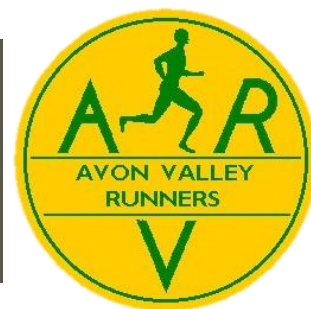


THE VALLEY NEWS



In this issue...

- AVR training
- Volunteer opportunities with AVR
- Junior AVR
- Activity and improving mental health and wellbeing
- DB Max Rainbow Run
- Wall of Fame
- Where's my Club? Answers
- Avon Valley Triathletes

AVR training sessions

We continue to offer various sessions throughout the week that can be booked using the Run Together links that are emailed out to members every Saturday and posted to the members' only Facebook page.

If the session is full, please do not attend. If more people turn up than are booked on, then the session will have to stop. For those of you that do manage to get a space on the session, please try and arrive warmed up where possible.



If you need to cancel a session for any reason, please cancel it by using the Run Together app (you cannot do it by just logging onto the website.)

As the nights start drawing in, please remember to wear hi-viz and bright lights to keep you and everyone else safe.

Volunteer opportunities with AVR

Junior AVR secretary

We are also looking to recruit a new **JAVR Secretary** to the committee. Holly Newman is stepping away from the role as she embarks on a university course in Oxford. Is this a role that you would be interested in taking over? The main priorities of the volunteer role are:



- Maintain records of all junior members.
- Attend committee meetings as appropriate.
- Regularly attend junior training sessions (this doesn't have to be EVERY session however the juniors do need some consistency. It especially helps if you are able to build a rapport with new nervous junior members).
- Promotes JAVR events amongst members, parents and social media.
- Help liaise with Bath University regarding track hire times/fees.
- Liaise with adult AVR coaches in regards to the progression and training of older junior athletes.

If you would be interested in this role or would like further information, please email secretary@avonvalleyrunners.org.uk

Social Media volunteer – You Tube

Did you know that AVR have a You Tube channel? Set up 7 months ago, its primary aim was to share the Zoom sessions the happened during lockdown and now the club are looking for a volunteer with creative ideas to work alongside Katy Nickless to develop the channel with exciting new content for members and potential members

If you're interested in the role please email news@avonvalleyrunners.org.uk.

<https://www.youtube.com/channel/UCSJk2xtIbV1cxV0SvFmOiQ>



Junior Avon Valley Runners



Mid-September saw the return of training sessions for our junior athletes within the club with a slight change to the previous schedule due to the current circumstances.

Our popular Wednesday session is now starts at 18:00 with a finish time of 19:00 on the track at TRFC. As with the adult sessions booking is via the Run Together app not only to ensure athletes gain a place (we are limited to 15 attendees) but also for Test & Trace purposes. The

training links will be posted on BAND the preceding Thursday for parents/guardians to arrange booking.

Not only are the coaching and working group for JAVR pleased to get back to the track but we've also had a fantastic response from our athletes! – Lil Morris

Daisy Davies – Coach in the making!

"I'm Daisy from JAVR and I've been a member of the club for about 4 years now.

Before lockdown I was asked by the coaches to help lead some of the warm up exercises for the juniors. I really enjoyed doing this, so when I was asked to go on the volunteer rota I thought this would be a great opportunity.

I have just completed the England Athletics' Leading Athletics webinar. The three hour course teaches you to lead an athletics session for young people. It gives participants access to an app and workbook with tips for planning and running sessions, as well as activities that you can use in warm ups, training and cool downs. I would recommend this course to the other juniors, but you have to be over 16 to do it!"



Wednesday evening sessions at TRFC are open to junior athletes aged 11+, if you are the parent/guardian of a child interested in training with JAVR please contact the team by emailing juniors@avonvalleyrunners.org.uk for further details.

Activity and improving Mental Health and Wellbeing

– by Jay Sims-Bagshaw and Sally Frawley

We already know that being part of a running club can help to improve your mental health and wellbeing:

- less tension, stress and mental fatigue
- a natural energy boost
- improved sleep
- a sense of achievement
- focus in life and motivation
- less anger or frustration
- a healthy appetite
- better social life
- having fun
- detoxifying the body.

Here Club member Sally Frawley who joined AVR as a beginner in Sept 2019 shares a little of her own personal journey.

I originally joined the club to help my daughter Esther who was wanting to improve her fitness to be able to join the Navy. I was really surprised that I found that it was actually me who gained more than I could have ever imagined.

Before AVR my confidence was very rock bottom, I was afraid to get involved in things because I was worried that I wouldn't be good enough or that I would fail, so I would just avoid everything.

I have suffered with anxiety for nearly 20 years and this meant that I didn't want to upset people, constantly overthought everything and always worried about getting things wrong, it held me back time and time again. But because I smiled and appeared happy on the outside only people really close to me knew this was masking my insecurities, inside I was scared and struggling all the time.

The beginner's group was scary at first, I didn't want to walk in, but I pushed myself by thinking it was going to be good for my daughter, but would I be the odd one out?

I found that people were feeling similar to me, and there was a sense of community and belonging. I got to know the coaches and the helpers, and they got to know me. AVR now feels like a big family with so many different characters who all support each other.



I used to get over emotional during and after each run, at times really thinking I couldn't do it or beating myself up for not doing well enough, but with support I have learned to relax a bit and to start to focus on my own training rather than on if I am less than other people or letting people down.

I have now run 10k as a virtual run and completed a 10-mile training run and I'm working towards a Half Marathon in October, I am really starting to believe that "I can do this".

Thank you AVR for all of your support and love

DB Max Rainbow Run



In September, there is no data for the Team results on the DB Max website.

Week 25	1 st AVR male: Gary MacAlister 1 st AVR female: Jo Farion
5th Sept	Sarah Barker was 1 st FSEN, Jen Buckle was 2 nd FSEN, Jo Farion was 1 st FV40, Sara Robert was 3 rd FV50 and Carrie Almeida was 2 nd FV60.
Week 26	1 st AVR male: Gary MacAlister (top 2) 1 st AVR female: Carrie Almeida
12th Sept	Gary MacAlister was 1 st MV40 and Carrie Almeida was 3 rd FV60.
Week 27	1 st AVR male: Gary MacAlister (top 5) 1 st AVR female: Carrie Almeida
19th Sept	Gary MacAlister was 3 rd MV40 and Carrie Almeida was 2 nd FV60.
Week 28	1 st AVR male: Gary MacAlister (top 3) 1 st AVR female: Sarah Barker
26th Sept	Sarah Barker was 1 st FSEN, Gary MacAlister was 3 rd MV40 and Carrie Almeida was 3 rd FV60.

Where's my Club?

Here are the answers to last month's quiz from Darren.

Well done to Hayley Southgate, Vicky Ody and Nettie Holley for having a go at some of the answers on Facebook. How well did you do?



1. Hogweed Trotters	Chipping Sodbury
2. Les Croupiers	Cardiff
3. Almost Athletes	Cheltenham
4. Slinn Allstars	Swindon
5. Hydrographic Harriers	Taunton
6. Town and Country Harriers	Bristol
7. Collett Park Dark Runners	Shepton Mallet
8. Muddy Mucky Monkeys	Cambridge
9. Runnyhoneys	Petersfield, Hampshire
10. Fry Club Joggers	Keynsham
11. Black Pear Joggers	Worcester
12. Amazing Feet RC	Kidderminster
13. Running For Time	Yeovil
14. Carn Runners	Camborne, Cornwall
15. Victory AC	Havant, Hampshire
16. Finch Coasters	Wokingham, Berkshire
17. Mornington Chasers	London
18. Redway Runners	Milton Keynes
19. Sole Sisters	Bristol
20. Running Somewhere Else	Cirencester

Good luck!

A huge good luck to anyone running in the virtual London Marathon at the start of October!

If you are running and you would like to share your story, make sure you send it in to the usual email address by the end of October to be included in the newsletter.



Our very own Martin Pearce is running as Shoeperman and has been featured on BBC Points West and in The Times on the run up to the event. So keep your eyes peeled on the streets of Wiltshire for him and others too.



AVON VALLEY TRIATHLETES

I have been a member of AVR/AVT for a few years now, but became a more active member in the last 2 years.

My running journey started by going along to a parkrun with a friend many years ago, and I have not looked back since. I enjoy challenging myself, and love the social nature of the running community. So far I have completed races up to half marathon distance, but this year I'm taking on my first ultra distance, and working my way into the world of multisport. I became involved with the Goal Getters working group this year, and I'm enjoying the role of mentor (despite the difficulties this year with Covid-19).



I am now looking forward to the role of AVT Secretary, taking over from Lil Morris, and hope that I can do it justice. I'm keen to encourage participation in multisport events, and motivate others the way that I have been motivated by AVR/AVT to explore new challenges and experiences.

Kat Taylor-Laird – AVT's new multi-sport secretary



Transition Complete – by Darren Wrintmore

Five years or so ago I found myself disillusioned with my running, a succession of injuries and frustration that I was not recording the same times that I was as a 21-year old nor for that matter as a 41-year old. I needed a change of focus.

As I have previously written I had just started venturing into cycling following the London Olympics and as the world rolled into 2015, I decided that I would focus my attention on this change of discipline. I set myself two goals that I felt would stretch me to achieve them but not so tough as to remain out of reach: they were to ride 10-miles in under 25-minutes and 100-miles in under 5-hours. First off I set about determining what gains I could make to improve on my current performances. So I changed to a compact crank set of 50/34 (for the benefit of non-cyclists this means the big ring at the front of the bike has 50 teeth on it and its smaller partner 34 teeth – the more teeth, the bigger the ring and the faster you can go as long as you can generate the power in your legs to turn it) this should prevent me from tiring so readily on the climbs and enjoy a higher cadence.

I also started spending more time on the bike and was now logging over 400-miles per month. My 10-mile ambitions however were dealt a serious blow, when in the afternoon of what was to be my Time Trial debut at Castle Combe, I found myself being attacked by a swarm of wasps and my arms and legs ballooned up uncomfortably as a reaction to multiple stings – needless to say I didn't ride the TT that evening. Things went better for my 100-mile attempt though at that years London-100 event, when I found myself just dipping under the 5-hour barrier.



The following year and with stronger legs I moved up to a 52/34 mid-compact crank set and increased my monthly mileage in the saddle with the effect of lowering my 100-mile time down to a quite respectable 4-hours 47-minutes at London and passing the 10-mile mark in well under 25-minutes. The next few years saw my monthly mileage steadily creep up to over 600-miles per month however my performances didn't improve comparably...then along came 2020 and lockdown!

Weekly mileages of 200+ miles and monthly totals of around 1,000 miles saw my Personal best times for both 10-miles and 100-miles tumble, what however I believe was the biggest contribution was the giving up of custard cream biscuits, I cannot eat just one I have to have a whole packet. This really tested my will power but I found that over the course of 3-months I lost nearly a stone in weight.



To finish the year, I targeted one final race – the **South West 10-mile TT Championships** which were going to be held at Castle Combe albeit in a clockwise direction. Having cycled plenty of circuits at the venue, I had never gone the 'wrong way around' so entered the Kinetic One TT a couple of weeks before which was also being held clockwise. Although I didn't break 25-minutes on this occasion I did get to learn the idiosyncrasies of the revised course configuration and also surprised myself by breaking onto the podium for my age group.

Race day came and I had an easy 9-mile ride out from Melksham to the circuit as a warmup making it right on time for my allocated departure slot. I didn't have the best start as just as I was setting out another rider came the wrong way up the start slip causing me to falter, but when I recovered the adrenaline rush propelled me up to 28mph and I almost overcooked the first bend. Calm down, but I was cycling on 'annoyed', eventually I reduced myself to 'grumpy', which is the default setting for middle-aged men. I was in the zone and crossed the finish line in 24-minutes 49-seconds, not a PB but a pretty good performance.

I had a good ride back home and logged into the event website and saw that my time was the best recorded so far in the 50-55 age category but there were still a few riders yet to finish. Several screen refreshes later and I couldn't believe what I saw – mine was still the fastest 10-Mile time; I had recorded my first ever win as a cyclist!!! To put it into context though, the overall winner was about five minutes faster than me albeit he was around 20-years younger and probably 5-stone lighter.



After a flow of congratulatory messages through Strava and Facebook as well as a phone call from Sean Price to advise that I had also managed to win the Westbury Wheelers club championship and did I know that I had beaten Olympic Silver medalist and Team GB Triathlete Heather Fell, it started to sink in that my transition from runner to cyclist was now complete. My second thought was how can I improve further – move up to a 53/39 crank set? Increase my monthly mileage further? Give up Jaffa cakes, no way – some sacrifices are just too great 😊

Other AVT performances:

Name	Category	Time	Pace
SARAH JEFFRIES	F55	28:16.7	21.2 mph
ESTHER FRAWLEY	FJUN	29:24.6	20.4 mph
SEAN PRICE	M50	30:05.3	19.9 mph
SARA ROBERT	F55	31:27.4	19.1 mph
JEANETTE SIMS	F40	32:13.2	18.6 mph

Just a final note to reflect on 40 years of running. I competed in 347 races of which 261 I did as an Avon Valley Runner; 58 races were at the 5K distance for which I recorded a Personal Best time of 16-minutes 42-seconds back in 1988; 59 races were at the 10K distance for which I recorded a Personal Best time of 34-minutes 31-seconds also in 1988; I ran 32 Half Marathons and 3 Full Marathons (Dublin, London and Walt Disney World); and I was fortunate enough to make it onto the podium on 46 separate occasions. Not a bad running career.



