

AVON VALLEY NEWS

Issue 220

April 2020



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Garden parkrun – by Anthony Hickson

It's Saturday morning, the sun is shining, so it's time to go for a run. But first I must do the set-up; lace one basket at the start containing 20 pebbles and a second empty basket a few feet further on.

Starting from the pond where there are lots of goldfish, which we've had for 30 years and never fed, I pass the kitchen garden containing peas and rhubarb and on towards the trellis covered in wisteria, beautiful purple flowers and a lovely smell – well it would have been, but we pruned it back heavily this year – past the wood store and out to the main lawn. The smell of the white verbena and cherry tree blossom is wonderful as I continue past the flower border with pansies, primroses, peonies, bluebells, geraniums and pelargoniums towards a shaded area under the conker tree.

Next I pass the wild area where there are daffodils and tulips, past a very tall fir hedge and on to the rose garden which at this time of year has tulips, cowslips (don't know how they got there) bluebells, lavender and, soon, alliums.

Leaving the flowers, I pass the conservatory, the greenhouse, the cherry tree again and under the trellis. Then I enter the back garden, after passing the herb border, I arrive at the start. That was probably 80 or 90 seconds.



Pick up a pebble, drop it into the other basket and off I go again. When there are no more pebbles, I change direction and repeat the whole run.

It is to be noted, that the video of Anthony running his garden parkrun, is the most liked item we have ever posted on Twitter! Eight re-tweets and 112 likes (at the time of going to press.)

Garden marathon

On the day that the Newport marathon was due to take place, but inevitably cancelled due to Covid-19, David Warren took to his garden to complete the distance during lockdown. In the 525 laps of his garden, David was cheered on by his family in their own version of RunFestRun! He clocked a fantastic sub-4 hour time too and was awarded a home-made medal for his efforts at the end.

Well done David!



The parkrun street name scavenger hunt

I first became aware of this one on the Melksham parkrun Facebook page and it's since spread far and wide throughout the club and across the UK. The idea is to spell out 'parkrun' with the street names in your local town and many members have tried this in and around Melksham, Trowbridge and Westbury.

Robin-Mark Schols in westbury



Sarah Barker in Melksham – first effort



Gary MacAlister in Trowbridge



Simon Reeves in Bratton



Sarah Barker – second effort



Hayley Southgate



Rainbow t-shirts

Lil Morris - From Monday 13th through to today, I took on the challenge of wearing a different coloured sports top for my daily exercise, from the 7 colours of the rainbow. Here's the final collage!

It was a lot of fun to do, with fond memories associated to each of these tops and I enjoyed reminiscing. I always thought I had far too many race t-shirts but I'm looking forward to getting back out there and making more memories.



Newman t-shirts



Lil Morris



Robin-Mark Schols



Pete Jeffries



Martin Pearce



Ian Isaacs – Ian took a different approach to making a rainbow with his t-shirts and instead looked through his extensive medal collection and used the ribbons.

His rainbow is made up of 100 medals (only half of the whole collection!) and include awards for running, triathlon, swimming and cycling events, plus his winners' medals from Taekwondo and Football

Gary MacAlister - Inspired by others, here is my rainbow race T-Shirt line...

RED - Titan Triathlon Weston - my only half ironman distance Triathlon, and a proud achievement for me. The fact I have never done another one though probably tells you how much I enjoyed the cycle...

ORANGE - Chippenham Half Marathon - My PB is here, and I have run this half more than any other. I just seem to enjoy coming back to this great race.

YELLOW - Endure24 had to be in here somewhere. Last 5 years I have taken part with some amazing people. Each year is different and unique and the team spirit is what keeps me coming back. I've had a couple of 4th places here, but never cracked the podium. Such a shame it is cancelled this year.

GREEN - My first ever race as a member of AVR in 2014. I've only run it once but have marshalled a few times. I never envisaged the fun and success I would have achieved once I donned my AVR colours for the first time, and this was the start.

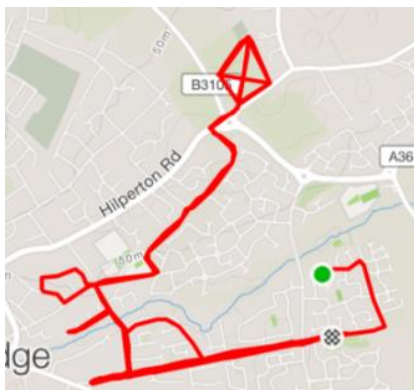
BLUE - My first ever running club, Newbury AC. I was with them for only a year or so, but learned so much starting on my running journey.

INDIGO - Obviously parkrun would be in my list somewhere and could easily have also been red & orange (apricot) on the list. My first parkrun was way back at Southwick about 5 years ago. These days I am now an RD of junior parkrun in Melksham and have 160+ parkruns under my belt.

VIOLET - Possibly one of the most fun weekends ever was RunFestRun in 2019 at Bowood House. Such great company with our AVR family, fab music, celeb spotting & races. Did I mention I ran a half marathon with Paula Radcliffe...



Strava art



Gary MacAlister - Relish Running Events (Organizers of the Bath Two Tunnels amongst other events) were doing a virtual 2k, 5, 10k or half marathon in April. Another part of the challenge was to attempt some Strava Art on your run. This was my effort **let's go fly a kite!**. The results will be released at the end of April.

JAVR Quiz – by Holly Newman

This month on Facebook, JAVR members, parents and volunteers were challenged to have a go at a quiz. There were 4 rounds: general knowledge, weird and wonderful, a question of sport and films.

And the winners are...

1st = The Jerraminoes (Paul, Harry, Lottie, Charlie and Fiona) with 36 points

2nd = Liz and Ian with 34 points

Joint 3rd = Team Lythell/ Daisy, Max, Martin and Rosie with 33 points

Congratulations to Rosie's team and Team Lythell who scored 10/10 on the General Knowledge round and to Liz and Ian who correctly named 20/27 of the films!

Some common errors to clear up....

- For every child born in Wales since April 2014, the Welsh Government have donated a FRUIT TREE to Ugandan families, not sheep!
- In September 2007, a guy named Kevin Shelley did not break glass nor did he break watermelons! He in fact broke 46 TOILET SEATS with his head in one minute, creating a world record!
- In 2014 pop star Ke\$ha didn't ask her fans to send her selfies or knickers what to help her with an art project, it was something much stranger....TEETH!
- Who was the first cricketer to achieve 10,000 runs in test cricket?
- Sunil Gavaskar was the first cricketer to achieve 10,000 runs in a test cricket match
- Wille Carson rode Henbit, Nashwan and Erhaab to Derby victories not Frankie Dettori!
- Johnny Weissmuller won six Olympic medals: five swimming golds and a bronze in WATERPOLO.
- Paula Radcliffe is not the only Great Britain athlete to have won an Olympic medal in any of the three long-distance races for women (5,000 metres, 10,000 metres and marathon). It was in fact LIZ MCCOLGAN!
- It took FIVE rounds for Mike Tyson to finish off Frank Bruno in Las Vegas 1989.



JAVR News – by Holly Newman

Our JAVR members have been up to some amazing things during COVID19 restrictions. It's been great to hear how they are keeping active. Have a read to find out!

Will Smith and his Dad (*pictured right*) and others have joined together in lockdown to cycle/run 40,075km around the World together in support of our NHS Heroes with some Nation themes & sub challenges. The Challenge started in Kona, Hawaii and Will smashed a 20km bike/3km run. If you'd like to sponsor them here is the link: <https://www.justgiving.com/fundraising/triaroundtheworld>





Tom Gale has been out for walks in the sunshine! He's also been on a bike ride with his big sister - good work Tom!



Lottie with the help of her sisters, Fiona, Chris and their furry friends have been attempting the Monday and Wednesday sessions. Lovely to see the whole family getting involved!



Harry has been joining his Mum for some running including hill reps and the DB Max Rainbow 5km.



Morgan and Owen Lythell have been finding ways to complete their Duke of Edinburgh award from home and all three Lythell brothers competed in the "Lye Field" Parkrun!



Charlie, Lottie and Harry Jerram have been enjoying their nature walks, duck walks and tree climbing! They've also all been doing training from home including single leg burpees!



Avon Valley Segment of the Month

The results are in for our first “Avon Valley Segment of the Month” with the good weather leading to our real-world cycle segment being the most popular of all the segments, so in order of popularity here are the results for April:

Nineteen Avon Valley Triathletes took on the 0.69-mile inclined challenge on [Hill Street](#) between Staverton and Hilperton. The segment saw quite a tussle between Darren Wrintmore and Tim Lowrie but neither could match the speed of Paul Banfield who posted the fastest time, with Fiona Price putting the fastest time in for the Ladies.

Rank	Name	Date	Speed	HR	Power	Time
	Paul Banfield	Apr 6, 2020	22.8mi/h	151bpm	313W	1:49
2	Darren Wrintmore	Apr 11, 2020	21.8mi/h	-	312W	1:54
2	Tim Lowrie, A2B.	Apr 15, 2020	21.8mi/h	155bpm	273W	1:54
	Fiona Price	Apr 12, 2020	19.3mi/h	-	194W	2:09
2	jay sims	Apr 25, 2020	17.6mi/h	189bpm	179W	2:21
3	Sara Robert	Apr 19, 2020	16.6mi/h	-	-	2:30

The [Horse road sprint](#) in **Trowbridge** saw 15 Avon Valley Runners tackle this 0.4-mile segment with Toby Firkins setting a new overall King of the Mountains (KOM) time and Anna-Marie Watson being our fastest lady. The leader board for April finished as:

Rank	Name	Date	Pace	HR	Time
	Toby Firkins	Apr 4, 2020	5:03/mi	142bpm	2:01
2	Dylan Neale	Apr 14, 2020	5:35/mi	-	2:14
3	Chris Roxburgh	Apr 8, 2020	5:40/mi	163bpm	2:16
	Anna-Marie Watson @rfmcoaching	Apr 14, 2020	7:13/mi	170bpm	2:53
2	Sara Robert	Apr 4, 2020	7:33/mi	-	3:01
3	Kat Taylor-Laird	Apr 23, 2020	7:55/mi	-	3:10






The pancake flat run along [Moulton Drive](#) in **Bradford on Avon** saw 12 Avon Valley Runners tackle this half mile segment with Ben Mees and Kim Brown recording the fastest times.

Rank	Name	Date	Pace	HR	Time
	Ben Mees	Apr 14, 2020	5:56/mi	-	3:09
2	Stuart Sellers	Apr 21, 2020	6:07/mi	172bpm	3:15
3	Gary MacAlister	Apr 24, 2020	6:39/mi	-	3:32
	Kim Brown	Apr 13, 2020	8:03/mi	-	4:17
2	Zarah Wright	Apr 6, 2020	9:13/mi	-	4:54
3	Jackie Rockliffe	Apr 5, 2020	9:51/mi	-	5:14

The 0.4-mile **Mane Way** segment in **Westbury** tempted 10 Avon Valley Runners to give it a go with Robin-Mark Schols and Fiona Price recording the fastest times.

Rank	Name	Date	Pace	HR	Time
	Robin-Mark Runs	Apr 23, 2020	5:52/mi	129bpm	2:24
2	Chris Suter	Apr 20, 2020	6:02/mi	142bpm	2:28
3	Nathan Jackson	Apr 15, 2020	7:05/mi	159bpm	2:54
	Fiona Price	Apr 25, 2020	6:48/mi	-	2:47

As a consequence of the good weather and with outdoor exercise still being permitted under lockdown, only 8 members headed into the virtual Zwift world of Watopia to take on the 4.4 pancake flat miles of the **Fuego Flats Reverse Sprint** with Darren Wrintmore and Esther Frawley topping the list.

Rank	Name	Date	Speed	HR	Power	Time
	Darren Wrintmore	Apr 18, 2020	28.8mi/h	148bpm	464W 	9:08
2	Tim Lowrie, A2B.	Apr 16, 2020	26.9mi/h	-	336W 	9:47
3	Samuel Smith	Apr 20, 2020	25.3mi/h	162bpm	319W 	10:24
	Esther frawley	Apr 18, 2020	20.9mi/h	-	-	12:37

The **Spa Road Sprint** segment in **Melksham** lured just 7 Avon Valley Runners to take on this pancake flat charge over 0.4-miles and following early leads set by Richard Morgetroyd and Sarah Barker it was Gary MacAlister and Holly Newman who finished up topping the leader board.

Rank	Name	Date	Pace	HR	Time
	Gary MacAlister	Apr 5, 2020	5:37/mi	-	2:12
2	Richard Morgetroyd	Apr 6, 2020	6:35/mi	-	2:35
3	Andy Wareham	Apr 23, 2020	6:38/mi	133bpm	2:36
	Holly Newman	Apr 19, 2020	7:44/mi	138bpm	3:02
2	Sarah Barker https://uk.virginmoneygiving.com/BarkerVLM2020	Apr 1, 2020	8:15/mi	159bpm	3:14

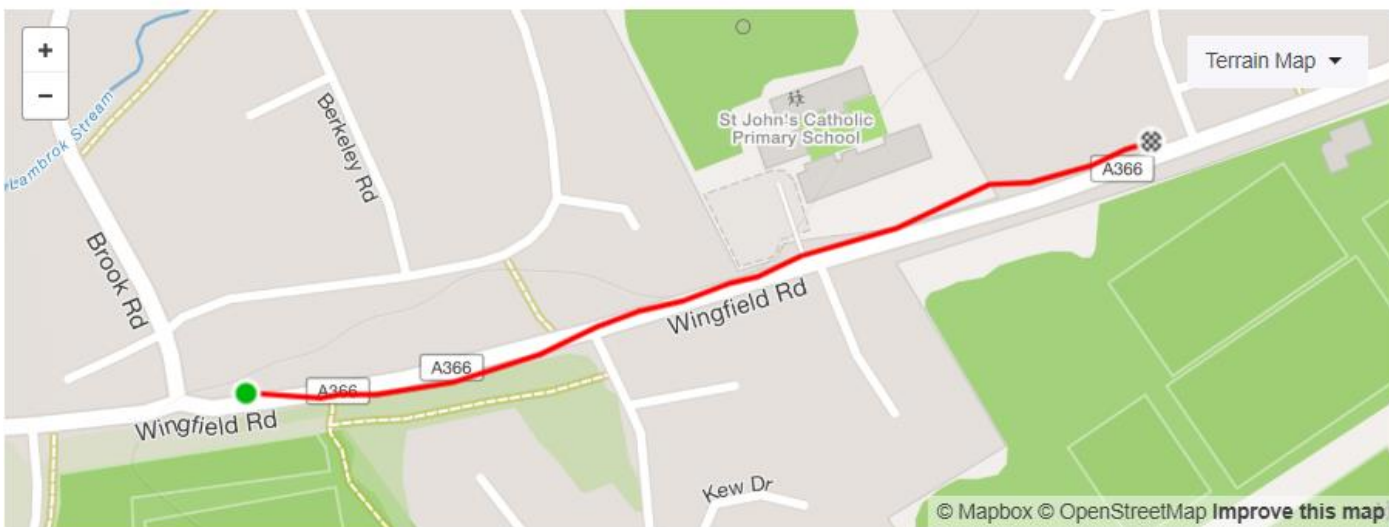
Special mention must be given to Gary MacAlister who managed to weave three of the running segments into his mileage for April.

For May 2020 the following segments have been identified and due to popular demand a second cycle segment has been added. So, for the runners we have:

Wingfield Road Sprint

This is a quarter mile segment in **Trowbridge** with a 1% average gradient. So far this year 32 Avon Valley Runners have run this segment with Toby Firkins and Jackie Rockliffe having put in the quickest times; The overall Queen of the Mountain (QoM) for this segment is actually held by Ruth Barnes who recorded a time of 1-minute 24-seconds in December 2016.

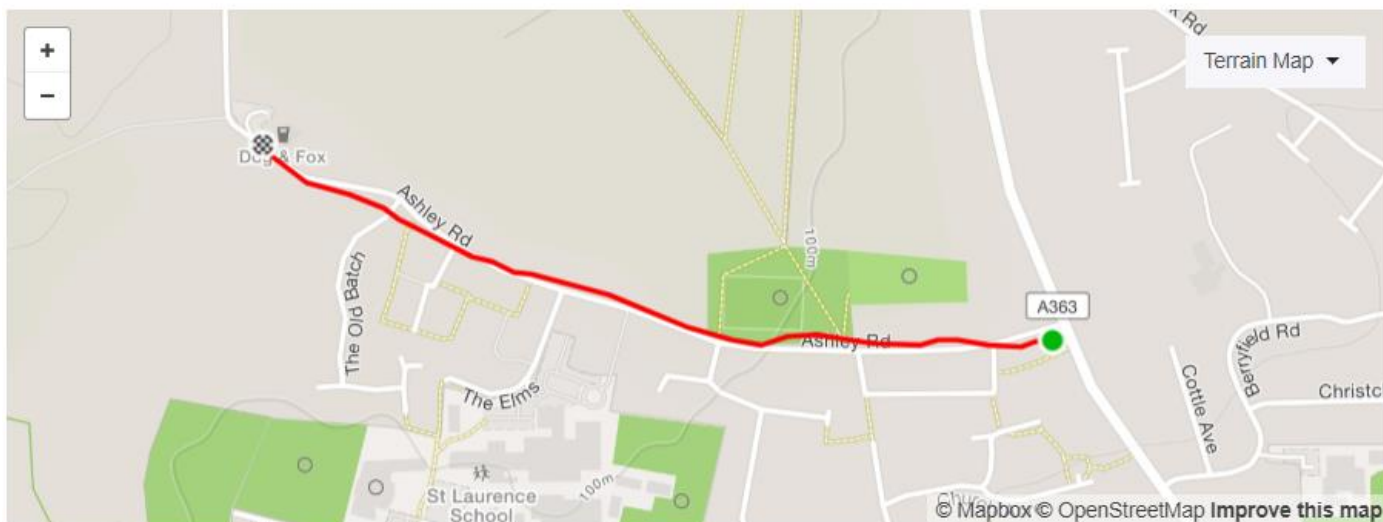
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	3,635 Attempts By 539 People
0.25mi	1%	128ft	141ft	13ft	



Dog and Fox

This is a 0.45-mile gentle incline along Ashley Road in **Bradford on Avon** finishing at the Dog & Fox pub. So far this year 11 Avon Valley Runners have run this segment with Jo Rimmer and Bethan Francis having put in the quickest times.

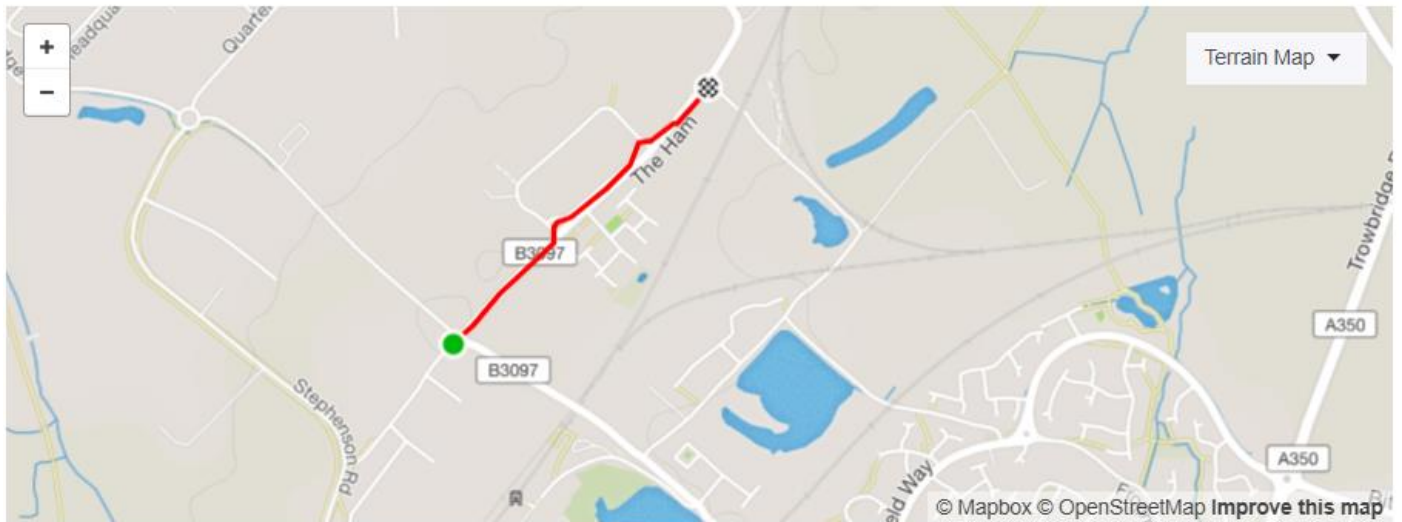
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	1,670 Attempts By 220 People
0.45mi	2%	313ft	349ft	36ft	



The Ham

This is a flat 0.4-mile segment at the top-end of **Westbury**. So far this year 11 Avon Valley Runners have run this segment with Rich Ayling and Fiona Price having put in the quickest times. The overall KoM is held by Avon Valley Runner Peter Slade whilst the aforementioned Fiona Price holds the QoM title from May 2019.

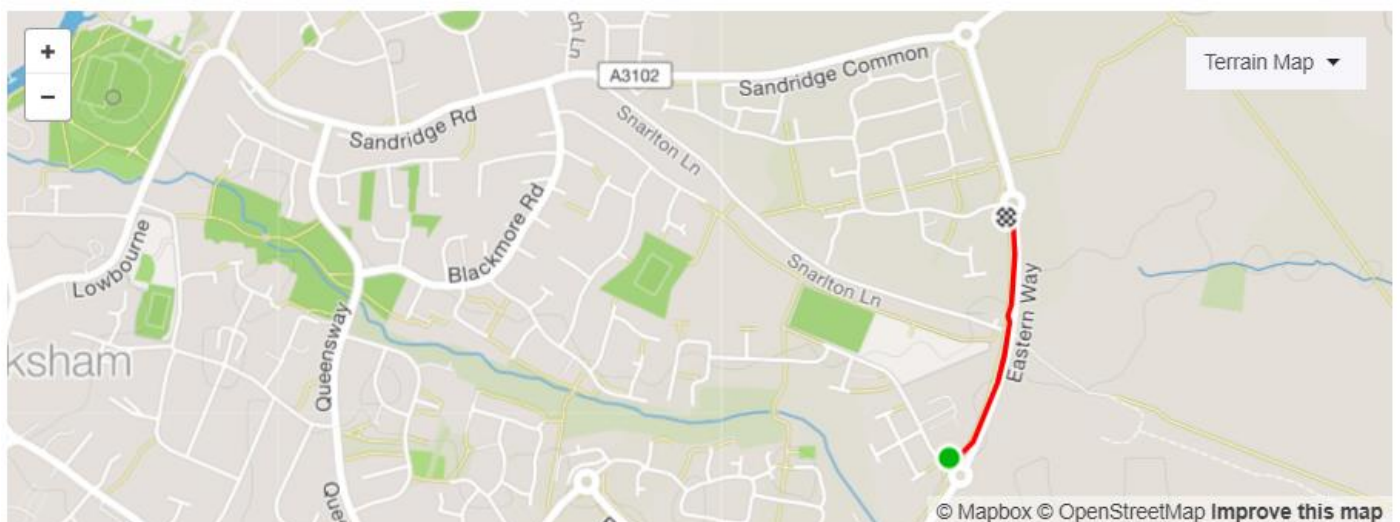
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	705 Attempts By 147 People
0.40mi	0%	219ft	226ft	7ft	



Cranesbill to skylark

This segment in **Melksham** is a smidgeon over quarter of a mile and has a subtle incline but is a nice surface along the shared use path starting from the Water Meadow pub and finishing at the Skylark road roundabout. So far this year 13 Avon Valley Runners have run this segment with Owen Lythell and Holly Newman having put in the quickest times. Overall QoM for the segment is held by Ruth Barnes from September 2013 when the segment was part of the Melksham 10K road race.

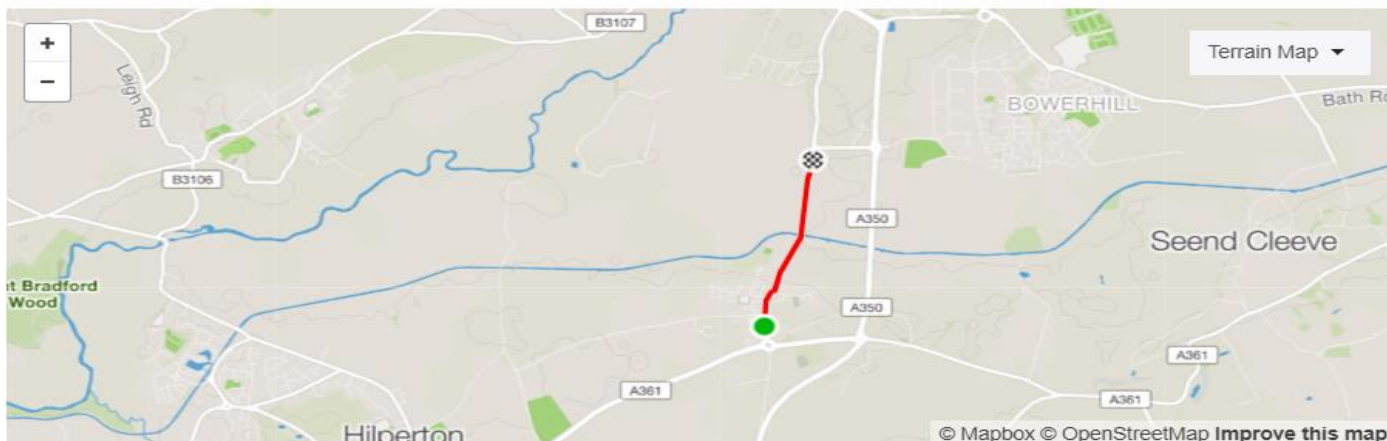
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	9,781 Attempts By 959 People
0.28mi	1%	130ft	140ft	10ft	



And for the cyclists we have: [Caught by the Fuzz](#)

This 0.87-mile segment starts just as you head into Semington from the roundabout on the A361 and finishes just before Melksham Police station and is predominantly downhill but has a small kick in the middle as you cross the Kennet & Avon canal. This year 14 Avon Valley Triathletes have cycled this segment, with Darren Wintmore and Vanessa Lucas having put in the quickest times so far.

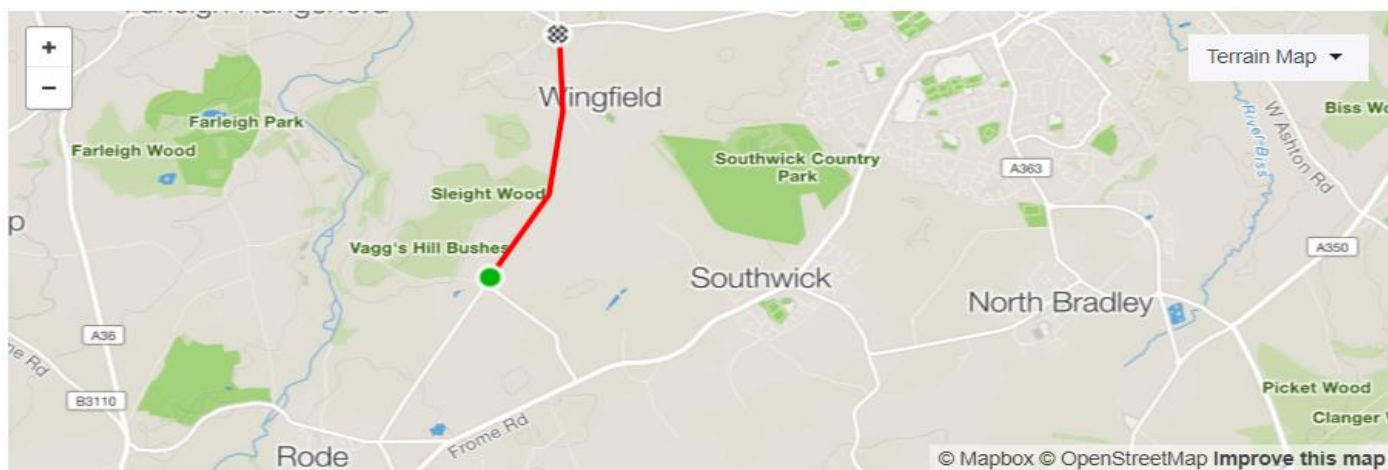
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	17,330 Attempts By 1,772 People
0.87mi	-1%	144ft	189ft	45ft	



[A Poplar Route](#)

This is a 1.23-mile segment along the quiet B3109 Bradford Road heading in from Rode and finishes at the Wingfield crossroads passing the Poplars pub on the way. This year 11 Avon Valley Triathletes have cycled this segment with Tim Lowrie and Fiona Price having put in the quickest times so far.

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	12,678 Attempts By 2,713 People
1.23mi	0%	92ft	127ft	35ft	



Finally for the Zwift riders, as a bonus virtual segment the undulating 5-miles or so through the Titans Grove (keep an eye out for those dinosaurs) in the [Watopian National Forest](#).

Remember that undertaking these Strava segment challenges is done at your own risk and also, they should be done alone. Stay safe and enjoy.

Medal Quiz – answers and winners - Jay Sims-Bagshaw

Last month we set a little competition to see who could name the events that the assorted medals were awarded for. The answers are below each medal.

Congratulations to **Gary MacAlister** who correctly identified 16/20 medals! Contact Jay Sims (secretary@avonvalleyrunners.org.uk) or Sarah Barker (news@avonvalleyrunners.org.uk) to claim your prize.

Well done to Darren Wintmore who came a close second with 13/20 correct answers.

1



Good Friday 10 miler

2



Jack and Jill challenge

3



Frome Half Marathon

4



The Wiltshire 10

5



Coleme 5 miler

6



Devizes Half Marathon

7



Calne clock change

8



The Kelston 10k

9



The foxtrot 5

10



Glastonbury Tor Dash

11



The Broad town 5

12



The White horse Gallop

13



Tri Counties
XC/Grittleton 10k (same
medal)

14



Salisbury Half
Marathon

15



Rough and Tumble

16



Bournemouth Bay Half
Marathon

17



Longleat 10k

18



Castle Combe 10k

19



Trowbridge 5k

20



20 Bristol Half Marathon

DBMax Rainbow Run

Did you know that DBMax have a free, weekly 5k Saturday series? Sign up for free, run any 5k route, upload your evidence and your time by 10pm each Saturday and admire yourself on their leaderboard! They even have competitions each week such as free places in their future events for the club with the most members who take part as well as top team prizes which change every week.

Why not get yourself signed up and help AVR to become one of the top clubs each week? It's the perfect parkrun replacement until things start getting back to normal.

<https://www.dbmax.co.uk/events/saturday-5k-rainbow-run/>



PB CORNER

This month sees an alternative to the usual PB Corner. If you would like to be included next month to have any lockdown achievements on the Wall of Fame, email news@avonvalleyrunners.org.uk.

WALL OF FAME

Virtual Good Friday 10 miler

Gary Day *FIRST PLACE* 1:02:47



Devizes Half Marathon replacement

David Warren

1:19:27 (75 laps)



WALL OF FAME

5km virtual race

David Warren

17:13



DBMax virtual 5km Rainbow Run

Sarah Robert

26:34

Second in age category!

Hilperton Marsh parkrun

Sara Robert 26:28

Dylan Neale FIRST PLACE!



Strava Segments

(included if I was emailed or if I saw them being discussed on the FB page)

Horse Road PR

Sara Robert

3:01

Texaco to Wyke Road Roundabout PR

Sara Robert

2:36

Snarlton Farm Straight

Sarah Barker *Female Course record*

8:16

Spa Road Sprint

Sarah Barker

3:14

Mane Way

Max Bygrave

3:14

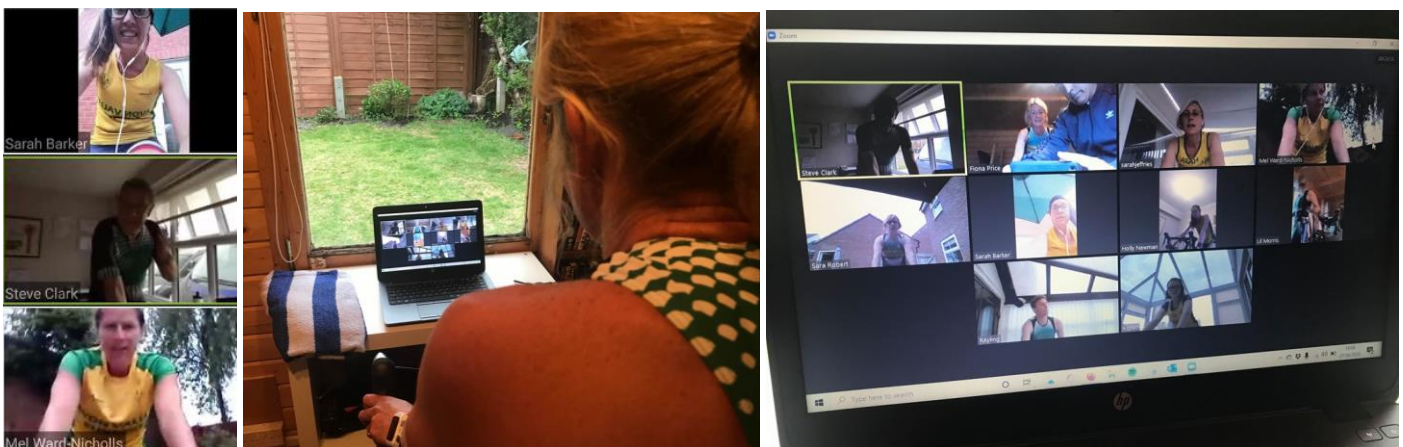
AVON VALLEY TRIATHLETES

By AVT secretary, Lil Morris

With one allowance for daily outdoors exercise many of our members have been supplementing their training with indoors workouts and therefore we have seen a lot of turbo trainer set ups on the AVT Facebook page.



Steve Clark is running virtual Turbo Training sessions via the Zoom video conferencing site, you can access Zoom via a PC/laptop/smartphone or tablet. Currently Steve's session is scheduled for 19:00 on Monday evenings, this is a 45 minute session and you are encouraged to warm up for 10 minutes beforehand so we are ready to go on time. So far the sessions have had a great response, not only do you get a fantastic workout but it's a chance to catch up with other AVT members.



The Chilly Duathlon – By Esther Frawley

Hi I'm Esther Frawley and only joined AVR in the beginners group in September. My goal for 2020 was to get involved in multi-sport events so Jay kindly introduced me to Stephen and Anne Clark who are pros in this field. Stephen kindly agreed to coach me and get me started. The chilly duathlon was my first event in the calendar, which I participated in on the 1st of March.

I started my training in January and obtained a proper road bike to make use of. On the day of the event I was very nervous as this was first professional race in multi-sport. This was mainly used as practice and getting used to transitioning in between. I arrived there early and got my race pack and bike into the transition area. Making sure I had all my equipment I needed and in the correct space.

My goal was to just have fun and finish the race. I probably started too far forward in the first run but this helped push me on as I was surrounded by the faster runners. T1 was slower than T2 as I was thinking about the process too much and just needed to get on the bike then I was off! The bike route was tough on the day as coming along the home stretch there was always a huge headwind and it felt like cycling through syrup. But this just made laugh and push through it round the track.

Then coming through T2 I was full of adrenaline and rushed off the bike straight into the last leg where I finished with a time of 1:14:05 @ I was so happy with my results and so grateful for the team of support throughout the day with Stephen coaching me from the side lines. Then Anne, my mum and Sara Robert were there for me at the finish.

Since then I have participated in the AVT turbo sessions and built up my training ready for more races in the future. I can't wait to take part in many more races. Without AVR this wouldn't have been possible and would never have thought to take part in multi-sport.



Castle Combe cycling

Castle Combe Cycling Tuesdays were due to start on the 14th April, however due to current events, the start date has been delayed. The circuit itself has closed for now and British Cycling have banned any cycling events until June 30th.

Andy Cook Cycling will continue to keep us posted if anything changes.

Please note, when we are able to compete again, you need to email your results to me at avt@avonvalleyrunners.org.uk as we go through the year.

When submitting your results you **MUST** include:

- Total number of finishers
- Your overall finish position
- Your category position
- The time for each sport discipline
- The time for each transition

If any of the above is missing I will come back and ask for the detail as I need this to be able to complete the results at the end of the year.

Upcoming events for 2020

- DB Max 10 mile TT at Castle Combe (8th July and 12th August)
- Portishead Sprint Tri (15th August)
- Westonbirt Sprint Tri (31st August)
- #51Fiver Cotswold Tri (13th September)
- Westonbirt House Duathlon (31st October)
- Bath Duathlon (31st October)
- The "Chilly" Duathlon (22nd November)

AVT Medal Quiz – Sarah Barker

Last month we set an AVT version of the medal competition. The answers for each one are shown below the medals.

Congratulations to **Darren Wintmore** who correctly identified 10/10 medals! Contact Sarah Barker (news@avonvalleyrunners.org.uk) to claim your prize!

1



The Big T triathlon,
Triwbridge

2



Cotswold Triathlon

3



Ride London 100

4



Frome Triathlon

5



The Chilly Duathlon

6



Bowood Duathlon

7



Swim Serpentine

8



Swimathon 5km

9



Portishead Triathlon

10



Westonbirt Triathlon