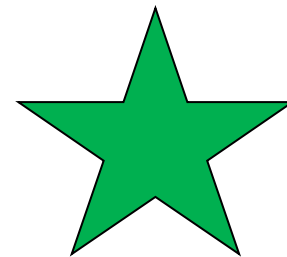
During this time a lot of the so-called beginners have progressed on to tackle longer and more demanding things. Many now run regularly in events up to half marathon distances and beyond. Several club members who joined the club in the last couple of years have trained hard within the club and gone on to complete several full marathons including Brighton and London.

The success of these courses has been down to the enthusiasm of current AVR members who turn up on a weekly basis - many of whom were beginners themselves not so long ago. They support all the new runners giving encouragement and support throughout their journey and without the dedication of each and every one of them these courses would not have been as successful as they have been.



2016 – A YEAR OF RECORDS!

This year has seen an amazing run of club records being broken. Ruth Barnes, Jackie Rockliffe & Mike Towler have all had the record books rewritten in honour of their amazing performances (2016 Records in **RED**). You can spot an AVR record holder by the Green Star on their running vests.



Road Records

1 Mile

Sen	Mike Towler	4:37	(AVR Mile - 2013)	Ruth Barnes	5:14	(AVR Mile – 2016)
V40	Andy Hawkins	4:49	(AVR Mile - 2007)	Jackie Rockliffe	5:48	(AVR Mile – 2014)
V50	Kevin Sparey	5:10	(AVR Mile – 2006)	Diane Hier	6:13	(AVR Mile – 2013)
V60	Ken Marshall	6:00	(AVR Mile – 2014)	Rosemary Barber	6:40	(AVR Mile – 2009)

5km

Sen	Mike Towler	15:26	(Aztec West – 2016)	Ruth Barnes	16:41	(Heddington – 2016)
V40	Kevin Sparey	16:38	(Yeovil – 2003)	Fiona Price	18:43	(Yeovilton – 2014)
V50	Kevin Sparey	16:58	(Yeovil – 2005)	Karen Butler	20:27	(Melksham – 2011)
V60	Phil Harding	20:28	(Heddington – 2015)	Rosemary Barber	22:21	(Yeovil – 2010)

5 Miles

Sen	Tom Fisher	26:13	(Foxtrot 5 – 2010)	Ruth Barnes	29:08	(Chippenham – 2015)
V40	Bob Roots	27:22	(Lockeridge – 1988)	Judy Farr	30:47	(Westbury – 1988)
V50	Kevin Sparey	28:32	(Weston-S-M – 2005)	Karen Butler	34:53	(Portsmouth – 2010)
V60	Phil Harding	33:44	(Highworth – 2015)	Rosemary Barber	39:37	(Foxtrot 5 – 2010)

10km

Sen	Mike Towler	32:09	(Leeds – 2016)	Ruth Barnes	34:15	(Cardiff – 2016)
V40	Bob Roots	33:22	(Devizes – 1986)	Jackie Rockliffe	38:16	(Cardiff – 2016)
V50	Kevin Sparey	35:41	(Bromham – 2008)	Karen Butler	42:02	(Corsham - 2011)
				Diane Hier	42:02	(Calne Clock – 2013)
V60	Stuart MacGregor	39:57	(Bromham – 2014)	Rosemary Barber	49:16	(Weston-S-M – 2011)

10 Miles

Sen	Bob Roots	53:38	(Corsham – 1987)	Ruth Barnes	57:35	(Raceways 10 – 2016)
V40	Bob Roots	53:38	(Corsham – 1987)	Fiona Price	1:04:09	(Wiltshire 10 – 2015)
V50	Kevin Sparey	58:39	(Oldbury – 2007)	Diane Hier	1:08:23	(Wiltshire 10 – 2013)
V60	Andy Lawrence	1:07:38	(Melksham – 2012)	Rosemary Barber	1:28:07	(Melksham – 2011)

Half Marathon

Sen	George Gurney	1:11:12	(Bristol – 2015)	Maureen Laney	1:19:17	(Great North – 1995)
V40	Tim Northwood	1:15:51	(Ranelagh – 1986)	Fiona Price	1:24:46	(Bath – 2015)
V50	Kevin Sparey	1:19:06	(Bath – 2008)	Diane Hier	1:27:51	(Bath – 2013)
V60	Andy Lawrence	1:27:22	(Solent – 2013)	Rosemary Barber	1:50:51	(Burnham-o-Sea – 2002)

Marathon

Sen	George Gurney	2:29:04	(Bournemouth – 2015)	Jackie Rockliffe	3:03:17	(London – 2016)
V40	Tim Northwood	2:48:54	(Harrow – 1986)	Jackie Rockliffe	3:03:17	(London – 2016)
V50	Robin-Mark Schols	2:53:21	(London – 2015)	Diane Hier	3:14:57	(London – 2015)
V60	Danny Kay	3:25:18	(Benidorm – 2002)	Ann Whittle	5:02:00	(New York – 2002)

AVR HALF (By Warren Wade)

At 10.30am on Saturday 26th November a crack team of volunteers assembled to erect 4 large marquees in a field at a place called Station Yard in Edington. A large tractor turned up with a huge bale of straw on the front. The rosy-cheeked driver flipped open the cab window...."Orroight me babber? Where's ee want the straw then?" (Or something like that :D).

The team conveyed the marquee parts to the field and set to work.

"Right, let's all do this one first so we can work out how it all goes together."

"That pole's long and it should be short....no, longs go here not there....hang on, this one's a leg...who's got the toggles? We need more toggles! Basil...don't chew the toggles!!!..."

Finally, we worked out what bit went where and from then on what a slick, well-oiled machine we were. Following the instruction sheets we were soon gazing in awe at 3 magnificent erections and one not quite so magnificent one. "Ahem...I think we'd better start again with that one" Said someone.

.....We were soon gazing in awe at 4 magnificent erections.

Meanwhile, two intrepid explorers called David and Doug were out on the course putting out a myriad of signs. The portaloos arrived and not before time either, I can tell you ☺. That was it, the "race village" was all set up and ready for the event.

Fast forward to Sunday morning 7.15 and I was back at Station Yard with Jim and Sheila from DBMax who were already busy setting up all the timing equipment. Before I knew it Station Yard was a hive of activity, volunteers, marshals, even ridiculously early runners wanting to collect their numbers before we even had them ready.



Registration tent

It's all about the bling!

Getting close.....

3 hours flew by (helped by Sean Price's excellent commentary as always) and I suddenly realized how close the start time was getting but I had no fears, the team had all worked extremely hard and efficiently, we were ready and waiting and so were most of the runners.

11am came, the signal was given that the road was clear so the countdown began....10...9...8.....3...2....1....GO!!!



They were off, within seconds Station Yard went from buzzing to eerily quiet....and it was finally time for me to grab a very-welcomed cup of coffee and a bit of cake!

Sean gave us all a running commentary of who was crossing the 10k checkpoint then before long we got news that the lead car with the race clock onboard had been spotted leading the front runner back towards the finish.

David Hudson of BRJ run and Tri was first home in 1:13:04 followed not long after by AVR's very own Mike Rose in 1:16:05 which was a new PB, then Richard Hope of Victoria Park Harriers and Tower Hamlets AC who finished in 1:16:38.

The man who doesn't really need a PA system



Max looking more like Stavros Flatley than Usain Bolt



Jolene "Jazz-Hands" Farion



Chris and Carl

First back for the ladies was Liza Barry of CLC Striders in 1:28:40 followed by AVR's Bethan Francis in 1:34:53 then the amazing 67 year old Jenny Mills of Launceston Road Runners in an astonishing 1:35:22 which broke her own previous FV60 course record set in 2014 by 3 minutes and racked up a phenomenal WAVA score of 95%! Blind runner Chris Blackabee of Southend AC was guided round the course by Carl Tucker and they finished in a very impressive time of 1:45:22 which was a new PB for Chris.



"Strike a pose, there's nothing to it..."



Super Sweep Carrie Almeida having some fun



Shell Platten doing a bit of Highland Dancing

An incredible 51 Avon Valley Runners took part, many of whom gained new PBs and some who were new to the distance. The winning men's team from AVR comprised of Mike Rose, 1:16:05, David Warren, 1:22:20 (PB), Daniel Piper, 1:24:56 and Will Holland 1:30:17. The winning ladies' team, also from AVR, was made up of Bethan Francis, 1:34:53, Caroline Gale, 1:41:22 and Jolene Farion who achieved a new PB of 1:46:54.

AVR's rising star David Warren took the MV40 trophy and last year's chief marshal Tina Vivian (1:59:03) was awarded the FV60 prize. The 1st MV50 was Mike Dooley of Team Bath Athletics Club who finished in 1:21:16 which is also a new course record for that age group. Chippenham Harriers' Julia Maddocks was 1st FV40 with 1:38:00 and Sandra Mylchreest of Bitton Road Runners was 1st FV50 with 1:41:32.

306 runners crossed the finishing line with Stevie and Lesley Kidd who came all the way from Paisley in Renfrewshire being the last two home, crossing the line together in 2:47:04.

The runners dispersed, the take-down team assembled and the marquees were dismantled and packed away. The trailer was loaded and that was it, we were all done for another year. A huge thanks to everyone who did their bit to help the event take place, from the sponsors to the goody bag packers, the setup and take-down crews (and Basil the dog), the marshals and water station people, the sign putter outers and bringer inners, the goody bag and medal giver outers, the event timers, the site owners and last but definitely not least, the AVR half working group who make it all happen. Here's to the 2017 event!

(Tina Vivian collecting her FV60 prize)



ROAD RUNNING

Road Race Secretary
Helen Donald

Wiltshire Road Race League

The Wiltshire Road Race League is now completed for 2016. The races for the 2017 season will be announced soon. In 2017 there will be a reduction in races to 10, with your best 8 to score. The AVR Club championship will mirror the Wiltshire League.

FIXTURES

The 2017 Wiltshire Road Race League Fixtures have now been release:

1. Highworth 5 Sunday 19th March
2. Devizes Half Marathon Sunday 9th April **
3. Trowbridge 5km Sunday 7th May
4. Heddington 5k Series Tuesday June 13th / July 11th / Aug 8th
5. Broad Town 5 Saturday 17th June
6. Two Tunnels 10km Sunday 9th July
7. The Bustard 5 Wednesday 2nd August
8. Chippenham Half Sunday 10th September
9. Grittleton 10km Sunday 15th October **
10. Clock Change 10km Sunday 29th October

**Devizes Half Marathon will be the County Championship Race for Half Marathon

**Grittleton 10km will be the County Championship Race for 10km

AZTEC WEST FAST 5km

Bristol & West Running Club's monthly 5km race series seems to be going from strength to strength. It is seeing more & more AVR members making the 30 mile trip to Aztec West on a Tuesday night to face off against some of the regions fastest runners over the distance.

November's race had 10 AVR runners lining up alongside a field of 201 runners for the 3 laps of the 1 mile industrial estate loop. To give an idea of the quality of the field, 111 of them (over half the field) ran under 20 minutes. The temperature may have been -2 degrees C, but that didn't stop Ruth Barnes equaling her club record of 16:41 and finish as first Lady in the 2nd fastest time ever at the event. David Warren was first AVR male, running a great 18:05 just 2 days after smashing his Half Marathon PB at the AVR Half. Andrew Jefferies

CHRISTMAS PUDDING FOOD BANK

Bromham Pudding run took place on the 4th December (Full write up in December's newsletter), but I just had to share the great charity work some of our members do in the run up to Christmas. Sonia Ball & Shell Platten very kindly asked runners if they would donate their post Bromham puddings to the local food bank. Well, as you can see from the picture opposite, we had a huge number of puddings donated. Thanks AVR and Chippenham Harriers, donations of puddings were taken to ASDA and manager of Stone Bank. All your kindly donated "medals" have been donated to this worthwhile cause.



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. Youi 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).

OFF-ROAD RUNNING

GWENT XC LEAGUE - BRECON

Buoyed by the success of the 1st race in Bridgend in October, AVR headed to Brecon with a spring in their step in search of promotion in both the Men's & Ladies leagues. There was an impressive turn out for a race that was over 2 hours away with 12 men & 6 ladies.

The Men's AVR 'A' Team was made up of: Mike Towler 12th, Rich Ayling 23rd, Joby Hobbs 87th, Ian McKee 138th & P Dyer 160th. Robin-Mark Schols, Time Lowrie, Chris Brown, Andrew Jefferies, Martin Davies, Paul Thorne & Richard Newman also helped the 'B' & 'C' team secure points. The ladies 'A' team was made up of Leah Sartain in 38th, Kate Hail 44th, Jill Westwood 45, Fiona Kerr 81st & Zoe Yeomans 126. Mandie Bygrave also scored for the AVR 'B' Team.



All of this means that after 2 races of the Gwent league the Men sit comfortably at the top of Division 4 by 700 point ahead of White Rock Runners. The ladies are holding their own in Division 2 in 2nd place just 150 points behind Pont-y-Pwl & District Runners.

The next fixture is on the 3rd December in Bristol. This is our closest fixture to home, so it would be great to a large AVR turnout to run. If you are interested please contact Steve Williams at stwconsultancy@hotmail.com.

Fixture Dates and Venues:

Saturday 3 December 2016 - Blaise Castle, Bristol

Weekend 12 February 2017 – Newport

Weekend 4/5 March 2017 – TBA

WILTSHIRE OFFROAD LEAGUE - WICKSTEAD WANDER

Wickstead Wander is a great race held up in Wickstead, near Swindon. The course takes in part of a horse XC route, so runners end up running through water features and over small fences. At only 8km, it is a very accessible race for all levels of runner.

Unfortunately for AVR, the race clashed with our very own AVR Half Marathon, so we only had 2 runners take part in the run. Darren Wrintmore (pictured) & Sarah Jewers flew the AVR flag & helped the AVR 'A' team score 13 points overall. It means that we are now 3rd in the league behind Chippenham 'A' & Corsham 'A'.

Fear not!!! There are still 3 races left in the Wiltshire Off Road League, and the first of those is the Tri-Counties Championships at Bath Uni on Sunday 11th December. For some this may seem daunting because the word "Championship" makes it sound like it is only for elite athletes, but all levels are able to come and run. Remember that each of AVR's top 10 finishers will count towards the AVR 'A' & 'B' teams & after that anyone else that finishes is possibly taking points away from other teams, so everyone should feel like they can take part & give it a go.

Remaining Wiltshire Off-Road League Fixtures:

- Wiltshire XC Championships (Bath) – Sunday 11th December
- Lungbuster – Sunday 5th February 2017
- SMaRTT Smasher – Sunday 19th February 2017



AVR CLUB CHAMPIONSHIP

The last remaining fixture for the 2016 AVR club championship is:

- Full Montecute 10m – Sunday 6th December

Bath Hilly Half (AVR Race #19) (By David Warren)

As the name suggests, this turned out to be a tough race for the penultimate AVR Championship fixture of 2016. Not only is a half marathon distance a challenge in itself, but to add in a multi-terrain course with more than a few long and often steep hills made this a memorable race for the ten AVR runners that took part. There was however, one slightly more sensible AVR member who perhaps had inside knowledge of the race, as he entered the (ultra) 10k race instead - good thinking Ben Crook! It should also be highlighted that of the ten AVR runners that took part in the HM, just one was a female entry (Sarah Barker).



The organisers are Trionium who are renowned for their challenging events. The HQ was at Bath Racecourse & the weather was favourable, with a lovely clear & sunny day, ideal for taking in the fantastic panoramic views across the Bath basin, if you were able to take your eyes off the terrain just ahead of your feet.

One of the real challenges of the race was that for the half marathon, the course was two laps and having been round once, you knew what was coming the second time round. The common theme of feedback from those that took part was the sinking feeling of having to tackle the hills a second time. For

those fond of hilly races in this locality, the route took in part of Aspire's Kelstone 10k route, along with a good stretch of the Cotswold Relay Leg 10, which takes you down towards Weston Village in Bath. The course also included a hilly out and back section, which provided an opportunity to see the pained expressions on your team mates faces coming back up...actually I mean the chance to high5 & give some moral support to the other runners.

Other great aspects of the race included (and there were a few); singing the national anthem following the two minute silence, the organisers union jack short shorts, a very motivating 'Fool on the hill', great marshals and overall organisation, a carrot – bottle of beer and flapjack at the finish and finally, a nice memento T-Shirt with all entrants names on the back in addition to a medal that doubles as a bottle opener.

In terms of the AVR championship, Mike Rose (Pictured) came first AVR in 6th place overall, proving once again that he is a great all-rounder whilst affirming his big lead in the men's group. David Warren took second AVR in 12th & Gary MacAlister took third in 23rd. For the AVR ladies Sarah Barker took first place for the club in 154th place. It isn't very surprising that there weren't any half marathon PB's achieved!!

AVR Championship Standings (After 19 races)

Mike Rose (SEN)	21 points	(12 Races)	Sue Jeddi (V45)	38 points	(12 Races)
Gary MacAlister (SEN)	36 points	(12 Races)	Fiona Gibbs (V35)	39 points	(12 Races)
David Warren (V40)	38 points	(12 Races)	Adele Cooper (V45)	57 points	(12 Races)

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.



JAVR News

Editors Notes

The month of November saw the final race of the Junior Wiltshire Race League, as well as the 2nd fixture in the Gwent league. Pete has been away most of the month, so I've put in a few highlights and we'll get a more thorough run-down of all the junior success next month.

Gary MacAlister

JAVR 2k – Southwick Country Park

As with most of the best laid plans, sometimes they can blow up completely in your face. The Junior Wiltshire Race League has done a bit of that this season with some races having to cancel their junior side events due to a number of different reasons. In an attempt to get a complete set of races for the league, all the Junior clubs agreed to run for a 2nd time around the 2km JAVR race at Southwick on the last Saturday of November.

The league could not have been tighter with AVR & Chippenham Harriers both vying for that elusive winning trophy. The good news is that JAVR managed to retain their trophy for another year, thanks to some superb performances right across the age and gender ranges.



Niall Thorne won the Boys league, and Freya Buglass won the Girls. Ellie Isaacs also won the U17 girls title. There were also Bronze, Silver & Gold Country Medals to lots of out juniors.

Final results and league standings will follow next month. WELL DONE EVERYONE!

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

Aztec West Andrew Jefferies (20:23)

5Miles

Sutton Benger Bob Faller (46:51) Danielle Baxter (43:42)

10km

9Bar Chilly Andrew Jefferies (42:23) Leah Sartain (42:51)

Leeds Abbey Mike Towler (32:09)

Half Marathon

AVR Half David Warren (1:22:20) Sam Franklin (1:37:38)

Martin Davis (1:41:30) Jolene Farion (1:46:54)

Paul Thorne (1:50:04) Helen Davies (1:51:20)

Viv Morley (1:52:52) Mark Bygrave (2:07:04)

Claire Clift (2:12:31) Michelle Platten (2:15:13)

Toni Clark (2:35:43) Melanie Coupe (2:36:00)

Southwick parkrun

Jackie Hall x3 (34:57, 35:21, 35:36)

Joshua Thornex2 (23:42, 24:16) Alexis Harris x2 (32:28, 33:09)

Leah Sartain (20:36) Robert Warner (21:01)

Ben Vincent (21:41) Bethan Francis (21:52)

Mark Edwards (23:08) Michelle Gibbs (28:44)

Robert Sales (29:04) Toby Withers (31:04)

Nicola Poulter (31:35) Ian Tunks (32:28)

Kerry Sartain (33:27) Emma Day (33:29)

Deon Erlank (34:01) Lindsay Johnson (35:20)

Merja Stewart (40:09)

Other parkruns

Bath Skyline Jason Gunn (22:44)

AVR SOCIAL EVENTS

Avon Valley Runners – AGM



The club AGM will take place on Tuesday 3rd January at Trowbridge Rugby Club, starting at 8:30pm.

The AGM is a great opportunity for you as a member to come and see how the club is done, and in which directions we want the club to go. You're opinions are vital to the future running of this running club, so if you can please come along and support the committee.

AVR SUPERMOON RUN (Attempt 2!)

14th December @ 7pm

The Angel – Upton Scudmore.

After missing out on the elusive Super Moon last month, AVR are attempting a second go. Run led by Fiona Price, Sean Price, Ian Harryman, Denise Ellis, Gretchen Tucker, Mark Tucker + Others, so all paces catered for.

The run will be 4-6 miles. Refreshments after with a Xmas tippie. A less shy moon would be good but Fiona Price will pack a tortilla as a backup for photo shoot 😊

All abilities, AVR members + guests aged 16+. Must wear Hi viz and/or lights, must have head torch.



AVT TURBO SESSIONS

Turbo Wednesday! A great motivational hour, expertly led by [Mat Brett](#), of bike based training. The sessions are an hour long and follow a structured set of warm-up, effort periods/recovery periods with instruction and times given with a final cool down and stretch out time. Work at your own pace and level.

There are a couple of spare turbos available if anyone wants to give it a go.

Based at North Bradley Baptist Church from 7-8 pm, arrive a bit earlier to set up, £5 a session. Any questions, please ask on the AVT facebook page.

The Valley News – A very brief history in print (by Darren Wrintmore)

The first edition was hand typed by Honorary Secretary Ian “Stan” Farr in the Summer of 1986, Stan kept on typing for 16 quarterly editions until Summer 1990. Club Captain Tim Northwood took on the editorship and with the benefit of a word processor and ran the Newsletter for an impressive 67 editions from #17 in the Autumn of 1990 through to #84 in November 2006, though the final edition was removed from distribution by the then committee due to a number inflammatory remarks in the editorial. During this time from #73 in October 2004 the Valley News was accompanied by the Captains Corner colour supplement drafted by Darren Wrintmore with assistance from fellow Captains Susie Phillips and Tina Vivian.

January 2007 saw the new Honorary Secretary of Avon Valley Runners take the Editors chair making the Valley News a monthly publication and distributable on-line only. As part of Project Jubilee to celebrate 25-years of Avon Valley Runners all of the ‘legacy’ paper editions of the Newsletter were scanned and posted on the clubs website. Delivering 40 full colour editions Darren Wrintmore signed off with #125 in July 2011.

Richard Morgetroyd was press-ganged into the Editors job and brought a healthy sense of humour to 28 editions of the newsletter before retiring with #154 in December 2013, during this time the supplementary JAVR news was introduced with the first appearing with #149 in July 2013. New Year 2014 came as did another new editor in the shape of Ken Marshall and returning the newsletter to a quarterly edition, brought the club 13 editions before handing over to the current Editor, Gary MacAlister with #169 in the Summer of 2015 and is going strong with this his twelfth newsletter edition.



AVON VALLEY TRIATHLETES

DB MAX CHILLY DUATHLON

Female

Overall Pos	Race No	Name	Time
1	1139	Joanne JAGO	00:46:54
2	1203	Kate SYNGE	00:49:36
3	1061	Sarah KERSEWELL	00:51:23

The 9Bar Chilly - Nov
The 9Bar Chilly Duathlon
Team Results

3 members per team used to calculate result

Team type: Mixed Team

Team Name	Team Result	Pos	Time
BRISTOL & WEST AC	02:27:05	1	
AVON VALLEY TRIATHLETES	02:37:18	2	
NORTH BRISTOL TRIATHLON CLUB	02:43:28	3	

Overall Pos	Race No	Name	Time
4	1073	Richard PETERS	00:46:54
17	1167	John O'DWYER	00:49:36
27	1227	Charlie PANTLIJ	00:51:23
13	1175	Ben PSAILA	00:49:02
42	1214	Anna-Marie WATSON	00:53:13
59	1152	Gary MACALISTER	00:55:01
25	1148	Sean LEADBEATER	00:50:40
51	1105	Robert CONSTABLE	00:54:19
95	1154	Max MALPASS	00:58:28

One of the local season closing multisport events is the DBMax organised 9 Bar Chilly Duathlon at the famous Castle Combe race track. We have AVR represented in the 10km race earlier in the day and then 7 athletes in the Duathlon. Athletes were treated to cold & damp conditions, but the wind was fairly modest by Castle Combe standards. The race is a 2 mile run, 10 mile bike & 2 mile run.

Anna-Marie Watson continued her fine form with a 2nd place finish in the ladies race. Anna-Marie has been finish on the podium and winning races all summer long during the summer duathlon series. Her partner in crime Ben Psaila was 13th place, in an impressive sub 50minute performance.

As you can see from the picture opposite, AVT managed to finish 2nd place in the Mixed Team category with Gary MacAlister coming in 59th position to round out the top 3.

The father vs son race of Phil vs Dan Vale was won by Dan (the Son) by just over a minute. Ben Vincent & Fiona Johnston were the other AVT racers. Fiona enjoyed the race so much she even "accidentally" did an extra bike lap!

CIRENCESTER OFF-ROAD DUATHLON

Well done to Jason Gunn, who completed his first race for Avon Valley Triathletes at the Cirencester off road duathlon. As always it has been described as "a cracking event". Along with Martin Disney, Marcus Williams and his son and a few Frome Tri club ladies. Well done everyone top racing.

