

THE VALLEY NEWS



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Finding your Mojo – By Steve Williams

Regaining Your Mojo

The last 3 months have been difficult for many runners. Keeping motivated to train whilst isolated from other club members and running buddies has been difficult. On social media the word 'gremlins' has been mentioned whilst others refer to losing their mojo. Although things are easing the sport of running is unlikely to return to its pre-lockdown state for some time. So what can you do?

Forget What Went Before

The times you were running pre-lockdown for speed sessions and specific routes may have been faster than you are doing now. So what. Circumstances have changed considerably and knock-on effects in other parts of your life will have occurred, never mind the times you are running.

For many, running so much on their own has been difficult. Research has shown that running on your own has significant more demands than running in a group. The energy costs of having to 'analyse' a solo run situation are higher than in a group situation where a collective experience can be brought to bear. That's before we look at the increased motivational aspect of running in a group as opposed to solo. If you recognise and accept this then you will ease the pressure on yourself when running alone.

Forget What You Had Planned

Distance races are likely to be the last element of our sport to return, due to the size of the fields. So if you have planned races in your diary just park any thought about participating in them. You are not in control of this situation so why worry.

Once any planned race is given the go-ahead then be realistic about any goals you originally set for them - particularly for half-marathon upwards. It is no use being race fit now if you do not know when your next race is. Maintaining race fitness for, possibly, 2 or 3 months before a targeted race is unrealistic. So ask yourself - when the go-ahead is given - is there a reasonable amount of time to do the training that makes the original goal(s) possible? If not, rethink it. For example, instead of going for a specific time use the race to learn more about running that particular distance or course and how you can ensure a better outcome next time. Or even use it as a healthy way of getting to know more about the race location, if it is in an interesting setting.

Make Aspirational Plans, Give Yourself Breathing Space

Obviously, you will need a goal(s) to give you something to aim for. But these do not have to be race or time specific. Make your goals aspirational and not dependent on the current lockdown situation or its resolution. Make them for up to 12 months down the line. The more time you give yourself the greater the breathing space to deal with any ups and downs without the added pressure of a 'tight schedule' to adhere to.

Example goals could be: in 12 months' time I will be running new routes that I have decided to go out and look for. In 12 months I will have worked upon my perceived weaknesses. In 12 months I will be running 10 miles per week further than I am now. The list is endless and you could combine 2 or 3 goals for a more specific outcome.

Vary Your Routine and Type Of Training

Most runners work on a one-week cycle - Monday to Sunday for example with the long run on Sunday. But this is not written in a tablet of stone. Why not look at a 10 day or 14 day cycle for your training? One long run every 10 days or 14 days, 1 or 2 speed sessions during the same cycle and so on. This will give you more flexibility and alleviate some of the pressures that arise from a one week cycle. Why do you have to do your long run on Sunday? If you can do so, why not choose the day of the week that is the easiest to fit it with whatever else is going on in your life. And who said you have to do a long run every week? Why not 3 every 5 weeks? For all of us, running has to fit in with the 'real' lives we lead so why not give yourself the degree of flexibility that can accommodate it.

Finally, vary your running sessions - try some 'new' stuff like fartlek, run your routes in reverse direction. Those two 5 mile training runs you do every week? Why not make one a slightly faster 2 to 4 mile run and the other a slightly slower 6 to 7 mile run. Vary the terrain you run on. Try new locations. Again the variety is limitless. But it is the variety that will help

keep you stimulated. Oh...and find time for rest and recovery and make sure you enjoy it. You've earned it!

Avanti the Valley!

AVR Virtual Relay

We are currently mid-way through the AVR virtual relay and there are over 40 teams entered to run 4 virtual legs of the event! There are work colleagues, teachers,



people from other countries, non-club runners and club runners all enter. Swindon Striders, Chippenham Harriers, Stonehenge Striders, Calne Running Club, St Mary's Running and Triathlon Club and Corsham Running Club have all decided to take part. Most notably Corsham Running Club have entered 7 teams and have made a donation of £80 to the JustGiving page which is raising money for the charity Shelter! At the time of writing, the total amount raised was £335 and is set to raise until the end of the event on the 4th July.

There's still time to put a team together and enter here: <https://www.entrycentral.com/AVRRelay2020>. There are also 2 new competitions this year for the best named team and the best group photo.

Track clearance

During its period of inactivity, many, many weeds had started to grow over the edges of our track at TFRC and the groundsman requested help to pull out the thistles before he could treat the rest with weed killer. So members of the main committee, Anthony, Jo, Vicky, Holly and Sarah spent a Saturday morning doing some gardening! I think you'll agree that it looks so much better now.



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.

DB Max Rainbow Run

Week 7	AVR finished 6 th in the Club V Club competition. 1 st AVR male: Simon Reeves 1 st AVR female: Jo Farion Kat Tailor-Laird was 2 nd SEN, Jo Farion was 1 st FV40 and Carrie Almeida was 3 rd FV60.
Week 8	AVR finished 3 rd in the Club V Club competition. 1 st AVR male: Gary Day (top 5) 1 st AVR female: Jo Farion Gary Day was 2 nd MV40, Jo Farion was 3 rd FV40, Robin-Mark Schols was 2 nd MV50 and Sara Robert was 3 rd FV50.
Week 9	AVR finished 6 th in the Club V Club competition. 1 st AVR male: Simon Reeves 1 st AVR female: Debbie Ellis Debbie Ellis was 1 st FV50, Sharon Firkins was 3 rd FV50 and Carrie Almeida was 3 rd FV60.
Week 10	AVR finished 4 th in the Club V Club competition. 1 st AVR male: Gary MacAlister (top 10) 1 st AVR female: Jo Farion Jo Farion was 1 st FV40, Sara Robert was 2 nd FV50, Sharon Firkins was 3 rd FV50 and Carrie Almeida was 3 rd FV60.

In last month's newsletter, you will have seen that AVR were given one free place into the 2021 Longest Day 10k in Chippenham because we finished 3rd in the Club v Club competition. The committee decided to put Gary Day, Robin-Mark Schols and Ben Mees into a draw as they formed the top AVR team that week. The draw was posted on Facebook and announced **Gary Day** as the winner – congratulations!





**RAINBOW
RUN** SATURDAY
5K SERIES



Avon Valley Segment of the Month

The results are in for our third "Avon Valley Segment of the Month" and with the good weather continuing, several club members are escaping lockdown to rise to the challenges, so in order of popularity here are the results for May:

The gentle climb [Up the Hilperton Gap](#) attracted 15 Avon Valley Runners with the leaderboard finishing as so:

Up the Hilperton Gap		This Month ▾	Men ▾		
Rank	Name	Date	Pace	HR	Time
	Leo Harris	Jun 19, 2020	6:21/mi	-	4:20
2	Gary MacAlister	Jun 22, 2020	6:40/mi	-	4:33
3	Toby Firkins	Jun 18, 2020	7:18/mi	144bpm	4:59
	Jo Farion	Jun 5, 2020	7:08/mi	181bpm	4:52
2	Kat Taylor-Laird	Jun 21, 2020	8:00/mi	182bpm	5:27
3	Rosemary Barber	Jun 9, 2020	8:11/mi	132bpm	5:35



10 Avon Valley Runners took on the [Gravel Climb](#) at Bradford on Avon:

Gravel Climb		This Month ▾			
Rank	Name	Date	Pace	HR	Time
	Josh Lay	Jun 28, 2020	7:48/mi	181bpm	3:30
2	David Mudford	Jun 8, 2020	8:16/mi	168bpm	3:43
3	Toby Firkins	Jun 28, 2020	8:54/mi	159bpm	4:00
	Jo Mumford	Jun 10, 2020	10:26/mi	161bpm	4:41
2	Vicky Bullen	Jun 7, 2020	10:28/mi	178bpm	4:42
3	Bethan Francis	Jun 28, 2020	11:06/mi	161bpm	4:59

8 Avon Valley Runners managed the short sharp climb from the [Pottery to The Butts](#) in Westbury:

Pottery to The Butts

This Month ▾

Rank	Name	Date	Pace	HR	Time
	Peter Veleski	Jun 4, 2020	6:06/mi	145bpm	44s
2	Sean Price (Westbury Wheelers)	Jun 3, 2020	8:11/mi	146bpm	59s
3	Simon Reeves	Jun 17, 2020	10:49/mi	128bpm	1:18
	Fiona Price	Jun 20, 2020	6:31/mi	157bpm	47s
2	Nicole Jackson	Jun 22, 2020	13:19/mi	-	1:36

The climb up [Westbury White Horse](#) just tempted seven Avon Valley members on their bikes with the final leaderboard for the month looking like this:

Sign to the Top

This Month ▾

All ▾

Rank	Name	Date	Speed	HR	Power	VAM	Time
	Paul Banfield	Jun 3, 2020	8.6mi/h	135bpm	358W	1,330.5	4:56
2	Martin Disney	Jun 16, 2020	7.8mi/h	-	336W	1,215.6	5:24
3	Darren Wrintmore	Jun 13, 2020	7.0mi/h	-	302W	1,085.0	6:03
4	Fiona Price	Jun 7, 2020	6.2mi/h	-	155W	960.6	6:50
5	Sean Price (Westbury Wheelers)	Jun 25, 2020	5.4mi/h	153bpm	220W	834.4	7:52
6	Liz Gard	Jun 2, 2020	5.0mi/h	180bpm	140W	770.7	8:31
7	Neale Vanstone	Jun 15, 2020	4.8mi/h	155bpm	175W	750.2	8:45

The climb up [Winsley Hill](#) also managed to tempt seven Avon Valley members to the undoubted relief of Michal Kwiatkowski of Team Ineos (3:01), none challenged his lofty position with the final leaderboard for the month looking like this:

Winsley Hill		This Month ▾				All ▾	
Rank	Name	Date	Speed	HR	Power	VAM	Time
	Paul Banfield	Jun 6, 2020	8.6mi/h	156bpm	331W	1,275.2	4:57
2	Martin Disney	Jun 1, 2020	8.4mi/h	148bpm	304W	1,245.8	5:04
3	Darren Wrintmore	Jun 13, 2020	7.6mi/h	-	317W	1,123.8	5:37
4	Samuel Smith	Jun 6, 2020	7.2mi/h	148bpm	293W 	1,063.8	5:56
5	Tony Dunford	Jun 16, 2020	6.3mi/h	176bpm	227W	923.7	6:50
6	Emma Gage	Jun 16, 2020	5.4mi/h	160bpm	173W 	797.3	7:55
7	Vicky Ody	Jun 3, 2020	5.2mi/h	-	-	765.1	8:15

Only two Avon Valley Runners tried out on [Painful Rusty](#) near Melksham:

Painful Rusty		This Month ▾				All ▾	
Rank	Name	Date	Pace	HR	Time		
	Owen Lythell	Jun 8, 2020	10:20/mi	166bpm	2:16		
2	Fiona Newman	Jun 26, 2020	13:50/mi	-	3:02		

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 taken on the virtual **category 2 climb** of the [Epic KOM](#) in **Watopia** with Darren Wrintmore and Sarah Jeffries being the quickest.

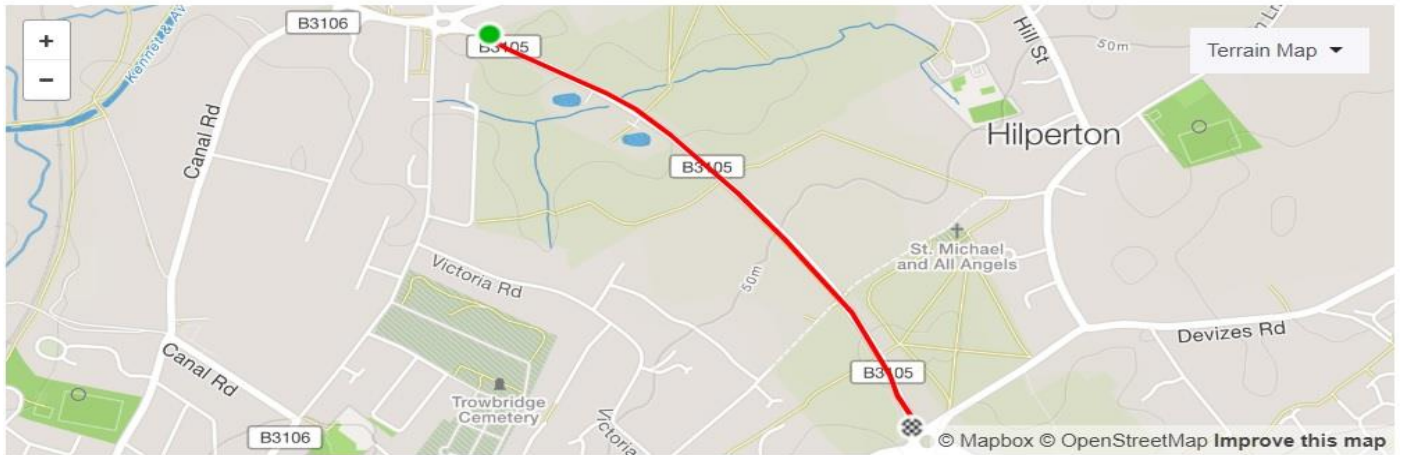


This is the last month when run segments will appear in the Avon Valley Strava Segment Challenge, unless another member comes forward to take on this element.

Following last months inclined segments it seems only fair that what goes up must come down is the theme for July:

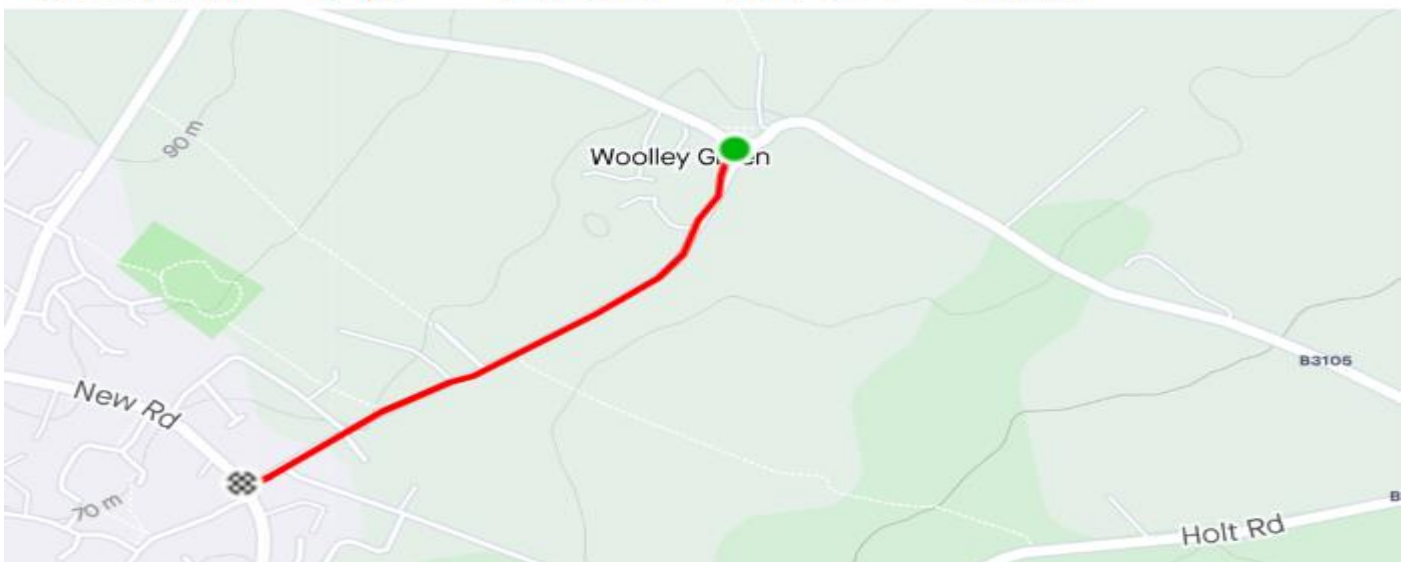
New Hilperton Bypass downhill This is a 0.7mile segment in **Trowbridge** DOWN the path alongside Elizabeth Way with an enticing -2% average gradient.

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



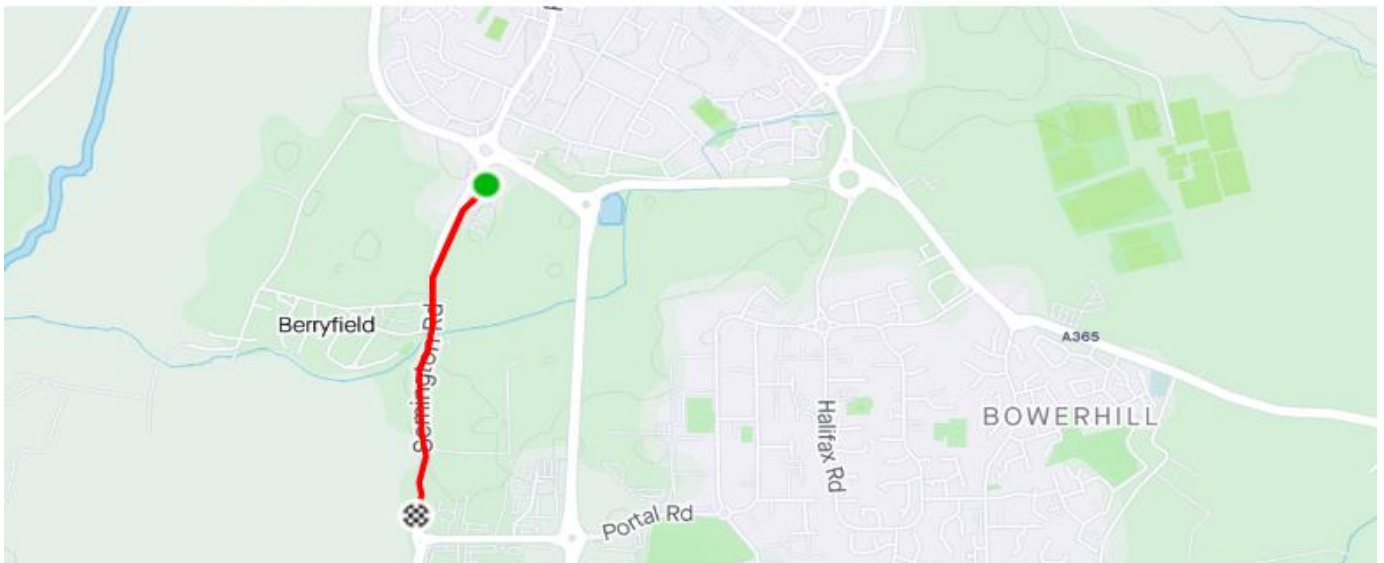
For our runners in **Bradford on Avon** we give you a run **Down Woolley St** a half mile segment with a 0% gradient.

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference
0.51mi	0%	213ft	226ft	13ft



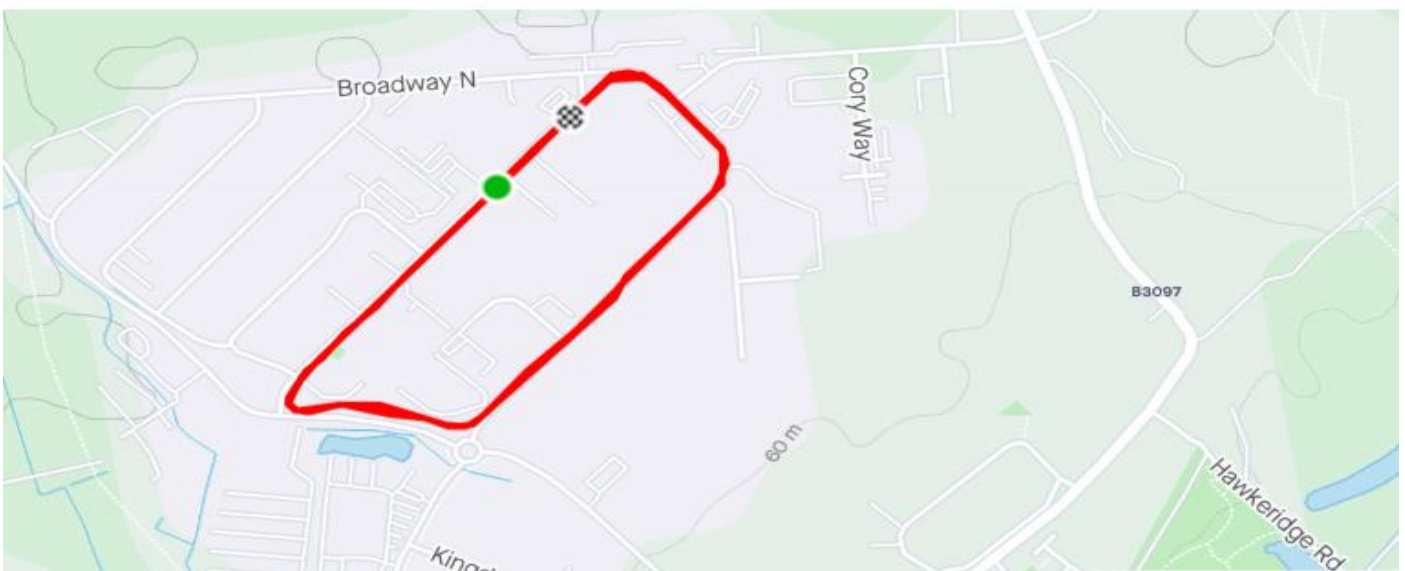
For our **Melksham** runners we present an undulating 0.6-mile run along **Semington Road** but with an overall 0% gradient.

0.63mi 0% 124ft 131ft 8ft



In Westbury let's use the **Virtual Westbury 5K** segment on the trading estate which this year has been tackled by 29 Avon Valley Runners with Gary Day (17:56) and Fiona Price (21:39) being the fastest times to date.

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference
3.12mi	0%	206ft	228ft	22ft



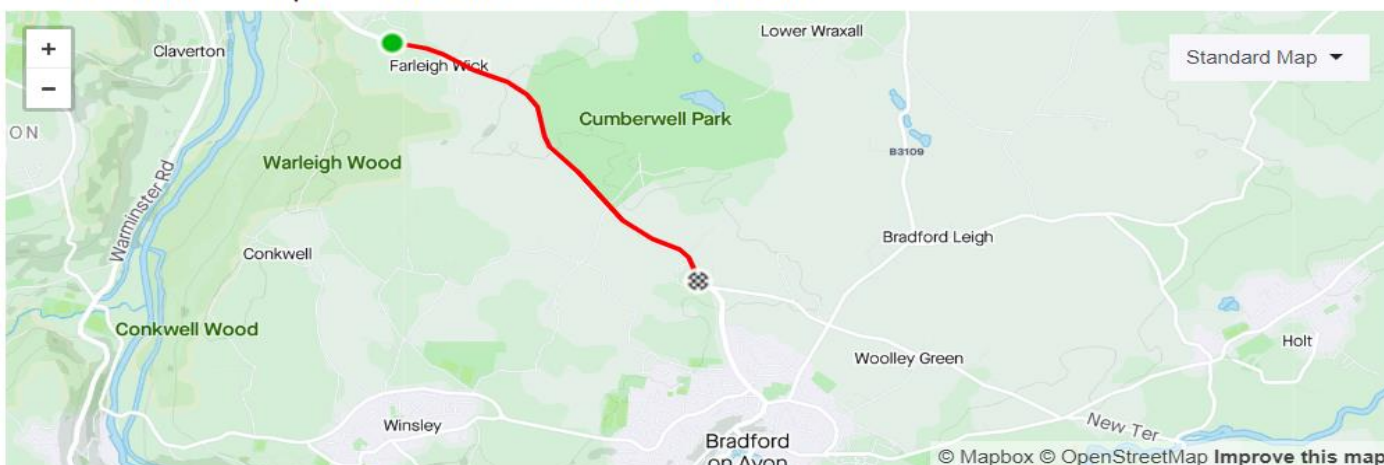
For the cyclists we will take you on the **Edington to Westbury town sign sprint** This 2.7-mile undulating segment starts at the junction with Monastery Road (which heads down to Steeple Ashton) and finishes before you reach the white Horse viewing area. Sean and Fiona Price are the fastest club members this year on this segment.

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference
2.72mi	0%	339ft	417ft	77ft



Another undulating segment is from **Farleigh Wick into BOA** starting just past the turning for Monkton Farleigh covering 1.8-miles to the turning onto the B3105 towards Woolley Green/Staverton. With an overall gradient of -1% which explains how Darren Wrintmore has been the fastest club member along this stretch of the A363 this year.

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	7,861 Attempts By 1,925 People
1.84mi	-1%	304ft	449ft	145ft	



The bonus segment for our Zwift Riders is **The London Loop** which is 9.2-miles and pretty undulating with a climb up Box Hill, but you do get to come down the other side at pace.

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

Happy Birthday Anthony!

Longstanding member and complete legend, Anthony Hickson, celebrated his 85th birthday this month! Many of you had already planned to attend a small gathering after one of the 5x5 events which of course had to change when lockdown happened. However, we couldn't let him off any celebrations so Jay and Sarah visited him to deliver some gifts and then later that day, the 5x5 working group ran the route in Steeple Ashton as the rules about daily exercise had changed by this point to allow a group to run together.



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

SUMMER 1990

It seems that in 1990, there was still the modern problem of having too many great races to choose from! On 17th June 1990, it is written that there were 9 local races to choose from but despite this, AVR were out in force at many of them. Our juniors ran well in different track events and there was 24 hour race in Warminster with member Mike Hehir completing a fantastic 92 miles!

Twenty years ago

Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (57) JULY 2000

In this edition it was noted that here were 119 paid members of AVR with 5 birthdays moving members into new age categories including one of our very own vice president Ted Rockliffe who celebrated his 55th birthday. There were lots of great results from the club including Rosemary Barber who completed the Long Aston 10k in 45:31, Tina Vivian who finished the Broad Town 5 in 40:07 and Simon Reeves who did the Warminster 10 miler in 1:10:31.

Ten years ago

June 2010

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THE NEWSLETTER OF AVON VALLEY RUNNERS

#112 – June 2010



In this year, AVR held their first 'hash run' where a flour trail is left for groups to chase, our track championships had its inaugural running at Clarendon School and the Mob Match was held on the reverse Over The Hills route against Chippenham Harriers and Corsham. The race was won by AVR's Tom Fisher and Mike Towler with AVR also taking 1st and 2nd for the ladies with Ruth Barnes and Mel Ward-Nicholls. AVR ladies won their race overall but the men's prize went to the Chippenham Harriers that year.

MEMBER PROFILE

Name: Robin-Mark Schols

5k PB: 18:19

Half marathon PB: 81:44

Age category: M55-59

10k PB: 37:56

Marathon PB: 2:53:21

How long have you been with AVR? 2020 is my 7th year with the club

What made you join the club? The chance to do team events, training opportunities, making new friends

Favourite race: I ran at the New York City marathon last year. It wasn't my fastest but it was the most amazing running experience ever. It inspired me to attempt to complete all 6 marathon majors.



Favourite medal: A tough question, they all mean so much so I'd like three please. My 2011 Amsterdam marathon was my first marathon effort, the 2013 Blackpool medal signifies my first sub 3 hour marathon and best placing at 16th overall at the event and my 2015 London medal signifies my club record of which I am very proud.

Most proud running moment: Running in Spain and Italy for team GB in the world and European masters half marathons in 2018 and 2019 were unforgettable.

Most embarrassing running moment: I attempted to iron my Cotswold Relay number as it was all creased and it started to shrink due to the heat, leaving me with a scruffy number to wear on the day!

Best piece of running advice: There is no substitute for hard work. If you have a goal, make it one that's achievable but with effort. It's like reaching for that slightly better apple on the higher branches, you can do it but you need to have a plan and believe in it.

Anything else?: I was proud to achieve a club age group record at the London Marathon in 2015 after being on track but suffering a fall in 2014. I was so focused for the whole year to get back and put it right.

I'm also very proud and humbled at the success of Hilly Helmet, an event borne out of my own experience of triumph over the brain infection that stopped me in my tracks just as I had come into running form in 2015. While I still ran during this time it was to keep my fitness and it has taken a long time to get back to where I consider myself to be doing ok. During this time I have had some great support from club mates which helped so much.

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

Update from last month - the incorrect time was included for Sara Robert's Rainbow Run PB. On the 16th May she ran 26:13.

No new PBs were sent in this month. If you would like to be recognised on the Wall of Fame, make sure you email them into news@avonvalleyrunners.org until races can re-start.

YOUR NAME HERE

AVON VALLEY TRIATHLETES

By AVT secretary, Lil Morris

June has seen so many changes with some restrictions being lifted with more to come next month. We still urge members to continue to exercise in groups of up to six and at a social distance until further guidance is issued.

Andy Cook Cycling – Castle Combe

Tuesday evening cycling at Castle Combe is coming back! I know I don't just speak for myself when I say I am happy to see this making a comeback.

The sessions will start up again on Tuesday 7th July. As usual the sessions will run from 17:30 through to 20:00. You will not be permitted onto the track prior to 17:30 and everyone must have left the track by 20:00. For those already signed up an email will be sent with further details on the social distancing guidelines which are in place, it is vitally important these are followed to help everyone stay safe.

Zoom Turbo Sessions

The popular AVT turbo sessions are still taking place at 19:00 on Monday evenings. Special thanks to Stephen Clark for continuing to run these group training sessions, look out for the post on the AVT Facebook page and comment if you wish to join to allow the Zoom invite to be sent in time.

Swim locations

At the time of writing this newsletter there hasn't yet been an announcement as to when swimming pools will be re-opening however, in the meantime, there are many open water swimming venues to choose from.

- **Vobster Quay**

Swimming ONLY on a pre-booked members only basis, unfortunately you cannot turn up and expect to be able to swim there. There are two memberships available; annual at £45 and Summer only (June, July and August) for £30. Each swim is bookable in a two hour slot, midweek days have six slots and weekends have five slots. You can book one slot per person per day and you need to be offsite by the end of that two hour slot. They currently are not taking any new requests until they have got through the current backlog so keep an eye on their Facebook page for updates.

- **New Forest Water Park**

Paul Hosking has swam at this venue and confirms there is a 300m loop which has been set up and no membership is required at £6 per swim. You need to pre-book an hour slot and each slot has the capacity for up to twelve swimmers. The swim route is tucked away in the corner of the lake and is flanked by land on two sides with a large pontoon and floats.

- **The Glove Factory, Holt**



Just like Vobster you need to be a member to swim at the small swimming lake which is set up here, swimming point to point between the three buoys is approximately 100m.

- **Cotswold Lake 32**

Swim slots are from 8am and the last swim slot is at 6pm with each slot being 1.5hrs. Please only book one swim slot a week, do not arrive earlier than 10 minutes prior to your slot and leave before the end. Swimmers can take in either the 200m or 400m course and can swim it as many times as they like during their time.

- **Triathlon Training Centre – Bristol**

Like other venues you will need to pre-book a one hour swimming slot with up to ten swimmers maximum per session. Without membership the cost is £10 per visit. On weekends you can swim between 8:30am and 13:30, Mondays are between 14:00 and 20:00 with the rest of the week between 10am and 20:00.



Quarantri – Virtual Triathlon

We had a few members take part in this virtual triathlon on the 7th June ran by Paul Ransome for triathlon clubs in the South West. The set-up of the event meant some (Melanie Ward-Nicholls pictured left) even had time to have a coffee during the transition!

Congratulations to Sarah Jeffries, Luana Edge, Stephen Clark, Melanie Ward-Nicholls and Esther Frawley for all taking part. Full results from the event are listed below:

Name	Age Group	Bike Time	zwift?	Run Time	Total	Total
Luke Campbel		00:30:47		00:17:50	00:48:37	Male 1
Simon Brace		00:31:05		00:18:24	00:49:29	Male 2
Chris Maxwell		00:31:53		00:18:45	00:50:38	Male 3
Neil Perry		00:34:02		00:19:07	00:53:09	
Kim Brace		00:33:11		00:21:20	00:54:31	Female 1
Martin Disney		00:32:05		00:22:27	00:54:32	
Keith Radley		00:34:30		00:20:05	00:54:35	
Phil Jakubowski		00:35:12		00:20:15	00:55:27	
Sophie Walker Meers		00:34:52		00:22:05	00:56:57	Female 2
Russell Harvey		00:35:34		00:23:05	00:58:39	
Sarah Jeffries		00:34:13		00:24:55	00:59:08	Female 3
Martyn Jones		00:37:57		00:21:43	00:59:40	
Peter O'Sullivan		00:38:30		00:22:20	01:00:50	
Sam Neale		00:40:02		00:24:28	01:04:30	
jason cuthbert		00:39:45		00:25:00	01:04:45	
Luana Edge		00:40:59		00:25:16	01:06:15	
Laura Richards		00:38:03		00:28:26	01:06:29	
Claire Church		00:41:03		00:27:35	01:08:38	
Stephen Clark		00:39:55		00:30:42	01:10:37	
Belinda Stephenson		00:42:11		00:30:36	01:12:47	
Melanie Ward-Nicholls		00:48:04		00:25:28	01:13:32	
Esther Frawley		00:45:05		00:29:28	01:14:33	
Nikki Capp		00:48:58		00:29:11	01:18:09	
Nicole Jackson		00:48:35		00:29:40	01:18:15	
David Walker		00:49:41		00:30:35	01:20:16	
Kevin Daniels		00:49:58		00:39:36	01:29:34	
Jo Charters		01:02:24		00:34:44	01:37:08	
Kelly Smith		00:39:57		25:02:00	01:41:57	

Virtual Ironman Triathlons

The Virtual Ironman brand is still continuing with a series of events which are taking place most weekends, they are fun and engaging global competitions in dynamic formats. The disciplines can usually be completed in any order from 7pm on the Friday through to the Sunday.

On the 12th through to the 14th there was another Virtual Sprint Triathlon comprising of a 1.5k run, 20k bike ride and then a 5k run. We had quite the turnout from AVT members with 11 in total joining in; Kat Taylor-Laird, Sarah Jeffries, Melanie Ward-Nicholls, Sara Robert, Luana Edge, Esther Frawley, Robin Mark Scholes, Fiona Price and Sean Price (pictured below), Katy Nickless and Stephen Clark. Remember; this is a world-wide event with over 12,500 people taking part!



- Luana Edge won her age category
- Sarah Jeffries finished 3rd place in her age category
- Fiona Price finished 6th place in her age category
- Sara Robert finished 9th place in her age category
- Esther Frawley finished 9th place in her age category

A huge congratulations to everyone who has been taking part in these events – superstars!

The Art of Zwift

Huge thank you to Darren Wintmore for hosting "The Art of Zwift" zoom session on Thursday 25th June. The session was recorded and has been loaded onto the AVR YouTube channel, Darren has also helpfully loaded the slide deck on the AVT Facebook page.

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" (Finishes 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.

