

AVON VALLEY NEWS

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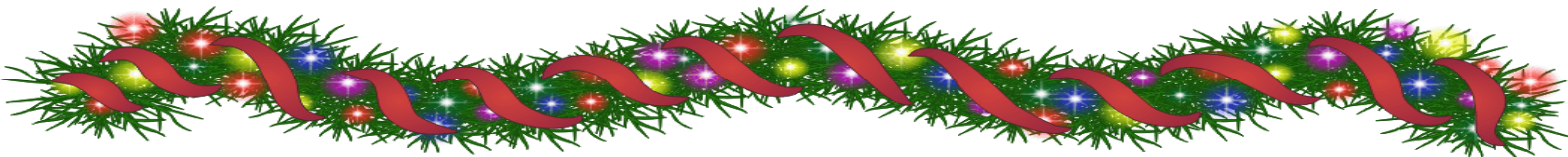
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Editor's note...

Merry Christmas everyone! I hope Santa bought you all the running gear you could wish for and that you haven't eaten too many mince pies and chocolate over the last few weeks. In the New Year, it'd be great to see lots of you at the AVR Annual General Meeting on Tuesday 8th January after training at TRFC. This is your opportunity as a member of Avon Valley Runners to review the ins and outs of your running club for 2018 and moving into 2019. On the night, club secretaries celebrate notable achievements and changes to the committee are officially made. This is a great way to support your club by understanding how it is run and who it is run by as well as being a good opportunity to socialise and have a couple of drinks at the bar.

Happy New Year!

Sarah



Melksham Christmas Lights Run

Many thanks to Richard and Hayley Southgate for organising this annual run around Melksham to see the fantastic Christmas lights. The group ran just over 4 miles, taking in the impressive lights on the Town Hall and stopping at one of the infamous houses on Longford Road. This was followed by a drink at The Milk Churn to rehydrate afterwards. Thank you to all who came along.



Trowbridge Christmas Pub Runs

Many thanks also to Sean and Fiona Price and Gretchen Tucker for organising the Christmas pub runs on 17th and 18th December as well as the Christmas Eve run in Bradford on Avon. Fancy dress was a must and the Carol singing was most entertaining; the speed session group in Paxcroft park were serenaded as they were beasted by Jay as well as many pub landlords over the 2 nights! It certainly put a Christmassy spring in everyone's step.



Sean and Gretchen (centre photo) and the Christmas runners

Christmas Social & London Marathon ballot winners

This month, the new social committee also worked to bring you a new and improved Christmas Social event at TFRC. Building on last year's success, the group ramped up the entertainment to include photo props, beautiful table decorations and the fastest moving game of Pass the Parcel anyone has ever seen, as everyone was keen to avoid the forfeits that were hidden in some of the layers!



Gary, Holly, Dan, Michael and Lil at the event

Club Secretary, Ian Issacs also drew the winners for the VLM ballot. AVR were allocated 2 free places and the lucky winners who were randomly generated from the list of qualifying members, were **Andrew Jeffries** and **David Warren**! Congratulations to you both - we look forward to seeing your progress in the new year.

Stan Farr Boxing Day 5k

Event History:

The Boxing Day Run was first staged in 1960 by Trowbridge & District AC and ran a course of 3.4 miles from the Castle Public House in Ashton Street, Trowbridge up to the West Ashton crossroads and back again, a shorter 2-mile event was held for the Ladies and a 1-mile race for Juniors and Colts. The 3.4-mile event also hosted a race walk. In 1985 the embryonic Avon Valley Runners took over the hosting of the event and saw a course record set by C. Murray in a time of 17:24. The Ladies 2-mile

record of 11:53 was set by Judy Farr in 1979 with Rosemary Barber setting a ladies record of 21:28 in 1992 over the 3.4-mile course.

In 1999 (the 40th staging of the event) due to increasing traffic volumes along the West Ashton Road, Avon Valley Runners decided to relocate the event and moved it to a 3.2-mile course from the Longs Arms Public House in Steeple Ashton. Then in 2000 relocated the event to a 5K course from the Beehive Public House in Bradford on Avon. The 5K course from the Beehive had a course record time of 16:58 set by Michael Bryant in 2006 with Rachel Bown setting the Ladies record of 19:13 in the same year.

In 2008 it was decided to rename the Boxing Day run as "The Stan Farr 5K" in memory of the race founder and long serving club secretary. It was also 40 years since he had won the race in 1968.

Following the closure of the Beehive in 2008, alternative 5K courses have been run in Barton Farm Country Park, Bradford on Avon (2008) and Whaddon Lane, Hilperton (2009-2011).

The most wins of the Boxing Day Run is by Mike Towler who has won it eight times (2008, 2009, 2011, 2012, 2013, 2015, 2016, 2018.) And for the Ladies, Judy Farr has notched up 17 victories (1964, 1965, 1966, 1967, 1969, 1971, 1973, 1977, 1978, 1979, 1981, 1983, 1984, 1985, 1986, 1987 & 1989). The most appearances at the Boxing Day Run is by Ian Stan Farr who completed every run from 1960 through to 2005.

This year, there were 48 runners eager to burn off the Christmas calories. The 1st man was Mike Towler in 19:02, followed by Dominic Beddis in 19:37 then Niall Thorne in 19:44. The 1st lady was Jackie Rockcliffe in 21:44 followed by Mel Ward-Nicholls in 26:27 then Kate Hails in 26:52. Longstanding member Neil Fyfe completed his 40th Boxing Day run this year, catching up with the legend, Stan, himself who ran 45 in total! Congratulations to all.



The runners gathered at the start, & Justine and Jon out on the course



AVR parkrun championship

December saw the inaugural running of the AVR parkrun Championship; a friendly competition conceived to promote the club at Melksham and Southwick parkruns. Runners had to complete both specified events, which 38

members did, with potentially 29 different trophies to be won in the male and female categories. Diane Hier won the overall WAVA title too. The following people will receive them at the annual Presentation evening on Saturday 9th February:

J 11-14	Dylan Neale
J 15-17	Owen Lythell
S 18-19	-
S 20-24	Holly Newman
S 25-29	-
S 30-34	Sarah Barker
V 35-39	-
V 40-44	Dominic Beddis and Paula Farrell
V 45-49	Alan Burgess and Sarah Waugh
V 50-54	Richard Newman and Fiona Price
V 55-59	Robin-Mark Schols and Diane Hier
V 60-64	Stuart McGregor and Christine McKenzie
V 65-69	Rosemary Barber
V 70+	Frank Lamerton



New Club Record

Max Davis ran an incredible new 10k club record at Telford in 31:20. This puts Max in the top 0.1% in the UK of runners in the U20 age category. Congratulations from all at AVR!



Max Davis runs his best at Telford

AVR CLUB CHAMPIONSHIP

AVR LEAGUES 2018

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

2019 Road Race league races:

<http://www.avonvalleyrunners.org.uk/index.php?page=road-race-series-2019>

AVR Off-Road League

The road league starts up again on 19th April 2019 with the Good Friday 10 miler in Chippenham followed closely by the Corsham 10k the next week. Entries for the 10 miler are already open here: <https://cadence-events.co.uk/product/good-friday-10-miler-19-apr-2019/> and the Corsham 10k is open here: <https://corsham10k.co.uk/> and usually sells out quickly.

AVR Off-Road League

Our league has come to an end this month and our winners revealed below. If anyone is also competing in the WAA Off Road League, the last race is at the Lungbuster on 3rd February 2019.

Race 5 - Tri Counties XC Championships

36 members from JAVR and AVR took part in this exciting Cross Country event at Bath University. Avon Valley Runners came second in the female SEN/Masters race behind Chippenham Harriers and second in the male SEN/Masters race behind Westbury Harriers.

Report by Lil Morris

When the time came, I made my way over to the start line with my friend Holly and the other ladies from AVR. I then started to feel nervous as there really wasn't that many ladies lined up. I thought I would be able to "hide" in a large crowd of runners, but as there was only about 25 of us that wasn't going to



be the case. The horn blasted and off we went. I very quickly realised there was a distinct possibility I was going to be last in that race by the way everyone shot off...I just couldn't keep up!

When I looked at the course route that morning, I have to admit it did look complicated as it was 2 short loops followed by a longer loop of the same field. In reality, when it came to running it, it was very easy and straight forward to navigate. The marshals were brilliant and due to the nature of the route many spectators walked from one part to the other to support and take photos.



I found the first loop tough going as it always takes me a while to warm up and I had my usual achey quads to contend with - although this disappears after a few miles. I was running on grass and was expecting to run through a muddy bog at some stage. However, only one of the corners was churned up and I did have to be more careful in dodging the rocks and tree roots. As I finished the first loop, lots of cheers kept me going and I felt a lot more comfortable going into the second lap having warmed up and knowing what to expect. It was the third lap which got to me. As I reached the bottom of the course, before you go uphill again, the wind had risen meaning I was having to contend with a strong headwind. I could see another runner from Shrewton just up ahead, who had started to walk, so I did - for about 10 seconds. The problem I then had was that I think I walked on another 2-3 occasions. I should never have stopped in the first place, so it just goes to show how running is so much more mental than physical.

The final long loop added on an additional run down the middle of the field and back up again, and it was torture seeing the finish line so close, but so far away, but I was determined to keep going as I wanted to make my friends proud and that I wasn't going to be last! It felt great to run across the finish line to see Holly and Jen waiting for me - both giving me a big hug, as well as Anthony, which is just as well as it was he who put the idea into my head!

I was absolutely boiling hot when I finished, as it doesn't take long for my temperature to rise when running! It was unlike anything I have taken part in before, and because it was part of the Wiltshire off-Road league there was a huge club presence. I'm grateful the weather was kind as I may not have enjoyed it as much as I did but, would I do it again? Yes I would. I'm not the fastest, however if I was needed to make up a team I would definitely help out again. And besides, I've been told that off-road running is good for strength and I'm definitely in need of some of that!

Race 6 - Plain Crazy

44 crazy members of AVR took on this challenging and undulating 12.5ish mile course starting and ending in Warminster. The route takes in part of the Imber road, which is usually closed to civilians during the year, and passes the infamous 'tank graveyard'. Ed Knudsen (pictured) was the race winner in a time of 1:15:46 and Gemma Lawton was the first AVR female across the line in 1:37:14.



FINAL standings for the AVR off road race league:

Congratulations to Dan and Gemma for topping the leaderboard in 2018!

Male	Female
1 st Daniel Piper 8 points (5 races)	1 st Gemma Lawton 13 points (5 races)
2 nd Mike Sargeant 23 points (5 races)	2 nd Jo Farion 18 points (5 races)
3 rd Mark Harris 25 points (5 races)	3 rd Adele Cooper 35 points (5 races)

Submitting Your Results

The majority of race times are picked up automatically so long as you enter 'Avon Valley Runners' as your club when you sign up (not 'AVR'), but it is always helpful to send them in, especially if you have any course personal bests (CPB) or personal bests (PB). Your mileage is then entered into the AVR database which helps the committee decide who wins the 'How Farr for AVR?' award at the Presentation Evening in the New Year, so it's important that you check that you're up to date.

IF YOU LEAVE THE CLUB, YOU MUST NOT CONTINUE TO SIGN UP AS AN AVON VALLEY RUNNER AS THIS WILL GIVE YOU DISCOUNT THAT YOU ARE NOT ENTITLED TO. YOU WILL ALSO CONTINUE TO APPEAR ON OUR RESULTS PAGE, WHICH WILL SKEW THE RESULTS FOR THE PRESENTATION EVENING. IT IS ALSO EXPECTED THAT YOU AMEND YOUR CLUB ON YOUR PARKRUN PROFILE.

Email your results to results@avonvalleyrunners.org.uk with a link to the official race results page and keep an eye on the AVR results page on the website at <http://www.avonvalleyrunners.org.uk/index.php?page=results>.

Dates for your diary

- Every first Wednesday - **post training social** in the TRFC bar - next date: 9th Jan (wrong date in last newsletter)
- Every second Tuesday - **post training social** in the TRFC bar - next date: 12th February
- **AVR AGM** Tuesday 8th January @ TRFC
- **Presentation evening** - *new location* Trowbridge Civic Centre *date confirmed* Saturday 9th February 2019 - see poster below



This year's event promises to be bigger and better than ever before! The theme is black and white - which can include fancy dress if you wish - and ticket prices remain at £15 as last year.

Partners and family members are welcome to come and celebrate with us and tickets are now available here, to include food and entertainment:

https://www.entrycentral.com/event/109535?fbclid=IwAR1ZIZFM1-z20YJbu_uExgJYQaWwx4yOHtZdxuYlbaIwfFKiN87ZpbmvMMc

Buddy Runs

Did you know that you can still run with AVR even if you can't make it to organised club runs at TFRC or Bradford on Avon? These are known as 'buddy runs' as they don't have an official run leader but are a group of AVR runners who plan to meet at a designated time, either as a one-off or on a regular basis. Two of these regular buddy runs are:

- Thursdays at 9:30am - meet at the community rooms in the large Trowbridge Tesco carpark.
- Thursdays at 6pm - running from B&Q in Trowbridge.

Please note, that these runs are not covered by the club's insurance.

Anna at The Treatment Rooms

Anna Gardiner is a Level 5 Clinical Sports Therapist in Chippenham who can often be found at TRFC offering some relief for our tired muscles and keeping us moving. She is a keen runner and triathlete with some helpful advice for all...



What are your goals? For example a sub 4 hour marathon?

I would like 4:00 - 4:15 based on 1:44 for half marathon x 2 and add 20% as it's double the distance. I need to be realistic, although would like 4 hour.

What are your PBs and when did you get them?

5km - 22 Mins 2017

10km - 48 Mins 2018

Half Marathon - 1:44 2018

Do you have any races planned over the next few months?

January: 29th Stonehenge Stomp, Distances Between 10K and 40K (Variable) (entered)

February: either 20/20 Road Race or Dark Larmer 8 Mile Off road (Not entered)

March: 17th Weymouth Half Marathon

April: Manchester Half

What other training do you do other than running?

Cycle once a week

Swim twice a week

Pilates or Strength conditioning once a week



The Treatment Rooms

How many sessions can your fit into your week (or how many sessions do you want to fit in)?

I currently run with my club twice a week and one other occasion at weekends. Three times a week is a maximum really and club sessions can be replaced or used as training. The number and duration will be reviewed on an ongoing basis.

Do you have any limitations to your training?

Yes, getting old! Ideally, I would like to keep Wednesday run free as I have swimming.

How hard do you want to work?

I'm happy to work and adjust levels of effort to achieve the goal.

Does a training plan need to fit in with other weekly sessions?

It would be good if the programme could fit in with Corsham Running Club Training Schedule on Tuesdays and Thursdays, where not appropriate then missing club sessions are an option.

Contact Anna on 07515109179 or anna@thetreatmentrooms.info



@anna_ttrrooms or visit her website at <https://thetreatmentrooms.info/>

Volunteer Co-ordinator's Report – David Hyde

Firstly, I would like to thank 2 groups of people:

1. All of you for volunteering this year
2. The working party that runs behind me that you definitely hear more from next as they are to a degree forgotten.

Facts and figures

This year there has amazingly been 467 requirements for volunteer roles within the AVR events ranging from registration, timing, sweeping, first aid and general marshalling. These have been fulfilled by 215 different people which I think is a big step in right direction which leaves over half of our club membership have not volunteered at least once last year; this is something I want to improve on next year.

The members who have assisted the most this year are as below:

Warren Wade, Michelle Platten, Louise Fearon, Ken McCall (non-member), Jay Sims, Ian Isaacs, Dot Reeves, Denise Ellis, Dave Hyde, Clare Langdon, Charlotte Cook, Cathy Warner, Anthony Hickson, Jo Farion, Richard Hudson and Liz Richardson.

We also need to acknowledge all of the hidden roles and work that goes on behind the scenes to put events on, such as organising medals and trophies.

Next Year

Next year we will be rolling out a reward scheme for volunteers, I cannot reveal too much presently but this will be very similar to the park run volunteer scheme for a special club top but it will include all roles within the club including juniors training, group run leaders, coaches etc as well as event volunteers. This is planned to commence on the 1st April.

Happy New Year to everyone, I look forward to helping you volunteer for AVR in 2019!



WALL OF FAME

Tri-Counties XC - 6.6km

Jo Farion (CPB)	31:35
Gemma Lawton (CPB)	28:19

10k

<u>Bromham Pudding Run</u>	Elizabeth Morris (CPB)	58:53
	Sara Robert	55:55
	Mandie Bygrave	50:52
	David Bagshaw (CPB)	44:18
	Chris Perry	44:00

<u>Telford</u>	Max Davis *NEW CLUB RECORD*	31:20
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Plain Crazy - 12.5 OR miles

Sarah Barker (CPB)	2:10:51
Jo Farion (CPB)	1:53:09

Southwick parkrun

Debbie King (CPB)	42:44	Louella Kenny (CPB)	35:27
Anne-Marie Gibson (CPB)	31:23	Liz Mason (CPB)	30:18
Darren Messen (CPB)	21:50		

Melksham parkrun

Elizabeth Williamson (CPB)	39:05	Sandra Sharratt (CPB)	36:33
Marie Worley (CPB)	34:54	Teresa Edwards (CPB)	29:08
Ben Phillips (CPB)	26:17	Stuart Macgregor (CPB)	21:58
Niall Thorne (CPB)	18:14	Dominic Beddis (CPB)	17:56
Fiona Gibbs (CPB)	26:02	Sarah Barker (CPB)	25:57
Diane Hier (CPB)	22:11		

Other parkruns

<u>Grangemoor</u>	Andy Marhant (CPB)	20:34
<u>Weymouth</u>	Richard Morgetroyd (CPB)	19:54
<u>Bath Skyline</u>	Richard Harding (CPB)	18:43
<u>Widness</u>	Gemma Lawton (CPB)	20:10

AVON VALLEY TRIATHLETES



New Year, new beginnings

The new AVT secretary for 2019 will be Elizabeth Morris. Lil is really enjoying her multi-sport journey and she will be bringing fresh new ideas to the club. We will work together during a transition period and I remain on the AVT working group - I wish Lil every success in this new role.



New Multi-Sport secretary Lil (centre) with outgoing secretary Jay (right) and Sara

Events coming up 2019

Calne Aquathlon Spring Series £7.50 per race or £18 for all 3. Enter one online then email Keith Bradshaw directly to enter the whole series at keithbradshaw16@hotmail.com .

Starts Feb 3rd and includes a sprint and a super sprint option

https://www.gotri.org/events/go-tri-calne-aquathlon-spring-series-2019---race-1_10514

Race 2 - 3rd March

Race 3 - 14th April

Big T Triathlon Sprint and Enduro

May 6th May 2019 (AVT discount coming soon...)

DB Max kick off with **Race 3 of the winter TT series** on January 6th and the **Chilly Duathlon** on the 17th of February: <https://www.dbmax.co.uk/races/time-trial-series/> and <https://race-nation.com/the-chilly-duathlon-17th-february-2019>

When entering events, it does really help if you enter any Multi-sport events as an **Avon Valley Triathlete**, this makes it easier to check results whenever needed.

Please remember that if you are a paid up AVR member, then you are already automatically a member of AVT.