

THE VALLEY NEWS



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Dates for your diary

- **Club Committee Meeting** – the next meeting takes place at TRFC on Tuesday 7th February. If you have any points for discussion or would like to attend, please email secretary@avonvalleyrunners.org.uk.
- **AVR Social drinks** – the next one is on Wednesday 8th January, 8-9pm at the rugby club bar.
- **AVR Presentation Evening** – 7pm Saturday 5th February 2023 at the Trowbridge Civic Centre
- **Imber Ultra** - Sunday 5th March. Volunteers always welcome to support this 33-mile race around the Plain.

Available club positions

Many of the positions advertised last month have been filled but there is one more looking for a suitable volunteer:

- **Editor for The Valley News** – to collate and present AVR news for the club as The Valley News once a month as well as uploading it to Facebook and the website.



Email news@avonvalleyrunners.org.uk if you are interested in finding out more of what is involved.

AVR on Radio Wiltshire




On Wednesday 15th February, Martin Bull will be a guest on Sue Kinnear's show. He will be taking part in a new feature on the show called 'Wiltshire Views Panel' between 12-1pm where the panel talk about general Wiltshire news but Martin's main reason for being part of the show is to promote AVR and the upcoming Imber Ultra.

If you're not free to listen live, the whole show is usually available to listen to again from about 2:15pm.

Committee 2023

At the AGM meeting this month, the new members of the AVR Committee were introduced. If you ever need to contact any of the committee, their contact emails can be found on our website [here](#).

Thank you to all of the outgoing members for their vital time volunteering for the roles and welcome to our newest and returning committee members too.



Election of Committee

Name	Role
Sara Robert	Chairman
Dave Hyde	Honorary Secretary
Dave Hyde	Vice Chair
Simon Reeves (Temporary)	Honorary Treasurer
Debbie Ellis	AVR Youth Secretary
Martin Russam (New)	Road Race Secretary
Andrew Sharratt (New)	Off Road Race Secretary
Emma Day	Membership Secretary (Admin)
Caroline Scott	Multi-Sport Secretary
Jay Sims Bagshaw (New)	Safeguarding Lead
Hayley Anderson	Minutes Secretary



Welfare Officers

Name	Role
Jay Sims-Bagshaw	Welfare Officer AVR Female
Alan Button	Welfare Officer AVR Male
Sara Robert	Safeguarding Officer AVR

Upcoming AVR Events

AVR Presentation Evening

Saturday 4th February 7pm at the Trowbridge Civic Centre.

Come and celebrate all of the wonderful achievements of our members from 2022 along with guest speaker and presenter, **Jo Pavey!** The latest Goal Getters program will be launched on the night too – send in your interest for taking part to goal@avonvalleyrunners.org.uk.

This year's theme is **green** and **gold**.

Entries available [here](#).

View the Facebook event for it [here](#).



Goal Getters 2023 Launching Soon!

If you are interested in participating, please email goal@avonvalleyrunners.org.uk

Dates for your diary:

- Launch date at AVR Presentation Night 4th February 2023
- The Initial Briefing meeting on the 15th March 2023 at 8.15pm Venue TBA. At this meeting participants will be assigned Mentor

Results

Avon Valley Runners results 2022 are live on the club website [here](#). 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

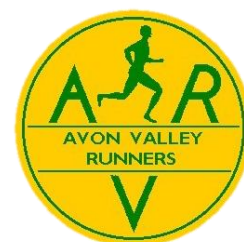
Thank you - The Results Team

Wiltshire Off-Road League 2022/23

Events for the Wiltshire Off-Road Race League (WORL) 2022/2023:



~~2nd October – Brinkworth Bash~~
~~16th October – White Horse Gallop~~
~~6th November – AVR Over the Hills~~
~~27th November – 27th November – Yarnbury Yomp~~
~~22nd January – Slaughterford 9~~
 5th February – Lungbuster
 12th February – SMaRTT Smasher
 18th March (Saturday) – Roundway Revenge



Off-road reports by Andrew Sharratt, Off-road secretary

Slaughterford 9

Very crisp morning (minus 3°C), by the end of the race there was frost on some people's head gear and running vests!! However, there was no wind and a bright sky and ground conditions were very hard. It was probably near perfect for a tough off road 8.5 miles, good (if there is such a thing) for the climb up the sting. Great turn out for Avon Valley Runners (over 20 people) – thank you everyone for being on the start line – we had people at the very front and throughout the line-up which was great to see. Photos show the drive and determination of AVR runners.



Results for AVR first in each category were results are:

First Overall AVR Female: **Georgia Wood (and first Female Overall - WOW!!)**

First Overall AVR Male: **Ben Mees**

First Senior AVR Male: **Ben Mees**, 00:58:52, 4th overall, 4th in category, 4th in gender

First V40 AVR Female: **Georgia Wood**, 01:05:18, 20th overall, 1st in category, 1st in gender

First V40 AVR Male: **Tim Lerwell**, 01.02.18, 10th overall, 2nd in category, 10th in gender

First V50 AVR Female: **Joanne Mumford**, 01.18.13, 124th overall, 3rd in category, 14th in gender

First V50 AVR Male: **Scott Green**, 01 14.29, 97th overall, 17th in category, 90th in gender

First V60 AVR Female: **Pauline Bradley**, 1.43.11, 292nd overall, 5th in category, 75th in gender

First V60 AVR Male: **Kevin Glover**, 01.19.14, 129th overall, 6th in category, 113th in gender

First V70 AVR Male: **Frank Lamerton**, 01.48.21, 306 overall, 4th in category, 227 in gender

Don't forget we still have 3 WORL races to go:

Lungbuster: 05/02/23

SMaRTT Smasher: 12/02/23

Roundway Revenge: 18/03/23 with places still available for all events.

Wiltshire Off-Road League (WORL) (after Yarnbury Yomp – 4 races completed)

Avon Valley A Team 4th place Division 1: 69 points (1 point behind Corsham)

Avon Valley B Team 4th place Division 2: 34 points (4 points behind City of Salisbury)

	Women	Points	WORL Overall	WORL Category
1 AVR	Veryan Cranston	287	8 th	4 th FV40
2 AVR	Fiona Gibbs	270	14 th	1 st FV50
3 AVR	Fiona Newman	262	15 th	2 nd FV50

	Men	Points	WORL Overall	WORL Category
1 AVR	Gary MacAlister	375	2 nd	1 st MV40
2 AVR	Mike Towler	199	21 st	3 rd MSen
3 AVR	Frank Lamerton	180	26 th	1 st MV70

AVR League (after Slaughterford 9 – 5 races completed):

	Women	Points	Men	Points
1	Veryan Cranston	36	Gary MacAlister	69
2	Fiona Newman	54	Frank Lamerton	83
3	Fiona Gibbs	61	Chris Ashton	88

Other Off Road Races:

There are things going on outside the Leagues! These are also listed on the Facebook Member's only page and below up to the end of April (will add another quarter over the next few weeks):

12/02/23 Winter Warmer 10K (and other distances)
26/02/23 Terminator 12 miles
12/03/23 Larmer Tree 10 miles (and other distances)
12/03/23 Marshfield Mudlark 11K
12/03/23 Two Tunnels 10K (and other distances)
26/03/23 Skyline 10K (and other distances)
26/03/23 Big Cheese 15 miles
02/04/23 Combe Gibbet 16 miles
02/04/23 Forest of Dean Half
16/04/23 Dorset Ooser Half
16/04/23 Butleigh 10k

Wiltshire and AVR Road Race season 2023

The races for this league have now been released.

2nd April - Devizes Half Marathon
23rd April – Corsham 10k (sold out)
20th June, 18th July, 15th August – Heddington 5k (fastest time across the series counts)
17th June – Broad Town 5
29th June – Great Chalfield 10k
13th August – Langley Burrell 10k
17th September – Chippenham Half Marathon
24th September – Devizes 10k

AVR donate to the Wiltshire Air Ambulance

The following press release was sent out to local news papers but so far, no-one has printed it yet.

The AVR Wiltshire Half Marathon

The Avon Valley Runners celebrate the 10th Anniversary of the Wiltshire Half Marathon and raise money for the Wiltshire Air Ambulance.

The event, which began in 2012, is a popular event hosted each year in November with the start at Edington Station Yard and route which winds through the beautiful Wiltshire countryside including Steeple Ashton and Great Hinton.

254 runners took part on the day and the race was won by George Gurney of London Heathside Runners AC in 1:10:12 which is also a new course record for the event. Hot on his heels was his brother, and AVR member, Tom who finished second in 1:14:49. The women's race was won by Annabel Granger of Bristol and West AC in 1:22:52.

This year's event also had two new Race Directors; Vicky Bodman and Hayley Anderson. With the 10th Anniversary of the run, they wanted to make sure each runner had a really special experience and commissioned bespoke finishers t-shirts and medals. Vicky says, "we are so happy with how the event went. We've had great reviews from our entrants about the race, especially our volunteer marshals who line the course to support the runners. It show how much of a real community Avon Valley Runners are to bring an event like this together." Their army of AVR volunteers also received a volunteers t-shirt to thank them for their time.

As usual, the event raised money for the Wiltshire Air Ambulance. The Race Directors, club Chair Sara Robert, club Secretary David Hyde and member Sandra Sharratt visited the base in Semington to deliver a cheque for £1600. Some of this was raised by selling donated cake to finishers as a treat after their run!

The club also thank their many sponsors for their support in putting on the event: Gary Daniell Sports Massage and Personal Training, Gooding Accounts, ElevateOM, Box Steam Brewery, Travis Perkins, Apetito, Wiltshire Farm Foods, Dick Lovett Jaguar Land Rover, Forest Promotions, Kingstons Estate Agents, Paxtons Estate Agents, Lovejoys Wholesale, Melksham Motor Spares, Williams Renovations and Booker.

Next year's event is being held on Sunday 26th November. Training plans are available on the AVR website [here](#).



Parkrun tourism

The latest minibus trip out took place in January with the Sat Nav set for Moors Valley parkrun.

Sarah Emery was the volunteer run report writer and sent in these few words to claim the volunteer point and share AVR's day out with the core team:

It was an early start for this determined band of Avon Valley Runners from Trowbridge this morning. My alarm buzzed me awake at 5:45 in order to board the minibus an hour later with driver Rich at the wheel. The Sat Nav took us the very scenic route down roads probably too narrow for a bus but Rich seemed to relish the challenge and particularly enjoyed swinging us up Zig Zag hill near Shaftesbury!

Upon arrival, we were all very impressed with the scenery and were welcomed by RD Mark who made sure we all knew where we were going. The First Timers welcome was next to the impressive permanent sign that also showed the Junior route which was clearly delivered and friendly (pictured right).

Mark then went through the usual start procedure with everyone and celebrated a number of milestones including Lyndsey Poore's 100th run, Dawn Heppell's 250th runs and Matthew Wilde's very impressive 500th parkrun! Upon looking at the results list, there were another 3 people celebrating their 250th parkrun as well; Steve Claxton, Penny Alvis and Brian Pettis! Congratulations to all of you.

Once we all set off, the route was beautiful and varied. After a short bottleneck at the beginning, everyone was able to spread out and was cheered around the course by very friendly marshals and expertly shepherded into the finish funnel by the lake at the end.



Facebook invites and an email from AVR with more details.



Afterwards, we all stayed to sample the delights of the cafe - I don't think I've ever had a hot chocolate with so much whipped cream which I loved!

Despite the freezing temperatures (where my toes went completely numb pre-run) the club all had a lovely morning in the company of some very friendly, like-minded people. I would love to come back and do the route again in the summer to see the forest in bloom and to leave today's many different layers at home!

Thank you to Moors Valley parkrun.

The next minibus parkrun trip is currently being organised for the end of March. Keep your eyes peeled for

AVON VALLEY TRIATHLETES

First AVT race of the year - 10M TT Castle Combe



AVT does Kinetic One 10 mile TT. First ever TT for Cliff and I and first ride for [Alan Best](#) on his super-duper new bike. It was good fun, they got the weather for it! Don't forget, Time Trials count towards the AVT League!



Why take part in Time Trials? - By Alan Best

Time Trials are full on maximum power and maximum heart rate pretty much for the duration - which does not really sound like much fun. I only started taking part frequently last year as part of a club competition. This is what I learned:

I got faster. I raced every other week through the summer and reduced my 10 mile time by several minutes. I learned to ride my bike better too. Being in a timed event I tried desperately not to use the brakes and as a result learned to corner and descend with less fear and gained time by doing so. I realised that tired legs did not mean go slower, I was capable of pushing for far longer than originally expected. I started to enjoy it. The initial pain of going flat out was replaced with a desire to go faster and beat my times. You meet other riders doing the same thing, some faster and some slower but all against the clock.

Outside of the races it really helped with longer rides as I know I can go much faster and in a higher heart rate zone so I can go much harder with an understanding of what my body can do so that no matter what I can still make it home.

There is a downside to racing against the clock as the desire to go faster means a small arms race in terms of getting to be the most aerodynamic you can which normally leads to purpose built Time Trial bikes and aero clothing. However, this is not a barrier for entry as a good proportion of Time Trials are undertaken on road bikes.

Try an Aquathlon



Lovely to see so many of you there! 12 of us took part arriving at the pool for the 30-minute swim. We more or less had three lanes to ourselves with a mixture of abilities. After the swim and a leisurely transition, we separated into two groups based on speed for a 5k run around Trowbridge, finishing back at the Pool followed by a great breakfast. **Don't forget we'll do something similar for tri on 12th March. Same time and place - put it in your diaries.**



Long Course weekend

This is THE AVT focus event for 2023. The Long Course Weekend in Tenby (LCW) offers a variety of distances over three days whether you want to swim (1.2 or 2.4 miles), cycle (40, 70 or 112m) run (5k, 10K, half or full marathon) ... or do all three! Quite a few of us have booked for all three long distances over the weekend. This is an opportunity to be part of a big event on closed roads whether you do 1 event or all 3 and any of the distances. With the event being over 3 days it caters for a long weekend break in a stunning area of Wales with your buddies and/or family coming to support!

We have secured accommodation for a maximum of 12 in a central location close to the start/finish line with a limited number of rooms left - for accommodation options mail AVT@avonvalleyrunners.org.uk. Book early to avoid disappointment (including accommodation). This will be awesome fun! Let's get a good turn out and enjoy ourselves!

Discount code: AvonValley23 <https://www.facebook.com/events/3372488476406460/>



Jayne Williams and her journey from running and into multisport



It's 15 years since I bought my first pair of running trainers. Back in 2008 a very close friend died and I wanted to do something to raise money for the hospice. I had never run before and struggled to run round the block without stopping, but the Bristol Half seemed like a good idea! I was told I would never do it but fair play for trying – well if there is something I am not short of, it is a bit of determination – six months later I crossed the finish line with a huge smile and good donation for the hospice.

Roll forward another 10 years to 2018, I had been running on and off and was persuaded to run the Doynton Hard Half, again for charity. So a group of us set off in the pouring rain, waded through streams (and other stuff!) and picked up frozen jelly beans at the fuel station, but what an achievement when we all crossed the line – definitely box ticked on that one for me!

Covid arrived not long after and my trainers were my saviour and really ignited my passion for being outdoors. Then in 2022 I made the decision to move away from Bristol down to Staverton and time to start a new chapter.

Armed with my trainers, I decided it was time to meet new people and the Google search returned AVR! I went along to a Monday night run in January, very nervous having never run with anyone else. I was hooked from day one – what a lovely group of people! Renewed determination saw me signing up for Goal Getters which was a great driver to try new things. The year didn't go to plan when I caught Covid in July and it took a while to regain full energy. The great thing about being a newbie to all these races though was that they were all PBs!

Not long after joining, I received a couple of club newsletters and became rather excited when reading about those who had discovered Tri! So I can run, I enjoy swimming (though haven't swum anything significant since the age of 13! – just a few years ago.....) and I had been fortunate enough to start mountain biking with friends during Covid. I had all the ingredients but thought I should try out the running element properly first.

I managed to keep those thoughts at bay until I received a club questionnaire asking if I would be interested in Tri and what was holding me back. So I completed the survey and by November a new Facebook group popped up, Black Friday bargains arrived and thought I would dip my toe in by buying a pair of goggles and a yellow hat and going along to a swimming session (I obviously already owned something to swim in!) Then I met another great group of people, any newbie nerves quickly subsided and Black Friday bargains became Christmas presents after some great advice from the AVT crew – definitely feels like a case of 'all the gear' right now but I am sure I'll have a great sense of achievement in learning. Unfortunately, not much outdoor riding has taken place due to the Great British weather but I am swimming regularly on a Thursday evening and started to sign up to a few events.

What a great way to start 2023 by completing a club aquathlon (swim then run) – I am nervous with new things but as always everyone was super friendly and it was great fun. Nothing complicated at all, no judgement just do your best and another new challenge ticked off. So helpful to start off with these opportunities with the Tri-a-Tri being the next goal for 2023 – nerves and determination all

mixed into one and hopefully I won't end up as a heap on the floor somewhere – whatever happens it will undoubtedly be a great sense of achievement with a super supportive group.

May 2023 will be my first outdoor swimming event and an actual Tri event (what a lot to learn!) but the plan is to run a marathon before then. As a newbie to the FV50s this year, I am determined to complete a whole new set of challenges a grab a number of new PBs.

A huge thank you to all at AVR and AVT for making me feel so welcome and encouraging me to try so many new things!

AVT Swimming

This takes place at the brand new Melksham Community Campus at 9.00pm on Thursday evenings.

There is a basic requirement to be able to swim continuous front crawl for 200m although you do not have to be at an Olympic pace! The sessions are then split into ability so that you swim with those of a similar pace to you with the coach running through drills to improve your swimming. It is useful to have a float, fins and a pull buoy to get the most out of the session although this is not essential.



It was **Christian Coates'** last coaching session at the AVT Swim last Thursday. Although he might be back as a guest coach from time to time. We are now very lucky that **Keith Withers** and **Stephen Clark** will be continuing the sessions moving forward.

Don't forget: Thursday 9pm, book [here](#).

Note that we are continuing to investigate the idea of both an earlier swim session and a back to basics session. This is all dependent on local pool options (which are currently quite limited).

Results

Big shout out to **Emily Dye** who did all the number crunching for the AVT league.

Also a thanks for **Darren Whitmore** organised the entire Segment of the Year comp from start to finish.