

# THE VALLEY NEWS



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## Dates for your diary

- **Committee meeting** – Tuesday 5<sup>th</sup> July at 20:30pm at TRFC. If you have any points for discussion or would like to attend, please email [secretary@avonvalleyrunners.org.uk](mailto:secretary@avonvalleyrunners.org.uk).
- **Track Championships** – Wednesday 6<sup>th</sup> July at Bath Uni. Open to adults and youth runners. FREE to all members.
- **AVR Relay** – 9<sup>th</sup> July - 17 miles pass-the-baton relay. [Online entries here.](#)
- **Westbury 5k** – Tuesday 12<sup>th</sup> July [Online entries here.](#)

## New Club Records

Another flurry of club records have been broken recently. Congratulations to:

- **Robin-Mark Schols** (pictured right) for breaking the V60 5k time at Westbury in June in 20:06;
- **Diane Hier** who broke the FV60 5k at the South West PB series in June in a time of 21:11. She also broke the FV60 half marathon record at the Hullavington Half in a time of 1:39:11;
- and **Jackie Rockliffe** for breaking the FV50 5km record at Westbury in May in a time of 18:16. She also broke the FV50 half marathon record at the Hullavington Half in a time of 1:25:39.



## PB WALL OF FAME

Send in your personal bests to [results@avonvalleyrunners.org.uk](mailto:results@avonvalleyrunners.org.uk) for inclusion on the Wall of Fame.

### Highworth 5 miles

Tim Burrell 31:47

### Bath Charities Half Marathon

Martin Russam 2:01:32

Send any news, articles or achievements to [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk).

Also check the closed Facebook page for regular news as well as emails straight into your inbox.

# AVR Results

Avon Valley Runners results 2022 are live on the club website [here](#). Please email your results for inclusion to [results@avonvalleyrunners.org.uk](mailto:results@avonvalleyrunners.org.uk). When submitting results, please include the following information:

- Race Date
- Race Name
  - Distance
  - Finish Time
  - Position
- Category Positions
  - Prizes
- Link to the official results
  - Personal Bests
  - Club Records

**Thank you - The Results Team**

# Col's Top Shop

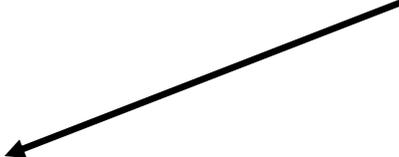
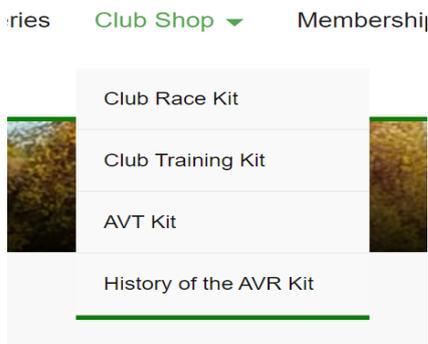
Any race kit can be bought from **Colin** the kit manager including the main items shown below but also jackets and hats with head torches built-in.

Drop him a line on [kit@avonvalleyrunners.org.uk](mailto:kit@avonvalleyrunners.org.uk) to arrange collection. You can now pay by card too.

Race T-Shirts are £21 whilst Race Vests and Ladies Crop Tops are £20.



All kit information can be viewed on the website [here](#).



## AVR Events

### Westbury 5k series

The final edition of this event is on the **12<sup>th</sup> July**. Entries can be purchased [here](#) and offers to volunteer can be sent directly to Andrew at [Basil123andrew@gmail.com](mailto:Basil123andrew@gmail.com).



### The AVR Relay

**SATURDAY 9<sup>TH</sup> JULY 2022**

This is an open event but is free to all AVR teams and solo runners. Email Holly Newman on [hollyjeannevman@hotmail.co.uk](mailto:hollyjeannevman@hotmail.co.uk) for a discount code to use on Entry Central.

Sign-ups are online [here](#).

More information about each leg can be found [here](#).

Facebook page for the event is [here](#).

### AVR Wiltshire Half Marathon

The date of this year's event is now in the diary. Entries available [here](#).

november 27th 2022

WILTSHIRE  
HALF MARATHON

10 YEAR ANNIVERSARY



entries now open!!



After three years we are delighted to announce the return of...



## The Avon Valley Relay!

Saturday 9th July 2022

The AVR Relay is a scenic and supportive team relay event covering 17 miles in four self-navigated stages and open to all abilities. Join us as we host the first AVR Relay since the COVID-19 pandemic!

Start Time: 1pm at Bradford on Avon Rugby Club.

Prizes to: 1st Male Team, 1st Female Team, 1st Junior Team, 1st Open Team, 1st Mixed Team, 1st Solo Runner, best team name and best team photo.

Enter via Entry Central (<https://www.entrycentral.com/AVRRelay2022>). Entries £24 or £30 on the day.  
For more information visit our Facebook event page 'Avon Valley Relay 2022'.

See you there!




# AVR Off-Road league 2021/22



This year (January to December) the AVR Off-Road League will be returning to the format promised for 2020, keeping the Wiltshire League and the Gwent league events. There will eventually be 20 races from which to choose including all of the WORL races for 2022 and all the Gwent League races for 2022, plus other events which may include some races further afield to add variety to the choice. Only your best eight races will count for the championship.

The first AVR runner will get 1 point, the 2nd will get 2 points and so on until all runners are accounted for. Non-runners will get five points more than the number of points of the last runner of the highest attended race. The winner will be the runner with the **least** points. Since only the best 8 races for each runner will count, you don't have to run every race however, if there is a tie for the winners then the 9<sup>th</sup> and 10<sup>th</sup> races will be taken into consideration until a winner is established.

## AVR Offroad league races 2022 so far:

1. ~~Sunday 16<sup>th</sup> January – Slaughterford 9~~
2. ~~Sunday 6<sup>th</sup> February – Lungbuster~~
3. ~~Sunday 13<sup>th</sup> February – SMaRTT Smasher~~
4. ~~Saturday 19<sup>th</sup> February – Gwent League at Blaise Castle~~
5. ~~Sunday 27<sup>th</sup> February – Terminator~~
6. ~~Saturday 19<sup>th</sup> March – Gwent League at Singleton Park, Swansea~~
7. ~~Sunday 4<sup>th</sup> April – Hanham Horror~~
8. ~~Monday 2<sup>nd</sup> May – Sutton Veny~~
9. ~~Saturday 21<sup>st</sup> May – Bristol 3 Peaks~~
10. ~~Wednesday 22<sup>nd</sup> June – Chippenham Longest Day 10k~~

**Sutton Veny 10k** – In the last issue, I incorrectly stated that this race had been cancelled. Congratulations to those who took part: **Peter Veleski, Peter Campbell, Pauline Bradley** and **Tommy Davies**.

Person	Running
Peter Veleski	00:41:41
Peter Campbell	00:56:56
Pauline Bradley	00:57:32
Tommy Davies	00:45:54

## **The Chippenham Longest Day 10k**

15 members took part in this race in a very hot evening in Chippenham. **Geoff Goodway** was the first AVR male runner across the line in 41:01:56 and **Diane Hier** was the first AVR lady in 47:18:57. Diane also topped the VF60 age category!



Three new races have been confirmed in the AVR off-road league with more to come before the end of the year.

**Hazelbury Hurrah!** – Friday 15th July @ 7:15PM - All finishers will receive a beer and pie (pork pie or vegetarian option). The race is just under 10k in length and is for runners of all abilities.

**Bowerhill Bomber** (Summer) 31st July 10K - A very local race taking place in and around Bowerhill, Melksham. A mixed terrain of country roads, fields, canal path and some road. An enjoyable route and suitable for any runners including those new to off-road.

**Hilly Helmet** - 10th August - 7pm (approx 7k) - Just as the name suggests, there's a bit of an incline and a decline too and you must wear a helmet (or head gear of your own design). A race in its 6th year raising funds for Brain Tumour Support. Starts and ends at Leighton Sports Centre in Westbury.

## AVR and Wiltshire Road Race league

This year, AVR's league will follow the same races as the Wiltshire Road Race League. There are 8 races to choose from with your best 6 to score.

1. ~~27<sup>th</sup> March – Calne Clock Change 10k~~
2. ~~10<sup>th</sup> April – Highworth 5 mile~~
3. ~~15<sup>th</sup> May – Hullavington Half Marathon~~
4. ~~26<sup>th</sup> June – Lacock 10k~~
5. 21<sup>st</sup> June/19<sup>th</sup> July/16<sup>th</sup> August – Heddington 5k race series (best time from the 3 to count)
6. 21<sup>st</sup> August – Compton Bassett 5 mile
7. 3<sup>rd</sup> September – Malmsbury 10k
8. 25<sup>th</sup> September – Devizes 10k

### Heddington 5k (race 1)

13 AVRs took on this fast, one loop course. **Ben Mees** was the first AVR home in 17:13 with **Sarah Jeffries** the first AVR lady over the line in 25:01. Sarah also topped the FV55 age category and **Phil Harding** was the 2<sup>nd</sup> MV60.



### Lacock 10k

18 members ran this scenic 10k race with **James Barratt** as the first AVR across the line in 40:22 and **Bethan Francis** as the first AVR lady in 41:21. Bethan was also the first female senior runner!

The current Wiltshire standings show that AVR are top of the leader board with 98 points, ahead of Chippenham Harriers on 92 points. **Gemma Knudsen** is currently 5<sup>th</sup> lady and **Jack Prout** is the 3<sup>rd</sup> man. The full results can be found [here](#).



Wiltshire  
Athletic  
Association

## Mob Match 2022 – by Robin-Mark Schols

The clubs' mob match was held in June with a total of 59 participants taking part from our club and other local clubs. We were delighted to welcome runners from Chippenham Harriers, Corsham Running Club and Westbury Running Group as well as our own membership.



The Mob Match is our annual opportunity to throw open our doors and invite our friends from other local clubs to come and run with us at Bradford on Avon for the evening. The route is the Over The Hills route, only backwards. There's also no water crossing. It's a tough course, made tougher by virtue of the fact it isn't marshalled or sign posted but everyone just about made it back without getting lost. I say that, we did have one runner go off course but luckily for him (and us) he was spotted by a runner having a night off and guided back onto the route so got back safely, albeit a little later than he previously expected to.



Scoring the Mob Match works similarly to cross country, with scores counting based on the number of team members for the smallest team and no times recorded. In this case it was Westbury who arrived with just 2 runners but after recruiting three volunteers from our membership to run for them, they were set up with a team of 5. Big thanks to **Fiona Gibbs**, **Jo Mumford** and **Gary Daniell** for helping them out by joining them.

**Mike Towler** was first runner home for Avon Valley Runners with Corshams' Nick Hancock next to cross the line. **Georgia Wood** of AVR was next over the line and first lady. As hosts, we always concede to one of our guest clubs and on this occasion it was to Corsham who finished with first male and female teams. A spot prize of an entry for the clubs' Over the Hills event was picked up by Stuart Henderson of Corsham Running Club with Joe Hatt of Chippenham Harriers winning the spot prize of a Hilly Helmet entry.

A good evening was had by all evidenced by some lovely feedback from a number of our guests and own members which is really nice. Of course, these things don't go off by themselves and hearty thanks go to club members for their assistance on the night, **Richard Hudson** and **Sandra** who operated a very smooth registration process, **Tim Lowrie** for his general assistance and **Denise Ellis** and **Michael Guy** for sweeping. Richard also took care of counting in finishers with assistance from Sandra and I.



Additional thanks to **David Hyde** for ensuring we had last minute items needed for the night from the kit shed and **Joby Hobbs** for arranging prizes and other admin in advance. Here's looking forward to another one next year!

## Vitality London 10,000m - by Sharon Firkins

*Apologies to Sharon for initially missing her article as it was filtered into my junk folder. The event took place on the 2<sup>nd</sup> May.*

Since moving to Wiltshire in 2000, I have done more running in London, than I ever did when I lived there for 10 years, when I only ever ran for the tube or train! I've run in London on many visits (along Southbank is my favourite), have run Bushy Parkrun twice and have raced in London, including the marathon. By far my favourite London race is the Vitality London 10,000m.

The Vitality London 10,000m has been held in London since 2008. Because of the pandemic, the event was held virtually in 2020 and in 2021. My son Toby and I had run the event in 2018 and 2019 and had signed up for the next one, so were looking forward to running it again in person, in 2022.

The 10,000m is part of a much larger event over the Bank holiday weekend, which kicks off with the Westminster mile on the Sunday. This is another fantastic event, great for children and families, which both my children have run in the past. The Vitality Wellness Festival also runs over the two days. Although the event does include the British 10K Championships (I think we all know the results of this one!), it is a mass participation event and this year's focus was on Celebrate You, celebrating the mental health benefits of being active.



We arrived in Green Park which was the assembly point for the race at 08:30, after a short tube journey from the hotel, where the park was already buzzing with activity, with runners, spectators, officials and volunteers.

We had a quick walk round, had the obligatory photo in front of Buckingham Palace, admired the tulips and returned to the park for a warm up. As ever, the organisation of the event was excellent. There had been plenty of pre-race emails with the link to the website race information, and we'd received the race pack – complete with a kitbag, pins and the race bib which helpfully had the race number

printed on the wave colour. There were lots of volunteers ready to offer assistance and more importantly, there were plenty of toilets both in the park and in the warm up area, so queuing was less than 10 minutes.

**Toby** was in the first wave starting at 10am, so we both dropped off our kit bags - again very well organised - and made our way to the start area just a short walk away along Pall Mall. Runners for the first two waves made their way to the two holding pens - information about which waves were massing was provided on the big screens, via the public address system and the two holding pens were showing the relevant wave colours signs, updated once a wave had started off ready for the next wave to mass. There were 10 waves – setting off at 8 minute intervals. I was setting off at 10:24, so watched the live stream while I waited.

The various waves massed and set off, all to the sound of music and a very enthusiastic countdown and it wasn't long before my wave was off. The route itself takes in many of the iconic London landmarks – the course starts in Pall Mall, running under Admiralty Arch, past Trafalgar Square and along the Strand and Aldwych, past the theatres. At this point the runners from earlier waves were on the other side of the road, just going past the 6k point. I did manage to spot Toby for a quick shout out before veering off up Chancery Lane. The route then passes along Cheapside before looping around past Bank station, down to St Paul's, back down Aldwych and the Strand, passing the runners from the later waves on the other side. Then the last 1.5k is down Whitehall, passing Westminster and Big Ben with the home straight along Birdcage walk, before finishing in front of Buckingham Palace. So much history in a 10K race!

Because this is a mass participation event, the route can get crowded at certain points even with the waves, with people trying to weave past runners and there are a few tight turns, where the road narrows. The route is predominately flat though – the first part is slightly uphill and the second slightly downhill.

The weather on Monday was perfect for running – previous years had been quite hot as it was held at the end of May, with 'showers' provided for the runners. My previous time for the race was 56:20 and I had set myself a CPB target time of around 55 minutes, so two minutes faster than this year's Clock Challenge time which had been quite hot. Despite walking about 10 miles around London the previous day, my legs felt good and the pollen count was ok, so breathing also fine. The event is well attended by the crowds, there are bands playing and it does have a good atmosphere. I found myself being pulled along by other runners and made sure I only slowed down rather than stopped at the water station but could feel myself starting to flag around Birdcage walk, where the end is almost in sight, so the last 600m seemed to go on forever. Pretty much as soon as I crossed the line, my phone beeped with my official time: 53:41. I was pretty surprised with the time, as didn't think I'd been running that fast, but was very happy as that was my second quickest 10k and my quickest in my 50's. Catching up with Toby he'd run a 10K PB of 38:42, which was also 12 minutes quicker than his previous running of the race.

At £39/£37 The London Vitality 10,000m is not a cheap event to enter. However, the organisation is professional, the course enjoyable, taking in as it does London's historic

landmarks, plus the t-shirt at the end is good quality. There is definite PB potential but equally if you love the atmosphere of a mass participation event with participants running for sheer enjoyment, fun and without the feeling that it is a 'race', this is a fantastic event to enter. Besides, how often can we say we ran in the same race as Olympians such as Mo Farah and Eilish McColgan!

## Spotted!

The Westbury White Horse News celebrated **Veryan Cranston's** win at the Bratton Hilly race! Thanks to Fiona Price for sending this in.

**Successful turnout for Bratton Hilly Run!**

ALMOST 130 runners took on the challenging, multi terrain 11k run around the outskirts of Bratton on 26th May to help raise money for the Bratton Jubilee Hall.

1st male went to Mathew Allen from City of Norwich AC, with a time of 44.03, second place went to John Reed of Warmminster RC with a time of 44.59, and third place went to Alex Griffiths with a time of 46.43.

1st female went to Veryan Cranston from Avon Valley Runners who finished 20th with a time of 54.16, second female went to Laura Midwinter from Corsham Running Club with a time of 54.40 and third female went to Anna Avery from Bitton Road Runners with a time of 55.53.

1st local Bratton male went to Andrew Medermott with a time of 53.47 and 1st local Bratton female went to Vanessa Medermott with a time of 1.13.58. 1st team was awarded to Avon Valley Runners.

Out of the veteran male categories Gary Macalister from Avon Valley Runners finished 4th and was the first v40 to cross the line with a time of 47.43. Tim Burrell (also from Avon Valley Runners) finished in 7th and was first in the v50 category with a time of 50.18. Anthony Sprules finished 11th with a time of 51.20 and was the first in the v60 category. Stuart Arguile from Avon Valley Runners was first in the v70 category with a time of 1.03.13 and Anthony Hickson from Thames Hare & Hounds was first in the v80 category with a time of 2.09.26.

From the veteran female categories, Helen Clark from Bitton Road Runners was the first v40 to finish with a time of 56.57, Lynn Brand from Frome Running Club was the first v60 to finish with a time of 1.01.01, Lisa Hall was the first from the V50 category with 1.05.07, and Rosemary Barber from Avon Valley Runners was the first V70 to finish with a time of 1.13.40.

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**Veryan Cranston – the 1st female finisher**

**Mathew Allen finished first in the race this year**

**Lynn Brand was the first female to complete the race in the v50 category**

**Anthony Sprules was the first male to complete the race in the v60 category**

DILTON MOTORS