

Avon Valley News

January 2017

Issue #181



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Hello,

Well there we go, Christmas 2016 has been & gone. We've eaten far too many mince pies, sipped one too many mulled wines and now starting to feel a bit guilty, heavy and unfit (or is that just me!)

The new year also brings new opportunities, new starts, new goals and challenges. This is an ideal time to pick a couple of target races for the year and work around those. For me, the AVR tour to Cyprus will be my first goal, trying to set a new PB for the Marathon. There are others targeting London Marathon or Imber Ultra. Some are looking to move up from 5km to 10km, or to get their parkrun down by another few seconds.

The great thing about this club is that all of these goals are achievable and the club caters for everybody of all abilities. Speed sessions, diesel runs and everything in between is there for you, all in your £20 a year membership! So, here's to a successful 2017, I'll see you out there soon!

Happy running!
Gary MacAlister

RUN ENGLAND GROUP OF THE YEAR

Volunteers in the South West region were recently presented with their England Athletics Volunteer Awards to recognise their achievements in a number of categories. Winners received their awards from members of the England Athletics South. AVR were delighted to win the category of Run England Group of the Year & Ian Isaacs picked up the award from Dave Cooke (Pictured). In a statement on the Run England Website, the article said:

Since the new running groups started at Trowbridge Rugby Club, the popularity of the scheme has increased exponentially. Each course sees more people come to it than the last, many because their friends or relatives had finished the previous course. Over the past 2 years the group has seen close to 500 runners come and try running for the first time and many remain to become new members of Avon Valley Runners.

AVR beginners' sessions has given a channel and outlet for those wishing to try, or are new to running. It understands the needs of many who can struggle week to week and encourages them to carry on. It gives a gentle start with others in the same position who feel more comfortable running with a group. It has not only built up strength in them, but also confidence to progress to the next step. Helping so many people in the area go from being non-runners to runners!

It is also a scheme that quite a few club members like to get involved in themselves and turn up every week to assist the core team of run leaders to help and encourage the beginners in their journey. Many go on to become run leaders themselves and give back to the club that helped them start.



AVR COMMITTEE

Here are you AVR committee members for 2017. They are all available on the attached email addresses, or grab any of us at training, races or other social events if you want to chat.



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Kay Crawford

COMMITTEE MEMBER



Lousie Fearon

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Jamie Morrison

MEMBERSHIP SECRETARY

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ROAD RUNNING

Road Race Secretary
Gary MacAlister

Wiltshire Road Race League

The Wiltshire Road Race League for 2017 starts in March with the Highworth 5. 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 released:

1. Highworth 5 Sunday 19th March
2. Devizes ½ 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

NEW ROAD RACE SECRETARY – 2017

Gary MacAlister

It was a bit of a surprise when AVR Chairman Warren Wade approached me at the end of 2016 asking me if I'd consider being the road race secretary. Helen Donald had been doing a good job previously with her email updates and getting people out to races. I have to be honest, I had to think twice. I already edit the newsletter, and looking back at 2016 I spent a lot more time off-road or multi-sporting than I did on the grey stuff. I did eventually cave in and accepted the role.

2016 was disappointing in that we lost our Wiltshire road race title to Chippenham Harriers for the first time in a long time. This was mainly down to the club having its own club championship in 2016 which did not support the Wiltshire leagues. In 2017 the AVR league is again aligned with the Wiltshire league so runners can now focus on just these races if they wish, and with the league being reduced to 10 races (from 12), it is making it more manageable for everyone to compete in enough races to score well.

My main target I have set myself is to win back that title from Chippenham. You may have already seen some events pages popping up on Facebook, and I will be chatting to as many of you as I can to try & get you coming to these races. Let's try and make yellow & green the prominent colour in all the league races in 2017.

In the back of this newsletter I have put some paper entry forms for those of you not keen on doing things on the computer. There are also entry forms for the 2 remaining off-road races as well in the Wiltshire Off-Road League.

If anyone wants to contact me about road running, about anything at all, then you can email roadrace@avonvalleyrunners.org.uk or send me a message through Facebook. I'm also going to try and get to all the road races in the league this year as a point of contact for you all. I can also sometimes be found at training on a Tuesday night at the rugby club. Feel free to come & chat anytime.

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).



BROMHAM PUDDING RUN (By Andy Stanley)

Having been asked to submit an article about the Bromham 10K, I thought it would be a good opportunity to pass on my first race experience to those of you who are also new to running. I have to admit to being a little unsettled the night before as I worried about where to park, what to do when you get there and will everyone be super-fast? Well in short there was no need to worry as it was all so easy. The organisation of the event was excellent, easy to follow and of course it was all made much easier by the presence of 58 other AVR runners and numerous supporters.

There was a broad range of abilities and expectations amongst the runners and it was intriguing to watch the different approaches to preparing for the race and willingness to step out into the freezing weather. The latter was the topic that was dominating the conversations, both in terms of was the course safe to run and for some, which of their 7 pairs of trainers should they wear! It was also clear that fashion does matter and I must try harder.....

With my nerves eased and advice from Fiona Price on what pace to run I was ready to go. We all lined up in the middle of a small residential cul-de-sac to start the race, which was to be honest a little uninspiring and very cramped. Nevertheless, it was time to start and we were off....no we weren't....confusion... eventually we get away. That cost me at least 15 minutes (I have quickly learnt to get the excuses in early). As advertised the course was flat and perfect for a first 10K. There were small groups of supporters around the course which grew into a crowd as we entered the village. A special thanks has to go to the AVR members who turned up to support and provide such great encouragement and advice like "stop smiling and waving and put some effort in" – harsh, but fair. All in all it was a fantastic experience that has enthused me to race again. Not least by seeing how well the AVR runners performed. There was so much success that I cannot list them all, but special mention must go to Ruth Barnes who was the first lady and 3rd overall; Mike rose, who was 3rd male; Joanne Mumford who was 1st V40 female; and Ellie Isaacs who was first junior with a PB.

I would also like to thank Fiona and Sean Price for organising an excellent post Bromham meal at the Milk Churn. Attended by 23 it was our first time to socialise and make new friends. Since joining the club Jenny and I have always had a warm welcome and we were once again made to feel part of the group, although I have been scarred for life by some ditties and photos. Now it may surprise some of you that Sean was on good form encouraging jokes, riddles and games of charades. Moreover, we had the now obligatory mannequin challenge. If you haven't seen it check out facebook as it only goes to show what oxygen depletion and alcohol can do to normally sane people. AVR more than just a running club.

AVR MEMBERSHIP 2017

The Entry Central website is now set up for you to renew your membership for 2017/18. The current membership year ends on 31st March 2017. To be eligible for club ballots (London, Brighton etc) you need to have a year's "continuous" membership, so it is advisable to get your renewals in before the deadline.

The membership year has moved to April to align itself with the EA registration year. If you are looking to be a competitive athlete looking to race regularly and in events such as Gwent League, then you will need the EA membership. This currently sits at £14 per year. This isn't compulsory, but the more EA members the club has, the more access we have to EA perks like ballot places, training courses and resources.

Normal club membership is £20
EA club membership is £34
Junior Membership £10

Visit the website here: <https://www.entrycentral.com/AVR17>



OFF-ROAD RUNNING

GWENT XC LEAGUE - BRISTOL

The Gwent League landed in Bristol in December for its only stop on English soil this season. Blaise Castle was the location, and plenty of AVR members made the short trip along the M4 (avoiding the Cribs Causeway shopping traffic) to help push AVR towards promotion in the Men's & Ladies leagues. 12 men & 6 ladies in total along with a good representation in the junior ranks as well.



The Men's AVR 'A' Team was made up of: Mike Towler, Rich Ayling, Pete Slade (Pictured), Joby Hobbs & Ian McKee. Gary MacAlister, Time Lowrie & Richard Newman also helped the 'B' team secure points. The ladies 'A' team was made up of Leah Sartain in 38th, Kate Hails 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 3 races of the Gwent league the Men sit comfortably at the top of Division 4 by 1200 point ahead of White Rock Runners. The ladies are holding their own in Division 2 in 2nd place just 48 points behind Pont-y-Pwl & District Runners.

The next fixture is on the 12th February in Newport. The men probably just need one more excellent performance to secure promotion to division 3 & the ladies need all the help they can to try & secure promotion to division 1. 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:

Sunday 12th February 2017 – Glebelands, Newport

Saturday 4th March 2017 – Pembrey Park (Nr Llanelli)

WILTSHIRE OFFROAD LEAGUE – TRI-COUNTIES XC (Bath)

Some of the best runners in the region headed to Bath University on the 11th December to take part in the Tri-Counties XC championships. This sees the county championships for Avon, Somerset & Wiltshire all held together. Runners were treated to some cool weather and cow pats, but the ground was fairly firm which led to some pretty fast racing across all the age categories from U11's to seniors.

For the Senior Men, Mike Towler was 5th Overall & 3rd in Wiltshire, earning him a County **Bronze Medal**. Gary MacAlister (49th/16th), Simon Morgan (60th/23rd), Robin Mark-Schols (61st/24th) & **Silver V50** Wiltshire Medal (Pictured), Phil Harding (73rd/31st) & **Gold V60** Wiltshire Medal, and Richard Newman (83rd/39th). Stuart Arguile was 76th, and 15th in Somerset.

For the ladies Diane Hier was 15th overall, 5th in Wiltshire & **V45 County Gold** Medalist, with Joanne Mumford finish just behind in 16th/6th to earn the **V45 County Silver**. Sue Jeddi (26th/12th), Judy Schols (27th/13th), and Rosemary Barber (29th/15th) **V55 County Bronze** Medal.

Remaining Wiltshire Off-Road League Fixtures:

Lungbuster – Sun 5th Feb 2017

SMARTT Smasher – Sun 19th Feb 2017



AVR CLUB CHAMPIONSHIP

FINAL AVR Championship Standings

Mike Rose	(SEN)	21 points	(12 Races)
David Warren	(V40)	32 points	(12 Races)
Gary MacAlister	(SEN)	36 points	(12 Races)
Fiona Gibbs	(V35)	34 points	(12 Races)
Sue Jeddi	(V45)	38 points	(12 Races)
Adele Cooper	(V45)	57 points	(12 Races)

The Full Monty Cute (AVR Race #20)

By Hayley Southgate

On Sunday 4th December, a beautifully crisp winter's day, Team Southgate (aka Rich and Hayley) attended the Full Monty-cute race at Stoke sub Hamdon which is on the other side of Yeovil just off the A303. I was slow off the mark to get into Bromham Pudding Run which sold out in 5hrs back in September and Richard had a last minute place by snapping up Sue Jeddi's entry which she had kindly donated as a prize for the AVR Track Auction.

The Full Monty-cute is organised by Crewkerne AC and has been going for over 20yrs. I've heard great things about it thanks to Denise Ellis and decided this was the year to give it a go. It was also the last race in our Club Championship so I was keen to gain some last minute points.

We weren't disappointed as despite a lot of 'head down - dig in' moments, the scenery around the 10.5 miles – 10 hills course was amaze-balls and there were some very enthusiastic marshals. Well one tiny disappointment for me was that despite the Race name, I didn't see any dancing, stripping off their kit Firemen doing 'The Full Monty' to the tunes of Tom Jones or Donna Summer. Not even a Borat costume to be seen anywhere?

About 17 of us turned out in our green and gold colours, more women AVR than men and looking back at previous year's statistics, our best turn out. (maybe I'm not the only Robert Carlisle/Hugo Spear fan??). More than half of our contingent were Full-Monty Virgins!!

First Avon Valley Runner over the line was David Warren, 16th place in 1:18:24 and our first lady was Jules Coulson, 1:38:44. No surprise to see David 'Mountain Goat' Griffiths at this race who has racked up a massive amount of miles through the year. There were no medals or t-shirts at this event but the very reasonable entry fee got us a generous sized Christmas pudding and a nicely engraved pint glass listing Crewkerne AC's annual races. This got promptly filled with "Zider" at the Prince of Wales pub conveniently placed right next door to the race HQ for a handy lunch.

One final note – the Team prize went to AVR!!! ☺ However before you break into a round of applause, the award was for AXE VALLEY RUNNERS. This serves as a good reminder not to abbreviate on an entry form & that you need to use our full glorious name of AVON VALLEY RUNNERS. Otherwise the points & prizes could go elsewhere and can be a headache for the organizers. Happy New Year to all my fellow runners old and new and let's see lots of you out there competing and supporting the Club in 2017 and showing that your training can pay off.

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

For the final edition of the year, I thought I would look back on the 2016 Junior Wiltshire Road Race League and how JAVR were victorious for a third year running. It is fair to say that Chippenham Harriers Youth pushed us hard all year and it was a much closer fought battle than in previous years. A huge congratulations to all the junior runners who took part in the races and supported the other runners. 2017 promises to be another tight battle. Enjoy!

Pete Slade

Pictured Right: JAVE Collecting the 2016 Trophy at the final race of the season (Southwick Country Park, Nov 2016)



2016 Wiltshire Juniors Race League Format:

This is an annual series of 'races' for all runners from clubs affiliated to Wiltshire Athletic Association with the goal of promoting junior running within the county and raising the profile of Wiltshire clubs and athletes. The League will be structured into a single division and will run from March to October, with all races selected being in the same calendar year.

Points shall be scored by teams according to the finishing positions of the first three male athletes and first three female athletes belonging to the same Wiltshire affiliated club, with the points being determined by the overall position of the runners against those of other Wiltshire Athletic Association affiliated club athletes of the same sex with 100 points being awarded to the first and counting down thereafter.

An award shall be made to the club with the highest scoring team in the First Division of The League. An award shall also be made to the highest scoring Boys and Girls within The League in the U11, U13, U15 & U17 age categories. There will also be county achievement medals on offer to those athletes reaching target scoring levels: Bronze = 360-479, Silver = 480-539 and Gold = 540+ with the best six performances out of the available eight races to count.

- #1 Junior Wiltshire Scramble
- #2 Devizes Half Fun Run
- #3 The May Mile
- #4 Chippenham Harriers Family Fun Run
- #5 Junior Avon Valley Runners 2k
- #6 Stonar Stampede 2K
- #7 Clock Change Challenge Fun Run
- #8 Junior Avon Valley Runners 2k

Race #1 – Junior Wiltshire Scramble, Spirthill - Calne, 6th March 2016

A cold and overcast day greeted our Junior runners as they began their defence of the Wiltshire road race league with a strong showing at the first fixture in 2016, the Wiltshire Scramble 2K fun run—with the club picking up maximum points.

A total of 49 runners took part in the race, with 13 of them being JAVR. A good showing also from Chippenham Harriers youth. We had 6 AVR finishers in the top ten, with Niall Thorne (pictured bottom left), heading the field and winning the race overall in a time for 7 mins 40 secs. James Pickford was a close second in a time of 7 mins and 57 secs.



Freya Buglass was 1st Girl home and 3rd overall in a time of 8 mins 24 secs.

Several of our runners had ran the day before in the Gwent Cross Country fixture, so a very well done to them for racing 2 days on the trot!

Race #2 – Devizes Half Fun Run - Devizes, 10th April 2016

62 runners lined up for the Devizes 1.5K fun run on Sunday 10th April. Within that field we had 20 runners representing JAVR. It turned out to be a quick race with lots of close finishes. Niall Thorne was the eventual winner, crossing the finish line in 5 mins 2 seconds, James Pickford kept up the pressure all the way and finished just 4 seconds behind Niall. A close scrap between Callum Withers, and Rob Warner, meant they finished with an equal time and finished 4th and 5th place respectively.

Individual standings after 2 races, saw Niall Thorne leading the boys championship with a maximum 200 points from 200, James Pickford was second with 198 points—with 2 second place finishes. In the girls standings, Orli Cranston was the leading JAVR runner in 2nd place with 197 points out of 200, followed by Lottie Brown in 3rd place.



League standings after this race saw JAVR at the top of the pile with a total points tally of 40, with Chippenham Harriers in 2nd place with 38.



Race #3 – The May Mile, Chippenham , 15th May 2016

Race 3 in this years Road race league took us to the May Mile. Several of our Juniors had taken part in the Athletics championships the day before, so there were some tired legs out there.

In the under 9's race, both Clara Harding and Ben MacAlister were running for AVR—A special mention to Ben, who despite having hot tea spilt down his back prior to the race, he still went out an ran - courageous stuff Ben!

For the Under 11's race, we had 3 top 10 finishers—Jack Webb in 2nd place, Dylan Neale in 5th place and Callum Slade in 9th place.

They were closely followed by Benjamin Hails, Lottie Brown, Elliott Firkins and Harvey Payne

It was a clean sweep of wins in the Under 13's races as Freya Buglass won the girls race, coming home in under 6 minutes,. In the Boys race, James Pickford took the win with a strong run and finishing clear with a 14 second gap to second place.

In both the races, there were also strong showings for: Orli Cranston, 2nd place and Sophie Moore—6th place. In a very competitive Under 15's Boys Category— we saw two JAVR top ten finishers in Louis Messer, (5th) and Callum Withers (7th) Finally, in the Under 17's—Niall Thorne was first Boy and first overall in a speedy 5 mins 19 secs. Ellie Isaacs was first girl, repeating her victory from last year.



Race #4 – Chippenham Harriers Family Fun Run, Chippenham , 5th June 2016

With Chippenham Harriers Youth hot on the tails of JAVR in the league championship, a strong contingent of Juniors were needed in the 4th league event of the year, and JAVR didn't disappoint with a total of 23 runners representing the club!

With Chippenham fielding 18 runners, it was always going to be a close battle! A total of 87 runners took part in this well organised 1 mile run around Chippenham Rugby pitch.



In the boys categories, Niall Thorne finished 2nd place overall, with Jack Webb in 4th (picking up the Boys Under 11 category win). For the girls, Freya Buglass was first overall girl home in 5 mins 55 secs, Sophie Moore was 2nd girl, Orli Cranston 4th, and Lottie Brown was 6th girl overall and winner of the G I I's Trophy.



Left: Dan Wood winning the U13 boys race.

Right: (L-R) Freya Buglass, Sophie Moore, Lottie Brown & Orli Cranston



Race #5 – JAVR 2km, Southwick , 25th June 2016

The 6th JAVR 2K also played host to the 5th fixture in the Wiltshire Road Race League. 70 runners took part in the event, with JAVR making up nearly half of the field! The good conditions brought some fast times with the following athletes getting PB's:

Max Davis, Niall Thorne, Orli Cranston, Lottie Brown, Leo Harris, Dylan Neale, Kian Saggars, Elliott Firkin, Ethan Bolter, Thomas Dudman, Ellie Isaacs, Toby Withers, Arthur Gage, Ben MacAlister, Reuben Kjaer, Chloe Graham.

In the Boys Category, Max Davis and Niall Thorne were 1st and 3rd boy home respectively. In the Girls Category, Freya Buglass was 1st girl to finish, closely followed by Orli Cranston, who was just 4 seconds behind Freya.



Race #6 – Stonar Stampede, Atworth , 2nd October 2016

12 JAVR runners took part in the Stonar Stampede - It was a great event, welcoming runners to compete in a 2K cross-country event. The cross country route was an undulating track around Stonar's grounds including playing fields, pastures and track.

In the U11 boys category, Dylan Neale was first JAVR runner home and 3rd boy overall. He was closely followed by Harvey Payne (4th), Daniel Lewis (5th) and Ben MacAlister (7th). In the U11 girls category, Lottie Brown was our sole representative finishing in an impressive 2nd place overall.



In the U13 boys category, Dan Wood finished 2nd overall, followed by Ben Hails in 3rd. For the girls, Freya Buglass won the U13's girls category, finishing 16 seconds ahead of the next runner.

In the U15's category, Jordan Bygrave was the only JAVR runner finishing in 4th. Max Davis and Niall Thorne made it a one, two respectively in the U17's Boys race—they also took part in the Senior 5K race!

Race #7 – Clock Change Challenge, Calne , 30th October 2016

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).

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, finishing 2nd, 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.

Race #8 – JAVR 2km, Southwick , 26th November 2016

The 8th and final Wiltshire road race league fixture meant a return to the JAVR 2K for the second time in the season. A total of 32 runners represented JAVR for this fixture, with an overall field of 66 runners.

The occasion brought out the best in our runners, with no less than 7 course PB's set! (Ben Hails, Dan Wood, Dylan Neale, Callum Slade, Ethan Bolter, Harvey Payne and Karlo Marshall.

In the girls category, Orli Cranston was 11th overall and 3rd girl to finish. Izzy Stapleton was the 2nd JAVR girl home in a time of 8 mins 16 secs. Good runs also for Jasmine Martin, Mildred Glover and Lottie Jerram.

For the boys, it was a tight race, with Ben Hails, Dan Wood and Dylan Neale all running under 8 minutes. Toby Withers had a strong run finishing in a time of 8 mins 15 secs and was 25th overall. This was enough for JAVR to clinch the title!

For the Boys, a total of 37 runners represented JAVR throughout the road race season, with Niall Throne, the only boy to take part in all 8 races—a super effort! His performances within those were good enough to earn him the Gold medal and the U17's title.

The Gold medal winners also included, Callum Withers, who finished 5th overall and Dan Wood - who also did a great job to win the U13's boys title. Silver awards went to Ben Hails, Dylan Neale, Callum Slade, Elliot Firkins, Luke Slade and Harvey Payne. Bronze Awards were awarded to James Pickford, Ben MacAlister, Toby Withers, Ethan Bolter and Jack Webb.

For the girls, Lottie Brown was the overall winner for the U11's category. She collected the Gold medal and also was the only girl in the whole league to take part in all 8 races!

Freya Buglass also earned the gold medal and was the overall highest points scorer in the league and won the U13's category. Orli Cranston finished 2nd overall, just 6 points behind Freya and also collected a gold medal. Ellie Isaacs was crowned U17's winner and she too won the gold medal.

A total of 18 girls represented the club in the league.

Position	Team Name	Male Score	Female Score	Total Score	Points
1	Avon Valley Runners - A	2331	2324	4655	157
2	Chippenham Harriers - A	2322	2189	4511	155
3	Avon Valley Runners - B	2192	1435	3627	141
4	Chippenham Harriers - B	1842	1492	3334	135
5	Frome Running Club - A	399	984	1383	103
6	Team Bath AC - A	712	674	1386	103
7	Highworth Running Club - A	496	1152	1648	97
8	Moonrakers AC - A	600	0	600	64
9	Caine Running Club - A	73	255	328	28
10	Lavington Athletics - A	180	85	265	26
11	Saint Marys Sports - A	278	0	278	25
12	Caine SMARTT - A	142	80	222	14
13	Wootton Bassett Hounds - A	0	81	0	13
14	Corsham Running Club - A	93	0	93	11
15	MADJA - A	0	88	88	11
16	Sinn Alstars - A	0	0	0	0
17	Swindon Harriers - A	0	0	0	0
18	Devizes Running Club - A	0	0	0	0
19	City of Salisbury A&RC - A	0	0	0	0



Well done and a big thanks to all the parents, helpers, coaching staff and committee members, and the organisers.

See you in 2017!

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

None

5Miles

None

10km

<u>Bromham</u>	Benjamin Crook	(45:33)	Caroline Tassell	(49:52)
	Judy Schols	(52:36)	Alexis Harris	(1:07:52)
	Sonia Bundy	(1:08:01)	Lisa Rockliffe	(1:09:42)

10Miles

None

Half Marathon

None

Southwick parkrun

Rebecca Millard x3	(30:17, 30:36, 31:15)		
Mike Rose x2	(16:59, 17:03)	Marek Miszta x2	(21:12, 21:34)
Teresa Edwards x2	(28:53, 28:59)	Carole Alston x2	(31:15, 32:31)
Simon Morgan	(18:55)	Bethan Francis	(20:41)
Ben Vincent	(21:11)	Carly Hodgson	(21:40)
Mark Edwards	(22:53)	Alan Tate	(23:23)
Anna Spiers	(23:26)	Paul Manuel	(25:23)
Mandie Bygrave	(25:33)	Helen Davies	(26:06)
Robert Sales	(28:38)	Ian Tunks	(31:03)
Alexis Harris	(32:18)	Mildred Glover	(33:41)
Jackie Hall	(34:51)	Liz Playfoot	(37:45)
Merja Stewart	(38:50)	Joanna Fox	(38:54)

Other parkruns

<u>Albert parkrun</u>	Melanie Ward-Nicholls	(23:14)
<u>Bath Skyline</u>	Jason Gunn	(22:44)
<u>Chippenham</u>	Michael Guy	(28:24)
<u>Killerton</u>	David Warren	(19:25)
<u>Plymvalley</u>	Frank Lamerton	(23:43)
<u>Tamar Trails</u>	Hayley Southgate	(27:01)
<u>Weymouth</u>	Andrew Jefferies	(21:32)

AVR AWARDS NIGHT

20th January 2017

Trowbridge Rugby Club – 7:30pm

Cost is £15 per person

AVR Members & Partners are invited!

Tickets can be bought at:

<https://www.entrycentral.com/AVRPresentationNight>



Please come along to celebrate the achievements of our athletes at the 2016 Awards Night. Food will be provided by the Rugby club, and the awards will be followed by a disco.

Prizes will be awarded to:

- Outstanding Male & Female (Senior, Vet 40, Vet 50 & Vet 60+)
- Most Improved Male & Female
- The Bomb (For going above & beyond the call of duty for AVR)
- The Goofy (For gaffs whilst attending AVR events)
- The Grape Blister (For the best injury competing for AVR)
- The Tony Bartlett Perseverance Award
- Best Beginner
- Broken Compass Award (For best example of getting lost whilst representing AVR)
- Plus all the performance awards for AVR Race League, AVR Championship (Best 5km, 10km & Half Marathon), Fastest Marathon (Male & Female), WAVA League, How Farr for AVR.
- AVT Championship Awards (Male & Female), plus How Farr for AVT
- AVR Fringe Awards



SO BOOK YOUR TICKETS TODAY, AND COME TO CELEBRATE THE BEST AVR HAS TO OFFER!

JUNIOR AVR AWARDS

Not to be outdone by the Adults, the juniors have their own awards ceremony. This year it will be held at the Steeple Ashton Village Hall and food and drink will be provided for all juniors in attendance, supplied by Priceworld Catering.

Sunday 22nd January 2017

2:00pm - 4:30pm

Tickets are priced at £4.00 per junior.

Parents and supporters are welcome to attend free of charge, to support our juniors and join in the celebration of the years achievements. Drinks will be available.

Visit the JAVR facebook page for more info, or visit <https://www.entrycentral.com/JAVR-Awards>

AVON VALLEY TRIATHLETES

2017 AVR RACES

AVT is looking to secure some large entries at 2 of the best local Triathlons in 2017. The Hot Chilli Tri in Trowbridge & the Westonbirt Sprint Triathlon.

Please visit the AVT facebook page to enter your details so that Jay Sims can arrange bookings & payments.

BIG T TRIATHLON

Hot Chilli Tri are running the 4th Big T Triathlon on the 1st May 2017.

It starts at Trowbridge Sports Centre. There are 2 distances:

- Sprint (400m / 25km / 5km)
- Enduro (600m / 48km / 10km)

Transition opens at 06:30am, and the first wave gets underway at 7:15am for the Enduro & 08:50 for the Sprint.

The pool swim is at Trowbridge pool



WESTONBIRT TRIATHLON

The DB Max organised Westonbirt Sprint Triathlon has sold out year on year since 2011 and has fast become the “must do” sprint Triathlon in the South West.

The race takes place on Bank Holiday Monday 30th May in the famous South Gloucestershire village and will again see the stunning transition & finish layout in front of the famous

Westonbirt House. AVR is looking to have its own start wave for this event.

The event swim takes place within the grounds of the beautiful Westonbirt Girls School at the Westonbirt Leisure Centre. The swim is in the heated indoor pool, with the bike a fast, flat course, which passes the world famous Westonbirt Arboretum and the Royal Residence of Highgrove. The final run takes place through the school grounds and into Westonbirt Village. Definitely one of the most beautiful locations around for a triathlon, making this a must-do event.



NEW YEARS DAY – PARKRUN DOUBLE

Well done to the 21 AVR runners that took on the New Years Day double parkrun at Southwick & then Chippenham. It has now become tradition for these 2 parkruns to run at staggered starts to allow runners to have a go at both. It is the only time in the year that you are allowed to run 2 parkruns in a day. There are even some eager athletes that cycle between the two events, although the weather this year was very wet & not a pleasant cycling experience.

Southwick parkrun

Mike Towler was first across the line in a new CPB of 16:08, and Dominic Beddis was 2nd in 17:52. Diane Hier was 3rd lady overall in 21:22. There were also CPB's for Lola Harris, Sharon Cleverly & Lisa Carter. 44 AVR runners took part in total.

Chippenham parkrun

There were 32 AVR that took part in Chippenham, starting at the later time of 10:30am. 19 of these runners had already completed at Southwick. Also, Paul Warner & Sean Price had been volunteers at Southwick first, and then ran at Chippenham. Mike Towler made it a double first finishing in 17:04, and there were CPB's for Gary MacAlister, Leo Harris & Bob Faller.

Well done to the following for completing the double:

Mike Towler, Gary MacAlister, Robin-Mark Schols, Ben Vincent, Dale Ingram, Andrew Sharratt, Erica Harris, Leo Harris, Alan Tate, Darren Harris, Sharon Cleverly, Paul Manuel, Michael Guy, Lisa Carter, Bob Faller, Elizabeth Morris, Michelle Gibbs, Sonia Bundy, Alexis Harris.



Laura Oatley & Justine MacAlister enjoying Southwick woods.



Sean Price powering home at Chippenham

ENTRY FORM



HIGHWORTH RUNNING CLUB 32nd ANNUAL RACE

THE HIGHWORTH 5 MILE

Start and Finish at Warneford School,
Shrivenham Road, Highworth, SN6 7BZ

Sunday 19th March 2017 11.00am

UK Athletics Licence 2017 – 23476

RACE 1 of The Wiltshire Road Race League



08.09



BARR certificate No.323

COURSE Mens – 2000 Mark Flint (Birchfield Harriers) 24:44
RECORDS Ladies – 2006 Wendy Jones (Cirencester AC) 27:03

- Quality memento to all finishers given out on race day
- Trophies 1st to 3rd Place Overall Men and Ladies
1st Place Vet Over 40 Men, Over 35 Ladies
1st Place S Vet Over 50 Men, Over 45 Ladies
1st Place U Vet Over 60 Men, Over 55 Ladies
1st Place Team (first 3 home to count)
1st Highworth Resident Men and Ladies
- Postal entries close on 17th March 2017
- Online entries close on 18th March 2017
- Entries on race day will be accepted if limit not already reached
- Results available on the internet as soon as possible afterwards at www.highworthrunningclub.co.uk
- iPods/MP3s are banned
- No refunds given
- Baggage area
- Refreshments on sale on the day
- Runners must be aged 15 or over
- Course NOT suitable for dogs, prams or wheelchairs
- Highworth Running Club supports local running store Run Swindon

Run Swindon
Swindon's 'ONLY RUNNING' Store
Tel:01793 522100 www.runswindon.co.uk

ENTRY FEE: **Affiliated £10 / Unaffiliated £12**
CHEQUES MADE PAYABLE TO: **HIGHWORTH RUNNING CLUB**
£2 EXTRA FOR ENTRIES ON RACE DAY

First Name: _____ Surname: _____

Address: _____

Postcode: _____

Age on race day: _____ Sex (male/female): _____

Email: _____

E.A. No. (if applicable) _____ UKA Affiliated Club: _____

Any illnesses such as Asthma/Diabetes you would like us to know about: _____

A signed entry form will be considered declaration that you will run entirely at your own risk, and that the organisers will not be responsible for any injuries sustained by you or others, or for any property lost in the changing areas or on the course.

Signed: _____ Date: _____

CHEQUES MADE PAYABLE TO: **HIGHWORTH RUNNING CLUB**

Please send your entry form and payment to:
Highworth 5 Mile, 53 Cob Hill, Purton, Wiltshire SN5 4FR

Race numbers to be collected on the day of the race.



Calne SMaRTT



Running & Tri Team

www.calnesmartt.co.uk (all enquiries to smasher@calnesmartt.co.uk)



Presents

"The SMaRTT Smasher" 10k Run & 1 Mile Fun Run

Race 8 in the Wiltshire off road race league

Sunday 19th February 2017



Run under UKA rules and race licence

Starts and finishes at Calne Town Hall

Fun Run – 10:15am - Main start – 11.00am



The course is a flat multi-terrain 10k along the picturesque national cycle network

All 10k finishers will receive a Medal

Note: Minimum age for 10k is 15

Both events will be accurately Chip Timed.

All fun runners to receive a medal

Homemade cakes, teas & coffees available after the race in the Town Hall

Ample car parking near to the start + Toilets and Bag Drop at the Race HQ



Please tear off and return

It is recommended that you register in advance as spaces will be limited

OFFICIAL ENTRY FORM – Online entries at www.entrycentral.com

Please circle:	10k	Fun Run
Full Name:		
Address: (including postcode)		
Age on race day:	Contact No.:	Male / Female (please circle)
Email Address:		
Affiliated Club:		EA Licence No:
Category: (please circle)	England Athletics Affiliated	Non-Affiliated
10k:	£11.00	£13.00
Entries on day:	£15.00	£17.00
Fun Run (under 15's):	£3.00	
School Name:		

Please return your completed entry form and race fee to: Entries Organiser, 1 Godsell Cottages Foxham, Chippenham, SN15 4NL. Closing date (postal entries) Friday 10th February 2017. Cheques payable to "Calne SMaRTT".

Registration for on the day entries will take place in Calne Town Hall from 9am. No numbers will be sent via post, all numbers are to be collected on the day.

Declaration: I declare to the best of my knowledge that I am fit to participate in this race. I agree to abide by the UKA rules and declare that I will compete on foot at my own risk and that the organisers will in no way be held responsible for any injury, illness or accident to persons or loss of property resulting from my participation in this event.

Signature: Date:

Data Protection: The information will be processed electronically and used for administration and Health & Safety purposes. Name and finish times may be sent to result services. Please tick if you do not wish such information to be disclosed.



BE PART OF THE CURE

THE LUNGBUSTER

SUNDAY 5th February 2017 at 10.30am

A 9 mile cross country race in a rural location, run on private land
Race No 6 in the 2015/2016 Wiltshire Off Road Race League

Race headquarters, Village Hall, Yew Tree Lane Broad Hinton Swindon, Wiltshire SN4 9RH
Race HQ open from 9am

Start, finish and parking are a few minutes walk from the Village Hall
Refreshments, homemade cakes and toilets available

Entry £10 (Affiliated) £12 (Non Affiliated)

For postal entries - cheques payable to Royal Wootton Bassett Hounds Running Club
On line at Runners World (£1.50 surcharge) or via link on our Website
www.royalwoottonbassetthounds.co.uk

Numbers to be collected on Race Day
On the day entries £3.00 extra (if race not full), cash only

Medal Categories: First 3 Male and Female. Team: Top 3 Male & Female.
Finishers Medals for all Runners. Prize giving at 1pm



All profits will be donated to Breast Cancer Campaign
Results on Web Site - ASAP

THE LUNGBUSTER

Surname: First name: Age on 05/02/2017

Address: Male Female

Postcode: Affiliated Running Club:

Email: Tel No:

Disclaimer

You enter the race at your own risk and the organisers will not be responsible for any injuries or loss of property at any time. In the event of cancellation due to reasons outside the organisers' control, refunds will not be possible.

Signature

Please send your completed entry form by 31st Jan 2017 with, entry fee to:

LUNGBUSTER:

Rob Davies, 3 Saxton Walk, Shaw, Swindon SN5 5QS

www.royalwoottonbassetthounds.co.uk