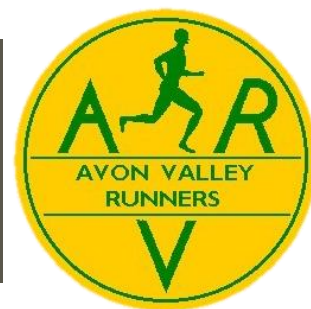


THE VALLEY NEWS



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Dates for your diary

- **Committee meeting** – Tuesday 1st February at 20:30pm at TRFC. If you have any points for discussion or would like to attend, please email secretary@avonvalleyrunners.org.uk.
- **Presentation Evening** – celebration [event](#) on Saturday 5th February 19:30 at the Civic Centre, Trowbridge
- **AVR Imber Ultra** – 6th March – marshals needed please
- **AVR 5x5** - 7th April, 5th May, 2nd June, 7th July (all Thursdays) [Online entries here](#).

Message from the Chairman

Happy new year! I hope that everyone is keeping well.

It has been decided by the committee that if members enter an event as Avon Valley Runners or Triathletes and want to be considered for results/club awards/club records etc, then there is an expectation that you should wear the appropriate AVR/AVT kit; either a suitable vest or tri-suit. See the 'club shop' tab on the [website](#) for details on how to buy your kit or see P7 (AVT) and P9 (AVR) in this newsletter.

The club will reserve the right not to include those who do not wear one.

Many thanks.

Annual General Meeting and new committee

There were a number of key decisions made at the AGM on the 11th January. The main points are as follows:

Membership Prices:

There is no increase in membership fees for AVR membership. However, EA membership has risen by £1 to £16.

Constitutional Amendments:

2. The Headquarters of the Club is the Culver Close Recreation Ground, Pound Lane, Bradford-On-Avon, Wiltshire.

Changed to: "The Headquarters of the Club is the Trowbridge Rugby Football Club, Paxcroft, Hilperton, Wiltshire."

4. (f) Junior Avon Valley Runners (JAVR) is a separately financially accountable section of the club that is responsible for members aged 7 to 16 inclusive.

Changed to: "...that is responsible for members aged 11 to 16 inclusive."

5. Membership, (a) The club is open to all who are aged seven and above on the day of joining. Membership implies acceptance of these rules.

Changed to: "...who are aged eleven and above on..."

Life Membership awarded to:

- Jackie Rockliffe
- Frank Lamerton (both pictured right)



Election of the 2022 committee members:

Richard Newman
Chairman



Laura Waterhouse
Secretary



Sally Frawley
Assistant secretary



David Hyde
Vice Chair



Sheeona Yellowlees
Treasurer



Debbie Ellis
Junior AVR Secretary



Gemma Knudsen
Road-Race Secretary



Ed Knudsen
Assistant Road-Race Secretary



Anthony Hickson
Offroad-Race Secretary



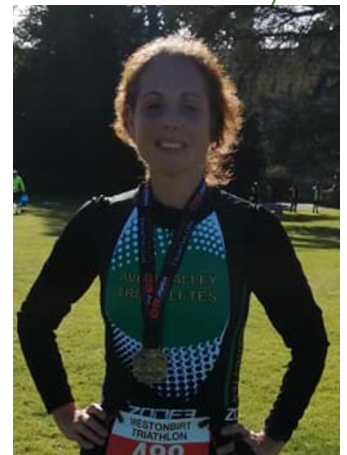
Michael Guy
Assistant Offroad-Race Secretary



Emma Day
Membership Secretary



Kat Taylor-Laird
AVT Secretary



Carole Alston
Safeguarding Lead



Martin Bull
Minutes Secretary



Sarah Emery
Social Media, News and Marketing Secretary



Jackie Rockliffe
Committee Member



Joby Hobbs
Committee Member



Tim Lowrie
Committee Member



AVR 5x5

This 5km event takes place in the charming village of Steeple Ashton from the local pub (we hope) along the White Horse Trail to East Town Farm and back...and it only costs £5!

Outward route

Run straight down the wide grassy track to a signpost on the left. Cross the field to a wooden bridge, cross that and turn right. Keep straight on along the right hand side of the field. The route then proceeds along a winding trail which arrives at a junction. Turn right and start a gentle climb up to the farm, turn right (passed it) and run to the turning point where you will be instructed by a marshal to return along the same route and finishes just outside the pub!



Of course the terrain is different each month varying from dry, through wonderful green scenery, to lots of mud. Nettles have even been known towards the end of the season.

Taking place on 7th April, 5th May, 2nd June, 7th July (all Thursdays). Start is at 19:00. [Online entries here.](#)

If you would like to volunteer for this event, please get in touch on offroad@avonvalleyrunner.org.uk.

AVON VALLEY TRIATHLETES

But I am a runner... I can't do a triathlon! Or can I? - by Caroline Scott



I am writing this as an AVR runner who, in the last few months, has been dabbling with triathlon. What seemed like a huge step into the world of swimming and cycling has become more accessible. But why is it now more accessible and how did I even get here?



Let's look at my starting points... which I expect are very similar to others of you out there.

1. I was and still am a runner - that's my thing and that's what I love to do. After a 15 year break due to injury and location changes in my life, I returned to running in 2020. I do not intend to stop now.
2. I am not a great swimmer. Having learnt to swim at school, I haven't spent much time in the pool.
3. I didn't have a bike although, I did used to cycle to work years ago.

I have one discipline of the three and I love running, so why try a triathlon?

Firstly, I got swept into the world of AVR and the incredible little challenges that sometimes present themselves when you are part of a running club. I also became part of Goal Getters which led to me considering a variety of activities and races which would definitely have been out of my comfort zone. I joined a wonderful little AVR social group and met a few amazing people who took me under their wing and helped me feel included.

Then at some point, my little running group started making noises about doing a triathlon and someone suggested I signed up for a duathlon (run 5k, bike 10k, run 5k - fairly short distances). I borrowed a bike and with very limited practise, I entered a race. I had terrible worries that I'd fall off my bike or come last or something else! However, surprisingly, I actually found the bike quite a thrilling experience, perhaps slightly easier than the run and came away from the race with a fairly good time and really excited about the achievement! So then, someone

said, why not get some swim lessons. Swimming is so good for you and you could try all three and be part of AVT. Nothing to lose.

There are lots of weekly adult lessons locally that are there to guide you and some of my AVR friends were already enrolled. Someone gave me a contact and off I went. AVT were also arranging weekly swims so it seemed really easy to just fit into doing that too. Now AVT has some easy-to-access activities going on weekly: A run to breakfast which usually consists of a relaxed 10K followed by a yummy breakfast somewhere nearby, a weekly Friday swim, and a Sunday cycle, all fairly social. I have bought myself a bike and I have started to train at home on something called a turbo (a fixed station you attach to your bike instead of a wheel so you can train inside). I've connected it to Zwift, a virtual cycling app, which means I can do various cycles of long and short distances during the winter months. (I get so cold out there that cycling outside sometimes doesn't appeal to me!)



What's been incredible, is the community I've joined. Each run, swim or bike is always attached to some kind of chat about going for coffee or a drink or breakfast or whatever. I am active for my health and I do love to run, bike and swim, but ultimately, it's about the community. That's what keeps me involved and keeps me going. It's a great time to join AVT because there's a group of 12 of us, all beginners, who have all entered into the Weymouth Half Iron Man at the end of the year. We are all AVR runners of various levels and some of us have no bike or swim experience but we have time to train. There's a great community spirit and everyone is very supportive.

I don't feel that I have stopped being part of AVR and suddenly become part of AVT. I think it's more of an addition to the suite of exercise options I have available to me. I would never run 5 days a week but I would run 2-3 days and now I also fit in a swim and cycle to mix it up a bit. It's better for my knees! I definitely feel healthier, I feel like I am involved in something new and something quite special. You are only a beginner at something once and it's a great time to be a beginner at AVT.



Come and meet the group at the AVT run to breakfast weekly on Saturdays! Also, if you are part of AVR, you are automatically part of AVT so make sure you join the [AVT Facebook group](#) to see what's available and then come and give it a try! Check out the pinned posts at the top of the page.

AVT results

Don't forget that all AVT race results need to be e-mailed through to avt@avonvalleyrunners.org.uk for inclusion in the results spreadsheet. Please email in all of your races as the year goes on and send your results, including race distances and times. Please also send link to official results page too if possible.

Remember you need to enter the race as a member of **Avon Valley Triathletes** and wear your **AVT kit** to promote the club. Please see the message from our chairman on the first page of this newsletter.

AVT kit

Tri Suits – available from Halo Sports [here](#) – please email the AVT address for the password.

Swim hats - £5 – email Kat to arrange collection

Bobble hats - £18 - email Kat to arrange collection

AVT hoodies - £25 – Sportsbug in Melksham and Trowbridge



Run for breakfast

A social AVT run takes place every Saturday morning, ending with breakfast at Valeroso in Trowbridge. These runs can vary from week to week, so keep your eyes peeled on the [AVT Facebook](#) page for up-to-the-minute information.



Social swims

AVT meet every Friday at 18:15 at Trowbridge pool for a social swim. Sign up on the [council portal](#) to book your place for £5.30. This is a public lane swimming session and there is not weekly set to swim – it's just for fun.

Structured swimming sessions

Hot Chilli Triathlon club offer pay-as-you-go coached swims at Trowbridge pool and will welcome any AVT members to join them. You get 3 free sessions then pay £7 each session. Contact chairman@hotchillitri.co.uk to book.

Monday 7am to 8am coached swim

Tuesday 7am to 8am coached swim

Wednesday 9pm to 10pm coached swim

Friday 7am to 8am member led swim (only £4)

Turbo sessions



AVT member, Steve Clark is running virtual turbo sessions over Zoom every **Monday at 7pm** and you will be able to join in from 6.50pm to start to warm up. The sessions will last around 45 minutes. Look out for information each week on the [AVT Facebook](#) page for more details about how to join.

Team U Perform

Team U Perform, which used to be Team Proto-Col Multisport, are developing a weekly schedule of coached sessions that are open to anyone from AVT. This is in addition to the Monday night Zoom turbo sessions that will run until mid-March. These are listed below:



Wednesday	7am Coached Swim session at Trowbridge with Team U Perform - £6 per athlete 7pm Coached group bike turbo session and S&C at Westbury with Team U Perform - £3 per athlete 7pm – from mid April, coached Brick sessions and transition training at Westbury with Team U Perform - £3 per athlete
Thursday	7am Coached swim at Trowbridge with Team U Perform - £6 per athlete 7pm Coached run technique and speed sessions at Paxcroft Trowbridge - £3 (probably not required due to club run sessions, but gives flexibility for days)
Various days	(Tuesday, Thursday, Saturday) from early May, coached open water swim sessions at Vobster with Team U Perform - £tbc
Day TBC	Bike and Run technique and brick sessions at Odd Down Circuit, Bath. This will offer group riding skills, cornering, power efforts and bike handling skills as well as brick sessions and even a friendly private duathlon - £4 per athlete

In addition from Team U Perform, there will be a range of workshops on:

- Strength and Conditioning
- Transition training
- Nutrition – how to fuel for races
- Specific race preparation – including organised coached race prep recce to Weymouth before the 70.3 with sea swim coaching etc. (Not just a day trip to have a sea swim, but a fully supported coached session). Delivered by fully qualified coaches with experience of training, racing and preparing athletes for major competitions (WTCC World and European Champs, Ironman races, Age Group races)

Anyone interested can call/text Steve Clark on 07901 857050 or message him through FB.

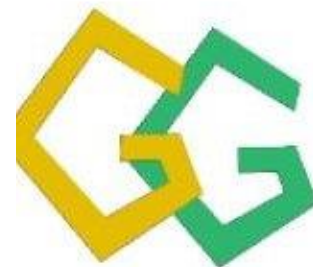
Goal Getters 2022

Goal Getters 2022 are looking for mentors to help this year. If you feel you can mentor members in AVR or AVT, to help them achieve goals then please email goal@avonvalleyrunners.org.uk and express your interest. If you'd like to be a Goal Getter then please be patient and hold off until 5th Feb when we launch GGs at the AVR Awards ceremony.

We are looking specifically for 12 qualities in our Mentors as follows:

Mentor Best Practice

1. Contact your mentee regularly via text/email/Facebook
2. Make a diary note of their target races so that you can wish them luck and offer advice before the race and get feedback after.
3. Find a few races that they might be interested in, so they can consider other options.
4. Follow their progress on Strava (if they have a Strava account).
5. Familiarise yourself with the WAVA grading and the calculator so that you can highlight their improvements as you go (AVR only)
6. Be prepared to signpost them if you feel they could be over training/struggling to fuel or become low in mood.
7. Encourage cross training
8. Signpost to Sports Massage, Physio or Doctors for injuries
9. Set some process/progress goals but please do not set them a training program unless you are a qualified CiRF.
10. Always remain positive and believe in your athlete.
11. Attend the group meetings, about three throughout the year.
12. Conclusion – Offer feedback on their improvements, be positive, build confidence



Col's Top Shop

I have 2 AVR hi-viz jackets in stock; 1 x small and 1x large at a cost of £24. I have 11 Regatta jackets; 4 small, 4 x medium and 3 x extra large. These cost £34. I also have 5 LED hats costing £14. Please drop me a line at kit@avonvalleyrunners.org.uk if you are interested.

Similarly, with racing back underway for 2022, if you are need of an AVR race t-shirt (£21) or vest (£20) again, drop me a line with your size and choice of top.

Check out the [website](#) in the 'club shop' to see the full range of available kit.

Happy 80th Birthday Judy! – by Barbara White

Club co-founder Judy Farr recently celebrated her 80th birthday. Newer members might like to hear a little about her illustrious race walking and later, her running career.

Encouraged by her brother John into race walking and joining Trowbridge Athletic Club as a young teenager, Judy soon excelled at racing in various distances on track and road. In 1960, at the age of 18, Judy won the 1.5 mile national title on the track at White City in 12m31s. She went on to win a total of 10 national championships, 9 of them consecutively. She is especially proud of her 1 mile world record set at Chiswick in 1965 in a time of 7m36.2s, and of representing England and Great Britain in many international events.

Judy had always run cross country as part of her training and then also in time, turned more of her focus to road running. She took part in the first ever Women's National Marathon Championship on the Isle of Wight in 1978 finishing in 4th place in 3:27.57. She was then picked for England, much to her surprise, for the Milton Keynes International Marathon finishing 5th in 3:23.39 in the same year. Judy met her late husband, Stan, at Trowbridge AC where he encouraged and supported her.

As road and distance running was becoming more popular in the late 1970s and 1980s there was felt to be an increasing need for a club specialising in that area. Ten members of the club decided on a break-away and on January 1st, 1986, Avon Valley Runners was officially born, first of all running regularly from Stan and Judy's house and then from the Judo Club on Innox Rd (there is an in-depth piece about these early days on the website written by the late Tim Northwood). The rest is history!

Stan and Judy drove the club in its early days and saw its rapid growth. They travelled far and wide competing and encouraging others. Judy still holds the AVR V40 record for 5 miles, 30m 47s set in 1988, and still holds the ladies record for most wins in the annual Boxing Day Run (now the Stan Farr 5K) with 17 wins! Judy is hugely proud to have played a part in founding Avon Valley Runners and happy that such a large number of people love and enjoy running as much as she has.



Wiltshire and AVR Off-Road leagues 2021/22

The Wiltshire Off-Road Race League (WORL) is an annual series of races for all runners from clubs affiliated to Wiltshire Athletic Association. These races are Off-Road, meaning they are mostly gravel path, woodland, fields etc. There will usually be road sections. Expect these races to be hilly and potentially muddy. The races are selected by the XC and Off-Road secretaries. There are typically eight races in a season which runs from autumn to the following spring.



**Wiltshire
Athletic
Association**

WORL races selected as qualifying races for 2021/22:

- ~~1. Sunday 17th October – White Horse Gallop~~
- ~~2. Sunday 21st November – Avebury 8~~
- ~~3. Sunday 28th November – Yarnbury Yomp 10k~~
- ~~4. Wednesday 29th December – Plain Crazy~~
- ~~5. Sunday 16th January – Slaughterford 9~~
6. Sunday 6th February – Lungbuster
7. Sunday 13th February – SMaRTT Smasher 10k
8. Sunday 27th February – Terminator



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, so you don't have to run every race however if there is a tie for the winners then the 9th and 10th etc. races will be taken into consideration until a winner is established.

AVR Offroad league races 2022 so far:

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

Slaughterford 9

Twenty AVR members took part in this tough, hilly and extremely wet and muddy race for the WORL and the start of the AVR league. Mike Towler (*pictured*) was the first AVR male across the line in 5th place overall in a time of 57:22 with Maria Harryman as the first AVR female in 1:32:46.

Following this race, AVR are currently 3rd and 10th in the **Wiltshire league**:

Division One	WORRL 2021/22
Team	Total Points
1 CHIPPENHAM HARRIERS A	98
2 CORSHAM RUNNING CLUB A	84
3 AVON VALLEY RUNNERS A	83
4 ROYAL WOOTTON BASSETT HOUNDS RC A	81
5 CHIPPENHAM HARRIERS B	79
6 CALNE SMARTT A	75
7 TEAM BATH ATHLETIC CLUB A	74
8 DEVIZES RUNNING CLUB A	70
9 CALNE RUNNING CLUB A	66
10 AVON VALLEY RUNNERS B	43



Slaughterford was the first race in the **AVR league** following the cancellation of the Kelston 10k on the 2nd of January. The current results have Mike and Maria at the top. The next AVR and Wiltshire league race is the [Lungbuster](#) on the 6th of February.

Off Road Series 2022 - Standings

Posn	Name	Sex	Running Total	Race 1
Ladies		Female	0	0
1	Maria Harryman	Female	1	1
2	Tina Towler	Female	2	2
3	Sally Frawley	Female	3	3
4	Pauline Bradley	Female	4	4
5	Hayley Southgate	Female	5	5
6	Nicole Jackson	Female	6	6
	Name	Gender		
Men		Male	0	0
1	Michael Towler	Male	1	1
2	Gary MacAlister	Male	2	2
3	Douglas Watkinson	Male	3	3
4	Ian Dobson	Male	4	4
5	Stuart Arguile	Male	5	5
6	Andrew Jefferies	Male	6	6
7	Michael Stynes	Male	7	7
8	Andrew Sharratt	Male	8	8
9	Peter Jobson	Male	9	9
10	James Crawford	Male	10	10
11	David Bagshaw	Male	11	11
12	Richard Blissett	Male	12	12
13	Richard Southgate	Male	13	13
14	Chris Ashton	Male	14	14



Imber Ultra

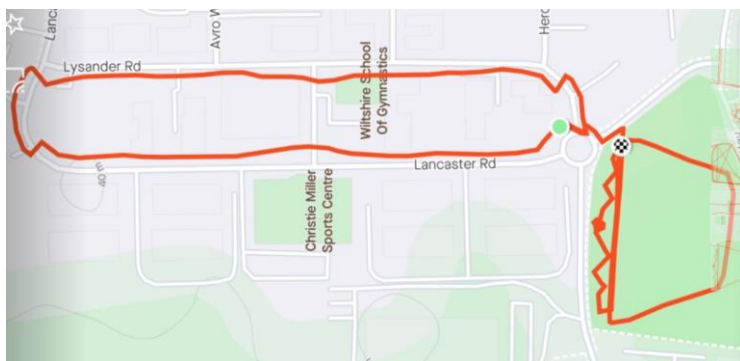
The Imber Ultra is back on the 6th March 2022. The 33 mile race is a joint venture between AVR and the Rotary Club for Westbury with proceeds from the event being given to charities supported by the Rotary Club.

Entries for the event are now closed so our attention turns to marshalling and organisation. Please contact Richard Hudson through the [event website](#) if you would like to be a marshal for the morning. Most runners in an ultra are self-sufficient, so we try to minimize the effort from the club, but it does mean that every marshal is vital. We would love to see you there!

ART FOR (Strava) ART SAKE Aka Can You Tell What It Is Yet? – by Hayley Southgate

During Lockdown and when exercise was limited to a distance of one's local town borderline, I found it fun to have a go at some 'Strava Art'. Very much based in the Bowerhill area, I discovered that the Queen Elizabeth Jubilee Sports Field was a perfect canvas for most of the ideas buzzing around in my head.

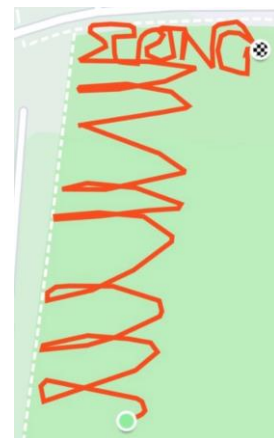
In the autumn of 2020, I had taken part in one of Great Run's monthly challenges - their November Accumulator named Bakers Dozen. I had to record a minimum of 13 different runs in my own time that month and one of the challenges was to run a route showing a baking related item. Despite the fact I was later told (by an AVR friend) that my effort looked like an old fashioned flushing toilet, I was quite proud of my rolling pin and cupcake. I mastered the icing with the cherry on top in one Take!



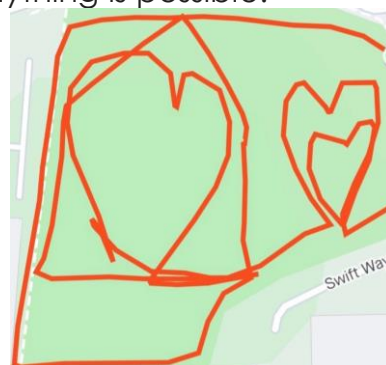
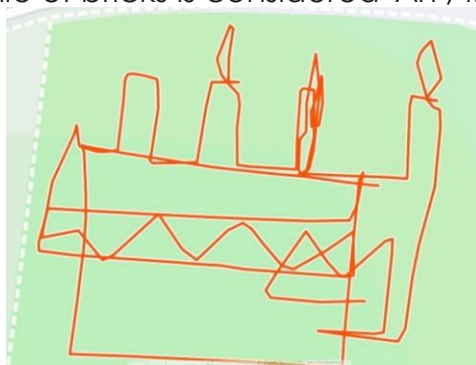
I then moved on to a Christmas Star to end the year with a Wish for the restart of UK parkrun, (little did we know that would take another 7 months).



So in the New Year of 2021 and with Mad March Mile looming plus Easter ideas, I decided to get a little more creative. Holly Newman joined me for the Easter Egg and Spring themed art and I have to say that this type of Run Directing was pretty hilarious, as was my Jackson Pollock which came about when walking my 'Melksham News' paper round route.



Some of my efforts are akin to cringe worthy Karaoke, but I hope they give you a giggle. Maybe you could give it a go in 2022 and create something worthy of The Tate Gallery. If a pile of bricks is considered 'Art', then anything is possible!



Happy New Year to the AVR Family!