

THE VALLEY NEWS



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Dates for your diary

- **Committee meeting** – Tuesday 7th June at 20:30pm at TRFC. If you have any points for discussion or would like to attend, please email secretary@avonvalleyrunners.org.uk.
- **Mob-Match** – Thursday 9th June – FREE to members
- **Westbury 5k** – 14th June, 12th July (all Tuesdays) [Online entries here.](#)
- **AVR Relay** – 9th July - 17 miles pass-the-baton relay. [Online entries here.](#)

AVR club committee update

As many of you now know, Richard Newman has stepped down as chairman of the club for personal reasons. An extra committee meeting was held in May to make sure there was a clear leadership structure in place. David Hyde is the current Vice Chairman and will continue this role by leading committee meetings as we move forward. Laura Waterhouse will continue as Secretary and some past committee members, Warren Wade, Jay Sims and Vicky Bodman, have all been temporarily co-opted back onto it to assist.

The committee would like to thank everybody who has offered their support and another huge thank you again to Richard for his time as Chairman.

AVR out and about

Bratton Hilly

You can't fail to ignore the domination by AVR at the recent Bratton Hilly event. 14 members took part and of those, there were 7 prizes! **Veryan Cranston** was 1st Lady, **Gary MacAlister** was 4th overall and also 1st MV40, **Tim Burrell** was 1st MV50, **Stuart Arguile** was 1st MV60 and **Anthony Hickson** was 1st MV80. AVR even won the team prize thanks to **Gary, Tim, Veryan** and **Ian Dobson.** **Dilton Dash 3k**

Mark Hughes on the Bratton Hilly course.



Not old enough yet for the Dilton Dash 10k, AVR Youth member, **George Sawyer**, had to settle for running the 3k race on the morning of Sunday 22nd May.

George only went and finished 3rd overall scooping 1st place in his Age Category (11-16 Boys). Well done, George!



Are there any other events that you'd like to see mentioned in The Valley News? The league races always get a mention but others would be great too. Send in your reviews, celebrations and Personal Bests to the address at the bottom of each page by the ed of each month.

Running Mojo! – by Jen Buckle

I sadly lost my love for running during the lockdown and I really suffered from not being able to run, with my running friends and the club. I missed the social side of running and this really impacted my mental health too!!

Fast forward to 2022 – it's been a real positive start.



Kicking off the year with Red January, followed by Mad March Mile and signing up to this year's Goal Getters. Amongst all of this, it's also been great to get back to parkrun. I really love the sense of community you get from running, encouraging you to be your best.

Goal Getters has been a great help, and with the support of my mentor I've finally seen myself run 5km without stopping for the first time in 2 years and get a PB at this month's AVR Westbury 5K Series.

I finally feel like I have my mojo back – Thank you AVR.

AVR Results

Avon Valley Runners results 2022 are now live on the club website. Please email your results for inclusion to results@avonvalleyrunners.org.uk. When submitting results, please include the following information:

- Race Date
- Race Name
 - Distance
 - Finish Time
 - Position
- Category Positions
 - Prizes
- Link to the official results
 - Personal Bests
 - Club Records

Thank you - The Results Team



The main committee would like to clarify some points about Run Together that have been brought up recently. The app was introduced during Covid as a way to book sessions to allow us to continue to meet and to ensure we were able to keep track of numbers.

The main committee voted a few months ago to keep using the app as part of our standard practise. It provides assurance for runners and leaders alike. It also allows our track sessions to remain within the maximum number of runners as outlined by England Athletics. Track sessions will remain capped. While the group runs are no longer capped, we do ask that you still book in advance so our leaders have a good idea of how many will be attending. You are still welcome just to arrive on the evening but let the run leader know so you can be checked off. The main purpose for this is so that the leaders will have a record of everyone running, a list of any medical needs and emergency contact details.

If you cannot make a run session for whatever reason, please cancel your place using the Run Together App so that spaces can be made available to others. A tutorial on how to do this is available from Sean Price on the members' only Facebook page [here](#).

Any questions, please do email secretary@avonvalleyrunners.org.uk.

AVR Events

Westbury 5k series

The next edition of this event is on the **14th June** and the final one on **12th July**. Entries can be purchased [here](#) and offers to volunteer can be sent directly to Andrew at Basil123andrew@gmail.com.



Avon Valley Runners Mob Match

THURSDAY 9th JUNE 2022

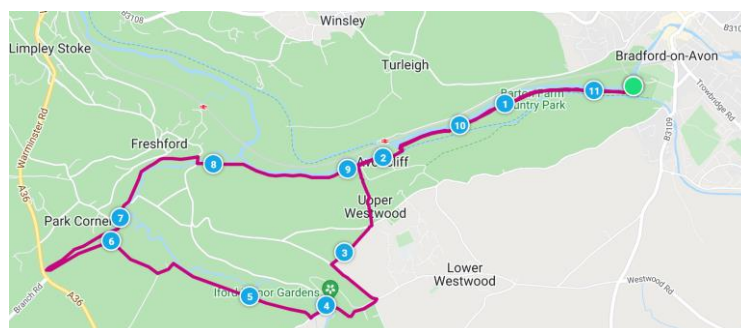
Venue:

Pound Lane Cricket Pavilion, Culver Close
Playing Field, Bradford-on-Avon, BA15 1LF

Registration: 7.00pm

Match Briefing: 7.25pm

Match Start: 7.30pm



This is a closed event for members only and is free to enter. More information regarding the Mob Match can be found [here](#).

The AVR Relay

SATURDAY 9th JULY 2022

This is an open event but is free to all AVR teams and solo runners. Email Holly Newman on hollyjeannevman@hotmail.co.uk for a discount code to use on Entry Central.

Sign-ups are online [here](#).

More information about each leg can be found [here](#).

Facebook page for the event is [here](#).

AVR
AVON VALLEY
RUNNERS

After three years we are delighted to announce the return of...

The Avon Valley Relay!

Saturday 9th July 2022

The AVR Relay is a scenic and supportive team relay event covering 17 miles in four self-navigated stages and open to all abilities. Join us as we host the first AVR Relay since the COVID-19 pandemic!

Start Time: 1pm at Bradford on Avon Rugby Club.

Prizes to: 1st Male Team, 1st Female Team, 1st Junior Team, 1st Open Team, 1st Mixed Team, 1st Solo Runner, best team name and best team photo.

Enter via Entry Central (<https://www.entrycentral.com/AVRRelay2022>). Entries £24 or £30 on the day.
For more information visit our Facebook event page 'Avon Valley Relay 2022'.

See you there!

Active Trowbridge – by Volunteer Co-Ordinator Dave Hyde

We have been again requested to attend the Active Trowbridge Festival 2022 in Trowbridge Park. This is always a great opportunity for AVR to engage in the local community and show them what we are about and to promote the club. This year it is on Saturday 9th July from 11am-4pm. It means I need some volunteers to assist for part of that time on a rota system of 2 or 3 at a time. We have a stall and usually put on a small games event for members of the public to join in with. Unfortunately this year it clashes with AVR Relay but there is nothing we can do about that.



If you are available to assist, please drop me an email to volunteers@avonvalleyrunners.org.uk or catch me on a Monday night at club. You can always message me on Facebook as well.

AVR Off-Road league 2021/22



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, you don't have to run every race however, if there is a tie for the winners then the 9th and 10th 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

Sutton Veny 10k - CANCELLED**Bristol 3 Peaks**

Just one member of AVR took part in this off road challenge which was **Holly Stables** (pictured right) in a time of 2:21:54 and finished 4th overall. She was the first female over the line and topped the FV40 age category too. Well done Holly!



Next event: The Chippenham Longest Day 10k

AVR and Wiltshire Road Race league

This year, AVR's league will follow the same races as the Wiltshire Road Race League. There are 8 races to choose from with your best 6 to score.

1. ~~27th March – Calne Clock Change 10k~~
2. ~~10th April – Highworth 5 mile~~
3. ~~15th May – Hullavington Half Marathon~~
4. 26th June – Lacock 10k
5. 21st June/19th July/16th August – Heddington 5k race series (best time from the 3 to count)
6. 21st August – Compton Bassett 5 mile
7. 3rd September – Malmsbury 10k
8. 25th September – Devizes 10k

Hullavington Half Marathon

12 AVR runners took part in this undulating half marathon by Stampede Sports. **Ed Knudsen** was the first AVR male and 5th overall in a time of 1:18:47 with **Jackie Rockcliffe** as the first AVR female in a time of 1:25:39.

Congratulations to **David Gale** (pictured) for completing his first half marathon distance too – an amazing achievement on a day which had a variety of weathers!

AVR are still at the top of the Wiltshire Road Race League table with 59 points followed by Chippenham Harriers with 55 and Calne RC on 54. **Diane Hier** is now the highest placed female in 7th with **Peter Veleski** in 4th for the male league. Full results can be found [here](#).



**Wiltshire
Athletic
Association**

Col's Top Shop

Any race kit can be bought from **Colin** the kit manager including the main items shown below but also jackets and hats with head torches built-in (which may be helpful for those members taking part in Endure 24 soon!)

Drop him a line on kit@avonvalleyrunners.org.uk to arrange collection. You can now pay by card too.



Race T-Shirts are £21 whilst Race Vests and Ladies Crop Tops are £20.



Don't forget to take a look at the latest AVT News on the website [here](#).

