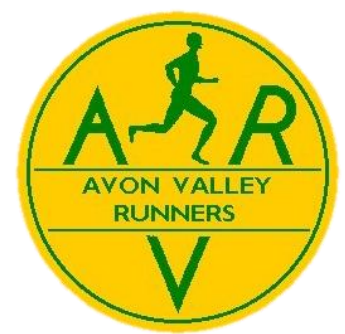


Avon Valley News

February 2018

Issue #195



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Well it's been a short but busy month yet again.

The AVR and Wiltshire road race league for 2018 has kicked off in Castle Combe, while the Wiltshire off-road league concluded with The Terminator.

We've celebrated the achievements of our athletes at the Presentation Evening and seen some new and incredible performances from our runners as well as some challenging weather for this time of year too. It doesn't seem to have dampened anyone's enthusiasm however!

Hopefully, as the weather warms up, we'll all be able to ditch the layers, buffs, hats, gloves, long socks and thermals - or is that wishful thinking?!

Happy running,

Sarah - Editor

SAFETY FOR RUNNERS AT TRFC

In light of recent events it has come to our attention that there is a potential hazard at the rugby club. This hazard although appearing innocuous has resulted in several falls already with one resulting in the person concerned having to go to hospital to have a dislocated shoulder attended to. He is now recovering well and we wish him well and hope to welcome him back to the club soon.

This area is the strip of grass that runs along the side of the wooden fence and the car park. The transition from the car park surface and the grass involves a step up and in certain conditions is very slippery. Also due to the current poor lighting in that area the raised area of grass is not easily seen at times and can easily be missed and tripped over.

AVR & TRFC are working to resolve this issue going forward but to ensure any future incidents are mitigated we would like to point out that the grass area between the fence and the car park is not a walk way and should not be used as such. When walking out to the track or around that area the grass verge is to be given a wide berth and avoided ensuring you take extra care on crossing the car park and walking along the path only, towards the track.

Thank you for your attention to this and we hope we have no further similar incidents in the future.

AVR PRESENTATION EVENING – THE RESULTS

What a fantastic evening was had by so many of our members, to celebrate the achievements from 2017. Below are the results from the AVR and AVT awards which were handed out by Warren Wade, Ted Rockliffe and Jay Sims.

AVR ROAD RACE LEAGUE

Men - 1st Gary MacAlister, 2nd Richard Harding, 3rd Ben Vincent

Ladies - 1st Philippa Helen, 2nd Carly Hodgson, 3rd Anna Spiers

AVR OFF-ROAD LEAGUE

Men - 1st Ed Knusden, 2nd Daniel Piper, 3rd Anthony Hickson

Ladies - 1st Jo Farion, 2= Adele Cooper Dell & Gemma Lawton



Ed Knusden (centre) picking up one of his many awards.

MOST IMPROVED MAN - Richard Harding

MOST IMPROVED LADY - Helen Christine Davies

OUTSTANDING FEMALE BEGINNER - Carole Alston

OUTSTANDING MALE BEGINNER - Steve Self

WAVA League Men - Ed Knusden (83.56%)

WAVA League Ladies - Ruth Barnes (89.39%)

Outstanding SEN MAN - Ed Knusden

Outstanding SEN LADY - Ruth Barnes

Outstanding V40 MAN - Richard Harding

Outstanding V40 WOMAN - Clare Wood

Outstanding V50 MAN - Martin Pearce

Outstanding V50 WOMAN - Diane Hier

Outstanding V60 MAN - Phil Harding

Outstanding V60 WOMAN - Tina Vivian

CLUB CHAMPIONSHIP MEN (best 5km+10km+Half M)

Ed Knusden (SEN),

Richard Harding (V40),

Robin Mark Schols (V50),

Phil Harding (V60)



Leading lady, Ruth Barnes collecting one of her awards.

CLUB CHAMPIONSHIP WOMEN (best 5km+10km+Half M)

Ruth Barnes (SEN),
Jackie Rockliffe (V40),
Diane Hier (V50),
Rosemary Barber (V60)

TONY BARTLETT PERSEVERANCE - Vicky Ody

THE BOMB - Rich Ayling

GOOFY - Sue Kingdon (Jeddi)

BROKEN COMPASS - Holly Newman

TWO FOOTER - Niall Thorne

RACE FACE - Sara Robert



The winning female team of the year and captain Jay.

STAN FARR 5K BOXING DAY RACE

Men - Max Davis

Ladies - Anna Spiers

TEAM OF THE YEAR (MALE) - 50x100m Relay Squad

(Ed Knusden, Mike Towler, Gary MacAlister, Niall Thorne, Max Davis, Daniel Miles, Peter Slade, Dominic Beddis & James Macfarlane (TRFC))

TEAM OF THE YEAR (FEMALE) - 50x100m Relay Squad

(Pippa Brewer, Freya Buglass, Sophie Moore, Jackie Rockliffe, Anita Mellowdew, Leah Sartain, Clare Wood, Fiona Price + Jay Sims as non-running captain)

HOW FARR FOR AVR -

SEN MALE - Gary MacAlister (533.7km)

V40 MALE - Michael Guy (668.9km)

V50 MALE - Andrew Jefferies (558.4km)

V60 MALE - Andrew Sharratt (449.3km)

SEN LADY - Sarah Barker (518.7km)

V40 LADY - Justine MacAlister (482.7km)

V50 LADY - Jen O'Connor (530.0km)

V60 LADY - Tina Vivian (431.4km)



Michael Guy (centre) ran further than anyone else in 2017!

FASTEST MARATHON

MAN - Chris Roxburgh (2:49:07) - Birmingham

WOMAN - Leah Sartain (3:23:08) - Abingdon

AVR RUNNERS CHOICE AWARD - Richard Newman



Leah Sartain receiving her marathon award.

AVON VALLEY TRIATHLETES LEAGUE

MEN

Ben Vincent 1st

Ben Psaila 2nd

David Bagshaw 3rd

WOMEN

Sarah Jewers 1st

Anna Spiers 2nd

Sarah Barker 3rd

HOW HARD DID YOU TRI AWARD (the same principle as the How Farr For AVR running award)

MEN - Ben Psaila

WOMEN - Sarah Barker

ATHLETES OF THE YEAR

Ben Psaila and Diane Hier



Diane And Ben - AVT Athletes of the year 2017

BATH HALF MARATHON FOR DIABETES UK

Since writing, the Bath Half has been cancelled due to severe weather conditions. Sara and her son are now on the look-out for a replacement event so that their training and fundraising efforts haven't been wasted.

Sara Robert is running the Bath Half marathon with her son Matt who has Type 1 diabetes. Here she shares her experience of raising a child with the condition. Matt was diagnosed with Type 1 diabetes in Feb 1991. He was otherwise a happy and healthy 2-year-old up to that point.

Sara's story...

I became concerned that something was wrong when he developed an unquenchable thirst. He would wake in the night asking for a drink, began begging me for water if I was in the kitchen and on one occasion I watched as he went round the room drinking the remains of any drink he could find, be it his sisters squash or the remains of a cold

cup of tea. Initially I convinced myself I was being a neurotic mother. But after these events happening on and off for a period of a few weeks I decided to call the Doctors. I spoke to a receptionist and voiced my concerns about his thirst and distress when asking for a drink. I was told I was worrying about nothing and toddlers often drink a lot. But I knew this was different, my older child drank a lot but this wasn't the same.

I remember the drive after his diagnoses. My head was all over the place wondering what impact this would have on Matt and on the family. I knew very little, almost nothing, about diabetes. The diagnosis was confirmed at the hospital and I remember an overload of information coming at me. We were given a room on the ward with a cot and a bed and I was told we would be there a week or so. My daughter was at home with her dad as this all happened while she was at school.

So I took a year off. I learned as much as I could about the new Matt. I grieved for my healthy little boy. I cried a lot, but never in front of him. We were lucky we didn't have to change much at home, our diet was fortunately pretty healthy and the Doctors were pleased with that.

Managing his transition to pre-school and primary to secondary school wasn't easy. The pre-school were great, not so the primary. The reception teacher had no interest in understanding the condition and felt he should not be in mainstream school! I was appalled by this and with the diabetes specialist nurse I had a number of meetings with the school staff prior to his start date in April 1993.

As a family we managed his diabetes very well. All my extended family took an active interest and made sure they were able to assist in his care to facilitate my return to work in June 1992. Matt's older sister, Rosie, was amazing and wanted to know all she could from a very young age. Matt took responsibility for his own injections from the age of 6 as I had encouraged him to know and understand what was required.

Difficulties obviously arose as he grew. Each growth spurt brought on a need to change and re-balance his insulin needs. His little arm muscles suffered with the regular injections and at times he would cry which broke my heart. But we managed well, it was the only option as far as I was concerned.



School life was always challenging as each stage brought new issues. Residential trips were my nightmare but I made sure he was well equipped, staff knew sufficient to manage and I was always on the end of the phone. And I always made sure he was treated just like any other child and given all the same opportunities.

He grew into a very capable and independent young man. He graduated from university (pictured with his girlfriend), has travelled the world and he's never used the condition

as a barrier. As a teenager he lost the ability to be spontaneous but with sensible planning he missed out on nothing.

I feel immensely proud of the young man he has become. He now works for Diabetes UK and is passionate about his new role with them, and it took very little persuading for me to agree to support him in running the Bath Half Marathon this year.

I have supported Diabetes UK for 25 years now and am very happy to continue to do so. Research has improved life for people like Matt over the years. But there is still so much more to learn and improve. I would dearly love to see a time when children don't have to be needle pricked and injected numerous times a day just to be safely managed to maintain a healthy lifestyle. The hardest part across the years has been having to hurt my child on a daily basis in order to keep him well.

Witnessing a hypo is a significantly unpleasant and often frightening experience for all those close to him. A better means of monitoring the condition that can detect early the onset of such and in turn bring about better control would be hugely beneficial to all affected. And in turn this would have a positive outcome long term on the cost to the NHS by reducing the complications that arise from poor control.

If you would like to donate to Sara, visit her Just Giving page at:

<https://www.justgiving.com/fundraising/sararobert>



AVR CLUB CHAMPIONSHIP

AVR LEAGUES 2018

2018 Off Road league races: <http://www.avonvalleyrunners.org.uk/index.php?page=off-road-race-series-2018>

2018 Road Race league races: <http://www.avonvalleyrunners.org.uk/index.php?page=road-race-series-2018>

A MESSAGE FROM ANTHONY – OFF ROAD SECRETARY

It's been a marvelous year for our off-road runners in the Wiltshire Athletics Association league! The Terminator concluded the league with these achievements for AVR:

- The 'B' Team promoted, being top of Division II. - cup!
- The 'A' Team second in division I.
- Ed Knudsen - overall Men league winner! The only AVR runner to take an individual honor this year.
- Tri Counties Championships in Bath - AVR Ladies first - cup!
- Tri Counties Championships in Bath - AVR Men first - cup!

All these results are due to the great effort put in by all our runners, fast and slow. "Slow" means all those who only "run for pleasure and not to win", people at the back of races who don't think they count - they *do* count and it is thanks to them that we win. As well as this, many of us running in the Gwent League where we have also done so well. The Off Road season is now coming to an end although there are always plenty of low key Multi Terrain events during the summer months. Some of these I will include in my Newsletters. There will be less mud but plenty of tracks and grass. One of these is the 5x5x5 starting in April.

2018 ROAD LEAGUE – RACE #1 -CASTLE COMBE CHILLY 10K

There are two chances to race this event in 2018, with your best result counting towards your final total. At the February event, AVR certainly made an impression; 20 members took part taking between 31 minutes and 1 hour 21 minutes to complete the flat course. Ed Knudsen won the race (31:38) just 2 seconds slower than our club record, while Bethan Francis won for the ladies (38:39). The mens' team, consisting of Ed Knudsen, Gary MacAlister, Richard Morgetroyd and Alan Best, were third while the women's team of Bethan Francis, Rebecca Beck and Gemma Lawton came first! The next point scoring event is Highworth 5 miles on Sunday 8th April.

Sign up here: <https://www.eventbrite.com/e/highworth-5-tickets-41991848750?aff=ebdssbcitybrowse>



MEMBER PROFILE

Not everyone can make it to regular club runs, so the only time some of you spot another AVR member is when you see some familiar club kit at a race. In this section of the newsletter, you will meet a different member of the club each month who would like to share more about themselves with you.

Name: David Bagshaw

How long have you been with AVR? Approximately 8 years

Age category: MV40

5k PB: parkrun - 21:28 (Southwick 24/02/18) and Road - 22:25 (Trowbridge 5k 2017)

10k PB: 45:22 (Bromham Pudding Run 2/12/17)

Half marathon PB: 1:48:00 (Cricklade Half 17/10/17)

Marathon PB: 4:29:42 (Shakespeare Marathon 27/04/14)

Favourite race: Off road - Sodbury Slog (muddy good fun) Road - Corsham 10k is always a good event.

Favourite medal: I have a couple: 1) Westonbirt Triathlon because it was my first tri and 2) The Shakespeare Marathon as the quote on it is "shoes will burn and blood will bubble."

Most proud running moment: at the moment, it's the feeling that after years of trying hard I am finally getting some positive results and seeing improvements on all of my time.

Most embarrassing running moment: I am not sure how I managed to keep this one undercover so that I avoided the 'Goofy Award 2017' but I took a wrong turn at the Calne Aquathlon last year and did nearly 10k rather than the scheduled 5k. good old Keith, the organiser, felt so sorry for me that I got free entry into the next event!

Best piece of running advice: after the frustration and disappointment of the London Marathon, where I fell and then at mile 21 everything fell apart, I took time to rebuild my confidence and although I continued racing, I needed to re-evaluate my strength and weaknesses. I decided to take all the pressure off myself and just focus on regaining the enjoyment of racing for fun. I tried to stretch myself in training and I took up swimming then entered a few multi-sport events. As I relaxed and stopped setting the watch to pace, I found that my times started to come down, my confidence grew and I started seeing some good results; turning a negative experience into a positive one. Race the race - run to feel and don't ever give up because a knock back isn't always a bad thing.



AVR Volunteer Coordinators



Who are we? Following the AGM, a team was set up to promote volunteering and act as a focal point for anyone interested in volunteering at any of the club's events.

How can you volunteer? Upcoming AVR events will be advertised in the newsletter and on Facebook. To volunteer simply email volunteers@avonvalleyrunners.org.uk stating what event you would like to help at.

What roles could you do? Every event is different, but volunteers are required for everything from marshalling to setting up or manning registration to time keeping. No experience is required and for some events roles can be shared if you can only volunteer for part of the event.

Why volunteer? These events couldn't happen without volunteers; they provide invaluable support to the race organiser and facilitate every aspect of the race. You can become as involved in the event as you want.

What's stopping you? Volunteering is fun, hugely rewarding and a great way to support and encourage your fellow runners, so show your support and volunteer today!

Upcoming events	Date	Volunteers required
Imber Ultra	Sun 11 Mar	4
5x5x5	Thu 05 Apr	13
AVR Mile	Thu 12 Apr	6
5x5x5	Thu 03 May	13
Are You Faster Than A Ten Year Old?	Tue 08 May	8
Southwick Handicap	Tue 05 Jun	8
5x5x5	Thu 07 Jun	13
5x5x5	Thu 05 Jul	13
AVR Relay	Sat 07 Jul	16

WARMING UP FOR COMPETITION – by Steve Williams

This is a slightly modified version of an article that first appeared in the AVR magazine early 2014

If you wish to race competitively, i.e. run fast, then it is essential that you warm up properly before a race. This is especially important for the shorter distances such as 5K or 10K. For longer distances you could incorporate the early couple of kilometres into your warm up.

What is the purpose of a warm up? A warm up is intended to prepare you both physically and mentally for the race that you are about to undertake. The latter aspect is often forgotten - but more of this shortly. On the physical side you want to warm up and prepare your muscles so that the fast(er) start of the race does not come as a shock to the body and you can maintain a fast pace from the off. For a similar reason, the warm up will also raise your heart rate to a sufficient level to accommodate the start of the race.

How should I warm up? The warm up should consist of 4 key elements - easy/steady running, some stretching, some mental planning and some comfortably rigorous short bursts or strides. The elements should be seamless and follow on from each other. The warm up should finish as close to the start of the race as possible. Ideally, just before the 'start gun is' fired. What follows is an illustration of what a warm up should look like but it is up to you to work out what best suits your specific requirements.

You should arrive at a race in good time to allow a 20 to 30 minute warm up. Whilst it is good to warm up with other runners the danger is that the warm up may not be the best one for you. In a group warm up there is always an element of compromise. In addition, the mental planning aspect is very much a personal thing and being in a group can be distracting.

Easy to steady running/mental planning - a typical warm up would start off with 15 to 20 minutes easy/steady running. Use this time to undertake the mental planning. Think about the good races you have had over a similar distance and envisage yourself replicating them. You could think about a previous 'bad' race and how you are going to avoid the issue that led to such. (On a personal level, I used to 'prepare' myself by accepting that at some point the race was going to hurt but I would come through it as I had done so many times before.) You can also use this time to finalise your race strategy.

Stretching - By the end of the easy running you should be aware of any tightness in your body. You can then undertake some easy stretching that will address the specific areas. Do not force the stretches but hold for 15 to 20 seconds. In addition, some dynamic stretching should be undertaken. That is stretching that will address the actions that you will expect specific muscle groups to undertake during the race e.g. hip flexors to loosen your hips and enable you to stride freely.

Bursts/strides - A couple of minutes or so before the start, do some short strides - for example 4 x 50 metres. Make sure that they are sufficiently rigorous to raise your heart rate (75 to 80 per cent effort). Voila - you are ready to compete.

Finally, and based upon my observation of many club runners, do keep well wrapped up on a cold day whilst undertaking the warm up. Do not strip down to club vest and shorts. There is no point in doing a 'cold' warm up. It is self-defeating.

If you want to be recognised on the wall of fame, then make sure you send your results, position, time plus a link to your race results to results@avonvallyrunners.org.uk or results4toni@yahoo.com. Get ready to bang that PB gong...

WALL OF FAME

10km

Two Tunnels

Rosemary Barber (CPB)	00:57:39
Fabrice Gagneux	00:44:31

Castle Combe Chilly

Helen Davies	00:49:50
Gary Day	00:45:32
Ed Knudsen	00:31:38
Bethan Francis	00:38:39

10 miles

Wiltshire 10

Elizabeth Morris	01:38:36
Gill Perry (CPB)	01:25:40
Sharon Cleverley	01:22:10
David Bagshaw	01:13:05
Ray Pemberton (CPB)	01:11:29
Andy Marchant	01:09:43
Pippa Brewer	01:08:12
Rich Harding	01:00:55

Half Marathon

Llanelli Half

Andy Marchant	01:29:43
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Southwick parkrun

Clare Vanstone (CPB)	00:34:43	Elliot Firkins (CPB)	00:22:17
Claire Heathcote (CPB)	00:34:13	Fabrice Gagneux (CPB)	00:21:30
Michael Hilton (CPB)	00:25:23	Leo Harris (CPB)	00:21:25
Max Dowler (CPB)	00:22:02	Vernan Cranstone (CPB)	00:20:51
Clare Wood (CPB)	00:21:30	Joe Milton (CPB)	00:18:37
Lottie Brown (CPB)	00:23:16	Jenna Lovelock (CPB)	00:35:28
Jackie Hall (CPB)	00:29:11	Daniel Lewis (CPB)	00:26:17
David Bagshaw (CPB)	00:21:28		

Melksham parkrun

Gary MacAllister (CPB)	00:19:22	Richard Newman (CPB)	00:25:53
Richard Morgetroyd (CPB)	00:20:13	Ben MacAllister (CPB)	00:26:06
Ethan Bolter (CPB)	00:23:30	Ben Phillips (CPB)	00:32:08
Peter May (CPB)	00:33:11	Paul Thorne (CPB)	00:25:17
Barbara White (CPB)	00:35:49	Sarah Barker (CPB)	00:29:08
Justine MacAllister (CPB)	00:31:01		

Other parkruns

Bedfont Lakes

Sue Jeddi (CPB)	00:22:49
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Gloucester North

Gretchen Tucker (CPB)	00:37:19
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Knowsley

Gemma Lawson (CPB)	00:23:22
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Exeter Riverside

Alan Tate (CPB)	00:23:25
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Poole

Andrew Sharratt	00:22:04
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Princes

Leslie Unsworth (CPB)	00:23:35
Linda Unsworth (CPB)	00:29:35

AVON VALLEY TRIATHLETES



The 2018 AVT League will take your best results from each of the following disciplines

TT, Aquathlon, Duathlon and Triathlon

(The triathlon must not be an entry level Go Tri event)

You must have completed at least two of the disciplines by the end of the year in order to place in the end of year results.

All results must be submitted to Jay at
avt@avonvalleyrunners.org.uk by the
1st January 2019





JAVR News

Editors Notes: So this is my last JAVR News! I took this over in the summer of 2015 and I have enjoyed looking back on the months action and reporting on the successes of our Junior ranks. Back then the Newsletter was quarterly and Ken Marshall was the main club news Editor. Now it's time for someone else to take up the role of JAVR News editor and with it I'm sure it'll bring about improvements! Thanks for taking time to read these newsletters over the past 2 ½ years or so!

Pete Slade

JAVR 2K—2nd fixture, Saturday 24th February 2018

The 2nd fixture in the JAVR 2K league for 2018 saw 39 runners take part. The cold but sunny morning didn't put our junior runners off and the race produced some fast times!

Max Hopcraft finished 1st in a time of 7 minutes 3 seconds. The next JAVR finisher was Lewis Green who finished 3rd overall in a time of 7 minutes 41 seconds, with Leo Harris (4th) and Ben Hails (5th) not far behind, posting times of 7 mins 43 secs and 8 mins 11 secs respectively. Overall, 11 boys took part in the race for JAVR, with our youngest boy running, Harry Jerram, who finished in 21st place in a time of 9 mins 43 secs. For the girls, Lottie Brown was the 1st finisher and 6th place overall in a time of 8 mins 13 secs. The next highest JAVR finishers were Olivia Hails in 24th place, (9 mins 50 secs), and Jasmine Martin in 25th place, (10 mins 2 secs). Well done to all the runners who took part on a chilly Saturday morning!



Gwent XC—4th Fixture, Pontypool Park 11th February 2018

Pontypool Park hosted the 4th fixture in the Gwent Cross Country League 2017/18. 13 JAVR runners made the journey over to Wales and they all produced some excellent results:



Novice Boys: 120 runners took part in this race. Alex Hearn was the first JAVR boy home in a fantastic 12th place— 6 mins 39 secs ,(20 secs behind the winner!). Lewis Green was not far behind in 14th place, (6 mins 44 secs). Dylan Neale competed the course in 7 mins 2 secs—which earned him 27th place.

Boys U13's: 67 runners ran in this category, with Jack Webb finishing in 8th, (13 mins 36 secs). Followed by Freddie Billing in 31st place, (14 mins 43 secs).

Boys U15's: 54 runners took part: Alejandro Sanchez finished in 17th place in a time of 15 mins 23 secs. Thiabault Swindells came home in 46th place in a time of 17 min s 33 secs. Ethan Bolter finished 50th in a time of 18 mins 27 secs.

Boys U17's: 42 runners in this race: Niall Thorne once again had a strong race finishing in 9th place, in a time of 21 mins 39 secs. Josh Thorne finished in 42nd place—27 mins 17 secs. Niall is currently 2nd overall in the U17's championship on 163 points (leader has 191 points) - a great effort!

Girls U15's — 39 runners in the only race which saw JAVR girls running. Sophie Moore was first JAVR girl home and finished in 9th place overall in a time of 17 mins 5 secs. Orli Cranston competed the course in 17 mins 35 secs to finish in 14th place—This puts Orli 9th overall in her league category! Daisy Davis was the third JAVR girl home, finishing in 37th place in a time of 21 mins 59 secs.

The fifth and final fixture will be held on 3rd March 2018 at Blaise Castle Bristol

National Cross Country Championships—Parliament Hill 24th Feb 2018 (Summary)

Under 13's Boys: 570 runners. Malin Cranston 477th place, 15 mins 10 secs

Under 15's Boys: 504 runners, Ethan Bolter 497th place, 24 mins 26 secs

Under 15's Girls: 464 runners. JAVR were 33rd overall team. Jessica Davies, 143rd place 16 mins 50 secs, Orli Cranston 147th place, 16 mins 52 secs, Sophie Moore 157th place, 16 mins 56 secs. Daisy Davis 443rd place, 21 mins 3 secs.

Under 17's Boys: 356 runners. Max Davis 65th place, 21 mins 39 secs. Niall Thorne 99th place, 22 mins 12 secs.



SMaRTT Smasher Fun Run - Calne - Sunday 25th February

4 JAVR runners took part in the Wiltshire road race league “Prologue” event hosted by Calne SMaRTT running club—with over 100 runners taking part! Despite the lower number of JAVR runners taking part, (due to national XC etc), there was still notable performances from all 4 of them:



First JAVR home was Joe Milton who finished 2nd overall and was 1st Under 15 Boy, in a time of 5 mins 24 secs. Dan Wood was not too far behind, coming home in 11th place and was 4th under 15 Boy, in a time of 6 mins 7 secs. Dylan Neale finished in 15th place, he was 3rd Under 13 Boy, completing the course in 6 mins 21 secs. Louise Wood, JAVR’s sole girl runner finished in 43rd place, was 5th Under 13 Girl in a time of 7 mins 53 secs



Joe Milton



Dan Wood



Louise Wood

Next fixture:

**Race #1 Clock Change Challenge Fun Run - Calne –
Sunday 25th March 2018**



Dylan Neale

Chippenham Harries will be coming out strong this year to try and defend their Wiltshire Junior road race league title, we need to prise it back off of them this year! Therefore below is a summary of the 2018 Junior Race League, sponsored by Wiltshire and Swindon Activity & Sports Partnership (WASP)...

Prologue: SMarTT Smasher Fun Run - Calne - Sunday 25th February—COMPLETE

#1 Clock Change Challenge Fun Run - Calne -Sunday 25th March

#2 Junior Avon Valley Runners 2k - Southwick - Saturday 28th April

#3 Wiltshire County Track & Field Championships – Tidworth - details to follow

#4 Chippenham Harriers Family Fun Run - Chippenham – Sunday 3rd June

#5 Lacock Road Race 1k Family Fun Run– Lacock – Sunday 10th June

#6Lake 62 1.5k Fun Run – Ashton Keynes – Sunday 19th August

#7 JAVR XC 2018 - Southwick – date TBC

#8 Chippenham Harriers Youth Multi Terrain – place & date TBC

For more information see the Wiltshire Athletics website:

<http://www.wiltshire-athletics.org.uk/index.php?page=junior-race-league>

Fixtures in 2018:

A summary of some (not all) key races this year:

	Date	Event	Where
Saturday	11 February 2018	Gwent Cross Country League	Pontypool Park
Saturday	24 February 2018	JAVR 2k& Dash	Southwick Country Park, Trowbridge
Sunday	04 March 2018	Bath Half Fun Run	Bath
Saturday	24 March 2018	JAVR 2k& Dash	Southwick Country Park, Trowbridge
Sunday	25 March 2018	Clock Change Challenge Fun Run	Calne
Sunday	25 March 2018	Eton Spring Open Graded Track Meet	Eton
Thursday	05 April 2018	AVR - 5x5x5 race 1	Steeple Ashton
Thursday	12 April 2018	AVR Avon Valley Mile	Bradford - on- Avon
Sunday	08 April 2018	Devizes Half marathon Fun Run	Devizes
Sunday	22 April 2018	St Georges 2k	Corsham
Saturday	28 April 2018	JAVR 2k& Dash	Southwick Country Park, Trowbridge
Saturday	28 April 2018	Semington Slog ^{2k}	Semington
Thursday	03 May 2018	AVR - 5x5x5 race 2	Steeple Ashton
Sunday	06 May 2018	Trowbridge Fairytale 5K	Trowbridge
Tuesday	08 May 2018	Are you faster than a 10 year old?	Southwick Country Park, Trowbridge
Saturday	12 May 2018	Wiltshire County AA Championships and Quad kids	TBC - date & venue
Sunday	13 May 2018	May Mile	Chippenham
Sunday	13 May 2018	Jack n Jill Challenge Fun Run	Radstock
Saturday	26 May 2018	JAVR 2k& Dash	Southwick Country Park, Trowbridge
Sunday	27 May 2018	Vitality Westminster Mile	The Mall, London
Sunday	03 June 2018	Chippenham Harriers Fun Run	Chippenham
Thursday	07 June 2018	AVR - 5x5x5 race 3	Steeple Ashton
Saturday	30 June 2018	JAVR 2k& Dash	Southwick Country Park, Trowbridge
Thursday	05 July 2018	AVR - 5x5x5 race 4	Steeple Ashton
Saturday	07 July 2018	AVR relay	BOA / TRFC
Sunday	15 July 2018	Frome 5k & 1K	Frome
Wednesday	18 July 2018	AVR Track Championships	Bath
Saturday	28 July 2018	JAVR 2k& Dash	Southwick Country Park, Trowbridge
Thursday	02 August 2018	AVR - 5x5x5 race 5	Steeple Ashton
Saturday	25 August 2018	JAVR 2k& Dash	Southwick Country Park, Trowbridge
Thursday	06 September 2018	AVR Avon Valley Mile	Bradford - on- Avon
Wednesday	12 September 2018	Yeovil 5k	Yeovil
Saturday	15 September 2018	JAVR XC	Southwick Country Park, Trowbridge
Saturday	29 September 2018	JAVR 2k& Dash	Southwick Country Park, Trowbridge
Wednesday	03 October 2018	2k/5k track time trials	Bath Track
Saturday	27 October 2018	JAVR 2k& Dash	Southwick Country Park, Trowbridge
Sunday	28 October 2018	Clock Change Challenge Fun Run	Calne
Saturday	24 November 2018	JAVR 2k& Dash	Southwick Country Park, Trowbridge
Sunday	25 November 2018	AVR Half Marathon - volunteer opportunity	Edington
Saturday	29 December 2018	JAVR 2k& Dash	Southwick Country Park, Trowbridge