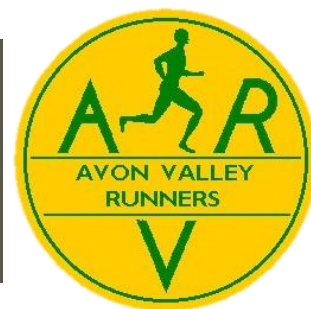


THE VALLEY NEWS



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Membership extension

Following this strange period of time, the committee have decided to extend the period for which you can renew your continuous membership to 31st August 2020 in line with EA guidelines.

<https://www.entrycentral.com/AVRMembership?fbclid=IwAR1UWlyL1xYa9ghYSlePPdUWWoUDeKwfHKUYhc50beer-hFJgcuJyHOMs08>

Virtual races website tab

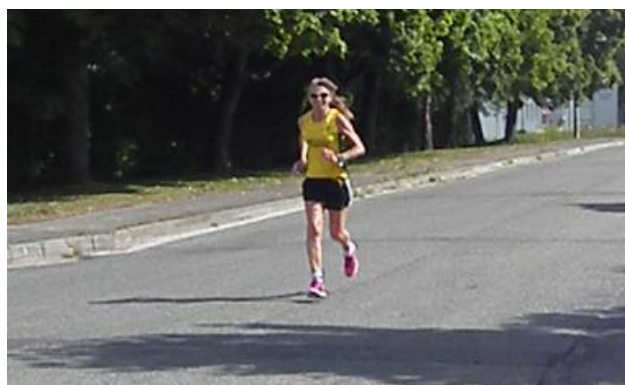
With the only racing allowed at the moment being the virtual kind, the AVR website has been updated with a list of various different ones taking place in the region. If you know of any others, let us know and we can add them on.

<http://www.avonvalleyrunners.org.uk/index.php?page=virtual-races>

Virtual Masters 5k challenge – by Rosemary Barber

As 5k is my preferred distance I thought about having a go at this race. It took me a while to register as complicated (for me anyway). The Westbury Trading Estate, the Club's 5k course, seemed the flattest one around, so Ken and I walked it one evening to mark a Start and Finish place.

So we thought a Sunday morning may be the quietest time, and it was at 9.30. It's quite strange as I got as nervous as if I was in a proper



race, wearing my AVR vest. Warmed up and set off to run 3 laps as fast as possible. Ken was on the course to give me my drink at 3k, and shout encouragement. My time was 26.59. Noticing on the results so far that the woman V70 in front of my time was only 4 seconds faster, I decided to give it another shot. So on the Tuesday night, which incidentally would have been the 1st Westbury 5k, we did a repeat of the same course, knocking off 11 seconds! So that placed me 2nd, with a Swedish competitor leading.

Open European Masters 5k Virtual Challenge


SCORES → SCORING TABLE

09-21 May 2020

W70

Method: Sum of times of each competitor, 3 per team

Team scores Filtered finishers

Team	Total	Places
 GBR	1:15:48	272: Ann D'Albuquerque (24:16), 284: Anne Dockery (24:44), 311: Rosemary Barber (26:48)

The closing date for entries was 21st May. Again, it was quite difficult to enter results, but Ken managed it! Unfortunately I finished up 4th V70 in Europe but was shown as 3rd in the British Team. So I was well pleased with that effort. Like everyone else I'm really missing the races, but this was the next best thing.

Bratton Hilly Social(ly distant) run – Bob Washbourne

Well, it has been a long time since I ran in company, and it seemed like a good idea now that we can do socially distance runs, to change the situation.

My last run in company was with Rosemary Barber, from Holt to Broughton Gifford and back via Chalfield and Holt Manors. This was just before the lockdown.

Rosemary contacted me during the week, and we decided to do a little run today (Saturday 23rd May), keeping of course social distancing. The route that we decided on was the Bratton Hilly and we decided to start at the top of the White Horse and finish with the hill!!

It was blowing a gale and what to wear proved to be a bit of a problem. Once we set off, things varied between high winds in the open, to hot when shaded.

I have run with Rosemary for many years and we found over time that we run, cycle and swim at about the same pace - although Rosemary is much more determined and dedicated than I am. During the conversation we realised that our collective years with the club amounts to 65 years, an achievement that we are both very proud of (that's amazing because we both think we are still 18!)

The run went well - we covered the ground at a good speed, however when we got back into Bratton we were faced with the climb back to the White Horse car park. It was a head wind all the way to the top and by the time we reached it we had had enough.

However, after a 5 minute break we could have done it all over again 😊.



Go easy on yourself – by Steve Clark

Some people are finding training during the lockdown is so much harder, and tougher than normal. That's totally understandable. As this is a new experience for all of us most of us will experience some form of stress. Just an hour of stress can have a significant impact on performance. Some of the detail here comes from Runners World following a recent study during lockdown.

That "stress hour" can affect your performance by between 6-8% for women and 3-5% for men. If you're running or cycling on your own this will have a big impact also. It's always good, training with other for the competitiveness and it makes you work harder without feeling it. On your own you need that push to do it, and to focus. Even to the extent you approach the session negatively. This is about being mentally prepared for the effort at the time and still being fatigued from some recent previous sessions.

So, if running or cycling feels harder right now, don't be surprised. First, stress slows you down, and most of us are stressed at the moment, and second, (hard) exercise feels worse when doing it alone, which most of us are doing right now.

Therefore the message is, go easy on yourself and don't expect the same performance under lockdown as you are used to in normal conditions.

DB Max Rainbow Run

Well done to everyone who has taken part in the Rainbow Run series so far. AVR have seen some fantastic achievements over the last 6 weeks:

Week 1	AVR finished 5 th in the Club V Club competition. 1 st AVR male: Gary MacAlister (top 10) 1 st AVR female: Sara Robert Gary MacAlister was also 2 nd MV40 and Sara Robert was 3 rd FV50.
Week 2	AVR finished 8 th in the Club V Club competition. 1 st AVR male: Gary MacAlister 1 st AVR female: Debbie Ellis Harry Jerram was 3 rd male youth.
Week 3	AVR finished 7 th in the Club V Club competition. 1 st AVR male: Gary MacAlister 1 st AVR female: Debbie Ellis
Week 4	AVR finished 4 th in the Club V Club competition. 1 st AVR male: Gary MacAlister (top 10) 1 st AVR female: Rebekah Carrivick Jo Farion was 2 nd FV40 and Gary MacAlister was 2 nd MV40

Week 5	<p>AVR finished 4th in the Club V Club competition.</p> <p>1st AVR male: Gary Day (top 5)</p> <p>1st AVR female: Jo Farion (and 3rd female overall)</p> <p>Jo Farion was 1st FV40, Gary Day was 1st MV40 and Gary MacAlister was 3rd MV40.</p>
Week 6	<p>AVR finished 3rd in the Club V Club competition only beaten by Highworth RC and Wootton Bassett Hounds by 3 seconds! For this, we win one free entry into the 2021 Longest Day 10k in Chippenham – the committee will make a decision on how this will be awarded.</p> <p>1st AVR male: Gary Day (top 5)</p> <p>1st AVR female: Jen Marlow</p> <p>Gary Day was 1st MV40, Jen Marlow was 1st FV40, Robin-Mark Schols was 3rd MV50 and Carrie Almeida was 3rd MF60.</p>





Avon Valley Segment of the Month

The results are in for our second “Avon Valley Segment of the Month” with more good weather meaning a good attendance of runners and riders on our “real world” segments, so in order of popularity here are the results for April:



Nineteen Avon Valley Triathletes took on the 0.87-mile sprint through Semington on the **Caught by the fuzz** segment. Darren Wrintmore and Jay Sims proved to be this month’s speed merchants.

Rank	Name	Date	Speed	HR	Power	Time
	Darren Wrintmore	May 23, 2020	28.4mi/h	147bpm	367W	1:51
2	Tony Dunford	May 20, 2020	25.4mi/h	186bpm	233W	2:04
3	Paul Thorne	May 15, 2020	21.7mi/h	-	176W	2:25
3	Robin-Mark Runs	May 17, 2020	21.7mi/h	122bpm	187W	2:25
	Jay Sims	May 22, 2020	24.1mi/h	176bpm	212W	2:11
2	Sara Robert	May 22, 2020	23.9mi/h	-	214W	2:12
3	Jo Mumford	May 15, 2020	22.2mi/h	126bpm	169W	2:22




The **Wingfield Road Sprint** in Trowbridge saw 15 Avon Valley Runners tackle this challenge with Ben Mees and Jo Farion proving the quickest over this quarter mile segment. The top of the leader board for May finished as:

Rank	Name	Date	Pace	HR	Time
	Ben Mees	May 5, 2020	5:26/mi	-	1:23
2	Gary MacAlister	May 22, 2020	5:38/mi	169bpm	1:26
3	Andrew Jefferies	May 12, 2020	5:58/mi	-	1:31
	Jo Farion	May 5, 2020	6:09/mi	-	1:34
2	Jackie Rockliffe	May 14, 2020	7:44/mi	-	1:58
3	Sharon Firkins	May 10, 2020	8:54/mi	165bpm	2:16


In Bradford on Avon 14 Avon Valley Runners ran to the **Dog and Fox** with Toby Firkins and Bethan Francis the most desperate for a pint 😊

Rank	Name	Date	Pace	HR	Time
	Toby Firkins	May 6, 2020	5:32/mi	144bpm	2:32
2	Gary MacAlister	May 10, 2020	5:54/mi	167bpm	2:42
3	Stuart Sellers	May 12, 2020	5:56/mi	170bpm	2:43
	Bethan Francis	May 24, 2020	7:32/mi	-	3:27
2	Katie Miles	May 5, 2020	8:07/mi	-	3:43
3	Sharon Firkins	May 17, 2020	9:00/mi	166bpm	4:07

Eight Avon Valley Runners tackled the segment from **Cranesbill to Skylark** in Melksham. With Sarah Barker learning that having a Strava exclusion zone set around your house can impact your appearance on a segment, though this didn't stop her from tying with Holly Newman to be the fastest lady over this 0.4-mile segment; Gary MacAlister headed the leaderboard for the men.

Rank	Name	Date	Pace	HR	Time
	Gary MacAlister	May 3, 2020	6:17/mi	161bpm	1:47
2	Matt Walker	May 7, 2020	7:06/mi	-	2:01
3	Simon Down	May 12, 2020	7:20/mi	129bpm	2:05
	Sarah Barker https://uk.virginmoneygiving.com/BarkerVLM2020	May 5, 2020	7:52/mi	153bpm	2:14
	Holly Newman 🏊 🏊	May 17, 2020	7:52/mi	190bpm	2:14
3	Vicky Bodman	May 3, 2020	9:44/mi	161bpm	2:46

Seven Avon Valley Runners ran **The Ham** segment in Westbury with Chris Suter melting the tarmac beneath his feet as he clocked a sub-5min/mile pace to head the leaderboard.

Rank	Name	Date	Pace	HR	Time
	Chris Suter	May 19, 2020	4:59/mi	143bpm	2:00
2	Callum Withers	May 4, 2020	5:39/mi	162bpm	2:16
3	Toby Withers	May 8, 2020	5:56/mi	-	2:23
3	Fiona Price	May 20, 2020	5:56/mi	-	2:23

Eight Avon Valley Triathletes took on the one and a quarter mile segment from Rode to Wingfield on **The Poplar Route**, possibly put off by the unforeseen resurfacing work but this didn't prevent Darren Wrintmore from clocking the fastest time over this segment too with Sarah Barker leading for the Ladies.

Rank	Name	Date	Speed	HR	Power	Time
	Darren Wrintmore	May 23, 2020	24.6mi/h	151bpm	324W	3:01
2	Tim Lowrie, A2B.	May 6, 2020	21.4mi/h	-	220W	3:28
3	Paul Banfield	May 14, 2020	20.0mi/h	150bpm	201W	3:43
	Sarah Barker	May 26, 2020	18.3mi/h	156bpm	153W	4:04
2	Clare Vanstone	May 25, 2020	12.7mi/h	130bpm	78W	5:50

Due to an idiosyncrasy in the way that Strava reports data out of Zwift, it has not been possible to cut the data by the current month so the leaderboard for the year-to-date has been adopted. This shows that eight club members have cycled through the **Watopian National Forest** with Darren Wrintmore and Emma Gage being the quickest.

Rank	Name	Date	Speed	HR	Power	Time
	Darren Wrintmore	May 19, 2020	24.5mi/h	141bpm	411W 	12:50
2	Tony Dunford	Apr 12, 2020	18.0mi/h	148bpm	188W 	17:27
3	Samuel Smith	May 15, 2020	17.6mi/h	140bpm	270W 	17:54
	Emma Gage	Apr 23, 2020	15.8mi/h	149bpm	171W 	19:54
2	jay sims	May 24, 2020	15.7mi/h	145bpm	171W 	20:07

If anyone is interested in learning more about Zwift and the wonderful world of Watopia, then Darren Wintmore will be hosting a workshop for club members via Zoom on Thursday 25th June, please check the club's social media channels for details.



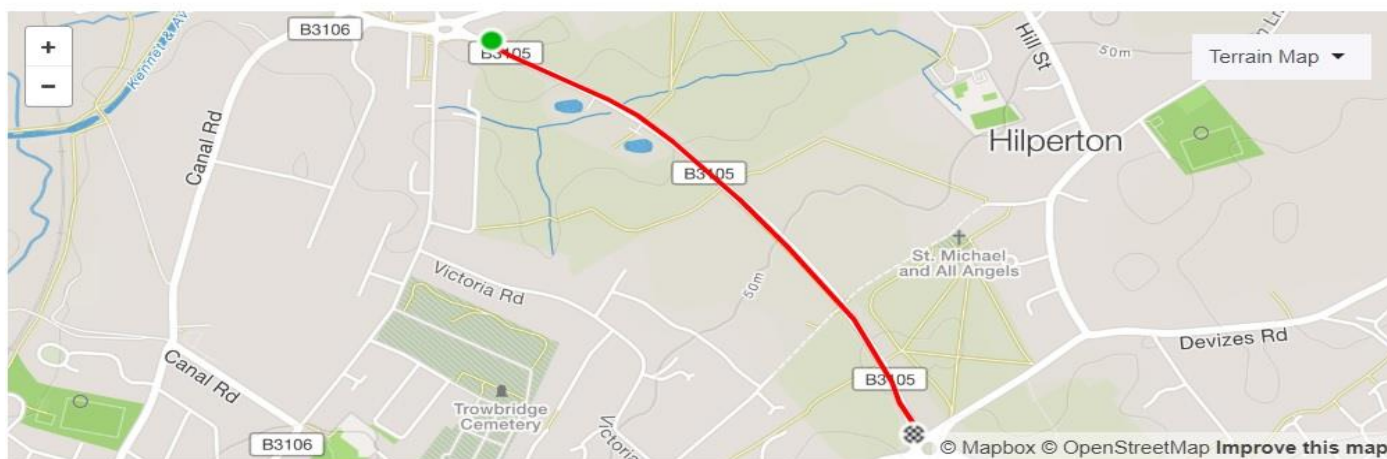
This past month saw Strava make an announcement that many of their previously free features are now going to be made available to subscribers only. This means that non-subscribers are now unable to access the leaderboards that we use for operating the Avon Valley Segments of the Month. However, non-subscribers are still able to view and record times on the segments that we choose and our "Segment Administrators" who have subscribed at £47.95pa (£4 per month) are able to view your results and include them in our club leaderboards.

For June 2020 the following segments have been identified to be completed by the 25th (to give time for collating the results and sending to the editor) and to add a little extra spice to the challenge they are all somewhat inclined...

Up the Hilperton Gap

This is a 0.68-mile segment in **Trowbridge** along the path up Elizabeth Way with a gentle 2% average gradient. So far this year 49 Avon Valley Runners have run segment with Carl Davies and Anna-Marie Watson having put in the quickest times; as a bonus this segment can be done as part of the **AVR Strava Workshop Competition segment** set up by Sean Price this during the Strava workshop and is subject to a prize draw throughout June.

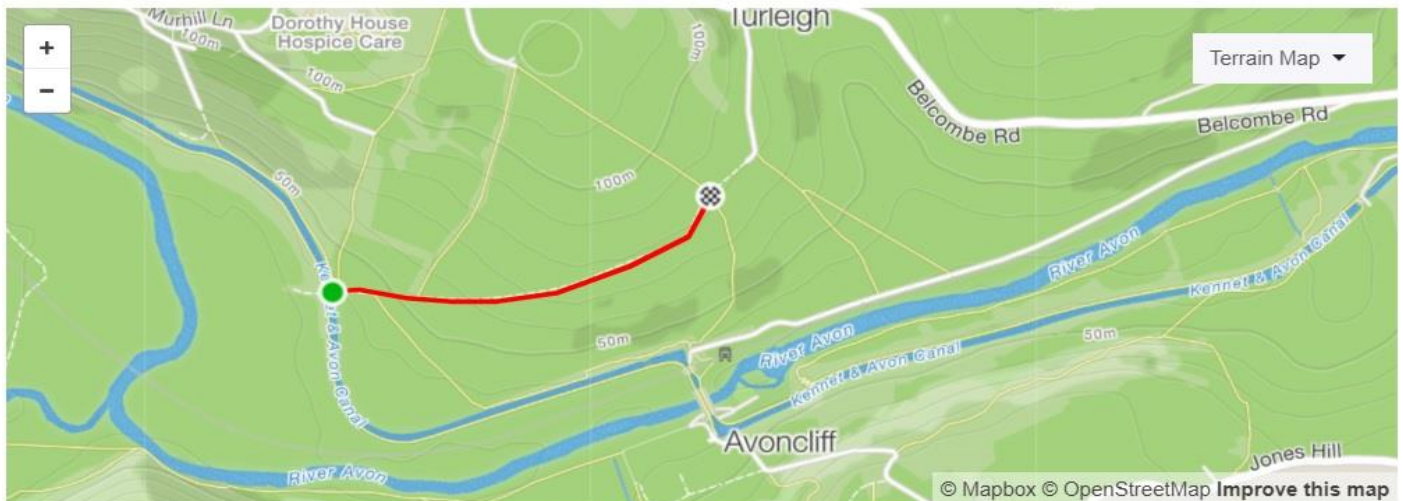
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	4,677 Attempts By 750 People
0.68mi	2%	124ft	197ft	73ft	



Gravel climb

For our runners in **Bradford on Avon** we give you an old favourite in the climb up from Elbow (by our founder member – Stan Farr's bench) up the gravel path for 0.44-miles but at an average gradient of 7% which should have you blowing on this off-road segment. Nineteen Avon Valley Runners have run this segment this year and the overall Queen of the Mountain title is held by Ruth Barnes who clocked 3:34 back in 2013.

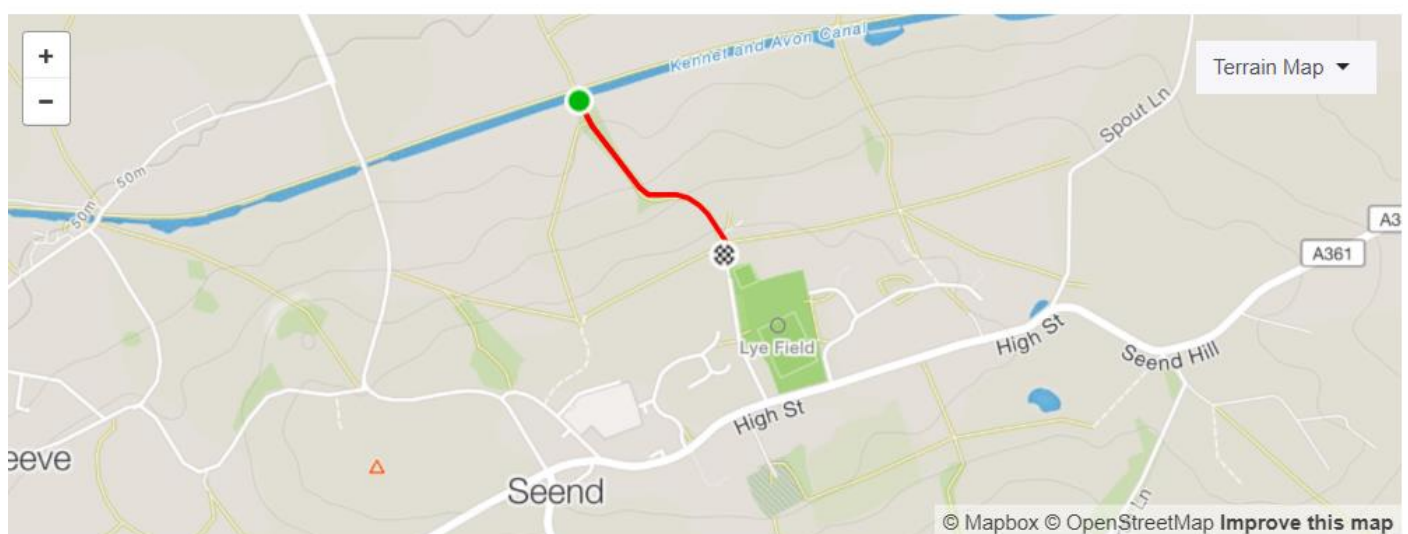
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	2,280 Attempts By 399 People
0.44mi	7%	98ft	292ft	194ft	



Painful Rusty

A trip down memory lane or more precisely a run up Rusty Lane, for our **Melksham** runners who may remember the “2-minute hill” challenge that we used to do on our summer sessions out from Christie Miller, from the swing bridge on the KandA canal up to the off-road crossroads in Seend. Although less than quarter of a mile in length it rises at a 10% gradient.

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	521 Attempts By 107 People
0.22mi	10%	183ft	295ft	112ft	



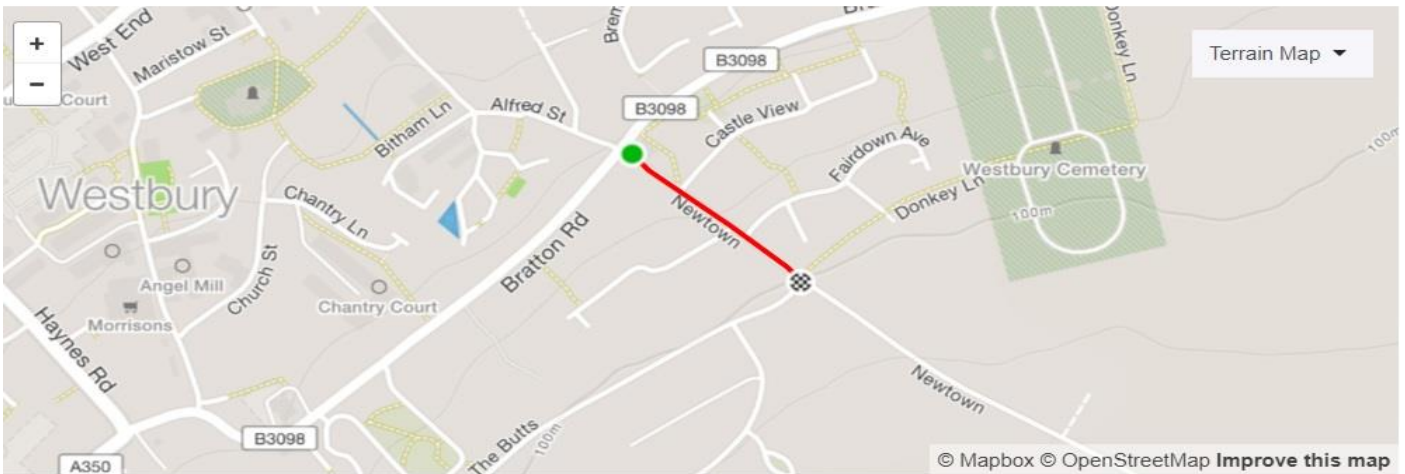
Send any news, articles or achievements to news@avonvalleyrunners.org.uk.

Also check the closed Facebook page for regular news as well as emails straight into your inbox.

Pottery to The Butts

A short but painful segment in **Westbury** leading from Bratton Road up Newtown to the turning for The Butts at a gradient of 8% and if the mood takes you can continue up and away along the road to the top of Westbury White Horse, but it is only the first 0.12-miles that will count on this segment. Dan Piper and Tracey Hyde hold the King and Queen of the Mountain titles with another 19 Avon Valley Runners having unsuccessfully attempted to oust them from the top of the Leaderboard this year.

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	2,630 Attempts By 423 People
0.12mi	8%	282ft	331ft	50ft	



For the cyclists we will take you to the top of Westbury White Horse on the **Sign to the Top** segment. This 0.7-mile climb starts at the 30mph signs, heading up from **Bratton** at a 10% gradient that has seen just five club members tackle it this year with Ben Psaila and Vanessa Lucas being the mountain goats on this **category 4 climb**.

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	Climb Category
0.70mi	10%	388ft	747ft	359ft	4

13,376 Attempts By 2,238 People

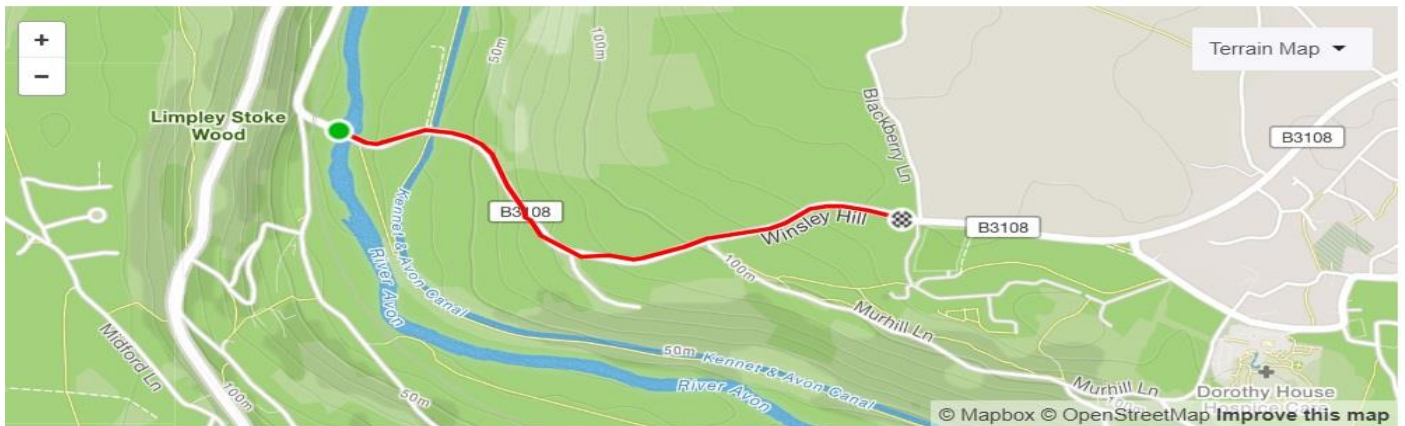


Winsley Hill

Another favourite (Not) this is a 0.71-mile segment climbing from the bridge over the River Avon in **Limpley Stoke** all the way up the B3108 to the Avonpark/Conkwell cross roads just outside of Winsley at a 9% gradient. Just nine club members have tackled it this year with Ben Psaila and Jo Mumford being the mountain goats on this **category 4 climb**.

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	Climb Category
0.71mi	9%	260ft	605ft	345ft	4

21,787 Attempts By 4,104 People



Finally for the Zwift riders, as a bonus virtual segment the **category 2 climb** of the **Epic KOM** in Watopia which can be reached on the "Big Loop", "Muir and the Mountain", "Mega Pretzel" and "Mountain Route" courses to name a few.



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



JAVR News

By JAVR secretary, Holly Newman

Our junior members have been very busy again in May.

- Dylan Neale out for a run with Trevor for company! He also took part in the AVT Virtual Westonbirt Triathlon, using resistance bands, planking and doing some keepee uppies for the swim leg!
- Rhys and Morgan Lythell running the BMC Bannister Mile in the sun.
- Imogen Gray sporting her AVR kit whilst getting some training in.



Dylan and Trevor



Rhys and Morgan



Imogen

- Inspired by the British Sewing Bee JAVR parent Rosie Dill has made a JAVR vest for their dog Rocky!
- Harry Jerram took part in the Wiltshire athletics challenges: shuttle runs, standing jump, 100m sprint and 3km run were some of the events. His PE teacher who very proud of his efforts so sent him a celebration postcard. Well done Harry! He also took part in the DB Max Rainbow Run 5km and paced his Mum to a PB!



Rocky the dog



Harry



Ethan and Holly

- Ethan Bolter and Holly Newman ran 3.5 miles together in the heat - Ethan kept her going!
- Here is Tom Gale doing a 7-minute abs workout after the PE with Joe Wicks session. He misses running but it's keeping him and his Mum fit!
- Jess Hiscock and Holly Newman did a 1:1 session together, focusing on short sharp speed work. Jess worked incredibly well - super impressed by her efforts!



Tom



Dylan



Jess

Additionally, as well as all of these great activities several of our juniors have been taking part in the BMC competitions and have produced some GREAT results!

BMC Bannister Mile:

Owen Lythell - 4:47
 Joe Milton - 4:47
 Toby Firkins - 5:07
 Morgan Lythell - 5:25
 Rhys Lythell - 6:32

BMC 1km:

Owen Lythell - 2:42
 Dan Wood - 2:57
 Morgan Lythell - 3:07
 Orli Cranston - 3:18
 Rhys Lythell - 3:35
 Louise Wood - 3:53

On a personal note from me I just want to say how PROUD I am of all our junior members. It can be potentially a really tough time to run, stay motivated or even just exercise at the moment. But so many of our members have been out and about keeping active - I'm so impressed! I'm so happy to see this and I love seeing all the photos and videos they share with us. A lot of the JAVR parents have done a brilliant job too of joining in keeping active and encouraging their children to stay active and/or train too. Although our main priority at the moment is just encouraging our members to stay active in whatever way they choose and have fun a lot of the JAVR members have produced some phenomenal results through the BMC competitions - an added bonus! When racing returns I thoroughly look forward to seeing many of our runners compete. In particular I want to highlight on of our runners Rhys Lythell - with the support of his brothers and parents he's been training really hard and it has been noticed how much he has improved. Very soon he will catch me and then all the Lythell brothers will be faster than me!! Well done Rhys. And well done to ALL of our JAVR members - keep up the hard work and keep staying active :)

All those years ago...

I've delved into the AVR newsletter archives to see what was going on around this time with the club 30, 20 and 10 years ago. In ten years' time when we look back to 2020, I hope that the situation we find ourselves in now will just be a distant memory to write about in the newsletter.

Thirty years ago



Avon Valley Runners

Newsletter

Spring 1990

In the year 1990, the newsletter was quarterly and written by Tim Northwood. During the spring edition there were still recognisable races such as 44 members running in the Bath Half Marathon and 19 members due to run the London Marathon. There were familiar stories of races with terrible weather, in this instance it was the Great Western 10 at Pucklechurch which sounds like it could have given 'Hurricane Highworth' from 2017 a run for its money! There was also a 24 hour race being advertised in Warminster with only 32 spaces and a course of only 672 meters – far from the 5 mile routes many of us are used to now at Endure 24! The Chippenham Half Marathon was also being held on the 20th May that year rather than the September date that we know of now.

Twenty years ago



Valley News

In the year 2000, the newsletter was issued quarterly and still written by Tim Northwood who wrote an impressive 67 editions from 1990 to 2006. In the April edition it's clear that welcoming articles by other club members was beginning to be a popular tradition with a race report from the Paphos Marathon by Viv Toms and a poem by Tony Bartlett. Our very own Vice President,

Darren Wrintmore, re-joined the club in this edition after leaving the club in 1990 when he moved to London, there were 36 AVR at the Bath Half Marathon and 21 due to run at London as well as many birthdays celebrated including the legend, Anthony Hickson whose 65th birthday was approaching at the beginning of June. The quarter's results took up only one A4 page – much less than the current results page on the AVR website!

Ten years ago

In 2010, the newsletter was running in its current monthly format and written by Darren Wrintmore. It was much longer too and looked much more like the current format that you're all used to. The May edition saw a race report from Mike Maidment about running the Tokyo Marathon, one from Kathy Kinsey about The Grizzly 'girls on tour' (pictured) and reports by a guest writer



from Corsham Running Club. Current members Debbie Ellis and Martin Pearce were welcomed into the club and there was a curry night too! Darren looked into popular running music in this edition as well, something that has been repeated this month on Facebook (results below).

Music to run to

A quick poll on Facebook revealed that an overwhelming amount of club members don't listen to anything when they go running other than the sound of what's around them. 54 voted that they run in this way with 17 saying that they run while listening to a playlist of music that they have put together. 6 said that they listen to podcasts with Kat French explaining that it's just nice to hear a conversation in your ear as you run.



Kat French I usually prefer to run with nothing but recently when I've been struggling I listen to podcasts. I might not hear everything they say but it's just having that conversation in your ear that keeps you company on solo runs. 😊

Like · Reply · 6d · Edited



Back in 2010, the same question was asked to members (shown below) and created a top 20 – in 2020, Holly Newman's response on its own could create a top 30!

Running Music

A snap poll of musical tastes whilst running at a recent Melksham session revealed the following top-20 artists residing on your MP3 Players and iPod's:

- | | | | |
|----------------------|------------------|------------------------|---------------------|
| 1 – Kings of Leon | 6 – Motorhead | 11 – Chemical Brothers | 16 – The Fratellis |
| 2 – The Killers | 7 – The Prodigy | 12 – Blondie | 17 – The Ting Tings |
| 3 – The Foo Fighters | 8 – Depeche Mode | 13 – Blur | 18 – Iron Maiden |
| 4 – Green Day | 9 – Donna Summer | 14 – Moby | 19 – Usher |
| 5 – Jay Z | 10 – Meat Loaf | 15 – The KLF | 20 – Lily Allen |

If anyone wants any help putting together a playlist of music for running at different speeds, it's worth speaking to the club's resident DJ, Martin Russam, for any recommendations. Also, if you would like to share your favourite music, then please get in touch and we can make a feature out of it.



Martin Russam Been djing 25 years & listen to whatever music my mood takes me to. Current Purple Disco Machine, favourites - soulful house David Morales & Frankie Knuckles to uplifting trance. If anybody fancies a recommendation let me know. I do enjoy running without music also!

Like · Reply · 6d



Holly Newman Oh where to start!! 😊
So I apologise in advance for the long comment of songs but I love running with music so got very excited! If I'm running somewhere off road I unplug from my music and listen to what's around me. If not I have 3 playlists: music for "get your head in the game/don't mess with me", music for relaxed/fun running and music for when I've had a tough day.

"Get your head in the game/don't mess with me":

- My Way - Calvin Harris
- The Wolf - Spencer Lee Band
- Legend - The Score
- Runnin' - Naughty Boy ft Beyoncé
- Thunder - Imagine Dragons
- Savage - Megan Thee Stallion ft Beyoncé
- Truth Hurts - Lizzo
- Formation - Beyoncé
- Bradley Cooper - Black Eyes
- Bradley Cooper - Alibi
- DMX - X Gonna Give it to ya
- Kanye West - Black Skinhead
- Iggy Azelea - Black Widow
- Beyoncé - Sorry
- Rudimental - Not giving in
- Dua Lipa - don't start now

Relaxed/fun:

- Take That - Greatest Day
- Send my love - Adele
- B.T Express - Do it
- You make my dreams come true - Hall & Oates
- Higher Love - Kygo and Whitney Houston
- Coldplay - Paradise
- Lumineers - Ho Hey
- Lost in the light - Bahamas
- The Night we met - Lord Huron
- Wonderwall - Oasis
- Dua Lipa - Be the one
- Ed Sheeran ft Beyoncé - Perfect duet
- Mark Ronson - Uptown Funk
- A Million Dreams - Greatest Showman
- Queen - I want to break free
- Queen - Another one bites the dust
- Eddy Grant - Electric
- I'm Ready - Sam Smith & Demi Lovato
- Ed Sheeran - Castle on the Hill
- David Bowie - Heroes
- Born to Run - Bruce Springsteen

Tough day:

- Freya Ridings - Lost without you
- Memories - Maroon 5
- You have been loved - Sia
- To die for - Sam Smith
- Before you Go - Lewis Capaldi
- Hold me while you wait - Lewis Capaldi
- Someone you loved - Lewis Capaldi
- Lose you to love me - Selena Gomez
- Iris - The Goo Goo Dolls
- The Moon - The Swell Season
- The Scientist - Corinne Bailey Rae

Like · Reply · 6d



The Virtual Hilly Helmet 2020

Recent events have affected all our running opportunities with the Hilly Helmet Challenge 4th edition also being a victim. This year event organiser and club member, Robin-Mark Schols. has changed it from a mass participation event to one where entrants can still take part and support the charity while abiding to social distancing rules currently in force in this country. You can sign up and do your run or walk right now until August 12th.



Robin said, "As one who has been through a brain tumour and complications that followed and present for me to deal with each day, the charity Brain Tumour Support is one I have become a champion fundraiser for. I set up Hilly Helmet to not only offer a fun night of running for my friends but also to try to help the charity with a little boost every year. With all charities experiencing a massive drop in income it's more important than ever to try to help them again this year and I hope my club mates are still able to support me once more". Robins' event sold out the first three years and has raised over £10000 during that time and he passes on all entry money to the charity with generous sponsors picking up the event expenses.



All those taking part this will be able to run a course of their choice, to include a hill where possible, while wearing a helmet of their choice. For the first time juniors will also now be able to take part too. There will be awards going to best helmets in both men and women and junior boys and girls who will also be able to take part alongside their parents. Robin asks that once you've done your run or walk you send in your proof and some pictures of you in your helmet for social media so we can all decide who the winners of the prizes will be.

Entry is £12 for adults and £5 for juniors with all finishers receiving a pottery memento and the first 200 entrants also getting a water bottle. He has also created a discounted family ticket offering a family pass for two adults and two juniors for £30. Hilly Helmet has been supported really well by Avon Valley Runners members over the first three years. **Please note for junior or family entries you'll need to get in touch with Robin for a discount code at robin@orangehelmetevents.org.uk** Adult entries can be made as normal.

More information is available via Facebook, Twitter and the event website www.oranghelmetevents.org. Entry is available online at <https://www.entrycentral.com/thehillyhelmetchallenge>

MEMBER PROFILE

Name: Sara Robert
5k PB: 25.34
Half marathon PB: 2:04:21

Age category: 55-59
10k PB: 54.24
Marathon PB: 4:56?

How long have you been with AVR? 6/7 YEARS

What made you join the club? I wanted a more local club to Hilperton.

Favourite race: Exe to Axe, Devon

Favourite medal: The London Marathon 2016

Most proud running moment: Completing the London Marathon 2016

Most embarrassing running moment: Being the AVR cover photo on Facebook when I was snapped at the opening of the track and pulling a stupid face!

Best piece of running advice: Believe you can achieve, focus on yourself and what you have to give.

Do you have any other hobbies? Riding my road bike and I love open water swimming.



Anything else? I began running with AVR at a particularly difficult time in my life. It would have been easy to walk away from running and pack away the trainers. But I decided to change clubs and I can honestly say I have never looked back. I have made amazing friends and I love AVR for all it offers to all abilities.

It took me a few years to feel brave enough to join speed sessions but the results have been fantastic. Last year I saw 6 PB's from half marathon to 5K! And this year I improved again at half marathon in Bath.

In 2016 I took on London marathon and ran in memory of one of my very best friends who sadly died just 4 days before the event. To say it was a challenge both physically and emotionally is an understatement!

None of these would have happened but for AVR and the amazing support and friendships I have been lucky enough to have found.

Lock down has made life difficult for very many of us and staying motivated hasn't been easy. But I decided to create my own 5K route and run a virtual race every week.

My dog comes with me to the big field for speed sessions and together we are doing all we can to stay fit and focused.

AVT also features largely for me and virtual multi-sport events have been ticked off too.

I can't wait for club sessions to restart and to see people again at events. And I think my poor dog is also keen for that so he gets a rest! I also love to be involved in a volunteer capacity. I'm on a few working groups including JAVR and the social committee. Arranging events like the Presentation Night is amazing! I also love supporting our juniors and watching them grow into confident and capable young athletes.

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

5k and 10k PB Esther Frawley

Both achieved during the virtual Ironman Olympic distance tri

10k
PR - 56:49

5k
PR - 27:54

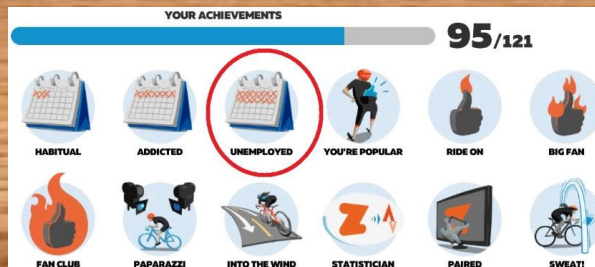
DBMax virtual 5km Rainbow Run

Sara Robert 26:34

Zwift

Darren Wrintmore has unlocked two achievements:

- He unlocked the famous 'Tron' bike for climbing a total of 164, 042 feet.
- He managed 14 days of consecutive virtual cycling to earn the 'unemployment' badge.



AVON VALLEY TRIATHLETES

By AVT secretary, Lil Morris

And in the blink of an eye (or so it seems) May has come to a close and June is almost upon us. Considering a distinct lack of formal racing events this month our members have still been extremely busy with training, open water swimming and virtual events. Please continue to keep an eye on the AVT Facebook page for updates from British Triathlon as well as Cycling Time Trials on events for 2020.



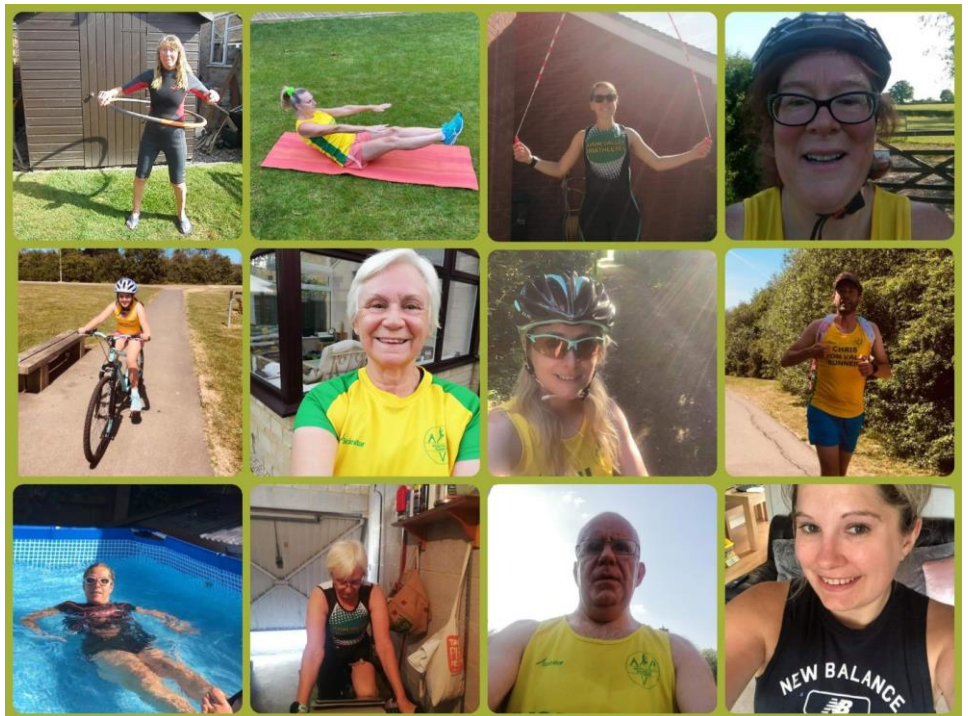
You may have already noticed our popular Monday evening Zoom Turbo Training sessions have featured in the recent AVR article on both the White Horse News and Melksham News websites:

<http://www.whitehorsenews.co.uk/blog/2020/05/27/virtual-runs-for-avon-valley-runners/>

The engagement from our members has been fantastic, a structured workout as well as a chance to catch up with others. The sessions are held at 7pm on Monday evenings, details will continue to be posted on the AVT Facebook page.

AVT Virtual Triathlon

The ever popular Westonbirt Triathlon was due to be held on Monday 25th May, for many members this would have been their first triathlon event. Instead we ran a virtual triathlon which members could take part in from Monday through to Friday 29th. With swimming being very limited members could choose their disciplines and the distance, whether they ran, cycled or did something else and we saw some very inventive activities!





Above are just some of the pictures from our athletes over the course of the week. Some of the activities which took place were:

- Juggling and hula hooping in a wetsuit
- Keepy uppy challenge
- Bouncing on a space hopper
- Yoga flowing
- Penalty shoot-out
- Tai Chi
- HIIT sessions
- Skipping
- Wheelbarrow race

There was some running, cycling and swimming as well. It was great to see how much fun everyone was having with the challenge, watch this space for further challenges coming up!

[Virtual Ironman Triathlons](#)

There have been a series of virtual Ironman events over the last few weekends which some members have also taken part in. The distances vary each weekend with the swim element being supplemented for a shorter run, i.e. 3k run followed by a 20 mile bike ride and then a 10k run.

Esther Frawley took part in the Olympic Distance event over the weekend of the 9th-10th May finishing 20th out of 63 entrants in her age category with an overall time of 2:30:36.

A Sprint Triathlon consisting of a 1.5k run, 20k bike ride and a 5k run took place from the 15th to the 17th May seeing several members take part. Kat Taylor-Laird (431st out of 881 in her category), Sara Robert, Anne Clark (28th in age category) and Esther Frawley (23rd in category) all took part with some great racing.

The 22nd to the 25th May saw another event; an Olympic Distance event with a 3k run, 40k bike ride followed by a 10k run (which must have been tough going following a 40k bike ride in the heat!). Kat Taylor-Laird attempted the distance for the first time with a fantastic time of 2:47:55. With the mens division Robin Scholes finished with a time of 2:17:16 finishing 14th in his category. Rich Ayling also took part finishing with a time of 2:02:20 taking 6th place in his category.

A huge congratulations to everyone who has been taking part in these events.

Quarantri – Virtual Triathlon



A virtual event being held on Sunday 7th June starting at 9:45am. There will be a Zoom briefing at 9:15am via Zoom, an information pack will shortly be added to the event page on the AVT Facebook page. The event involves:

- Zwift bike race on the London 8 course (20.3km)
- A 5km run close to home without a net downhill of more than 15m, which needs to be uploaded to Strava no later than 12:30 that day

For those who don't have Zwift you can log a 20.3km bike ride using a Garmin however this will need to be separated from the main results. For those who don't have a Garmin you can get involved by following the live Zoom feed and stop your bike session, again keep an eye out for the information pack for more details.

AVT members can join the Strava Group here at <https://www.strava.com/clubs/660245>
Please note results will be shown by ELAPSED time rather than MOVING time for a more accurate result on Strava.

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. Virtual events do NOT count towards any AVT league, newcomer or HHDYT places.

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

- Stampede Sports "Ride Lockdown" (30th June)
- 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)

When entering events, it really does help if you enter any multisport events as **Avon Valley Triathletes**; this makes it easier to check results whenever needed. Please remember that if you are a paid up AVR member, then you are already automatically a member of AVT.

Challenging Times

2020 was to be a big year of running for me. I was due to run at London in the Spring and Berlin in the Autumn and was well ahead of my training by the middle of February. Then the pandemic happened. 1 week has turned into 10 just like that and with restrictions in place inevitably all events including both my marathons were cancelled until further notice. I'm lucky I'm still able to work but once the work ends it was confined to home other than out for exercise once a day.

Suddenly the focus of my training was gone. I'm very goal orientated and needed something to challenge me but a garden marathon or something equally along those lines just didn't grab me. To start with I was training harder than before but soon it felt almost pointless. I needed a new challenge.

In the week I found out Ironman were organising virtual events. I'd never been able to do Ironman events before but now they had replaced the swim with an extra run I could now have a go. It would be 3 sections, a 3km run, a 40km cycle and a 10km run. The challenge for me was to do all 3 disciplines, though it was ok to do all 3 over the weekend starting at 6pm GMT on the Friday.

I eagerly waited for 6pm and got out and got it all done in one hit, no stops. I was tiring but I pretty happy with all three times and feeling pretty pleased with myself too. Until I checked the web site to see my ranking. For some reason, only my last run registered. Then the penny dropped, I'd started at 6pm British summer time, effectively I started an hour too early. If I wanted a time and ranking I'd have to do the bike and 10k run again. Given that I'd already done more than I'd planned I needed to consider if it was worth risking it. The last thing I wanted was to get injured. I decided to rest Saturday morning and go out early afternoon to give the 10k another go. I figured I'd be slower than previously but I might be able to bike quicker, which I'd have a go at on Sunday. Then I remembered I had an 8 mile run planned Sunday morning.



I got out and did the 10k run just 18 seconds slower than the previous night which I was pleased with. The next day I felt pretty good after my run and got my tri suit on and gave the 40k ride all I could. At 25km I started to flag but a gel and drinks onboard helped keep me going and I completed in a quicker time than on the Friday. My total time was 2:17:16, not earth shattering but a rewarding effort and in an International field it placed me 68th in category and 13th UK athlete in category. I'd put myself well out of my comfort zone (twice!) and felt like I'd succeeded.

I'd recommend everyone to have a go at a challenge. It'll give you some focus as well as many of them are raising money for great causes. In addition, a good number are events you can get the whole family involved in. Go on, give it a go!