

Regular club nights

Mondays: The main club night in Seaton for both seniors (Eleanor Wood & Garry Perratt) and juniors (Paul Johns & Phil Bayliss) with various runs and sessions for all abilities, the monthly handicap race and occasional special fun events.

Wednesdays: Improvers (Jon Day). Runs in Seaton for anyone but particularly suitable for beginners and developers.

Wednesdays: Speedies (Garry Perratt). Mixture of informal races and interval work in various locations, mainly off-road.

Thursdays: Beer runs (Richard Hale). Sustained runs, largely hilly and off-road, around Beer; not suitable for slower runners.

Fridays: Absolute beginners (Gill Day). Designed to help those very new to running build up to the beginners & improvers runs.

Contact info on the back of this leaflet.

Special events

We hold some special events on club nights. The most frequent is the monthly handicap race in which the slowest runners start first and the fastest ones last. The sooner you finish the more points you get to accumulate over the year. It's a great way of testing your fitness and beating people who are faster than you!

We have an annual off-road relay against a few other local clubs, the annual race against the tram from Seaton to Colyton, Mars Bar Relays and all sorts of other silly but fun events!

AxeValleyRunners.org.uk

Races

AVR are widely-respected for organising excellent public events, some of which are far from the typical race put on by most clubs. Our reputation even extends across the Channel to Europe!

Grizzly: our flagship event, a challenging 20-mile, multi-terrain race widely recognised as one of the country's top events; has been voted third best in the country by readers of Runner's World (behind the London Marathon and Great North Run).

Colyton Fiver: Our only pure road race, in support of the BBC Children in Need Appeal.

East Devon Way Relay and Ultra: A 12-stage relay or solo race along the existing waymarked trail between Exmouth and Lyme Regis.

Nightrunner: 7 miles of Grizzly territory, mainly off-road, run in the dark.

High Ways and Sky Ways, Any Which Way You Can and Every Which Way But Loose are all low-key, self-navigation multi-terrain runs with food afterwards.

The **Axmouth Challenge, Umborne Ug, Talaton Trotter** and **Yarcombe Yomp** multi-terrain races are organised in association with various village communities to raise funds for them.

The **Runfest** is a very low-key weekend of social running.

You can find details of them all on our website.

AxeValleyRunners.org.uk

Affiliations

AVR is affiliated to two national bodies, England Athletics and the Association of Running Clubs, in order to obtain public liability and third party insurance cover for our club activities.

However, club affiliation to EA doesn't include individual affiliation so members have to pay an extra fee (currently £5) if they want to obtain a "permit to compete" which saves having to pay a £2 levy at many races. (Not many AVRs have that license.) This doesn't, however, apply to ARC. Yes, it's complicated so feel free to ask about it before deciding!

Website and mailing lists

The club's website AxeValleyRunners.org.uk has details of all our races, past results, race diary and lots more.

We have a number of email lists. The main members' list is managed by Garry; all members are added and only members can post to it using the address members@axevalleyrunners.org.uk. There is also a "friends" list for non-members who like to join us for some of our club events. Dave Mutter maintains his own list for the weekly report which is also sent to the local press and various other parties interested in what the club has been up to. Finally, our public list is open to anyone and keeps runners informed about our events.

AxeValleyRunners.org.uk

What you can get from the club

Regular club nights ranging from social runs to hill training and speed sessions.

Various other club runs including long Sunday runs, night runs and others.

Subsidised running kit including vests, t-shirts and jackets.

Socials including Christmas dinner, summer barbecue and others.

Subsidised transport to some races.

Insurance cover for public liability and third party risks when on official club activities. (Note that this does not cover personal accident - policies for this can be obtained from England Athletics and may be particularly worthwhile for the self-employed.)

What the club expects from you

We appreciate members' help with the Grizzly if they don't run it (it generates most of the club's disposable income) and generally with other events if they can.

There are many other ways to get involved such as leading club nights or other runs, be it regularly or just occasionally, arranging socials and so on so don't be afraid to make suggestions if you've got an idea.

Juniors

We have an active junior section for ages 10-16.

AxeValleyRunners.org.uk

Charities

AVR makes many charitable donations from the proceeds of our races with profits upwards from £200. The Grizzly raises the most with an average of £18,000 for the past five years, the majority of which is donated to local organisations in the Westcountry. The total charitable donations the club has made over the years exceeds a third of a million pounds!

Committee and other contacts

In order to spread the load, the main committee manages the overall running of the club but our races are organised by sub-committees.

Committee officers

Chair and Web	Garry Perratt	01297 34604
Vice-chair	Jon Day	01297 625078
Secretary	Sue Willer	01297 32332
Treasurer	Sue Tubbs	01297 24623
Membership	Peter Hughes	01297 20738

Club nights

Mondays	Eleanor Wood	01404 831521
Wed Improvers	Jon Day	01297 625078
Wed speed	Garry Perratt	01297 34604
Thu runs	Richard Hale	01297 23864
Fri Abs Beginners	Gill Day	01297 625078

Details of all members of the committee, race organisers and others are listed on the "Contact" section of our website.

All these have AVR email addresses of the form Firstname.Lastname@AxeValleyRunners.org.uk.

AxeValleyRunners.org.uk



Information for new members

Introduction

Axe Valley Runners was formed in 1987 and a few of the founding members are still with us.

While the club has changed over the years it is still a running club rather than an athletics club. Some of us are very serious about our racing but most are also serious about the simple, primal fun of "just running" so we organise a wide range of club and public events to cater for most runners.

We offer activities for runners over the age of 10 with regular club nights, weekend runs, social activities and more.

Our public events range from a five-mile road race to The Grizzly, a twenty-mile multi-terrain running experience widely-known across the country and even overseas.

Our members have a range of running interests and take part in all sorts of races on surfaces from from road to fell and over all distances.

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