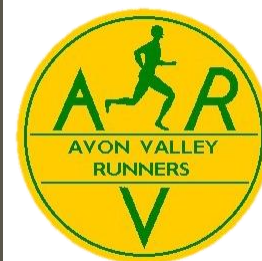


AVON VALLEY NEWS

Issue 209

May 2019



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Editor's note...

There have been so many amazing AVR achievements this month! Holly Rush won the inaugural Hullavington Half Marathon with AVR taking the male team prize at the same event, Ed Knudsen won The Bratton Hilly and the Shrewton Bustard 10k, there were category prizes at Jack and Jill, Mike Towler won the Heddington 5k, Tina Vivian, Mandie Bygrave and Denise Ellis took on the Guernsey Ultra and Fiona Price represented England at the Birmingham 10k!

Summer is certainly starting to hot up!

Sarah

Westbury 5k by Michele Platten

Those who know me will know I have an adverse reaction to doing 5k events. I suffer from anxiety and it gets out of control when I have to run a 5k race.

The last 5k I did was 2 years ago at Heddington where the lovely Judy tried to help calm my nerves by warming up with me. I'm afraid it didn't work. I ran 1.5 miles, got stitch, wanted to be sick, had a cry and just stopped running. I didn't do another 5k event again.

Fast forward to now. I am part of the AVR Goal Getters scheme. My goal was to complete a 5k and to try not to get anxious, feel sick or just throw the towel in. As part of Goal Getters, I have been joining in with the speed group on a Tuesday, getting pointers from Debbie Ellis and Charlotte Cook and running Southwick parkrun occasionally on a Saturday.

On the day, I was a bag of nerves. I nearly DNS due to nerves and feeling like such a failure, but luckily Theresa Edward's and Charlotte Cook sent encouraging texts to me in the morning. We had a plan - Charlotte and I did one lap of the 5K beforehand, then met Theresa and Vicky Bodman and did another warm up lap.

Throughout the whole of the 5k, I was encouraged by all the Marshalls which empowered me to keep plugging away. I had one person in my mind set to chase - Mick Farrar. I kept him in my sight most of the way but he kept going round corners - I will catch him one day!

To conclude, with the support from AVR, buddy runners and my mentor Debbie Ellis I nailed the 5k. I achieved my goal and...I got a PB taking nearly a minute off my previous time! So thanks to all the people at AVR for the motivation, I have completed that particular Goal.

2019 Track and Field championships by Gary MacAlister

A small band of intrepid AVR members made the short trip along the M4 to Swindon for the 2019 Wiltshire Track & Field Championships. AVR have historically never sent huge numbers to this event, so it was good that there was a good showing of Junior & Senior athletes across many of the events this year. The weather was perfectly sunny & warm, which led to some great performances on both the track & the field.

In the end AVR walked away with:

GOLD



5

Scott Pickford - Shot Putt (U13)
Freya Buglass - 800m (U15)
Gary MacAlister - Javelin (SEN)
Holly Newman 800m (SEN)
Bethan Francis 1500M (SEN)

SILVER



10

Toby Withers - 300m (U15)
Owen Lythell - 800m (U17)
Owen Lythell - 400m (U17)
Orli Cranston - 1500m (U17)
Niall Thorne - 800m (U20)
Bethan Francis - 800m (SEN)
Mike Towler - 800m (SEN)
Mike Towler - 1500m (SEN)
Holly Newman - 400m (SEN)
Veryan Cranston - 1500m (SEN)

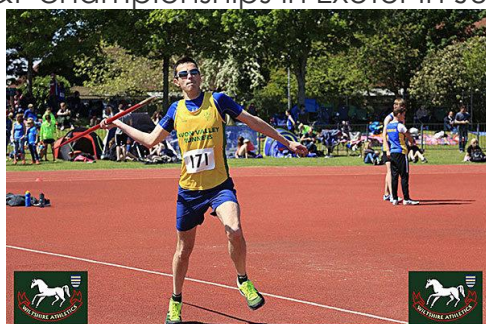
BRONZE



3

Joe Milton - 800m (U17)
Joe Milton - 400m (U17)
Niall Thorne - 1500m (U20)

All competitors that finished in the top 3 positions were invited to represent Wiltshire at the South West T&F championships in Exeter in July.





Melksham parkrun pacers

The call for pacers week at Melksham parkrun was answered by a huge bunch of AVR's from 19 minutes through to 40 minutes. There were over 80 PBs on the course on Saturday 25th May thanks to these Hi-Viz heroes! Many thanks to Hayley Southgate and Alan Button for organising everyone.



Melksham Town FC 10k discount

This new race by DBMax has 10% discount available if you enter 'AVR' at the checkout. The fast and flat route takes place on 30th June at 9:30am from the football club and will also be the 5th race in the Wiltshire and AVR road race leagues.



Dates for your diary

- Every first Wednesday – **post training social** in the TRFC bar – next date: 5th June
- Every second Tuesday – **post training social** in the TRFC bar – next date: 11th June
- **AVR 5x5** - 6th June, 4th July
- **AVR Westbury 5k** – 18th June, 16th July, 20th August
- **AVR summer BBQ** – Friday 5th July at TRFC
- **AVR relay 10th anniversary** – 6th July 13:00 from BoA Rugby Club

JAVR 2k & Dash



A FREE monthly community sports event for all children under 16



Last Saturday of every month in Southwick Country Park

- JAVR 2k & Dash is a monthly free community sports event, organised by Junior Avon Valley Runners, for all children U16.
- Those aged 7-15 can run the 2k event and unders 7s can run the Dash.
- Registration is at 9:30am and the event starts at 10am.
- Points are awarded for attendance, position and personal achievement with an award presented each year based on the league table.

All welcome – just turn up and run!

For more information please email juniors@avonvalleyrunners.org.uk

AVR Leagues

AVR LEAGUES 2019

2019 Road Race league races:

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

2019 Off-Road Race league races still TBC

Bustard 10k (race 3) – 25 AVR members took part in this inaugural race from Shrewton Running Club. Ed Knudsen finished in 1st place overall with a time of 36:20 with Daniel Miles as the 2nd male only 24 seconds behind and Gary MacAlister in 8th place. Tim Burrell's strong finish (and 1st MV50) won the male team prize for the club and with 4 AVR females in the top 10, we also won the ladies team prize thanks to Gemma Knudsen, who was the 2nd lady over the line in 41:34, Carly Hodgson, Jen Marlow and Pippa Brewer. Tina Towler was also the 1st V60. A fantastic result for everyone involved!



The next race in the calendar is the Broad Town 5 miler on the 15th June. Entries are available here: <https://www.fullonsport.com/event/broad-town-5-2019/profile>

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>.

Avon Valley Runners Volunteers – By David Hyde

Thank you to everyone who has volunteered so far this year.



AVR Relay 6th July - We still require a couple of people to help set up/down at TRFC please.

Westbury 5K – Tuesday 19th June & Tuesday 17th July. Plenty of people needed - please for various roles.

2019 Active Festival - 13th July 2019 11am - 4pm in Trowbridge Park. The Festival is in its 10th year and is a celebration. We require volunteers in hourly sessions of 2 people at a time.

If you can assist at any of these events, please email volunteers@avonvalleyrunners.org.uk that would be much appreciated please

Think of your requirements of Goal Getters to volunteer and also start earning your points for the club volunteer t shirts.

Summer Party

This is a great opportunity to celebrate the summer with your club! There will be food, singing and dancing at the Trowbridge Rugby Club all for £12 a ticket. If you have volunteered at an AVR event in 2018, then that price is reduced to only £5! Many thanks to the committee for supporting this event. Get your tickets here: <https://www.entrycentral.com/event/110592>



PB CORNER

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@avonvalleyrunners.org.uk

WALL OF FAME

5km

<u>Yeovilton</u>	Liz Mason	30:17	Fabrice Gagneux	20:56
	Anne-Marie Gibson	29:36		
<u>Westbury</u>	Michele Platten	29:03	Claire Heathcote (CPB)	33:13

10km

<u>Bristol</u>	Chris Perry	43:59
<u>Westonbirt</u>	Chris Perry (CPB)	45:19
<u>Two Tunnels</u>	Jackie Hall	1:02:28
<u>Birmingham</u>	Sharon Firkins (CPB)	56:20
<u>Two Tunnels</u>	Jackie Hall	01:02:28

Half Marathon

<u>Great Manchester Run</u>	Emily Dye	01:44:31
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Marathon

<u>Wizz Air Skopje</u>	Pete Valeski	3:09:32
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Southwick parkrun

Darren Messen (CPB)	21:49	Becci Mees (CPB)	24:27
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Melksham parkrun

Vicky Bodman (CPB)	26:09	Kat French (CPB)	28:08
Richard Morgetroyd (CPB)	19:49	Christopher Middup (CPB)	23:18
Gary Day (CPB)	19:26	Simon Woodhead (CPB)	25:20
Helen Donnelly (CPB)	26:34	Karen Holt (CPB)	27:30
Sue MacGregor (CPB)	27:43	Kelly Hilbert (CPB)	27:44
Viv Lloyd (CPB)	28:36	Jackie Hall (CPB)	30:21
Jerry Clark (CPB)	34:37	Toni Clark (CPB)	39:08
Pam Bettensby (CPB)	27:44	Matthew Walker (CPB)	29:29
Joan Carpenter (CPB)	30:46		

Other parkruns

<u>Shepton Mallet</u>	Linda Unsworth (CPB)	27:39
<u>Seaton</u>	Helen Davies (CPB)	25:15
	Paul Manuel (CPB)	26:00
<u>Fell Foot</u>	Frank Lamerton (CPB)	23:43

AVON VALLEY TRIATHLETES

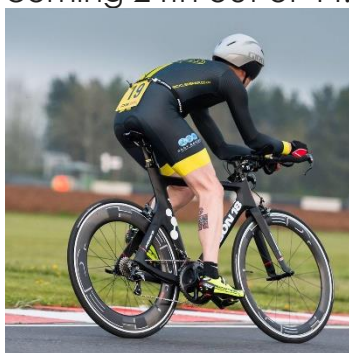
By AVT secretary, Lil Morris



May has been an extremely busy month for our AVT members!

May 2019 events

Firstly, I wish to congratulate Tim Lowrie (pictured below) who took part in the inaugural U41 Spine Rd 10 mile TT on the 4th May. The course started outside of the Cotswold water Park with the conditions being very cold and very windy. Tim still finished in a time of 25:13 coming 24th out of 44.



Next up there was the Oldbury Aquathlon, which saw Rich Ayling secure first place with a finishing time of 26:00! Congratulations Rich.

The second 10 mile TT at Castle Combe on the 8th May saw Anne Clark, Steve Clark, Darren Wintmore and Holly Newman complete the event on what was a particularly blustery evening. A special mention for Holly who completed her first 10 mile TT! Congratulations Holly.

The Big T Triathlon

This year's event took place on the first May bank holiday weekend seeing a mammoth turnout from our AVT members. This is always a hugely popular event with this being no exception. Congratulations to Caroline Tassell who achieved a PB by 4 minutes!



This was Linda Unsworth's first Triathlon experience and Linda has kindly written a piece for us on her experience of the day:

"6.15 am Monday 6th May 2019. My alarm went off but I was already wide awake, nerves jangling, mind racing in anticipation of my first Triathlon. I'd registered the previous evening along with other AVTs, all my kit was laid out and I was ready to go. There should

have been no pressure, my first event and, even though I'd trained for it, I was definitely going to be a completer not a competer. But my son had challenged me to finish in under his half marathon time and while he was confident I could do it, I was not.

All the Avon Valley Triathletes entered into the sprint tri were going off in the same swim wave and as our start time approached we were called to the poolside for a briefing then it was into the water, a quick warm up and we were off. When the board indicating 2 lengths to go appeared I was pleased and a little relieved, the first part almost done. At the end of the swim, I ducked under the lane markers and clambered up the steps then I was off to transition. I had been dreading this but my shoes and socks went on smoothly, I donned my number belt and helmet, un-racked my bike and set off on the next leg of the race. Out onto the roads of Wiltshire I went, pedaling away on my elderly hybrid bike, to complete the 25km course. I'd got about 5 minutes down the road and I was passed by a fellow AVT, and then another, and another and another until everyone in my swim wave was in front of me. I kept on going, glanced at my watch and thought I wasn't doing too badly. That was when I started being overtaken by competitors from the swim waves after mine! Just keep at it I told myself, you can do this. And I did, but as I climbed off my bike after the 25km I discovered that I had the wrong legs! The ones attached to me didn't want to move but they had to get me back across the playing field and then go another 5km. The encouraging shouts of supporters kept me going, I dragged myself and what felt like the heaviest bike in the world back to transition, managed to get the monster racked and wobbled my way out onto the run course.

At last, the section of the triathlon I knew I could do! By the time I'd reached the road I had my own legs back, they were tired legs but they would have no problems covering 5k. I kept going, even managed to overtake a few runners, spurred on by more supporters along the route and the thought that my family were waiting for me at the finish with a bottle of champagne. As I turned back into the sports field, I could see the finish, just one last effort and then.... I'd done it! I'd completed my first Triathlon! My medal was placed around my neck, I joined the family and the bubbly was opened. Time to celebrate. Did I enjoy it? Most definitely. Would I do another? Already entered. And did I beat the challenge? Smashed it!"



And still the events in May kept rolling in! Both Paul Banfield (pictured on the left) and Paul Hoskings' took part in Immortal Sports Middle Distance Triathlon at Stourhead on the 12th May.

Steve Clark also achieved his first ever age group (60-64) win at the Sprint Distance Tri at Dorney Lake Human Race Sprint weekend with a time of 01:27:41 covering a 750m swim, 21.5k bike ride and 5.2k run!

DB Max Westonbirt Sprint Triathlon

The final May bank holiday witnessed the much- anticipated DB Max Sprint Triathlon set in the grounds of Westonbirt House which is again, another popular event with AVT members. Apart from the results this saw many more personal achievements: Sara

Robert returned to multi-sport following a severe dislocated shoulder, which had kept Sara out of the pool for many months. Jay Sims was also able to still take part as part of a relay team and another congratulations to Holly Newman who took part in her first triathlon event!



Congratulations are in order for Rich Ayling who finished in an overall position of 7th with a category position of 2nd with a total time of 1:10:29.6 – this years' AVT league is really hotting up.



Congratulations to Anne Clark (pictured left) achieving a new 10 mile TT PB (by over 2 and half minutes) of 26:56 at the Farnham Road TT. Anne also won her age category!

There are more 10 mile TT events popping up, keep your eye out as these are very friendly events and you'll be made welcome.

Upcoming events

- DB Max Kinetic-One TT Series (12th June and the 10th July)
- Chippenham Tri Club Summer Duathlon series (5th June and 3rd July)
- Bowood House Super Sprint and Sprint Triathlons (29th and 30th June)
- Portishead Sprint Triathlon on Saturday the 17th August
- Frome Sprint Triathlon on the Sunday 18th August
- Cotswold Triathlon on the 8th September

When entering events, it really does help if you enter any multisport events as **Avon Valley Triathletes**; 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.

